

HEALTH & WELLBEING NEWSLETTER

Long Term Health Conditions

SUMMER IS HERE!

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

In this Bromley Well Long Term Health Conditions Newsletter, we will recap some of the events that have taken place since our previous edition.

There is also information about our free workshops and support groups, plus other great events and activities coming up over the next few months.

We hope you enjoy our newsletter.



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Remember... July is UV Safety Month

To highlight the importance of **protecting our skin and eyes** from the harmful effects of ultraviolet (UV) radiation.

The campaign promotes safe sun habits that help prevent skin cancer, premature aging and eye damage.

Always follow the **NHS advice** on Sunscreen and Sun Safety.



2026 SO FAR

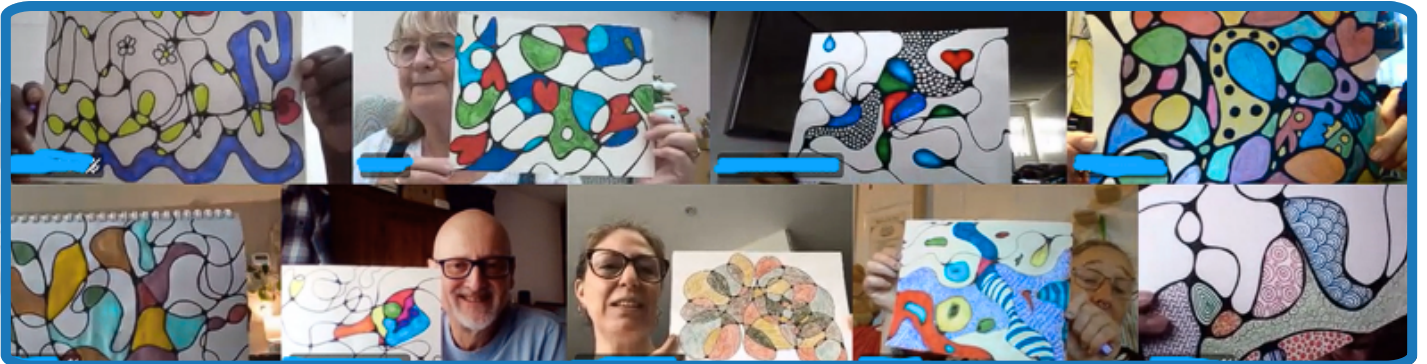
Spring Walk



In **May** we joined our friends at CareDogs for a Spring Walk!

CareDogs is a charity that aims to tackle social isolation through companionship and getting outdoors. They very kindly organised this walk for our Long Term Health Conditions and Adult Carers Services at Bromley Well. Their volunteer dog owners came along with their dogs to enjoy a walk in Norman Park.

Craft Session



In **June** we held an online craft session. This was an introduction to **neurographic drawing**, a mindful drawing practice that can help to reduce stress, and which was suggested by a member of one of our support groups.

We had 18 people join for the virtual session, which was a terrific turnout, and we have had lots of feedback about how relaxing and therapeutic people found it, like this...

"I really enjoyed the craft session yesterday. I'm not artistic at all but was well pleased with my colouring. It was indeed therapeutic."

We will be organising more activities and events over the summer, which are all free to join. Please go to Upcoming Events on page 5 to see what is coming soon and look out for our emails to sign-up, or contact the Long Term Health Conditions team for more information.

Phone: 07985 431484, 07985 444210

Email: LTHC@bromleywell.org.uk



ARE YOU AFFECTED BY A LONG TERM HEALTH CONDITION?



NEW
DATES IN
ORPINGTON

FREE HEALTH & WELLBEING WORKSHOPS For Bromley Residents

**WE PROVIDE SUPPORT AND GIVE SELF-MANAGEMENT TIPS
TO HELP YOU IMPROVE YOUR OVERALL HEALTH & WELLBEING**

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

TOPICS COVERED

Understanding the symptom cycle	Reducing stress
Eating well & drinking sensibly	Managing pain and chronic symptoms
Keeping physically active	Getting more out of your GP appointments
Getting good quality sleep	Planning for the future

VENUE

Orpington Methodist Church, 19 Sevenoaks Rd, Orpington, BR6 9JH

STARTING WEDNESDAY 2ND SEPTEMBER 2026

2.30pm - 4pm

REFRESHMENTS PROVIDED!



To book your place scan the QR code

Or call 07985 431484, 07985 444210 Email LTHC@bromleywell.org.uk

HEALTH & WELLBEING PROGRAMME

Eight weeks of FREE sessions
for Bromley residents!
In-person or online



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

- Understanding sleep hygiene.
- 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 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.

For more information contact the Long Term Health Conditions Team

Call: 07985 431484 or 07985 444210

Email: LTHC@bromleywell.org.uk

Visit: www.bromleywell.org.uk



UPCOMING EVENTS



WANT TO TRY INDOOR CLIMBING?

Rhino Boulder is hosting a **FREE** 'Climb & Connect' taster session for Bromley Well clients aged 16+. **No rope skills or experience needed.**

**Monday 13th July, 1pm, at Rhino Boulder
Unit 6&7 The Mall, Bromley, BR1 1TR**

Bouldering is a self-paced and social activity for all fitness levels.
PLUS there will be free tea and coffee at the taster session.



Guest speaker
Mercedes Yearley

A MORNING OF CREATIVE ARTS

Healthwatch Bromley is inviting local residents to an engaging interactive session of '**wellbeing that works**'.

Mercedes Yearley, creative director of Quest Soul Theatre cic explains the importance of creativity in supporting and maintaining positive mental health.

**Wednesday 15th July, 10am – 12pm
Kentwood Centre, Room 1 Art Room
Kingsdale Rd, London, SE20 7PR**

Book your **FREE** ticket here:

<https://creativeartshwb.eventbrite.co.uk>

A WALK IN THE PARK

Join us and our friends from **CareDogs** for a gentle stroll with some very friendly dogs.

**Friday 17th July, 3pm – 5pm
Beckenham Place Park,
Beckenham Hill Road, BR3 1SY.**

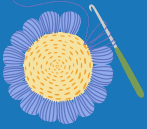
Meet at the **Homestead Café** inside the park.
Paid parking available on site.

FREE REFRESHMENTS

Everyone is welcome! Come and take things at your own pace with as many breaks as you need.



**For more information contact the Long Term Health Conditions Team
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UPCOMING EVENTS



PARK IT!

Meet and stroll, cycle or relax

Come and enjoy a summer afternoon with us in Norman Park, Bromley in July.

We are arranging **a group cycle hire** from the Mencap Workshop at the Lodge, which has **bikes, tricycles** and **an adapted tricycle**, all **free to use**. There are cycle helmets available to borrow too!

Or join us just to relax with a gentle walk to the Trackside Café for **FREE REFRESHMENTS**.

Tuesday 28th July, 1:30pm – 3pm

Norman Park, Hook Farm Road

Bromley BR2 9SX

Meet at The Lodge by the car park



ONLINE CRAFT SESSION

Our next online craft session will be an **Introduction to Crochet!**

The session will be on
Wednesday 5th August
11:00am – 12:30pm.

The session is **FREE** to join and all materials and instructions will be provided, so please look out for our email with more details about the session and how to sign up.

We look forward to seeing you online!



For more information contact the Long Term Health Conditions Team
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GET INVOLVED

Enhancing sickle cell community care across South East London

For people living with **sickle cell disorder**, there is an opportunity to take part in a series of **new theatre workshops** to improve inpatient care at Guy's & St. Thomas's NHS Foundation Trust and beyond.

The sessions are designed to be supportive, creative, and welcoming. You don't need any experience to take part.

Interested? Contact kiran.bains1@nhs.net or scan the QR code.



Share your experience of living with a long term health condition

As part of the King's Health Partners' Mind and Body programme, **SE London NHS** is asking people to complete a short survey about their experience of living with a long-term condition and what kind of support would help you live well.

Use this link to take part:

<https://letstalkhealthandcareselondon.org/developing-a-mind-and-body-resource>

Survey closes 9am on Monday 20 July

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.



**For more information contact the Long Term Health Conditions Team
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