



# Health & Wellbeing Newsletter

## Long Term Health Conditions Service

While you are enjoying your summer, here are some of our upcoming Bromley Well activities and events for health and wellbeing.

The Bromley Well Long Term Health Conditions Team look forward to seeing you there!

### Know Your Numbers Week 2019 9<sup>th</sup> to 15<sup>th</sup> September 2019

Blood Pressure UK 'Know Your Numbers' Week is here. This is the nation's largest annual blood pressure testing and awareness event offering FREE blood pressure checks with hundreds of stations spread across the UK from **9th-15th September 2019**

This year Bromley Well, in partnership with Public Health Bromley, will be offering free blood pressure testing on **Wednesday 11<sup>th</sup> September at Bromley Central Library.**

On the day, in addition to your FREE blood pressure check, the Bromley Well Long Term Health Conditions Team will provide you with information, advice and resources on keeping your blood pressure healthy, and will signpost you to local services where you can go for more support.

No need to book, just drop in. See page 2 for more details

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

High blood pressure usually has no symptoms, which is why it is often referred to as the silent killer.

Having high blood pressure can also increase your risk of other serious health conditions. If detected early, it can easily be treated, but the only way to know you have it is to have a check.

## Forthcoming Events

### Know your Numbers week

**Bromley Well, Long Term Health Conditions  
Service Blood Pressure testing at  
Bromley Central Library, High  
Street, BR1 1EX**



**Venue: Training Room  
2 (Ask at Reception)**

**Time: 11 am – 2 pm**

**All welcome!**

***Don't forget the only  
way to 'Know your  
Numbers' is by  
having your blood  
pressure checked***



**Wednesday 11th of September**

In partnership with Bromley Public Health



**Blood Pressure UK**  
Helping you to lower your blood pressure

**Bromley Well**

### FREE Blood Pressure Testing

If you can't make it on the 11<sup>th</sup> September, Public Health Bromley will be running more pop up stations across Bromley during Know Your Numbers Week.

- Bromley Civic Centre Canteen, Monday 9<sup>th</sup> September, 11am - 2:30pm.
- Orpington High St Tuesday, 10<sup>th</sup> September, 9:30am - 4:30pm.
- Bromley Market, Thursday 12<sup>th</sup> September, 11am – 3pm.
- Penge Mosque, Friday 13<sup>th</sup> September, 11:30am – 3pm.

**Come along and find out more!**

### Fibromyalgia Support Group

Do you have Fibromyalgia? And are you interested in meeting others living with the condition?

Held at Bromley Well on the last **Friday of every month 11:30am – 1:30pm**. share your experiences and ideas about managing your symptoms over a cup of tea/ coffee and some refreshments.

This is a free session but you need to book. Please get in touch with us on **0208 315 1857**.

We hope you can join us!



**Venue:  
Community  
House,  
South  
Street,  
Bromley,  
BR1 1RH**

Contact the Long Term Health Conditions Team for more information on

**07985 444210 / 07985 433045**

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

[www.bromleywell.org.uk](http://www.bromleywell.org.uk)

**NEW!**

## **PENGE and ORPINGTON**

### **Health and Wellbeing Workshop Sessions for people living with health conditions**

### **STARTING IN SEPTEMBER 2019**

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.

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 at the bottom of the page.

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

**Get in touch to find out more!**



#### **PENGE LIBRARY**

**46 Green Ln, London SE20 7JX.**

**Every Tuesday from 10<sup>th</sup> September to 29<sup>th</sup> October 2019.**

**11am – 12:30pm .**

#### **ORPINGTON VILLAGE HALL**

**311 High St, Orpington BR6 0NN.**

**Every Thursday from 19<sup>th</sup> September to 7<sup>th</sup> November.**

**2pm – 3:30pm.**

Contact the Long Term Health Conditions Team for more information on  
**07985 444210 / 07985 433045** Email [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)  
[www.bromleywell.org.uk](http://www.bromleywell.org.uk)



## 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.

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.

If you would like to receive our newsletter by post or mail please contact Kirsty Treadwell, Community Engagement Worker  
[kirstytreadwell@bromleywell.org.uk](mailto:kirstytreadwell@bromleywell.org.uk)

## 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](http://www.bromleywell.org.uk)

Email: [info@bromleywell.org.uk](mailto:info@bromleywell.org.uk)

Contact Single Point of Access:

**0300 3309 039**

### The Bromley Well Long Term Health Conditions Support Services Team



Contact the Long Term Health Conditions Team for more information on  
**07985 444210 / 07985 433045** Email [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)  
[www.bromleywell.org.uk](http://www.bromleywell.org.uk)