



# Health & Wellbeing Newsletter

## Long Term Health Conditions service

### Spring Into Action!

With winter behind us and better weather hopefully on the way, now is the time to get out and about and to enjoy some of Bromley's fabulous outdoor spaces.

In this Spring edition of the Bromley Well Newsletter, we examine the proven health benefits of regular walking - and discuss the best methods of maximising your strolls to achieve the very best effect.

We also explore the ways you can get fit within the borough *without* parting with your hard-earned cash, which is something we can all definitely appreciate in the current cost of living crisis.

We hope you enjoy our Newsletter. Keep well and good luck with the small positive changes we know we can all make to help improve our wellbeing!

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Managing diabetes can be tricky – so it can help enormously to get some expert advice.

Diabetes UK offer exactly that on their Learning Zone website, which includes tips on diet and carb counting plus a collection of videos, quizzes and interactive tools.

Their site can be found at [Learning Zone - Discover more about your diabetes.](#)



## Fitness for free in Bromley



### Did you know that May is National Walking Month?

Bromley's extensive outdoor spaces offer a fabulous opportunity to **get fit for free!**

**Walking is one of the best ways.** Just ten minutes a day at a brisk pace can be beneficial. Brisk walking is simply walking quicker than usual at a pace that gets your heart pumping.

Bromley is London's greenest borough with over 160 parks, 52 allotments and 21 outdoor sports facilities. Find out more about your local parks at [www.bromleyparks.co.uk](http://www.bromleyparks.co.uk)

**Physical activity is hailed as the “wonder drug.”**  
**It can:**

- Keep our heart healthy
- Help us maintain a healthy weight
- Improve sleep
- Can enhance our emotional wellbeing
- Can reduce symptoms of depression and anxiety.

Do you know that being active can help you prevent and manage long term health conditions such as diabetes, high blood pressure and heart disease?

**Bromley**

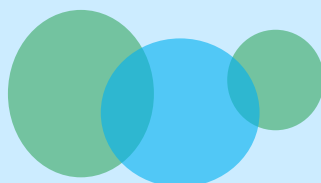
**Well**

## A step in the right direction!



### Tips to make your walk more mindful:

- **Observe** – Become aware of the physical sensations of walking, take a moment to notice and observe how it feels.
- **Notice** – What is going on around you? What can you see? It might be people, cars, trees, shapes and even colours.
- **Listen** – Turn your attentions to sound. What can you hear around you - people talking, birds, traffic?
- **Feel** – Notice any physical sensations or feelings, maybe warm sunshine or a cool breeze, or maybe just the sensation of your foot on the ground.
- **Come Back** - Thoughts will intrude, you can just notice them and bring your attention back to your walking. Use the rhythm of your walking as a base for your awareness, a place you can mentally return to once you realise your mind has wandered off.



# Are You Affected By A Long-Term Health Condition?

Join our welcoming lifestyle support workers and other guests



## FREE HEALTH & WELLBEING WORKSHOPS! For Bromley Residents

WE PROVIDE OPPORTUNITIES TO SUPPORT YOU IMPROVE YOUR OVERALL HEALTH & WELLBEING  
An eight – week workshop program. Join us for just one or all of them!

STARTING TUESDAY 11<sup>TH</sup> APRIL 2023  
FROM 11am UNTIL 12.30pm

BEVERAGES WILL BE PROVIDED

### Topics covered

Sleep & Mindfulness

Planning for the future

Eating well and drinking sensibly

Pain and Fatigue management

Stress busting

Good health – Self care

Ensuring good medical care

Physical activity – The wonder drug

### Venue

On the 4<sup>TH</sup> FLOOR OF - Bromley Central Library, High Street, Bromley BR1 1EX  
(IN THE SMALL ROOM)

*To book your place – please contact our lifestyle Support workers on  
07985 444210 or 07399 202313*

**Bromley Well**

Delivered by:

**BTSE**  
BROMLEY THIRD SECTOR ENTERPRISE

Funded by:

**Bromley**  
THE LONDON BOROUGH  
www.bromley.gov.uk

**NHS**  
South East London  
Clinical Commissioning Group



# 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

- Know 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 the pain cycle and how pain impacts on your life.
- Learn techniques and strategies to help you manage your stress.
- Know where to go for 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.

Contact the Long Term Health Conditions Team for more information on  
**07985 444210 / 07399 202313** Email [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)  
[www.bromleywell.org.uk](http://www.bromleywell.org.uk)

## Forthcoming Events

### World Hypertension Day: Wednesday 17<sup>th</sup> May 2023

The theme again this year is:

**“Measure Your Blood Pressure Accurately, Control It, Live Longer”**

Hypertension (high blood pressure) may not present with any symptoms, but if untreated, may increase the risk of serious problems such as heart attacks and strokes. More than 1 in 4 adults in the UK have high blood pressure but many won't realise it.

**To find out what your blood pressure is you can get it checked at:**

- your GP Surgery
- some pharmacies
- as part of your NHS Health Check
- at home using a blood pressure machine



You can find more information about high blood pressure and its signs and symptoms at the NHS UK website: [High blood pressure \(hypertension\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/high-blood-pressure/hypertension/)



### World No-Tobacco Day: Wednesday 31<sup>st</sup> May 2023

Need some help and information on quitting? Get in touch or see all the free resources at [Quit smoking - NHS \(www.nhs.uk\)](https://www.nhs.uk/quit-smoking/)

**Bromley Well** Supporting health, wellbeing and independence. Please see our website [www.bromleywell.org.uk](https://www.bromleywell.org.uk) or call our free phone number **0808 278 7898**  
Email: [spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk)

Contact the Long Term Health Conditions Team for more information on

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## Free Health and Wellbeing Sessions for Bromley residents living with long term health conditions

Check [out on our website](#) for additional events being held in the coming months!

- ❖ [The Big Lunch this year is the Coronation Big Lunch! 6-8 May](#)
- ❖ [Orpington Literary Festival](#) 15-21 May
- ❖ Dementia Action Week 25-21 May
- ❖ Volunteer week 1-7 June
- ❖ Carers Week 5-11 June
- ❖ Loneliness Awareness Week 13-17 June



### 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.

**Freephone 0808 278 7898**  
**<https://www.bromleywell.org.uk>**  
**Email: [spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk)**

**Contact our Lifestyle Support Workers for details about our FREE Fibromyalgia and Peer Support Groups. Also ask about our eight-week Health and Wellbeing workshops.**



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**[www.bromleywell.org.uk](http://www.bromleywell.org.uk)**