

Bromley

Well

Winter 2021/22

Health & Wellbeing Newsletter

Long Term Health Conditions service

Covid: The ongoing challenge

WITH the omicron variant adding a new dimension to the Coronavirus pandemic this winter, it is more important than ever that we all look after our health.

While hoping that the new year brings an upturn in fortunes as we learn to live alongside Covid-19, the ongoing global threat makes it vital that we take care of ourselves – especially those of us with long-term health conditions.

Luckily, we have lots of ideas to help you look after yourselves – including information on flu and keeping warm. Please check inside for the best advice on winter wellness and we hope you have an enjoyable festive season!



The past year has been a challenging one for many Bromley residents. Looking after our mental wellbeing is just as important as maintaining our physical health. With this in mind, our Bromley Well Mental Health & Wellbeing Service have put together a great Newsletter brimming over with practical advice and support should you, or someone you know, require additional support. You can download it from our website here:

<https://www.bromleywell.org.uk/news/help-yourself-to-a-free-keepi/>

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Together through Winter!



KEEP WELL OVER WINTER AND USE THE RIGHT SERVICE WHEN YOU ARE ILL

READ THE **ONE BROMLEY** WINTER HEALTH LEAFLET [HERE](#)
[Bromley-Winter-Campaign-Leaflet-2021.pdf \(selondonccg.nhs.uk\)](#)

This easy-to-read brochure is packed with useful tips and expert advice from our local and trusted healthcare professionals. They give guidance on how best to navigate through this winter and who to contact should you need any support for yourself, your family, neighbours or friends.

Bromley residents – please look out for your copy of this brochure which will be posted through your door!

Thank you to One Bromley staff for looking after us all.

Contact the Long Term Health Conditions Team for more information on
0208 315 2530 Email enquiry@bromleywell.org.uk www.bromleywell.org.uk

Some cool tips for Winter Wellness

The winter months can have a chilling effect on our health, particularly once we reach our mid-sixties. Cold weather weakens the immune system, increases blood pressure and lowers body temperature - raising the risk of heart attacks, strokes and chest infections. Here to help you are some timely tips for staying well as the temperatures plunge.

Healthy food choices

Cold weather and long, dark evenings can leave us craving unhealthy comfort food. Make sure you maintain a healthy diet, including five portions of fruit and vegetables each day. Citrus fruits such as clementines and satsumas are a good source of Vitamin C and fibre, while seasonal favourite Brussels sprouts contain Vitamins A, B, K and C.

For help with your diet take a look at our Healthy Eating factsheet

www.bromleywell.org.uk



Maintain your immune system

We are more likely to catch a cold during the winter months - so it pays to look after your immune system. Milk and other dairy products are a good source of:

- Protein
- Vitamins A and B12
- Calcium to keep your bones strong.

Vegan alternatives to dairy often have vitamins added to them. For information on a healthy vegan diet, we suggest looking at the NHS Live Well pages.

Porridge power!

On a cold winter morning what could be more delicious than a bowl of warm porridge? Oats are a top source of fibre, vitamins and minerals and will help keep you feeling fuller for longer.

Use semi-skimmed or skimmed milk or water to make your porridge - and try adding a banana or a handful of berries as one of your five a day.

Winter slumber-land

Lack of sunlight can disrupt our body's sleep and waking cycles and leave us feeling tired and lacking in energy during the course of the chilly winter months.

Try to:

- Get outside and into natural daylight as much as possible.
- Have a good night's sleep – for helpful tips on getting a restful night, take a look at our Sleep factsheet.

Keep on moving

Don't use the cold weather as an excuse to stay glued to your sofa - as tempting as that can seem. Make sure you wrap up warm and try a brisk walk instead.

Regular exercise can help:

- Improve your mood
- Boost your immune system
- Aid a good night's sleep
- Maintain a healthy weight
- Lower your blood pressure

For more information see our factsheet

www.bromleywell.org.uk

Source – [NHS Live Well pages](https://www.nhs.uk/live-well/)

<https://www.nhs.uk/live-well/>

Forthcoming Events

Bromley Well Health and Wellbeing Workshops



If your New Year resolution is for a healthier 2022, we have a variety of **FREE** workshops to support Bromley residents who are living with a long term health condition.

We run an eight-week programme of free workshops for people with health conditions, aimed at supporting wellbeing through self-care in areas such as healthy eating, exercise, sleep & mindfulness, medication, managing pain and stress & 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.

Join us online on a Tuesday morning or for a face-to face session on Friday afternoons where you can also get a cuppa and a biscuit or some fruit!

The workshops are also a great chance to meet others and share your experiences.

Our online dates are:

Tuesday 11th January: 11-12.30 **Good Health & Self-Care**
Tuesday 18th January: 11-12.30 **Eating Well**
Tuesday 25th January: 11-12.30 **Physical Activity**
Tuesday 1st February: 11-12.30 **Sleep & Mindfulness**
Tuesday 8th February: 11-12.30 **Stress Busting**
Tuesday 15th February: 11-12.30 **Pain Management**
Tuesday 22nd February: 11-12.30 **Ensuring Good Medical Care**
Tuesday 1st March: 11-12.30 **Planning for the Future**



Alternatively, starting on Friday, January 21st, you can join us in person at the United Reformed Church, Widmore Road, Bromley BR1 1RY from 2 till 3.30pm.

We hope you can come along. To find out more or to enrol, contact Bromley Well on 07985444210/ 07399202313 or email enquiry@bromleywell.org.uk

Self-care techniques that may help your condition include:

- Eating well & drinking sensibly
- Keeping physically active
- Getting good quality sleep
- Managing your pain
- Reducing stress and anxiety



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FREE Workshop to support our Cancer Community



Talk Cancer live online workshop

Cancer awareness training

Date: Tuesday 8 February 2022

Time: 10.30am – 12.30pm

Venue: Online (laptop or desktop)

What is Talk Cancer?

Delivered by Cancer Research UK trainers with nursing and pharmacy backgrounds, our free workshops equip and empower you to raise cancer awareness in your community by:

- Increasing your knowledge of key messages around cancer prevention, screening and early diagnosis
- Building your confidence to talk to the public about cancer
- Helping you to encourage people to make healthy changes, access local services and visit their GP promptly with any concerns

Who is it for?

Anyone who can promote health and wellbeing in their community.

How do I sign up?

For more information or to sign up, contact nicola.fishman@bromleywell.org.uk



Together we will beat cancer

NEWSFLASH: Flu – Dispelling the Myths!



MYTH 1..."The flu is just a bad cold"

A bad bout of flu is much worse than a heavy cold. If you get complications, you could be seriously ill, go to hospital, and may risk pneumonia or organ failure.

MYTH 2..."You can catch the flu from the flu vaccine"

The flu vaccine given to adults contains inactivated flu viruses that cannot transmit infection. Your arm may feel a bit sore where you're injected and some get a slight temperature and aching muscles for a couple of days. Other reactions are rare.

MYTH 3..."Flu can be treated with antibiotics"

Viruses cause flu. Antibiotics only work against bacteria. A bacterial infection may occur because of having the flu, in which case you may be given antibiotics to treat that infection - this will not protect against flu.

MYTH 4..."You do not need to get the flu jab every year"

The viruses that cause flu mutate, so you need an annual jab that matches them.

MYTH 5..."I've had the flu, so it's too late to be vaccinated"

As flu is caused by several viruses, the immunity you naturally developed will only protect you against one of them. You could go on to catch another strain.

MYTH 6..."Healthy people do not need to be vaccinated"

While it is especially important for people who have a long-term condition or chronic illness to get the jab, *everyone* benefits. For many people this will be free.

Source: www.ageuk.org.uk Click this link for Age UK's fabulous Flu Tool kit!

For more information on Flu Vaccinations and which health conditions are eligible for a free flu vaccination, check out [Flu vaccine - NHS \(www.nhs.uk\)](http://www.nhs.uk)

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Support for Health & Wellbeing in Bromley

STOP SMOKING

LONDON

Boost your chances of success – Here are 12 top tips to help you quit this Christmas from [Stop Smoking London](https://stopsmokinglondon.com/)!

One of the best presents you can give your loved ones this Christmas is to stop smoking. Stopping smoking can be life changing, brings immediate health benefits and can add years to your life.

To help smokers take the first step towards quitting this Christmas, <https://stopsmokinglondon.com/> has pulled together a '[12 Days of Christmas](https://stopsmokinglondon.com/guides/12-top-tips-to-quit-at-christmas)' guide.

The 12-point advice is focused on practical and emotional steps to help start your stop smoking journey and ensure it ends in success!

The website also has a range of resources and support including a directory of local services to help smokers stub out their habit.

Visit their website:

<https://stopsmokinglondon.com/guides/12-top-tips-to-quit-at-christmas> for lots of tips and advice or follow the campaign on Facebook @StopSmokingLondon and Twitter @StopSmokingLDN.



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Winter Holiday Closing Times 2021

Please be aware that during the Christmas period, some Bromley Well offices will be closed. Our contact centre (Freephone 0808 278 7898 spa@bromleywell.org.uk) will remain open for a limited number of days during this period. Please check the opening times below.

Services will resume as normal from January 4th, 2022.

We hope you all enjoy the festivities and that you have a Happy New Year! See you soon!

Bromley Well

CHRISTMAS OPENING 2021

Christmas Eve Friday 24th December - Closed

Christmas Day Saturday 25th December - Closed

Boxing Day Sunday 26th December - Closed

Monday 27th December - Closed

Tuesday 28th December - Closed

Wednesday 29th December - Open as usual (9am - 5pm)

Thursday 30th December - Open as usual (9am - 5pm)

New Year's Eve Friday 31st December - Closed

New Year's Day Saturday 1st January - Closed

Sunday 2nd January - Closed

Monday 3rd January - Closed

Tuesday 4th January - Service Resumes (9am - 5pm)

Wishing everyone a safe, peaceful & happy Christmas



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