



# Health & Wellbeing Newsletter

## Long Term Health Conditions Service

The long, hot summer is finally drawing to a close and with all eyes on the war in Ukraine, the Queen's sad passing and the ominous financial crisis it might be easy to ignore our own health needs.

But as the cooler months approach, now is the time to practice a little bit of self care.

Our specially designed **FREE** workshops will help you get the most from your health professionals. They'll provide tips on how to get a better night's sleep, to eat well and show how mindfulness and other techniques can help reduce your stress.



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### Keeping Your Blood Pressure Healthy – Why is it important?

**One in three adults in the UK has high blood pressure** and every day 350 people have a preventable stroke or heart attack caused by the condition.

One way to help you feel more in control of your health could be to measure your blood pressure at home. To find out if measuring at home is right for you and help with choosing a clinically validated monitor for accuracy, please see and [Blood Pressure UK](https://www.bloodpressureuk.org) and <http://www.bihsoc.org>

## Free Health and Wellbeing Sessions for Bromley residents living with long term health conditions

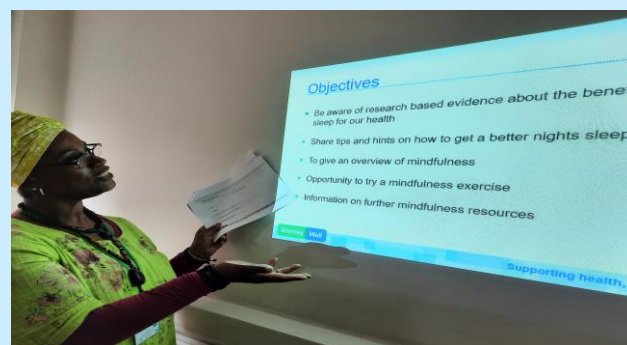
Our programme is a series of eight FREE weekly workshops aimed at supporting your health and wellbeing. **These relaxed and friendly workshops are held both face-to-face and online – the choice is yours!**

You can attend as many or as few workshops during the programme as you wish but you do need to register to attend beforehand. Get in touch for further information and to reserve your place. Contact details are at the bottom of the page.

This is a great chance to meet others and share your experiences over a cup of tea or coffee. We hope you can join us.

### Self-care techniques can help you:

- Eat well & drink sensibly
- Keep physically active
- Get good quality sleep
- Manage your pain
- Reduce stress and anxiety



## Bromley Well

Our services also include legal advice across many subjects from debt management to housing and rent issues, anxiety and low mood.

**Freephone 0808 278 7898**  
**<https://www.bromleywell.org.uk>**  
**Email: [spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk)**

**Contact our Lifestyle Support Workers for details about our FREE Fibromyalgia and Peer Support Groups.**



Contact the Long Term Health Conditions Team for more information on  
**07985 444210 / 07399 202313** Email [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)  
**[www.bromleywell.org.uk](http://www.bromleywell.org.uk)**

# Bromley Well

We offer FREE lifestyle support for Bromley residents living with a long term health condition such as diabetes, hypertension, fibromyalgia & most other conditions.

Contact the Long Term Health Conditions Team on

**07985 444210 / 07399 202313**

Email [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk) [www.bromleywell.org.uk](http://www.bromleywell.org.uk)



Health  
Innovation  
Network  
South London



**Are you from an African or Caribbean background?**

**Do you have Type 2 diabetes?**

**If yes, we are looking for volunteers to:**

You can choose how many of these activities you take part in

**1. Join an online group discussion about design options for a type 2 diabetes programme**

**2. Have a discussion (individual or in a group) and share your thoughts on accessing diabetes education online**

**3. Look at our website in your own time and tell us what you think**



**You will be paid for your time**

**To find out more, please email: [sophie.lowry2@nhs.net](mailto:sophie.lowry2@nhs.net) or call 07912 446216 and leave a message with your name and number**



## Forthcoming Events



- **Self Care Week** is an annual national awareness week that focuses on promoting the importance of self care across communities, families and generations.
- Organisations across the borough come together to provide a programme of events, most of which are free.
- Check our website in November [What's on - Bromley Well](#) for the list of events and come and **see us in the Glades shopping centre on Friday November 18<sup>th</sup> and Saturday 19<sup>th</sup>**.
- For ideas and resources about self care check out [Homepage - Self Care Forum](#)

**And remember self care is for life!**

**Stoptober** is the annual October campaign to help people stop smoking.

The NHS has many resources and free local services to help you quit. [Quit smoking - Better Health - NHS \(www.nhs.uk\)](#)



**Remember it's never too late to stop and to benefit from the health benefit that quitting brings. You can do this!**