

HEALTH & WELLBEING NEWSLETTER

Long Term Health Conditions

SPRING HAS SPRUNG!

We hope that you've been able to enjoy some of the warmer weather, longer days, and beautiful scenery this season brings.

In this edition of the Bromley Well Long Term Health Conditions Newsletter, we have some updates from the team, including new faces and achievements, and a review of some of the events that have taken place so far this year.

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

We hope you enjoy our newsletter.



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Multiple Sclerosis Awareness Week (April 20th-April 26th)



MS is a neurological condition that affects more than 150,000 people in the UK. Find out more about the types of MS, available treatments and therapies, and how to support people with MS at: <https://www.mssociety.org.uk/>

Service delivered by:



Funded by:





TEAM UPDATES



As some of you may already be aware we've recently had two new team members join us at the Long Term Health Conditions Service:

Paul Tilzey, the new Health & Wellbeing Coordinator

Paul previously managed a supported living service in Gravesend for people with learning disabilities, and before that he led the human support service for disabled staff at the BBC.



Issy May, a new Health & Wellbeing Facilitator

Issy has joined us after previously working with a B-Corp that connected local charities and community groups with businesses to create partnerships for food redistribution and community volunteering initiatives.

Welcome both!



TEAM UPDATES



In more news, our very own Long Term Health Conditions Facilitator Emma O'Connor has recently had two research papers published.

Emma holds a Master of Science in Health Psychology and has a background in research, and has been listed as first author on both of these incredible papers – congratulations Emma!



“There’s No Magic Pill”: A Multimethods Qualitative Study Exploring Routine Fatigue Care in People With Multiple Sclerosis

www.ijmsc.org/view/no-magic-pill-routine-fatigue-care

“There’s a lot that’s different, but it’s still me”: Exploring podcast narratives of emotional adjustment after encephalitis.

<https://psycnet.apa.org/record/2026-04971-001>

2026 SO FAR

Friendship Friday Lunch



London South East College (LSEC) recently hosted an event called Friendship Friday, providing a free lunch to celebrate their international week!

In partnership with the London Borough of Bromley, and as part of the Tackling Loneliness Strategy, this event was a great space for people to come together, enjoy conversation and enjoy a warm, free home cooked meal made by the wonderful culinary students and served by The Kings Trust cohort, all studying at the Orpington campus.

Feedback included that it was a great opportunity to meet other residents, and also that the food was amazing!

Clear Community Web Workshop

ClearCommunityWeb help people feel more confident and comfortable with technology through classes, workshops and individual support.

They recently ran two fantastic workshops (one focusing on using MyChart and the NHS app, and one focusing on protecting yourself from scams/fraud) but also have ongoing digital drop-in sessions, both online and in-person in Bromley, covering a range of topics which you can view on their website:

www.clearcommunityweb.co.uk/about-us/



SPRING FOOD RECIPES

If you're thinking of experimenting with some new recipes this season but are not sure where to start, why not try Tesco's Real Food recipe generator?

Recipe Finder Tool : What Can I Make With... Tesco Real Food

www.realfood.tesco.com/what-can-i-make-with.html

You can enter three ingredients you want to use, and the generator will give you a list of recipes to try. This can be helpful if you are wanting to incorporate some new ingredients into your diet, for example:

Seasonal produce

Such as asparagus, radishes, cabbage, spring onions, & mangetout.



Grains and pulses

Such as oats, corn, lentils, & peas.



Dark leafy greens

Such as chard, spinach, & kale.



Vegetarian alternatives

Such as mushrooms, cauliflower, chickpeas, & butter beans.



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 MONDAY 13TH APRIL 2026

FROM 2.30pm UNTIL 4pm

BEVERAGES WILL BE PROVIDED

TOPICS COVERED

Breaking the Cycle
Eating Well and Drinking Sensibly
Moving More
Sleeping Well

Coping with Stress
Managing Chronic Symptoms
Advocating for Yourself
Planning for the Future

VENUE

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

To book your place – please contact our Health & Wellbeing Facilitators on 07985 444210 or 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.

Contact the Long Term Health Conditions Team for more information
 on 07985431484 / 07399 202313
 Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk



UPCOMING EVENTS



Bromley Football Club NHS Health Checks

Bromley Council and Bromley FC are teaming up to help fans stay match-fit, encouraging supporters aged 40–74 to take up an NHS Health Check, a national programme designed to assess heart health and help prevent serious conditions.

Book an NHS Health Check and explore local stop smoking and alcohol support.



What is an NHS Health Check?

An NHS Health Check is designed to spot early signs of serious but often preventable conditions, including heart disease, stroke, kidney disease, type 2 diabetes, and dementia. Contact your GP surgery to see if you are eligible for an NHS Health Check.

Alongside NHS Health Checks, the campaign will also highlight support available to Bromley residents for stop smoking and alcohol support.

Lower My Drinking offers an anonymised quiz for Bromley residents aged 18 and above. Based on your results, it provides tailored information, tips on cutting down, and signposting to useful support in the borough. Residents can also try the Lower My Drinking app, which can help you track drinking, set goals, use motivational reminders, and monitor progress.

Find out more: www.bromley.gov.uk/substance-misuse/drug-alcohol-services/4

SmokeFree Bromley is a programme delivered by Change Grow Live (CGL) that provides stop smoking support for Bromley residents. They offer one-to-one support for up to 12 weeks with a trained advisor, access to stop smoking aids, and support by phone, in person, or online video, plus local drop-in clinics.

Find out more: www.changegrowlive.org/service/smoke-free-bromley/home

UPCOMING EVENTS

Care Information Day – 28th April

There is a free Care Information Day hosted by Radfield Home Care on Tuesday 28th April.

You can learn about additional support that is available in the community and it's a great chance to find out about the work of our Age UK Bromley & Greenwich colleagues and our partners.

Pop in and say "hello" to Nikki, our Community Engagement Officer who will be on a stall!



Orpington Methodist Church
19 Sevenoaks Road,
Orpington
BR6 9JH

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

Refer online

www.bromleywell.org.uk/refer

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



**Contact the Long Term Health Conditions Team for more information
on 07985 444210 / 07399 202313
Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk**

World Health Day – 7th April

It's World Health Day on April 7th, celebrating the creation of the World Health Organisation! The WHO defines health as “a state of complete physical, mental and social wellbeing”, so we've included some ideas to enrich each aspect of your health:



Physical Wellbeing

If you're looking to increase your movement and get outside in Bromley:

The Ramblers are a walking group for people of all skills covering a range of different routes and areas. Find out more here: www.ramblers.org.uk/go-walking/ramblers-groups/bromley-group

CareDogs are a befriending charity with a difference, pairing up dog owners with older people to connect over regular walks, increasing both general wellbeing and physical activity. Find out more here: www.caredogs.org.uk

Social Wellbeing

Bromley Well Friendship Hubs operate in various locations across the borough and are a lovely opportunity for residents (aged 65+) to come together and socialise over refreshments. You can view locations and dates here: www.bromleywell.org.uk/events/

The Great Friendship Project is campaigning to tackle the stigma of loneliness by raising awareness, highlighting its prevalence among young adults, and emphasising its severe impact on mental and physical health. If you're aged 20-39 and looking for new social events have a look here: www.friendship-project.co.uk

Mental Wellbeing

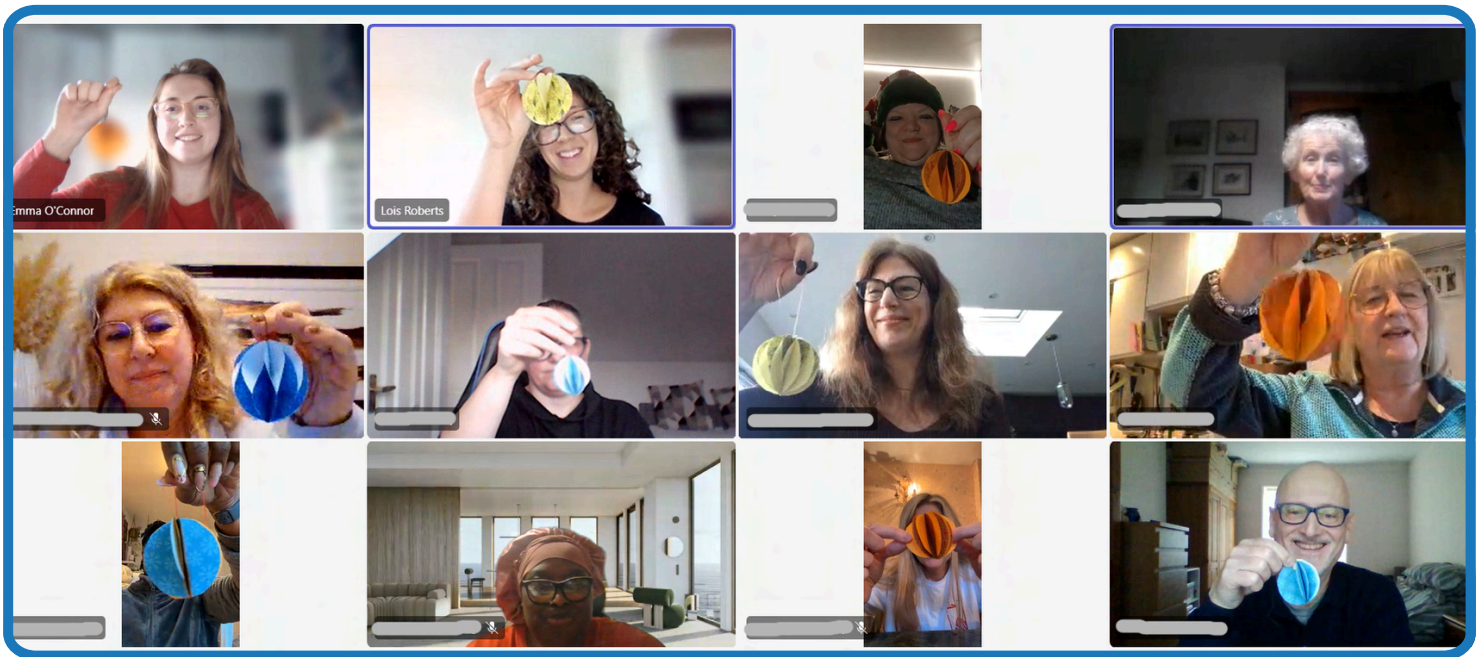
Creative hobbies can be incredibly relaxing and therapeutic!

For local creative groups, including options for arts & crafts, drama, music, reading, gardening and outdoor activities, social groups, and more, have a look at: www.bromley.simplyconnect.uk

Craft Sessions in 2026!

Last year, the Long Term Health Conditions Team at Bromley Well ran three online craft sessions!

These were a great opportunity to learn a simple crafting skill, feel the therapeutic benefits of a creative hobby, and spend time with other people with long-term health conditions. No previous crafting skills required!



We would like to bring these sessions back in 2026 so, if you have any ideas for arts and crafts you would like to try, please do get in touch and let us know!

Contact us on 07985 444210 / 07399 202313 enquiry@bromleywell.org.uk
www.bromleywell.org.uk

