

HEALTH & WELLBEING NEWSLETTER

Long Term Health Conditions

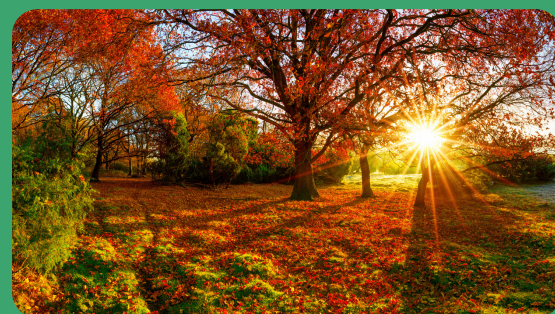
AUTUMN BREEZES IN!

We hope that you've been able to enjoy some of the cooler weather, gentle sunrays, and stunning scenery this season brings.

In this Bromley Well Long Term Health Conditions Newsletter, we will recap some of the events that have taken place since our previous edition.

There is also information about our free workshops and support groups, plus other great events and activities coming up over the next few months.

We hope you enjoy our newsletter.



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September is Pain Awareness Month

Pain Awareness Month is an annual campaign dedicated to increasing understanding of pain, pain management, and the experiences of people living with pain. Throughout this campaign, different organisations and services aim to share reliable information, elevate lived experience, and advocate for better pain research, education, and care.



You can find further information from groups such as [The British Pain Society](#) and the International Association for the Study of Pain ([IASP](#))

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2026 SO FAR

Park It!



Throughout Summer, the Long Term Health Conditions Team have arranged Park It! days for a group cycle, stroll, or sit down and socialise.

The Mencap Workshop in Norman Park, which has bikes, tricycles, and adapted tricycles, kindly provided free hire sessions for clients to have a go on bikes – including tandems!

Clients from both Long Term Health Conditions and Adult Carers biked or had a gentle stroll around the park, and socialised at the Trakside Café with free refreshments.

Craft Session: Introduction to Crochet

In August we held another of our online craft sessions.

This was an introduction to crochet, which had been suggested by a member of one of our support groups.



All materials were provided for free, and we had 10 people join for the online session which was a great turnout!

We will be organising more activities and events throughout the autumn, which are all FREE to join.

Go to Upcoming Events on page 5 to see what is coming soon and look out for our emails to sign-up, or contact the Long Term Health Conditions team for more details.

Phone: 07985 431484, 07399 202313
Email: LTHC@bromleywell.org.uk
Link: [Bromley Well Events Page](#)



ARE YOU AFFECTED BY A LONG TERM HEALTH CONDITION?



NEW
DATES
IN
OCTOBER

FREE HEALTH & WELLBEING WORKSHOPS For Bromley Residents

**WE PROVIDE SUPPORT AND GIVE SELF-MANAGEMENT TIPS
TO HELP YOU IMPROVE YOUR OVERALL HEALTH & WELLBEING**

An eight-week workshop programme. Join us for just one or all of them!

OCTOBER VENUES

Starting October 6th 2026

Tuesdays, 11am-12:30pm

Online
via Microsoft Teams

Starting October 6th 2026

Tuesdays, 2:30pm-4pm

Bromley Wellbeing Hub
Ravensleigh House
22 Westmoreland Place
Bromley, BR1 1DS

REFRESHMENTS PROVIDED!

To book your place email LTHC@bromleywell.org.uk

Or call 07985 431484, 07399 202313

View all workshops on the [Bromley Well Events Page](#)

HEALTH & WELLBEING PROGRAMME

**Eight weeks of FREE sessions
for Bromley residents!
In-person or online**



Week 1: Breaking the Cycle

- Explore what good health means to you and understand how to break the symptom cycle.
- Learn how Bromley Well can support you.

Week 2: Eating Well & Drinking Sensibly

- Understand the basics of good nutrition.
- Explore how to eat a balanced diet consistently.

Week 3: Moving More

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

Week 4: Sleeping Well

- Understanding sleep hygiene.
- Explore practical tips, including mindfulness, to sleep better.

Week 5: Coping with Stress

- Understand how stress can impact your wellbeing.
- Explore practical tips to manage stress day-to-day.

Week 6: Managing Chronic Symptoms

- Explore how to self-manage pain and fatigue.
- Develop a personal toolkit to manage your symptoms.

Week 7: Advocating for Yourself

- Learn how to communicate effectively about your health.
- Understand how to get the most out of medical appointments.

Week 8: Planning for the Future

- Reviewing your symptom cycle.
- Setting manageable goals for the future.

For more information contact the Long Term Health Conditions Team

Call: 07985 431484 or 07399 202313

Email: LTHC@bromleywell.org.uk

Visit: www.bromleywell.org.uk/refer



UPCOMING EVENTS



GARDENING WELLBEING

Every Friday our team runs a Gardening Group at Kelsey Park Community Garden, where you can help plant and tend to a wonderful variety of plants and vegetables – which promotes stress relief!

Planters are elevated for ease of access, and seating is provided along with free tea and coffee so there's plenty of time for a sit down and chat!

No experience needed. Tools and gloves are provided.

Fridays, 2pm – 4pm @
Kelsey Park Community Garden, Manor Way, Beckenham, BR3 3LS



BECKENHAM PEER SUPPORT GROUPS

Starting September 23rd 2026, our fortnightly peer support groups will provide opportunities for you to meet with others, share experiences, and talk about what matters to you. There will be free refreshments and you are welcome to join as many or as few sessions as you like!

Every other Wednesday, 11am–12pm @
Azelia Hall, 258 Croydon Road, Beckenham, BR3 4DA

A WALK IN THE PARK

Join us and our friends from **CareDogs** for a gentle stroll with some very friendly dogs – you don't have to have a dog to join in!

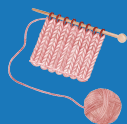
Wednesday 28th October, 2pm–4pm
@ Norman Park, Hayes Lane
Bromley, BR2 9EF

Free parking available on site
FREE REFRESHMENTS

Everyone is welcome! Come and take things at your own pace with as many breaks as you need.



For more information contact the Long Term Health Conditions Team
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UPCOMING EVENTS



KNIT & NATTER GROUP

How would you like to do some knitting and have a natter with others you may know from our Health & Wellbeing Support Groups? Our peer-led Knit & Natter group runs on

Tuesdays, 10:30am-12pm, @

The Richmal Crompton (Wetherspoons)
Westmoreland Place
Bromley, BR1 1DS

It's a chance to meet up, make new friends and relax with some needlework. Whether you like knitting, crochet or embroidery, just bring your basket along and join in. If you don't have craft, feel free to come along just for a natter!



ONLINE CRAFT SESSION

Our next online craft session will be
Origami - Halloween Edition!

The session will be on
Friday 23rd October
11am-12:30pm

The session is FREE to join and all materials and instructions will be provided, so please look out for our email with more details about the session and how to sign up.

We look forward to seeing you online!



16 – 22 November 2026 is National Self-Care Week, an annual nation-wide event organised by the Self-Care Forum, a charity committed to empowering individuals to make self-care a daily habit. The event aims to raise awareness about the importance of self-care for both our physical health and mental wellbeing.

Keep an eye on the Bromley Well Events Page for a full programme nearer the time! For a taster of the kind of things happening, here's what we did last year:

www.bromleywell.org.uk/news/self-care-week-2025/

For more information contact the Long Term Health Conditions Team
Call: 07985 431484 or 07399 202313 Email: LTHC@bromleywell.org.uk
Link: [Bromley Well Events Page](#)

GET INVOLVED

**Wednesday 23rd September,
10am–3pm, at
Anchor House, 5 Station Road,
Orpington, BR6 0RZ**

South East
London 

South East London Mind have opened applications for their upcoming Recovery and Wellbeing College! They offer a range of courses including managing stress and mental health, developing skills for life, personal wellbeing (such as horticulture and meditation), creative expression, and more.

Their next open day is on **Wednesday 23rd September** where prospective students can drop in to ask about the courses.

You can find further details [here](#) about applying – please note applications will close on **Thursday 29th September**.



**Thursday 1st October,
10am–4pm, at
Community House,
South Street, Bromley,
BR1 1RH.**

Age UK Bromley & Greenwich is running an event to celebrate older people, which includes a varied programme of free activities such as chair-based exercise, music therapy, a drama workshop, cake decorating, Connaught Opera and crafting, and more!

To book, please call 02083151853 or email om@ageukbandg.org.uk.

Booking preference will be given to those aged 65+

There is also (limited) support available for transport, please enquire when booking.

**Tuesday 27th October,
10am–2pm, at
United Reform Church, Bromley,
BR1 1RY**



“Dying Well Matters” is a space created to encourage honest, compassionate and informed conversations around death, dying, and end-of-life planning. This event aims to gently break down those barriers by creating a safe, welcoming environment where people can learn, ask questions, and feel supported. There will be a wide range of professionals, including solicitors, palliative care specialists, home care providers, funeral services, and keynote speakers. The event offers both practical guidance and emotional support. **Book online for free.**

For more information contact the Long Term Health Conditions Team

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Link: [Bromley Well Events Page](#)

Bromley Well

Bromley
& Greenwich
ageUK

Bromley
THE LONDON BOROUGH
www.bromley.gov.uk

NHS
South East London