

# HEALTH & WELLBEING NEWSLETTER

## Long Term Health Conditions

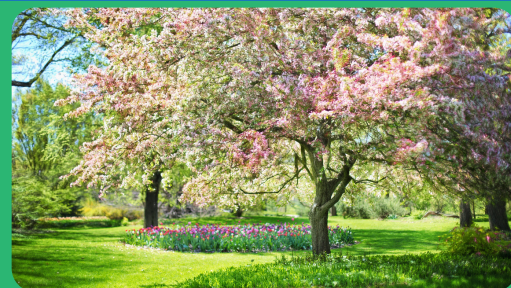
### SPRING HAS SPRUNG!

With the year rapidly passing we are launching into Spring with a launch of our own. The Long-Term Health Conditions team proudly present a short film, directed by and starring the team and some of our wonderful clients. We hope that you all enjoy it as much as we did. Page 4 has more!

Aside from that the Spring Edition of the Bromley Well Newsletter gives information on the benefits of walking, which we can start participating in as long as health and weather allows. Even getting outside in any manner is something that does wonders for the mind and the body. Hopefully the sun will join us!

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!



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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?**



# 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.

# LONG TERM HEALTH CONDITION VIDEO



The Long Term Health Condition Team have been working hard these last few months to create a short film to promote the services we offer and explain more about what we do.

This will include footage from their Health & Wellbeing workshops, testimonials from our clients and interviews with the team. It is a great introduction to us and our service.

Please enjoy the video below and remember to nominate us for next years Oscars!

[An Introduction to the Long Term Health Condition Team](#)

**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)**

# ARE YOU AFFECTED BY A LONG TERM HEALTH CONDITION?

Join our welcoming health and wellbeing facilitators and other



## 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 23rd APRIL 2024

FROM 11am UNTIL 12.30pm

BEVERAGES WILL BE PROVIDED

### TOPICS COVERED

**Sleep & Mindfulness**  
**Planning for the future**  
**Eating well and drinking sensibly**  
**Pain & fatigue management**

**Stress busting**  
**Good health – Self care**  
**Ensuring good medical care**  
**Physical activity – the wonder drug**

### VENUE

Community House Bromley, South Street, Bromley, BR1 1RH

**To book your place – please contact our Health and 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: 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 & Drinking Sensibly

- Discover 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 how stress impacts on your physical and emotional wellbeing.
- Find practical advice, tips and techniques for beating your stress.
- Know the places where you can go to receive 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.

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## FORTHCOMING EVENTS

### WORLD HYPERTENSION DAY: Wednesday 17th May 2024

The theme again this year is:

**MEASURE YOUR BLOOD  
PRESSURE ACCURATELY,  
CONTROL IT, LIVE LONGER**



The theme again this year is: 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](https://www.nhs.uk/conditions/high-blood-pressure/)



### WORLD NO-TOBACCO DAY WEDNESDAY 31st MAY 2024

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

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

Also check out our website for additional events being held in the coming months!

- ❖ Accessing Transport Talk at Community House Bromley and online 27 March 2pm please book free place [here](#)
- ❖ [Fibromyalgia Action UK](#) talk at Community House Bromley 29 April 14:30pm
- ❖ Orpington Literary Festival 13-19 May
- ❖ Dementia Action Week 13-19 May
- ❖ Volunteer week 3-9 June
- ❖ Carers Week 10-16 June
- ❖ Loneliness Awareness Week 10-16 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**  
**Email [spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk)**

**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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Email [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk)  
[www.bromleywell.org.uk](http://www.bromleywell.org.uk)**

## Bromley Well

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