



Health & Wellbeing Newsletter

Long Term Health Conditions service

Summer Time Is Here!

The sun is out, the temperature is rising and many of us are feeling just that little bit better now that the warmth of summer is finally upon us.

Of course, the past year has been a wake-up call that reminds us all just how precious our health is.

And with the pandemic still in progress, taking care of our mental and physical wellbeing is key to getting back on track to enjoy the lives we all want.

We've taken the opportunity in this edition of the Bromley Well newsletter to update everyone on the very latest advice for keeping well and managing our health.

Inside, we look at a range of topics, including the importance of monitoring your blood pressure, weight management and mindfulness techniques that can help you cope with all the changes we've had to face.

Hopefully, some of our tips will help motivate you to make some of the small but important changes which can bring about a positive impact on our lives.

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For the latest information about Covid -19 please see [Coronavirus \(COVID-19\) | London Borough of Bromley](#)

Top Tips for Healthy Eating



The British Nutrition Foundation's Healthy Eating Week is an annual event which takes place every June. This year's event saw some great presentations and information to help support the overall aim of finding your healthier you!

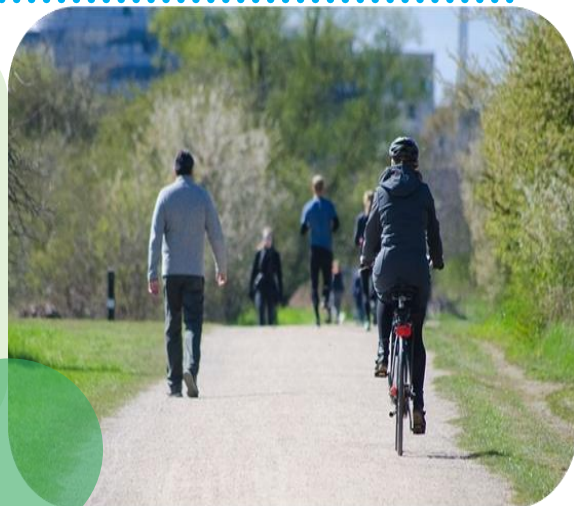
Healthy Eating Recommendations

- Get your five portions (at least) of fruit/veg every day
- Choose wholegrains where possible
- Try to have 2 portions of fish each week, one of which should be oily
- Eat more beans and lentils and other plant-based proteins
- Use unsaturated oils and spreads
- Keep foods high in fat, salt or sugar to small portions - and try to have them less often
- Drink at least 6-8 cups/glasses of fluids per day

• *Source: British Nutrition Foundation*

Get Active!

It's not just about what you eat and drink. Moving more, by being active, has many benefits for health and is an important part of a healthier lifestyle.



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 stroll.

: **Physical Activity is beneficial because it can:**

- Improve sleep, relieve stress and lift mood;
- Help to manage the balance between energy in and energy out (what we eat & drink), to maintain a healthy weight;
- Improve heart health and strengthen muscles and bones.



As well as being physically active, it is also important that we reduce the amount of time we spend sitting. Over time, sedentary behaviour can lead to weight gain and obesity.

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

Finding a Healthier You for Summer

Cut down your weight and your risk

Carrying extra weight has never been ideal – and unfortunately the Covid-19 pandemic has made it even more of a risk.

Those added pounds can make it harder for our bodies to fight against coronavirus, as well as battle illnesses like cancer and heart disease.

Most people gain weight slowly over a long period and the pressures and strains of modern life don't always make it easy to remain slim.

However, small day-to-day changes can put us back on the right track and Better Health has a range of tools to help you make the adjustments you need.

Among them is the new 12 Week Weight Loss Plan app, which supports people on their weight loss journey.

It can be downloaded at www.nhs.uk/better-health



Another major factor in improving your health is to kick that cigarette habit into touch.

In fact, it doesn't matter how long you've been a smoker, quitting today will bring immediate health benefits.

We know it's not easy, but thankfully once again you don't have to tackle this alone.

The Stop Smoking London service is available to support you throughout your quitting journey, despite the Covid disruptions.

Bromley residents can call them on 0300 123 1044 or visit www.stopsmokinglondon.com for free, personalised support.

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Email enquiry@bromleywell.org.uk

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The Silent Killer: High Blood Pressure

It's always important to know your blood pressure, but now a national campaign is highlighting the need for one vital week.

High blood pressure, known officially as hypertension, is dubbed “the Silent Killer” as it has no symptoms but can lead to heart attacks and strokes, along with other illnesses.

Around a third of people in the UK have it, but most don't know - and the only way to find out for sure is to have a blood pressure check.

Now charity [Blood Pressure UK](http://www.bloodpressureuk.org) are raising awareness with their **Know Your Numbers! Week** from **September 6th to 12th**.

The group is encouraging people to check their pressures at home, using a simple and reliable monitor. If the result is too high, you can take appropriate action.

- Normal blood pressure is 120/80 mmHg or less. High blood pressure is 140/90 mmHg or above.
- Low blood pressure is considered to be 90/60 mmHg or below.
- Reducing your pressure by even a small amount can help lower your risk of serious health conditions.



Keeping Your Blood Pressure Healthy– Why is it important?

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

For more information about all Bromley Well Services, contact
Single Point of Access: 0808 2787898 Email: enquiry@bromleywell.org.uk
Or visit our website www.bromleywell.org.uk

Where to find Support

Bromley Well offers a programme of eight FREE weekly workshops for local residents with long term health conditions. These are aimed at supporting wellbeing through self care in areas such as healthy eating, exercise, sleep & mindfulness, medication, managing pain, stress and anxiety.

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 or coffee from the comfort of your own room via Zoom (we can provide technical help if needed!) 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



Next 8-week programme begins 13th July and is then repeated.

**Please see
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more
details**

Our **Lifestyle Support Workers** also facilitate a number of **online peer support groups with activities and guest speakers.**

Bromley Well's **Fibromyalgia Support Group** is held every fortnight on a Friday.
Check out all our events at www.bromleywell.org.uk/events

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Health & Wellbeing Programme

Eight weeks of free sessions for Bromley Residents – You can take part in just one or try them all!



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

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

Week 3: Physical Activity

- Learn why physical activity is known as “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 receive tips on getting a good night's sleep.
- Learn how mindfulness can help us manage stress - and experience a mindfulness exercise.

Week 5 Stress Busting

- Understand how stress impacts on your physical and emotional wellbeing.
- Find practical advice, tips and techniques for busting your stress.
- Know the places where you can go to receive further support.

Week 6 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 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.

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Last...but not least!

Unsure about how you're faring amid the pandemic and the unsettling changes it has brought about?

Why not take the **How Are You? Online Quiz** to discover how your health scores and view simple tips to get you started on the road to wellbeing.

The quiz can be found at www.nhs.uk/oneyou/how-are-you-quiz

Bromley Well Supporting health, wellbeing and independence.

Please see our website www.Bromleywell.org.uk or call our free phone number **0808 278 7898**

Email: spa@bromleywell.org.uk



Calling all health and social care professionals!

Are you someone who looks after Bromley residents?

Do you know about Bromley Well and the significant role we play in promoting individuals' health, wellbeing & independence?

If not, why not fix that by joining our half-hour Introduction to Bromley Well Zoom? Sessions are held on the last Monday of each month from 10-10.30 am. To book your FREE place, email: nicola.fishman@bromleywell.org.uk

In the next edition of our Newsletter: Look out for tips to help prevent Type 2 diabetes and ways you can also reduce your risk of developing cancer.