

HEALTH & WELLBEING NEWSLETTER

Long Term Health Conditions

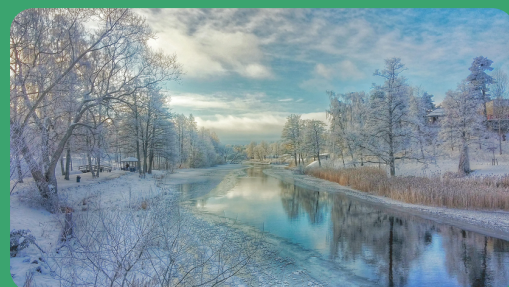
HERE COMES THE COLD

As the nights begin to draw in and the weather gets cooler it is a good time to start to reflect on the year and look forward to the one coming. Winter can also be quite an isolating time but we hope that some of the tips in the Newsletter will keep you entertained and connected.

This Winter Edition of the Bromley Well Newsletter will discuss some of tips on how to focus on our health this winter. We also share some important numbers and information about Warm Hubs. We hope to send you into the New Year positively with some inspiration at the end.

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 good luck with the small positive changes we know we can all make to help improve our wellbeing!



WHAT'S INSIDE?

Health for the New Year p.2

Important information for the festive period p.3

Workshop invite p.4

Workshop topics p.5

Upcoming Events p.6

Some holiday cheer! p.7

Some 'elf care' tips



- Drink at least 6 glasses of water a day – especially to counteract dehydration from heating or alcohol consumption.
- Wear plenty of layers to protect against the weather.
- Try to find ways to engage with your community even when it is cold outside.

SETTING YOURSELF UP FOR THE NEW YEAR



A lot of people look towards the New Year as a time for a fresh start. It can be a strong motivator to have such a scheduled new beginning. However, whether the goal is starting afresh in the New Year or simply laying a foundation for good health, starting to build some habits now can really support future you.

The holiday season and balance

The holiday season can be a lovely time for seeing loved ones over a table full of delicious food. This should be enjoyed but we still want to be mindful of having a balanced diet:

- Think about what you can add to your meals – such as fruit with your chocolate to increase fibre and vitamins.
- If you are consuming alcohol try to take one or two days break a week.

A helpful tool might be the NEW healthy choices quiz, see what lifestyle choices you are doing well in and where you could improve: <https://www.nhs.uk/better-health/healthy-choices-quiz/>

Keeping active in the winter

During the colder darker months it can be hard to find the motivation to exercise. Exercise not only makes us stronger and boosts our mood but also helps with sleep and our immune system which is important in the winter. Here are some tips:

- Move exercise indoors – this can be a class with Mytime Active, a follow along video or dancing around the house.
- Incorporate it into everyday – doing a small bit of housework each day or setting aside an allotted time each day for structured exercise.

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

RESOURCES AND SUPPORT THIS SEASON

Useful Links

Warm Welcome Campaign – List of Warm Centres: a community resource for everyone – to find somewhere warm and welcoming this winter

<https://www.warmwelcome.uk/find-a-space#map>

Crisis and emergency support in Bromley – Bromley Well – some urgent support information

<https://www.bromleywell.org.uk/advice/urgent-support/>

❖ **A quick tip:** For an energy efficient way to keep warm this winter why not try an electric blanket. Just remember to follow instructions when leaving on for prolonged periods! ❖



Useful Numbers



Samaritans – Samaritans are here 24/7 365 days a year for those in emotional need – call 116 123 for free

<https://www.samaritans.org/>

The Silver Line – a free, confidential telephone service for older people. Providing friendship, conversation and support 24/7 – call 0800 470 8090

<https://www.thesilverline.org.uk/>

Bromley Well – for legal advice or advice on finances, housing (delivered by Bromley well partners Citizens Advice Bromley) – call 0808 278 7898 or refer online

www.bromleywell.org.uk/refer

Bromley Borough Foodbank – email Info@bromleyboroughfoodbank.org.uk or call 0800 920 2324 for support

Safeguarding – for safeguarding concerns call 020 8461 7777 (**Out of hours emergency number** 0300 303 8671)

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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 13th January 2026
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

To be confirmed – please contact the team for more information.

**To book your place – please contact our Health and Wellbeing Facilitators on
07985431484 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.

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

November

17-23

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

January

1-31

Dry January – try to stop drinking alcohol for a month

December

15

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

March

16-22

Nutrition and Hydration Week

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

Or refer online via

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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Bromley Well



SOME HOLIDAY CHEER



Why are elves such good motivational speakers?

Because they have a lot of elf confidence.



As we say goodbye for this year we wanted to send you off with a laugh and some extra positivity. Tomorrow is a new day:

when change comes

new beginnings
and fresh starts
don't need midnight
to prevail

a renewed shift
blossoms
when you decide
to exhale

m.t.n poetry

transatlanticnotes.com



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