

Bromley

Well



# Health & Wellbeing Newsletter

## Long Term Health Conditions Service

It's that time of year again, folks, when we reflect on the past twelve months and start planning for the new year.

Many are facing tough times, with spiralling fuel bills and the economic squeeze forcing some into a heartbreaking choice between eating or heating their homes.

Sadly there are no easy answers, but in this winter edition of our quarterly Bromley Well Newsletter we offer some advice on dealing with the cost of living and pass on some important information on local warm centres.

We hope you find it helpful. **Season's Greetings!**

Every Bromley household should have received a copy of **One Bromley's Keeping Well This Winter** leaflet. Not seen yours? Then check it out [here](#) !

### Inside you will find it packed with useful information which includes:

- Which service to use when you are ill
- Self Care
- Vaccinations
- Your Primary Care Services
- NHS 111
- Mental Health and Wellbeing
- Keep your Child Well
- Make a difference
- Useful Contacts



### What's Inside?

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

### Self-care techniques can help you:

- Eat well & drink sensibly
- Keep physically active
- Get good quality sleep
- Manage your pain
- Reduce stress and anxiety

New in-person and online groups starting in January 2023!

**Our programme is a series of eight FREE weekly workshops** aimed at supporting your health and wellbeing. **These relaxed and friendly sessions are held both face-to-face and online – the choice is yours!**

Attend as many or as few workshops during the programme as you wish, but you do need to register in advance to attend. Get in touch for further information and to reserve your place. Contact details are at the bottom of the page.

**This is a great chance to meet others and share your experiences over a cup of tea or coffee. We very much hope you can join us.**

## 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.**



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)**

## Help With the Cost of Living

As the temperature falls and the prices of our food and bills rise, we know many of our clients within the borough of Bromley are currently worrying about the effects that the soaring cost of living is having on themselves, their families and their loved ones.

[Bromley Well](#) have put together a comprehensive list of where to find support so you don't have to search for it yourselves. It offers a great place to start!

**Please visit our website for a comprehensive list of where you can get support [Cost of living - Bromley Well](#)**



## Warm Centres In Bromley Borough

Our wonderful Bromley Community has rallied together to provide warm spaces where people can go to keep themselves warm during this particularly challenging winter.

Click on the icons on the map to see where they are and what they offer. [Find your nearest Warm Centre in Bromley Borough - Bromley Well](#)

One thing is for certain . . . you will be offered a very warm welcome!

*We'd like to say a big thank you to all the organisations who helped with this initiative.*



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Have you used the London Ambulance Service during the past 12 months? If the answer is "Yes" then please check the details below and click the link to give your opinion.

[London Ambulance Service NHS Trust Feedback Survey \(smartsurvey.co.uk\)](https://smartsurvey.co.uk)

Complete the survey above for a chance of winning £50!




## HAVE YOUR SAY ABOUT LONDON AMBULANCE SERVICES



### WHO IS LAS?

The London Ambulance Service NHS Trust (LAS) provide medical care to patients across London by responding to 24-hour emergency 999 calls and urgent 111 calls




### WHAT IS THE PURPOSE OF THIS SURVEY?

The purpose of this survey is to gain insight and feedback on your experience of using the London Ambulance Service


### HOW WILL MY FEEDBACK SERVE THE LAS?

Your responses will inform the LAS of what is working well and where there are areas for improvement. They will also be used to feed into the London Ambulance Service strategy for 2023-28



### WHAT ARE THE QUESTIONS ABOUT?

We will ask questions about both 999 and 111 services



### HOW CAN I WIN THE £50 VOUCHER?

For a chance to win, complete our feedback survey voicing your experience with the London Ambulance Service in the past 12 months


### WHEN DOES THE SURVEY OPEN AND CLOSE?

The survey opens on Thursday 1st December and closes on Wednesday 11th January at 12pm


### Prize draw: £50 One4all voucher

### COMPLETE OUR SURVEY AT:

<https://www.smartsurvey.co.uk/s/5BC3ZJ/>



London Ambulance Service NHS Trust





Here at the Long Term Health Condition Team we understand that, for some people, holiday periods can be particularly challenging and isolating.

Happily, our wonderful partners at [Bromley, Lewisham and Greenwich Mind](#) have produced a great information pack to help you. Below is the first page but, to read it all, click on this link: [PowerPoint Presentation \(bromleywell.org.uk\)](http://bromleywell.org.uk)



## Keeping Well This Festive Period

The festive season of Christmas and New Year can be a positive time of celebration and connection with people we care about. For those of us struggling with mental health challenges, this season can become an especially difficult time of year.

For many people, Christmas can feel stressful and trigger difficult feelings: it may provide a reminder of people, places and things that we may have lost, find upsetting or are too hard to cope with. For others, Christmas is a time without family or friends to turn to and it represents a period of being alone, and can be dreaded by those of us who have been bereaved or feel that we have no-one around us. Some even feel at their lowest ebb at Christmas time, and end up in crisis because they do not know where else to turn for support.

This pack is designed to help you feel supported this Christmas. To help you cope with the difficult days, to stay well, to keep safe, and to know where to turn in any event that the season leaves you feeling in crisis.



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# Bromley Well

## Christmas Helpline Opening 2022/23

**CHRISTMAS EVE** Saturday 24th December - CLOSED

**CHRISTMAS DAY** Sunday 25th December - CLOSED

**BOXING DAY** Monday 26th December - CLOSED

Tuesday 27th December - CLOSED

Wednesday 28th December - 9am - 5pm

Thursday 29th December - 9am - 5pm

Friday 30th December - 9am - 5pm

**NEW YEAR'S EVE** Saturday 31st December - CLOSED

**NEW YEAR'S DAY** Sunday 1st January - CLOSED

Monday 2nd January - CLOSED

Tuesday 3rd January - SERVICES RESUME (9am-5pm)

Freephone 0808 278 7898 [spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk)