

Bromley Well



Health & Wellbeing Newsletter

Long Term Health Conditions service

Keeping Well This Winter!

The winter months are an important time to look after our health, especially if you have a long term health condition.

With Self Care Week coming up this month, we've got lots of ideas and information to help you look after your health and wellbeing over the next few months.

Don't forget to take a look at page 6 for local events and activities you can get involved in and meet others!



If you have a long-term health condition and want to improve your health and wellbeing, The **Bromley Well Long Term Health Conditions Team** has lots of information and advice to help you.

Just get in touch with us to find out more about the different ways we can support you to keep well and healthy.

You can contact us **0208 315 2530** or email enquiry@bromleywell.org.uk

What's Inside?

Self Care Week	p.2
Winter Health and Wellbeing	p.3
Tips for avoiding Winter falls	p.4
Bromley Well Support for Self Care	p.5
Upcoming Events for Bromley	p.6
Support for Health and Wellbeing in Bromley	p.8

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Self Care Week 18-24 November 2019

There are lots of things we can do to help ourselves when it comes to staying healthy and feeling well. Self care can be particularly important if we are living with a health condition.

Self care week is an annual event organised by the Self Care Forum to promote the importance of self care techniques to individuals, communities and healthcare professionals.

Visit www.selfcareforum.org and follow [@SelfCareForum](https://twitter.com/SelfCareForum) on Twitter for more updates #selfcareforlife #selfcareweek.



One way to stay healthy this winter is to get your flu jab!

Flu can be unpleasant, but if you're otherwise healthy, it'll usually clear up on its own within a week. However, flu can be more severe in certain people, such as:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- Children and adults with weakened immune systems

Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications. You can have your NHS flu vaccine at:

- your GP surgery
- a local pharmacy offering the service
- Your midwifery service if they offer it for pregnant women.

Visit www.nhs.uk for more information on Flu Vaccinations and which health conditions are eligible for a free flu vaccination

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Contact the Long Term Health Conditions Team for more information on
0208 315 2530 Email enquiry@bromleywell.org.uk www.bromleywell.org.uk

Staying Well for Winter

Cold weather can be very harmful, especially for people aged 65 or older: it weakens the immune system, increases blood pressure, thickens the blood and lowers body temperature, increasing risks of high blood pressure, heart attacks, strokes, and chest infections.

Stop winter tiredness

Lack of sunlight can disrupt our sleep and waking cycles and leave us feeling tired and lacking in energy during winter months.

Try to;

- Get outside and into natural daylight as much as possible.
- Get a good night's sleep – for tips on sleeping well have a look at our Sleep factsheet www.bromleywell.org.uk.



Eat a healthy diet

Cold weather and long, dark evenings can leave us craving unhealthy comfort food. Make sure you eat a healthy diet, including five portions of fruit and vegetables each day. Citrus fruits such as clementines and satsumas are a good source of vitamin c and fibre and Brussel sprouts contain vitamins A, B, K and C.

For help with your diet have a look at our Healthy Eating factsheet www.bromelywell.org.uk

Keep moving!

Don't use the cold weather as an excuse to stay glued to your sofa - as tempting as that can seem. Wrap up warm and try a brisk walk instead.

Regular exercise can help you;

- Boost your mood
- Boost your immune system
- Get a good night's sleep
- Maintain a healthy weight
- Lower your blood pressure

For more information see our factsheet www.bromelywell.org.uk

Maintain your immune system

We are more likely to catch a cold during the winter months - so look after your immune system. Milk and other dairy products are a good source of;

- Protein
 - Vitamins A and B 12
 - Calcium to keep your bones strong
- Vegan alternatives to dairy often have vitamins added to them. For information on a healthy vegan diet look at the NHS Live Well pages.

Try porridge for breakfast

On a cold winter morning what could be more delicious than a bowl of warm porridge. Oats are a good source of fibre, vitamins and minerals and will help keep you feeling fuller for longer.

Use semi-skimmed or skimmed milk or water to make your porridge and try adding a banana or a handful of berries as one of your five a day

Question Time

The winter months bring additional challenges with wet, cold weather, falling leaves, ice and snow becoming hazardous. Dean Baldwin, Lifestyle Coordinator for the Bromley Well Long Term Health Conditions Service talks to us about Falls Prevention.



Q. Why do we fall?

Sometimes it is as simple as just not looking where we are going or bad posture, which can cause us to shuffle while we walk and increases the chances of us catching our toes on loose paving slabs. Improving our posture can really help. Better posture means we are able to stride more and will be more likely to step over a loose paving slab or low kerb.

Q. Do we lose our balance and coordination as we get older?

When we trip or stumble, our body should throw out a leg or arm to stop us falling over. This is known as proprioception and is our subconscious awareness of our limbs in space. As we age, this system doesn't work quite as well, meaning we are less likely to stop a fall once it starts. Although we can maintain and improve our balance and coordination with exercise & by maintaining an active lifestyle.

Q. Is there any particular time of day we are most likely to fall?

We are more likely to fall during the night, as it would not take much to bump into something or step incorrectly or lose your balance.

Make sure that you have adequate light to see where you are going if you have to get up in the night, maybe leave a light on which will assist you on your travels.

Q. Why do I sometimes see stars when I stand up?

Have you ever stood up too fast and seen stars in front of your eyes? The act of standing allows gravity to affect our blood pressure, causing it to drop. To avoid feeling dizzy, take your time to move from sitting to standing, particularly if you wake up in the night.

Falling as we get older can be common and although may not cause serious injury can leave us feeling distressed, but there are lots of things we can do to stay steady on our feet. See page 5 for some top tips!

For further information on preventing falls, have a look at the following websites;

NHS UK, www.nhs.uk - Falls Prevention.

Age UK, www.ageuk.org.uk - Avoiding A Fall.

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www.bromley.gov.uk

NHS
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Top Tips for Avoiding Falls!

- **Make sure your shoes fit properly** - wear shoes or boots with flat, low heels, and a slip-resistant sole.
- **Make your home fall proof** - clear clutter, loose wires and rugs from around the house, keep paths free of moss and leaves, main thoroughfares gritted or salted to avoid slips when icy, make sure your house is well lit.
- **Get you your eyesight and hearing checked** - combined sight and hearing problems can make it difficult to maintain your balance.
- **Support your bone health** - by eating calcium-rich foods and getting vitamin D from sunlight.
- **Keep Active** - exercises designed to improve muscle strength can reduce your risk of a fall by improving your posture, coordination and balance.



Source: Age UK,
Get Up and Go, Saga

Bromley Well support for self care

Health and Wellbeing Programme

Bromley Well support local residents to keep well and healthy using self care techniques with our Health and Wellbeing programme.

This series of FREE weekly workshops is for Bromley residents with health conditions and promotes self care in areas such as:

Adopting healthy habits Healthy eating Keeping active

Sleep and relaxation Pain Management Coping with Stress

Ensuring Good Medical Care Planning for the Future

Each week, we'll explain the latest research and recommendations on a different self care topic and you'll have a chance to meet other people and share your experiences. Our workshops are fun and interactive and getting support from other people can really motivate you to manage your condition well.

Get in touch for further information and to reserve your place. You can attend as many or as few workshops during the programme as you wish. For details of our our next programme see page 6.

For online support with self care visit www.bromleywell.org.uk and have a look at our long term health condition factsheets.

Contact the Long Term Health Conditions Team for more information on
0208 315 2530 Email enquiry@bromleywell.org.uk www.bromleywell.org.uk

Forthcoming Events



Bromley Well Health and Wellbeing Workshops

Looking for help to kick start your New Year resolutions for a healthy 2020?

Why not come along to one of our new workshops starting in Penge and Orpington this January! Get in touch for further information and to reserve your place.

Call on **0208 315 2530** or email enquiry@bromleywell.org.uk

PENGE

Penge Library, 46 Green Ln, London SE20 7JX.

Every Tuesday from 14th January to 3rd March

11am – 12:30pm

ORPINGTON

Orpington Village Hall

311 High St, Orpington BR6 0NN.

Every Wednesday from 15th January to 4th March.

11am – 12:30pm

Cancer Wellbeing Event



Dear Patient and Carer,

Do you want more information about improving your health and wellbeing, during or after cancer treatment?

Come along and meet a cancer care specialist from Dietetics, Physiotherapy, Psychological services and a Clinical Nurse Specialist for further support or information.

In partnership with



● Thursday ●

28th

November 2019

1-3pm

Come along to:
Crofton Halls
Crofton Road, Orpington
BR6 8PR
Please call:
020 3299 5228 for more
information

Contact the Long Term Health Conditions Team for more information on

0208 315 2530 Email enquiry@bromleywell.org.uk www.bromleywell.org.uk

Support for health & wellbeing in Bromley

Not all disabilities look like this



Assisting adults and children with hidden disabilities

Not all disabilities are visible – some are not immediately obvious, such as autism, chronic pain, dementia, anxiety, visual or hearing impairment. Living with a hidden disability can make daily life more challenging for many people, but it can be difficult for others to recognize, acknowledge or understand the challenges you face.

The Hidden Disabilities Sunflower makes you visible

Wearing the Hidden Disabilities Sunflower discreetly indicates to people around you including staff, colleagues and health professionals that you need additional support, help or a little more time.

How can wearing the Hidden Disabilities Sunflower benefit you?

- People around you, including staff in shops, healthcare, workplaces and public transport may offer you more help
- You or your carer can use your Hidden Disabilities Sunflower to tell people about the additional help you need

If you would like a sunflower lanyard or have any questions, please get in touch www.hiddendisabilitiesstore.com



The Hidden Disabilities Sunflower Lanyard Scheme is an initiative designed to act as a discreet sign that somebody has a hidden disability and requires additional assistance while out in public.

You can pick one up in a participating store, airport, station or venue – Bromley Sainsbury’s is a trial site. To find out more about the scheme and to could help you visit the Hidden Disabilities website www.hiddendisabilitiesstore.com/about-us

Surviving Well is new support programme for survivors of domestic abuse provided by a partnership between Bromley Well and Bromley and Croydon Women’s Aid, who are experiencing anxiety, stress or depression.

Register and find out more

For further information about **Surviving Well** and to register for support contact Bromley Well T: 0300 330 9039
 E: wellbeing@bromley.org.uk or Bromley and Croydon Women’s Aid T: 020 8313 9303 E: info@bcwa.org.uk

[@BromleyWell](https://twitter.com/BromleyWell)

In partnership with
Bromley & Croydon Women’s Aid
Working to end domestic abuse

Surviving Well

Are you a survivor of domestic abuse and need help to manage your wellbeing?

A new initiative designed to support female survivors of domestic abuse experiencing common mental health problems

Meet others, get support and advice in weekly sessions, or access free, confidential support on a 1 to 1 basis.

Our new programme will help you to:

- improve your self-esteem and confidence
- manage your emotional and mental wellbeing
- create safer and healthier relationships

For further information about **Surviving Well** and to register for support contact Bromley Well T: 0300 330 9039 E: wellbeing@bromley.org.uk, or Bromley and Croydon Women’s Aid T: 020 8313 9303 E: info@bcwa.org.uk

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Support for health & wellbeing in Bromley

Breast Cancer Awareness

October was Breast Cancer Awareness Month and GPs in Bromley are supporting a national drive to awareness. They are keen to help as many people as possible recognise and understand the signs and symptoms of the disease.

Women aged between 50 and 70 are invited for regular breast screening every three years under a national NHS programme. This can help detect the disease at an early stage when there is a better chance of successful treatment.

Some of the most common symptoms include:

- A lump or swelling in the breast, upper chest or armpit; it's possible you would be able to feel, but not see it
- Changes in the size or shape of the breast
- A change in skin texture, such as puckering or dimpling of the skin
- A change in the colour of the breast, making it look red or inflamed
- Changes to the nipple such as a rash or crusting
- Any unusual discharge from either nipple

Pain in one or both breasts is not by itself a symptom but when combined with one or more of the above indicators, or if it is an unusual pain that persists over time, it may be. Having these symptoms does not mean you have breast cancer, but you should see your GP if you do experience one or more.

For more information, please visit www.nhs.uk/conditions/breast-cancer or **Breast Cancer Now** www.wearitpink.org.

Bromley Well

Supporting health, wellbeing and independence

Bromley Well provides help for you to stay emotionally and physically well and to remain independent.

To find out more about Bromley Well Services
Go to www.bromleywell.org.uk
Email: info@bromleywell.org.uk
Contact Single Point of Access: 0300 3309 039

If you would like to receive our Bromley Well Health and Wellbeing Newsletter by post or email please contact;

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kirsty.treadwell@bromleywell.org.uk

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