Self-Care Week 2026
Mind & Body

Bromley Self Care Week

16th-22nd November 2026







Join in for...

- Workshops
- Information
- Top tips and advice

www.bromleywell.org.uk

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Bromley Well

Welcome to Bromley's Self Care Week 2026

During Self Care Week we're encouraging everyone to make some time for self care.

Take a walk, get active, learn something new, meet other people, check in on your health or simply give yourself permission to stop for a while.

Across Bromley there is a fantastic mix of activities taking place, many of them completely free and there's something for everyone. Read on through the programme!

Give your health a little attention.
Mytime Active is offering free Vital 5 health checks at venues across Bromley, while the NHS Health Bus will be at the Princess Royal University Hospital on 19 November offering health and wellbeing information, blood pressure checks and vaccinations for eligible people.

Self care for life
Self Care Week may last for seven days, but looking after ourselves matters all year round.

The Bromley Well **Health and Wellbeing Information Hub** is packed with information, tips and ideas to help you including support with mental wellbeing, eating well, physical activity and staying well during winter.

Download **Bromley Well Health Factsheets**, with straightforward information and practical tips on subjects including sleep, stress, emotional wellbeing, physical activity, healthy habits, diabetes, asthma, COPD, high blood pressure and many other long-term health conditions.

A little time for unpaid Carers, too
If you are an unpaid carer, looking after your own health can easily slip down the list, but **your health and wellbeing matter too**.

Check out Bromley Well's **Carers Starter Pack** which brings together practical information on everything from financial and legal support to looking after your own health and planning for emergencies.

HAPPY SELF CARE WEEK BROMLEY!

Take time for yourself in Bromley's Self Care Week 2026

MONDAY 16TH NOVEMBER

Mental Health Carers Sound Bath	10:00 to 11:30	Venue TBC	FREE but limited spaces. Please email mhcarers@bromleywell.org.uk and await confirmation of your place.
Over 65s Friendship Hub in Central Bromley	10:00 to 12:00	Bromley URC Church 20 Widmore Road Bromley BR1 1RY	FREE - please book via befriending@bromleywell.org.uk or call Yvonne on 07498 250350.
Day Centre Activities for Older People (Orpington)	10:00 to 15:00	Age Concern Orpington Saxon Day Centre Lych Gate Road Orpington BR6 0TJ	Cost: £45.45 - £66.59 - please call 01689 830055 or email info@saxondaycentre.org.uk for information and booking.

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MONDAY 16TH NOVEMBER

SmokeFree Bromley (Penge Jobs Plus)	10:30 to 12:30	Hawthorn Centre 102 Hawthorn Grove Penge SE20 8LB	FREE drop in to help you give up smoking - for Penge residents in eligible postcodes only (see details here).
Free Digital Drop - Anerley	11:00 to 13:00	Anerley Town Hall Anerley Road London SE20 8BD	A FREE drop in to get to grips with your tech, run by local charity ClearCommunity Web. Contact info@clearcommunityweb.co.uk
Knit and Crochet Group - Greener and Cleaner	11:30 to 13:30	Greener and Cleaner Hub Upper Mall, The Glades Shopping Centre Bromley BR1 1DN	A FREE drop in open to all from beginners to advanced. Bring your own project or join in a community one.

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MONDAY 16TH NOVEMBER

Long Term Health Conditions: Peer Support Group (Bromley)	11:00 to 12:00	Community House South Street Bromley BR1 1RH	FREE but please call Issy on 07399 202313 or email LTHC@bromleywell.org.uk to register your place.
Festive Online Craft Session (Long Term Health Conditions)	14:00 to 15:30	Online	FREE but please call Paul Tilzey on 07985 431484 or email LTHC@bromleywell.org.uk to register your place.
Climb and Connect - Bouldering Taster Session for Bromley Well clients	15:00 to 16:00	Rhino Boulder Unit 6&7 The Mall Bromley BR1 1TR	FREE but please book your place by emailing LTHC@bromleywell.org.uk

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MONDAY 16TH NOVEMBER

Bromley Parkinson's UK: PD champion exercise class	16:00 to 17:00	St George's Church Bickley Park Road Bickley BR1 2BE	Exercises designed to increase mobility and function. Class costs £10 - please book by calling 07553 082148 or email bromleyparkinsonsbranch@gmail.com
Madlani Cancer Support: Online Chair Yoga	20:00 to 21:00	Online via Zoom	FREE taster session, then £5 per session. To book contact office@madlanicancersupport.org.uk WhatsApp: 07926 696006 or call Sarah on 07562 660622.

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TUESDAY 17TH NOVEMBER

Free Vital 5 Health Checks - The Walnuts Leisure Centre, Orpington	08:30 to 11:30	The Walnuts Leisure Centre Lych Gate Road Orpington BR6 0TJ	FREE - just drop in or book in advance by emailing bromleywellbeing@mytimeactive.co.uk
Free Vital 5 Health Checks - The Pavilion Leisure Centre, Bromley	09:00 to 13:00	Pavilion Leisure Centre Kentish Way Bromley BR1 3EF	FREE - just drop in or book in advance by emailing bromleywellbeing@mytimeactive.co.uk
Adult Carers Self Care Week Event - Bromley	10:00 to 12:00	Community House South Street Bromley BR1 1RH	FREE for unpaid, registered carers. Please register with carers@bromleywell.org.uk in advance.

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TUESDAY 17TH NOVEMBER

Over 65s Friendship Hub (Beckenham)	10:00 to 12:00	Azelia Hall 258 Croydon Road Beckenham BR3 4DA	FREE - email befriending@bromleywell.org.uk to book your space.
Day Centre Activities for Older People (Orpington)	10:00 to 15:00	Age Concern Orpington Saxon Day Centre Lych Gate Road Orpington BR6 0TJ	Cost: £45.45 - £66.59 - please call 01689 830055 or email info@saxondaycentre.org.uk for information and booking.
Connected Living Cafe (West Wickham)	11:00 to 13:00	Medhurst Hall Sussex Road West Wickham BR4 0JX	Drop in for FREE for a chat over coffee if you're in the Hayes or West Wickham areas.

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TUESDAY 17TH NOVEMBER

Health & Wellbeing Workshop Week 7 - Advocating for Yourself	11:00 to 12:30	Online	FREE - please contact Paul Tilzey on 07985 431484 or email LTHC@bromleywell.org.uk to book your place.
Non-Contact Boxing (with Parkinson's UK Bromley & District)	13:30 to 14:30	Chantry Studios Chantry Lane Bromley BR2 9QL	Cost: £7 per class. Contact bromleyparkinsonsbranch@gmail.com or call 07553 082148 to book.
Carer's Relaxation Session (with Parkinson's UK Bromley & District)	14:00 to 15:30	Community House South Street Bromley BR1 1RH	FREE - just drop in. Contact: bromleyparkinsonsbranch@gmail.com

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TUESDAY 17TH NOVEMBER

Health & Wellbeing Workshop Week 6 - Managing Chronic Symptoms	14:30 to 16:00	One Bromley Hub Ravensleigh House 22 Westmoreland Place Bromley BR1 1DS	FREE - please register in advance with LTHC@bromleywell.org.uk or call 07399 202313
Boxing Session for 18+ (Anerley)	18:00 to 19:00	St Hugh's Centre 42 Castledine Road Anerley SE20 8PL	FREE - please book in advance by emailing admin@treasureboxingclub.com

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WEDNESDAY 18TH NOVEMBER

Creating Space for Self-Care	10:00 to 12:00	Community House South Street Bromley BR1 1RH	A FREE event including a guided visualisation and creative activity. Please book via this link or just turn up.
Day Centre Activities for Older People (Orpington)	10:00 to 15:00	Age Concern Orpington Saxon Day Centre Lych Gate Road Orpington BR6 0TJ	Cost: £45.45 - £66.59 - please call 01689 830055 or email info@saxondaycentre.org.uk for information and booking.
Ramblers Wellbeing Walks in Bromley	Starts at 14:00	Darrick & Newstead Woods & Tugmutton Common	FREE walk for a distance of around 1.5-2.5 miles. Find more details and sign up first on the Ramblers website here.

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WEDNESDAY 18TH NOVEMBER

Digital Support (Penge Jobs Plus)	10:00 to 14:00	Hawthorn Centre 102 Hawthorn Grove Penge SE20 8LB	FREE digital support for job searching and applications, for residents of eligible postcodes (see details here).
Free Vital 5 Health Checks - Bromley Health & Wellbeing Centre	10:00 to 14:00	Bromley Health & Wellbeing Centre First Floor, Ravensleigh House 22 Westmoreland Place Bromley BR1 1DS	FREE - just drop in or contact bromleywellbeing@mytimeactive.co.uk to book in advance.
Over 65s Friendship Hub (Orpington)	10:00 to 12:00	St. Pauls Cray Library Mickleham Road Orpington BR5 2RW	FREE - email befriending@bromleywell.org.uk or call 07498 250350 to book your space.

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WEDNESDAY 18TH NOVEMBER

Penge PCN Wellbeing Hub (Anerley Town Hall)	10:00 to 12:30	Anerley Town Hall Anerley Road Anerley SE20 8BD	FREE event - just drop in.
Long Term Health Conditions Peer Support Group (Beckenham)	11:00 to 12:00	Azelia Hall 258 Croydon Road Beckenham BR3 4DA	FREE - please contact Paul Tilzey on 07985 431484 or email LTHC@bromleywell.org.uk to book your place.
Free Vital 5 Health Checks - The SPA Beckenham	12:30 to 14:30	The SPA at Beckenham 24 Beckenham Road Beckenham BR3 4PF	FREE - just drop in or email bromleywellbeing@mytimeactive.co.uk to book your place.

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WEDNESDAY 18TH NOVEMBER

Jane's Exercise Class (Parkinson's UK Bromley & District)	12:00 to 13:00	United Reform Church 20 Widmore Road Bromley BR1 1RY	Cost: £7 per class. Contact bromleyparkinsonsbranch@gmail.com or call 07553 082148 to book.
COPD Awareness Day	13:00 to 16:30	CGL, 33-49 Farwig Lane Bromley BR1 3RE	FREE - just drop in.
Over 65s Exercise Class (Bromley)	14:00 to 15:00	St Andrews Church Hall Burnt Ash Lane Bromley BR1 5AF	FREE but currently FULL - please join the waiting list by contacting yvonne.conway@bromleywell.org.uk
Cake & Cuppa Volunteer Info (Penge Jobs Plus)	16:00 to 18:00	Hawthorn Centre 102 Hawthorn Grove Penge SE20 8LB	FREE - just drop in or contact jobsplus@clarionhg.com for info.

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THURSDAY 19TH NOVEMBER

Ramblers Wellbeing Walks in Bromley	Starts 10:00	Kelsey Park and Harvington Woods	FREE walk for a distance of around 1.5-2.5 miles. Find more details and sign up first on the Ramblers website here.
Madlani Cancer Support: Online Hatha Flow Yoga with Sarah Cross	07:00 to 08:00	Online via Zoom	FREE taster session, £5 per session thereafter. Contact office@madlanicancersupport.org.uk to book.
Create and Unwind Christmas Crafting Workshop	10:00 to 11:30	Queen of Arts Pettswood Road Petts Wood Bromley BR5 1LG	Cost: £10 per session. Contact Bev McGarey on 07577 470159 or email bevmcgarey@gmail.com to book, as places are limited.

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THURSDAY 19TH NOVEMBER

Day Centre Activities for Older People (Orpington)	10:00 to 15:00	Age Concern Orpington Saxon Day Centre Lych Gate Road Orpington BR6 0TJ	Cost: £45.45 - £66.59 - please call 01689 830055 or email info@saxondaycentre.org.uk for information and booking.
Madlani Cancer Support: Drop in and Special Events	10:00 to 16:00	Orpington Village Hall 311 High Street Orpington BR6 0NN	FREE but donations welcome. Contact office@madlanicancersupport.org.uk for more info.
Money Guidance (Penge Jobs Plus)	10:00 to 14:00	Hawthorn Centre 102 Hawthorn Grove Penge SE20 8LB	FREE for residents of eligible Penge postcodes. See here for details.

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THURSDAY 19TH NOVEMBER

NHS Health Bus at the PRUH, Orpington	10:00 to 16:00	Princess Royal University Hospital Farnborough Common Orpington BR6 8ND	FREE - just drop in for free health checks, vaccinations for those eligible, and winter health advice.
Self Care Workshop for People with Learning Difficulties	10:00 to 12:00	Bromley Mencap 44 Masons Hill Bromley BR2 9JG	FREE but please book your place by emailing chetan.raval@bromleywell.org.uk or calling 020 8466 0790
Festive Cookery with Ollie Bragg (online)	11:00 to 12:30	Online - includes a cook-along	FREE but please book your place by emailing LTHC@bromleywell.org.uk or call 07985 431484

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THURSDAY 19TH NOVEMBER

Parkinson's Walking Football (Bromley)	11:00 to 12:00	Bromley Football Club Hayes Lane Bromley BR2 9EF	Free but please book your place by calling 020 8460 5291 or email community@bromleyfc.org
Parkinson's Walking Tennis (Sundridge Park, Bromley)	13:00 to 14:00	Sundridge Park Tennis Club Lawn Close Bromley BR1 3NA	Cost: £5 pay-as-you-go. To book call 07553 082148 or email bromleyparkinsonsbranch@gmail.com
Singing for Wellbeing (Biggin Hill)	13:00 to 14:30	Aperfield WI Lebanon Gardens Biggin Hill TN16 3HA	FREE but please book your place: call Bev on 07577 470159 or email bevmcgarey@gmail.com.
Natter with Neighbours (Penge)	14:00 to 17:00	East Penge Community Ctr Penge East Station Car Park Station Road SE20 7BE	FREE - just drop in. Call 07444 579277 for info.

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THURSDAY 19TH NOVEMBER

Knit and Crochet Group - Greener and Cleaner	14:00 to 16:00	Greener and Cleaner Hub Upper Mall, The Glades Shopping Centre Bromley BR1 1DN	A FREE drop in open to all from beginners to advanced. Bring your own project or join in a community one.
Penge Jobs Plus Community Hub	14:00 to 16:00	Hawthorn Centre 102 Hawthorn Grove Penge SE20 8LB	FREE for residents of eligible Penge postcodes. See here for details. Contact 07484 482742 or email jobsplus@clarionhg.com
Creative Sharing Circle (Penge)	19:00 to 20:30	East Penge Community Ctr Penge East Station Car Park Station Road SE20 7BE	FREE - just drop in. Call 07444 579277 for info.

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FRIDAY 20TH NOVEMBER

Free Vital 5 Health Checks - Bromley Health and Wellbeing Centre	09:00 to 12:00	Bromley Health and Wellbeing Centre, First floor, Ravensleigh House, 22 Westmoreland Place Bromley BR1 1DS	FREE - just drop in or email bromleywellbeing@mytimeactive.co.uk to book.
Correspondence Drop-in for People with Disabilities & Learning Difficulties	10:00 to 16:30	Bromley Mencap 44 Masons Hill Bromley BR2 9JG	FREE - drop in or contact emma.andrew@bromleywell.org.uk to book your place.
Day Centre Activities for Older People (Orpington)	10:00 to 15:00	Age Concern Orpington Saxon Day Centre Lych Gate Road Orpington BR6 0TJ	Cost: £45.45 - £66.59 - please call 01689 830055 or email info@saxondaycentre.org.uk for information and booking.

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FRIDAY 20TH NOVEMBER

NHS Health and Wellbeing Café (Chislehurst)	10:30 to 12:30	St Patrick's Catholic Church 14 Red Hill Chislehurst BR7 6DB	FREE - just drop in. Come along to meet NHS staff and social prescribers.
Walk and Talk for Parents and Carers of Young People with SEND	10:00 to 11:30	Walk and Talk 1917 Cafe Widmore Road Bromley BR1 1RY	FREE - contact Bromley Parent Voice Team on info@bromleyparentvoice.org.uk
Mutual Carers Peer Support Coffee Mornings	11:00 to 13:00	The Crooked Billet Harvester 286 Southborough Lane Bromley BR2 8AA	FREE - but please book first by contacting Tina Penn on 07719 426680 or emailing tina.penn@bromleywell.org.uk

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FRIDAY 20TH NOVEMBER

Tai Chi with Parkinson's UK (Bromley & District)	11:30 to 12:30	Chantry Studios Chantry Lane Bromley BR2 9QL	Cost: £7 per class. Contact 07553 082148 or email bromleyparkinsonsbranch@gmail.com to book
Gardening Wellbeing (Beckenham)	13:30 to 15:30	Kelsey Park Community Garden Manor Way Beckenham BR3 3LS	FREE - but please book in advance with Paul Tilzey on 07985 431484 or email LTHC@bromleywell.org.uk
Yoga for Better Health 18+ (Beckenham)	13:00 to 15:00	Bevington Hall Beckenham Methodist Church Bromley Road Beckenham BR3 5JE	FREE - but please book in advance with admin@treasureboxingclub.com

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FRIDAY 20TH NOVEMBER

Ramblers Wellbeing Walks in Petts Wood	Starts 14:00	Jubilee Park, Petts Wood	FREE walk for a distance of around 1.5-2.5 miles. Find more details and sign up first on the Ramblers website here.
Memory Box Dementia Café (West Wickham)	14:00 to 15:30	Richmond Hall Emmanuel Church The Grove West Wickham BR4 9JS	FREE but donations are welcome. No need to book, just turn up. Contact Lyn Eustace on 020 8650 8398
Young Carers Youth Club for ages 10+	18:00 to 20:30	Rutland House 44 Masons Hill Bromley BR2 9JG	FREE but please book your place with Gina and Maria on youngcarers@bromleywell.org.uk

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SATURDAY 21ST NOVEMBER

Ramblers Wellbeing Walks in Bromley	Starts 10:30	Bromley Church Gardens	FREE walk for a distance of around 1.5-2.5 miles. Find more details and sign up first on the Ramblers website here.
Free Vital 5 Health Checks - Pavilion Leisure Centre, Bromley	09:00 to 13:00	Pavilion Leisure Centre Kentish Way Bromley BR1 3EF	FREE - just drop in or contact bromleywellbeing@mytimeactive.co.uk to book your place.
Green Crew Children's Gardening and Nature Club (Penge)	10:30 to 12:30	East Penge Community Centre Penge East Station Car Park Station Road Penge SE20 7BE	FREE drop in for primary school aged children and their parents / carers. Contact: 07444 579277

Take time for yourself in Bromley's Self Care Week 2026

SATURDAY 21ST NOVEMBER

Greener and Cleaner Christmas Fair Weekend - The Glades	10:00 to 18:00 *(quiet hour 10:00 to 11:00)*	Greener and Cleaner Hub Upper Mall, The Glades Shopping Centre Bromley BR1 1DN	FREE drop in for preloved and handmade gifts, lucky dip, tombola, workshops and activities.
West Wickham Repair Café	10:30 to 13:00	West Wickham Library Glebe Way West Wickham BR4 0SH	FREE but please book in advance by clicking here.
Mending Clinic at Greener and Cleaner - The Glades	12:00 to 13:30	Greener and Cleaner Hub Upper Mall, The Glades Shopping Centre Bromley BR1 1DN	FREE - just drop in or book via Eventbrite here. Learn how to fix and mend your favourite clothing items and extend their life!

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SATURDAY 21ST NOVEMBER

Disability Pride 2026	13:00 to 15:00	United Reformed Church 20 Widmore Road Bromley BR1 1RY	Annual celebration of disabled talent. FREE but please book in advance - call 020 8650 2102 or email info@xbyxbromley.org.uk

SUNDAY 22ND NOVEMBER

Greener and Cleaner Christmas Fair Weekend - The Glades	11:00 to 17:00 *(quiet hour 10:00 to 11:00)*	Greener and Cleaner Hub Upper Mall, The Glades Shopping Centre Bromley BR1 1DN	FREE drop in for preloved and handmade gifts, lucky dip, tombola, workshops and activities.

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SUNDAY 22ND NOVEMBER

Free Drop in Volunteer Gardening (Penge)	14:00 to 16:00	East Penge Community Centre Penge East Station Car Park Station Road Penge SE20 7BE	FREE - just drop in. Contact: 07444 579277
Mend with Friends at Greener and Cleaner - The Glades	14:00 to 17:00	Greener and Cleaner Hub Upper Mall, The Glades Shopping Centre Bromley BR1 1DN	FREE but please book your place via Eventbrite here.
Sewing Survival at Greener and Cleaner - The Glades	14:00 to 15:30	Greener and Cleaner Hub Upper Mall, The Glades Shopping Centre Bromley BR1 1DN	FREE but please book your place via Eventbrite here.

Keep in touch with Bromley Well

Visit us online

Find services, advice, health and wellbeing information, news and events at: www.bromleywell.org.uk

Need support?

Call us Freephone 0808 278 7898 Monday to Saturday, 9am–5pm

Refer yourself online

The quickest and simplest way to access Bromley Well services is through our online referral form. You can refer yourself or, with their permission, someone else. Make an online referral

Come and see us

Drop in every Wednesday, 10.45am–3.30pm at the One Bromley Wellbeing Hub. Located At the Bromley Health and Wellbeing Centre in Churchill Court, opposite Bromley South Station.

Follow us

Follow Bromley Well on Facebook and Instagram for health and wellbeing information, useful tips, local activities, events and the latest Bromley Well news.

www.bromleywell.org.uk