



Health & Wellbeing Newsletter

Long Term Health Conditions service

Getting Active Outdoors For Spring

Do you know that being active can help you prevent and manage long term health conditions such as diabetes, high blood pressure, heart diseases etc.?

Evidence has shown that physical activity:

- Keeps our heart healthy
- Helps us maintain a healthy weight
- Improves sleep
- Can improve our emotional wellbeing and reduce symptoms of depression and anxiety

Do I always need to join the gym to be active?

You do not need to join a gym to be active, find out more tips and ideas on different activities you can try inside this newsletter.

Meet the team!

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. Find out more about the different ways we can support you to keep well and healthy, and how to get in touch with us on pages 6 – 7

Dean Baldwin, Team Coordinator
Diana Norris, Health & Wellbeing Coach
Mercy Mwansa, Health & Wellbeing Coach
Kirsty Treadwell, Community Engagement

What's Inside?

Mindful Walking p.2

Get Fit for Free in Bromley p.3

Interview with Bromley Well Handyman p.4

Support for Health and Wellbeing in Bromley p.5

Forthcoming Events for Spring p.6

Health and Wellbeing Programme p.8



National Walking Month

1st to 31st May 2019

When it's spring and everything looks green, walking becomes easier and fun.

Lets walk more for our health. Physical activity is the 'wonder drug'. Check out some ideas in our newsletter for getting out and about this May.



Mindful Walking

Using Mindfulness has been shown to have many benefits for our health and wellbeing. It can reduce stress, improve quality of sleep, and help us to be kinder to ourselves. There are lots of ways to practice mindfulness including while you're walking!

Being mindful means rather than being inside our heads, we look around and notice what we see, hear and sense. You can practice mindful walking on any length walk, even if only for a couple of minutes. It can bring a new experience and enjoyment to your walk.

Tips to make your walk more mindful:

- **Observe** – become aware of the physical sensations of walking, take a moment to notice and observe how it feels.
- **Notice** – What is going on around you? what can you see? It might people, cars, trees, shapes and colours
- **Listen** – Turn your attentions to sound. What can you hear around you? People talking, birds, traffic
- **Feel** – Notice any physical sensations or feelings, maybe warm sunshine or a cool breeze, the sensation of your foot on the ground
- **Come Back** - Thoughts will intrude, you can just notice them and bring your attention back to your walking. Use the rhythm of your walking as a base of your awareness, a place you can mentally come back to once you realise your mind has wandered off

Contact the Long Term Health Conditions Team for more information on
07985 444210 / 07985 433045 Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk

Get fit for free in Bromley

Bromley is London's greenest borough with over 160 parks, 52 allotments and 21 outdoor sports facilities. Find out more about your local parks at www.bromleyparks.co.uk and www.bromley.gov.uk. Bromley's extensive outdoor spaces offer a fabulous opportunity to **get fit for free!** Walking is one of the best ways to get fit. Just ten minutes a day at a brisk pace can be really beneficial. Brisk walking is simply walking quicker than usual at a pace that gets your heart pumping. Find out more at www.nhs.uk/oneyou or download the Active 10 App.

Walking for Health

England's largest network of free group health walk schemes. Run by Ramblers, helping all kinds of people lead a more active lifestyle. Find out more at www.walkingforhealth.org.uk



Bikeability

Delivers free, on road and off road training to groups in schools, through clubs, to families or individually to children, adults, new learners and experienced cyclists. Find out more at www.bikeability.gov.uk and www.bromley.gov.uk

Parkrun

Organised free, weekly, 5km timed runs around the world. They are open to everyone, and are safe and easy to take part in. Bromley parkrun starts at 9am every Saturday in Norman Park. Find out more at www.parkrun.org.uk



Green Gyms

Green Gyms are fun and free outdoor sessions with guided practical activities such as planting trees, sowing meadows and establishing wildlife ponds. In this Borough, we have one in Bromley and Penge.

Find out more at www.tcv.org.uk

Question Time

Handyperson Service

Health Coach Diana Norris asked Bryony Coker, Les Smith and Mark Eason some questions about the Bromley Well Handyperson Service



Q. Who is this service for?

A. Our service supports people with long term health conditions, older people with mild frailty, and other vulnerable adults living in the London Borough of Bromley who need practical help to keep them independent.

Q. How much does your service cost?

A. The labour charge for this service is £40 per hour plus materials (if required).

Q. What type of work do you do?

A. Our service offers:

- **Minor Repairs:** fitting curtain rails, roller blinds, shelving, tap washers, changing light bulbs and fuses.
- **Minor Adaptations:** Fitting grab rails, hand rails and other alterations to aid independent living.
- **Home Security:** installing key safe units and door security chains.
- **Safety measures:** Smoke alarms, securing floor coverings, re-arranging rooms and moving furniture for easier and safer access.
- **Energy Efficiency:** installing draught excluders, bleeding and checking radiators.

- **Other minor works** can be carried out on request, to enhance independent living. Such as flat pack furniture and minor plumbing/ electrical works.

Q. Do you offer gardening, painting and decorating?

A. **No**, we don't offer those services. If you are looking for a reliable gardener, painter or decorator, why not try Trusted Traders on **0800 334 5056**
www.trustedtraders.london

Q. Who can refer to your service?

A. Hospital staff from wards, Clinical Decision Unit, Discharge Lounge, Emergency Department or Urgent Care at Princess Royal University Hospital, the Transfer of Care Bureau and Bromley Local Authority staff, including GP's, Social Care Practitioners and other Healthcare professionals.

Q. Do I need to be referred to your service?

A. You can self refer by calling the Handyperson Coordinator mobile: **07985 434 262**.

Bromley Well

Delivered by:



Bromley Third Sector Enterprise

Funded by:



THE LONDON BOROUGH OF
www.bromley.gov.uk



Bromley

Clinical Commissioning Group

Support for health & wellbeing in Bromley



Our Parks – A fantastic opportunity to get for free!

Our Parks is a brand new initiative bringing FREE, group exercise classes, led by experienced, fully qualified and insured instructors, in local parks.

They run an exercise class at the Hoblingwell Recreation Centre, Leeson Way, BR5 2SG on Saturdays, in partnership with Bromley Council.

Further information and register to attend on their website
www.ourparks.org.uk/borough/bromley

Bromley Heart Support

Quarterly Support Group sessions offering support for people with heart conditions in the Bromley borough.

Speakers are often invited, providing talks and advice.

If you would like to find out more about this group, you can email
Emily.vickery@nhs.net

Bromley

Well

Supporting health, wellbeing and independence

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

Services includes support for Long term Health Conditions, Older people, Carers, Learning difficulties, Physical disabilities, Mental Wellbeing, Volunteering, employment and training.

Bromley Well Services

www.bromleywell.org.uk

Email: info@bromleywell.org.uk

Contact Single Point of Access:

0300 3309 039

Bromley Diabetes UK Support Group

This group aims to provide help and support to people living with diabetes in the London Borough of Bromley.

Meetings are held monthly for those with/interested in Type 2 diabetes, and meetings are held 3 times a year with invited guest speakers.

Meetings are held at Bromley Parish Church, St Peter and St Paul in Bromley.

For more details visit the website
www.bromley.diabetesukgroup.org or
 Email diabetesbromley@gmail.com

Forthcoming Events for Spring

World Hypertension Day 17th May 2019

Hypertension (high blood pressure) may not present with any symptoms, but if untreated, may increase the risk of serious problems such as heart attacks and strokes. More than 1 in 4 adults in the UK have high blood pressure, although many won't realise it.

To find out what your blood pressure is, please have it checked. You can get your blood pressure checked at:

- your GP Surgery
 - Some pharmacies
 - as part of your NHS Health Check
- You can find more information about health checks in Bromley at NHS UK

www.nhs.uk/Service-Search/NHS-Health-Check/LocationSearch

Know Your Blood Pressure Event, Thursday 30th May 2019

Free event delivered by Bromley Well Long Term Health Conditions Service.

Venue:

Orpington Village Hall
311 High St, Orpington,
BR6 0NN

Time 1:30pm - 4pm

**This is a free event,
everyone's welcome!
Just turn up on the day**



Have a free blood pressure check and receive information and advice on managing blood pressure.

Find out more about Bromley Well Services and other resources which can help you look after your own health and wellbeing.

Free Health Coaching For Bromley Residents

Bromley Well Long Term Health Conditions Team has supported over 800 Bromley residents living with health conditions such as diabetes, hypertension, arthritis, asthma, irritable bowel, fibromyalgia and many more, to stay well and remain independent.

We help people develop self-care skills in areas such as nutrition, physical activity, sleep, pain management, emotional wellbeing, mindfulness, and talking to healthcare professionals

We also provide people with opportunities to meet others and share experiences, and we're helping people access other local support services.

World No Tobacco day 31st May 2019



Need help and information on quitting? Get in touch, come to a workshop or look at our stop smoking factsheet available on our website www.bromleywell.org.uk

Contact the Long Term Health Conditions Team for more information on

07985 444210 / 07985 433045

Email enquiry@bromleywell.org.uk

www.bromleywell.org.uk

Health and Wellbeing Programme

Our programme is a series of FREE weekly workshops for Bromley residents with health conditions, aimed at supporting wellbeing through self-care in areas such as healthy eating, exercise, sleep & mindfulness, medication, managing pain, stress & anxiety etc.

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.

This is a great chance to meet others and share your experiences over a cup of tea/ coffee and some refreshments. 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

New Workshop in Orpington

Thursday 6th June to Thursday 26th July 2019 2pm – 3:30pm

Orpington Village Hall, 311 High Street, Orpington, Kent, BR6 0NN



“Inspired to make some positive lifestyle changes for the better”

What our clients say :

“The programme is very empowering”

Fibromyalgia Support Group

Held on the last Friday of every month.

Community House,
South Street, Bromley, BR1 1RH
Contact: 0208 315 1857

Contact the Long Term Health Conditions Team for more information on
07985 444210 / 07985 433045 Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk

Health & Wellbeing Programme

Week 1 Good Health & Self-Care

- Learn about Bromley Well and how we can support you.
- Understand what good health means to you.
- Know how to adopt healthy habits.

Week 2 Eating Well

- Know the latest, research based recommendations for healthy eating.
- Understand the importance of eating well for our bodies & our minds.
- Get tips for weight management.

Week 3 Physical Activity

- Learn why physical activity is, “The Wonder Drug”.
- Identify simple, effective ways to build physical activity into your life.

Week 4 Sleep & Mindfulness

- Learn how sleep benefits our bodies and our minds and get tips on getting a good night's sleep.
- Learn how mindfulness can help us manage stress and experience a mindfulness exercise.

Week 5 Pain Management

- Understand the pain cycle and how pain impacts on your life.
- Learn techniques and strategies to help you manage your pain.
- Know where to go for further support.

Week 6 A brief introduction to CBT

- Learn about the theory of cognitive behavioural therapy (CBT).
- Understand how CBT strategies and techniques can help us manage stress.
- Learn a CBT technique to help us manage our well being.

Week 7 Ensuring good medical care

- Understand medication adherence and why it is important for our health.
- Learn how to communicate effectively with healthcare professionals.

Week 8 Planning for the future

- Think about what self-care changes you would like to make.
- Know how to set achievable goals to help you make those changes.

Contact the Long Term Health Conditions Team for more information on
 07985 444210 / 07985 433045 Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk