

# HEALTH & WELLBEING NEWSLETTER

## Long Term Health Conditions

### SUMMER SEASON

As the sun starts to come out and we are able to get out and about more often, it can be a good time to assess how we can continue to focus on our health and wellbeing.

In this summer edition of the Health and Wellbeing Newsletter, we will talk about resilience, and how difficult it can be to keep bouncing back again and again.

You will also find some information on what having a balanced diet means.

As always, there is information on our free workshops and other events coming up.

We hope you enjoy our Newsletter and wishing you a pleasant summertime!



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### South Asian Heritage Month

South Asian Heritage Month runs from 18<sup>th</sup> July to 19<sup>th</sup> August. If you would like to find out more about it and the work South Asian Heritage Trust do please follow the link below:

<https://southasianheritage.org.uk/>

# RESILIENCE: BOUNCING BACK AGAIN AND AGAIN

## resilience

/ noun

**the capacity to withstand or to recover quickly from difficulties**

(see also: toughness, flexibility)

When you have a long-term health condition, you may naturally develop resilience as you navigate the day-to-day experience of your condition. For example, you may find that you have built resilience from constantly managing and monitoring your symptoms.

Being resilient can feel tiring, which makes it important to allow ourselves time to rest and recuperate. Resilience does not mean dealing with all your problems quietly, on your own; it means being flexible in the face of challenges, even if that means giving yourself more time to rest. So what can resilience look like?

**Asking for help when  
you need it**

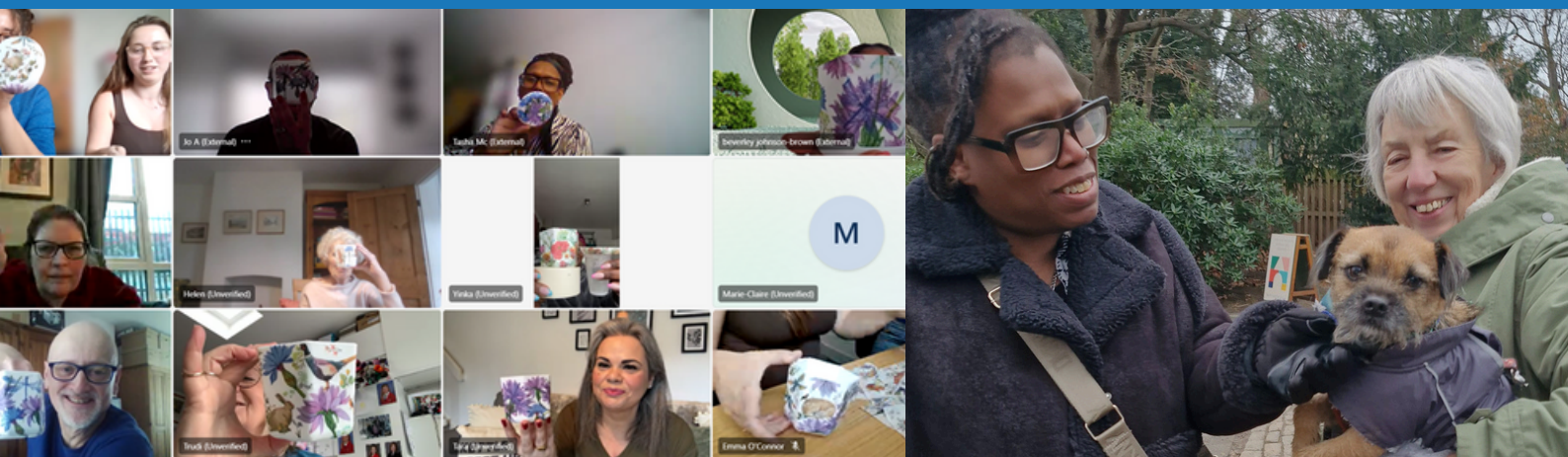
**Taking time for  
yourself**

**Practicing  
acceptance**

**Talking about  
how you feel**

**Contact the Long Term Health Conditions Team for more information on  
07985431484 / 07399 202313  
Email [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)  
[www.bromleywell.org.uk](http://www.bromleywell.org.uk)**

# ESCAPISM EVENTS



When you have a long term health condition it can sometimes be hard to get time away from it and its effects. It factors into a lot of decisions you make day to day and can get overwhelming. That is why we have recently been focusing heavily on escapism sessions for our clients, to take time away, learn a new skill or do a new activity and switch off.

These sessions have included: rock painting, decoupage and a walk with Care Dogs the charity and their furry friends.

If you would like to join any of our future escapism sessions or be kept in the loop for what is coming up please contact us on details in banner below..



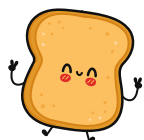
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# ADDING BALANCE TO YOUR DIET

We are often advised that one of the foundations of health is having a balanced diet, but what does this mean? A balanced diet means ensuring you are eating all of the nutrients your body needs to survive. This includes macronutrients like carbohydrates, fats, and proteins, as well as vitamins and minerals, like vitamin c and potassium. Instead of focusing on what we can take out or restrict from our diet, we can focus on adding nutrient-dense foods to make our diet more balanced. Please see below a bit of inspiration to start adding balance to your diet.

## A less balanced diet

- You have 2 pieces of toast with some tea for breakfast but by lunchtime you often feel hungry and low energy.



- You have a ready meal for your dinner as you had no time to cook a meal from scratch.



- Everyday you have a biscuit as a 'sweet treat'.



## A balanced diet

- You add some yoghurt with fruits alongside your toast to incorporate protein, fat, fibre and vitamins for more balance. The protein and fats also help you stay satiated for longer.
- You heat up some frozen vegetables to go alongside your ready meal because it is ok to not have time but it is important to prioritise getting vegetables in where you can.
- Some days in the week you swap your biscuits out for your favourite fruit, you still get a 'sweet treat' but add plenty of vitamins as well.

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# ARE YOU AFFECTED BY A LONG TERM HEALTH CONDITION?

Join our welcoming health and wellbeing facilitators and other guests



## FREE HEALTH & WELLBEING WORKSHOPS! For Bromley Residents

**WE PROVIDE OPPORTUNITIES TO SUPPORT YOU TO IMPROVE YOUR  
OVERALL HEALTH & WELLBEING**

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

STARTING TUESDAY 1<sup>st</sup> July 2025

FROM 11am UNTIL 12.30pm

BEVERAGES WILL BE PROVIDED

### TOPICS COVERED

**Good health – Self care**

**Eating well and drinking sensibly**

**Physical activity – the wonder drug**

**Sleep & Mindfulness**

**Stress busting**

**Pain & fatigue management**

**Ensuring good medical care**

**Planning for the future**

### VENUE

Community House Bromley, South Street, Bromley, BR1 1RH

**To book your place – please contact our Health and Wellbeing Facilitators on  
07985431484 or 07399 202313**

# HEALTH & WELLBEING PROGRAMME

**Eight weeks of FREE sessions  
for Bromley residents! Online  
and in-person**



## 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 & Drinking Sensibly

- 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 beating 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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# UPCOMING EVENTS



**Alcohol Awareness Week**



**Living with Diabetes Day**  
(sign up for the online event [here](#))



**Cycle to Work Day**

**Wellbeing Week**  
23<sup>rd</sup> June – 29<sup>th</sup> June

- ❖ Online Gratitude and Resilience session with the Long Term Health Conditions Team
- ❖ Wellbeing Hub at the Glades
- ❖ Mytime Active [events](#)

**Bromley Well**

Our services also include legal advice across many subjects from debt management to problems with housing and rent – as well as relationship issues.

How to refer yourself to Bromley Well, please see below:  
[www.bromleywell.gov.uk/refer](http://www.bromleywell.gov.uk/refer)

Contact our Health and Wellbeing Facilitators about our FREE Fibromyalgia and Peer Support Groups. Also ask about our eight-week Health and Wellbeing workshops.



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