

HEALTH & WELLBEING NEWSLETTER

Long Term Health Conditions

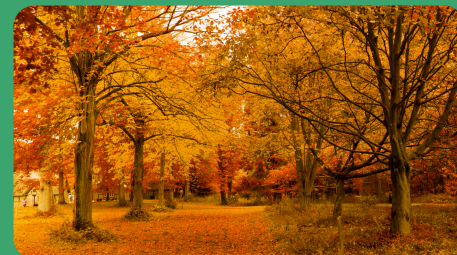
HELLO AUTUMN!

As Autumn and Winter approach it is a great time to start to reflect on our year. It is also a time where it might be wise to think about our health a bit more, as the colder weather brings plenty of flu and cold bugs.

The Autumn Edition of the Bromley Well Newsletter gives information on improving our immunity through positive lifestyle changes, what self care means and the importance of community.

There is also further information on our free workshops and other great events and awareness days coming up over the next few months.

We hope you enjoy our Newsletter. Keep well and look after your body and your mind this Autumn!



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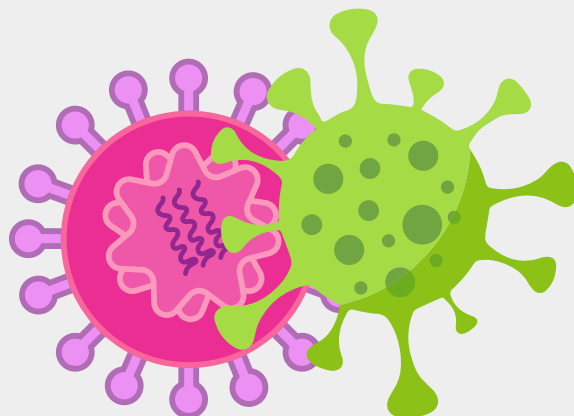


National Cholesterol Month is in October and is to raise awareness on how to manage your cholesterol.

You can find out more at:

<https://www.heartuk.org.uk/national-cholesterol-month/ncm25>

BUILDING IMMUNITY



The colder months can be a time for relaxation and recovery, however, it also brings cold and flu bugs. The cold air and reduced sunlight can lower our immune systems and make us more susceptible to illness.

Here are 4 ways to build your immunity this autumn/winter:

1

Improve your sleep – we produce our infection fighting cells as we sleep. Developing a consistent routine to wind you down is a good place to start.

3

Hydrate – water is essential to our bodies function, so ensuring we are adequately hydrated also makes sure our bodies are working to their full capacity.

2

Ensure you are getting in your fruits and vegetables – the vitamins and minerals that we get in our diet can keep our bodies healthy and resistant to infection.

4

Update your vaccinations – one of the easiest ways to boost your immunity is to get your vaccinations. A lot of people who have long term health conditions will be eligible for free flu vaccinations. For more: <https://www.nhs.uk/nhs-services/vaccination-and-booking-services/>

**Contact the Long Term Health Conditions Team for more information on
07985444210 / 07399 202313
Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk**

SELF CARE AND COMMUNITY



Self care is what we do for ourselves to look after our minds and bodies. It can include physical activity and nourishing our bodies with nutrient dense foods but also enjoying your favourite snack and resting.

An important part of self care is spending time with people who support you, fostering community is essential to our wellbeing. If you are feeling isolated or just want to expand your circle more, please see some community events below:

Thrive Club - Physio Led Exercise

Every Tuesday
(apart from the 4th
week of the month)
1:30pm-3:30pm

Orpington Village Hall

Health and Wellbeing Peer Support Groups

Every Monday
(find out more [here](#))

Community House
Bromley

Befriending Hubs

Monday, Tuesday,
Wednesday and
Thursday
(find out more [here](#))

Multiple locations

Contact the Long Term Health Conditions Team for more information on
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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 7th October 2025

FROM 11am UNTIL 12.30pm

BEVERAGES WILL BE PROVIDED

TOPICS COVERED

**Breaking the cycle
Eating Well & Drinking Sensibly
Moving More
Sleeping Well**

**Coping with Stress
Managing Chronic Symptoms
Advocating for Yourself
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
07985444210 / 07399 202313**

HEALTH & WELLBEING PROGRAMME

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



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

- 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 chronic symptoms like 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.

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UPCOMING EVENTS



World Menopause Awareness Day – find out more [here](#).



Wellness Session by the Long Term Health Condition Team – full details TBC [here](#).



Self Care Week – keep an eye out for events [here](#).



CHRISTMAS PARTY!
2:30pm–4:00pm – full details TBC [here](#).

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

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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