

# Mental Wellbeing Newsletter

Mental Health Information, Advice & Support Service

## Who are we?

The Bromley Well Mental Health Information and Advice Service provides support to people living in Bromley who may be experiencing mild concerns relating to their emotional and mental wellbeing, which may be contributing to feelings of stress, anxiety and low mood. We offer emotional support and practical information on how to manage wellbeing, by exploring approaches to self-care, health and lifestyle. We also help people to develop links and activities in the community, build social networks, and access appropriate services. Find out how to get in touch on page 8.

### What does this newsletter include?

#### Page 4

Mental Health Support

#### Page 5

Support with Physical and Mental Health

#### Page 6

What's On – Ways to Improve your Wellbeing this Summer

## Mental Health Awareness Week – May 2019

We would like to thank everyone who participated in our campaign to raise awareness for mental health in Orpington and Bromley earlier this year. In support of the Mental Health Foundation's work, we sought to understand how people in the community could relate to their own **body image** and the associated effects they experienced on their physical and emotional wellbeing.

We asked you, "what do you love about your body" in aid of the #BeBodyKind campaign and you said:



**Did you know?** 1 in 8 adults in the UK experience suicidal thoughts or feelings because of concerns they have related to their body image? If you would like to find out more about the campaign, and how to get support, please visit: [www.mentalhealth.org.uk/](http://www.mentalhealth.org.uk/)

 @BromleyWell

Bromley Well

Delivered by:



Funded by:



# How can you stay well this summer?

Did you know that one of the best ways to keep well during summer is through **morning exposure to natural light**? This is linked to better sleep and lower levels of stress and depression. This morning dose of light and sun will help to energise you for the day and make you more inclined to wind down in the evening for a better sleep at night. Keep this in mind during the summer period and utilise the natural light to help elevate your mood this summer. Trouble sleeping? Try [www.sleepio.com](http://www.sleepio.com) or visit [www.sleepfoundation.org](http://www.sleepfoundation.org) for more tips on summer sleep.



## Quick tips for summer wellbeing

### Eat the food of the season

It is not a coincidence that many of us prefer foods like fruit, salads and smoothies during the summer period. In fact, summer is a great time to add some extra healthy foods into our diet. Eating lighter, healthier foods during the summer benefits us in many ways including helping our body temperature to stay low, keeping us well hydrated and helping us get extra nutrients into our diet to stay alert and well.

### Fancy trying fruit picking?

Hewitt's Farm, Orpington, BR6 7QL is open every day throughout the summer from 9am-5pm.

Alternatively, find out how to grow your own with the Royal Horticultural Society by visiting:

[www.rhs.org.uk/advice/grow-your-own/fruit/strawberries](http://www.rhs.org.uk/advice/grow-your-own/fruit/strawberries).



### Did you know 1 in 5 people in the UK live below the poverty line?

Bromley Borough Foodbank supports people in crisis with free food parcels and household supplies. Make

contact today to see if you are eligible at: [info@bromleyborough.foodbank.org.uk](mailto:info@bromleyborough.foodbank.org.uk).



### Enjoy the outdoors

Spending time outdoors and being in nature can greatly benefit both our mental and physical wellbeing. This can improve our mood, sleep and reduce feelings of stress. Take advantage of the outdoors this summer by attending a **Bromley Green Gym** for free guided practical activities outdoors such as planting trees, sowing meadows and establishing wildlife ponds. Find out more at [www.tcv.org.uk](http://www.tcv.org.uk). Alternatively, go walking around one of **Bromley's Open Gardens** to see wildlife, nature and meet new people in beautiful green spaces. Visit: [www.ngs.org.uk](http://www.ngs.org.uk) to put in your postcode to find your local gardens.

# Small changes for a healthy lifestyle

Throughout the summertime we often feel encouraged to get outdoors and socialise more than we might do in the winter months. To help you consider ways to keep on top of your wellbeing, here are a few ideas to keep you motivated to stay mentally well, whilst enjoying the summer.

## Stay hydrated and reduce caffeine

Often we drink far less than we should do in the summer months, which can greatly affect our skin, mood, energy, sleep and digestive system. When we become dehydrated we begin to lose electrolytes that keep us physically active, support concentration and generally help us to feel well. Try not to wait until you're thirsty to have water. Keep hydrated throughout the day with 6-8 glasses a day and reduced caffeine. Try water with fresh fruit to boost vitamin intake and flavour!

## Unplug from technology

Carve out time in the day when you leave your phone somewhere it won't disturb you. This will reduce anxiety, and help you feel more in control. Keep it on silent, and low light throughout the evening to help you sleep better too.

## Plan ahead

Consider what your day might hold tomorrow, or this week. Write a list of everything you need to do and then go through it again with a highlighter to mark what is a priority. Things you want to do earlier in the week mark with a star and work on them first. Review the list and cross off your achievements to feel a sense of success.

## Increase your social activity

Think about how it feels when you have an fun day out with people whose company you enjoy. It increases our mood, sense of identity and self-esteem. Think of some people you might like to see more of over the summer, and book some time in to do some relaxed or fun activities together this summer.

## Start the day the right way

Missing breakfast can cause our blood sugar to be low. This can contribute to feelings of irritability, tiredness and lack of energy and affect concentration levels. Starting the day with a healthy breakfast, such as wholegrain cereal, eggs on wholegrain bread will ensure you have the energy and concentration you need to get through the morning.

## Did you know? The truth about sugar

Refined sugar can cause quick spikes and drops in our blood sugar (glucose) levels that can cause us to feel lacking in energy, be irritable, have limited concentration, develop headaches and have disturbed sleep. For some people, extreme consumption of refined sugars and an unbalanced diet can lead to obesity and risk of heart disease, Type 2 Diabetes and some cancers.

Try to limit refined carbohydrates and added sugar and opt for healthy carbohydrate, such as wholegrain cereal, brown or wholegrain bread, wholegrain pasta, oats, natural sugars from fruit and vegetables, and high protein with every meal to keep you fuller for longer. These keep our blood sugar stable, help us to absorb healthy vitamins and fibre, and provide us with a slow, steady release of energy, throughout the day to keep us feeling our mentally and physically at our best.



For more information on food and mood visit: [www.mind.org.uk](http://www.mind.org.uk) or [www.nhs.org.uk/live-well](http://www.nhs.org.uk/live-well)

# Mental health support

Mental health is the same as physical health, every person has it. So, it is only natural that our psychological and emotional wellbeing can become fatigued in much the same way that our physical wellbeing can. For some of us, we can overlook the small signals that remind us we need to take care of ourselves better, such as:

- Burnout at work
- Disturbed sleep
- Feeling irritable or distracted
- Losing interest in normal activities we find enjoyable

Ignoring these signals can make us become susceptible to developing worsened or prolonged symptoms, such as emotional stress, worry or low mood that can have a long-term effect on our mental health. Remember, much of what we do to maintain positive wellbeing is during our day-to-day life. Below are three things that you can incorporate into your daily routine to improve self-care and manage your wellbeing.



## Connect with your feelings

Tracking your mood can help you to figure out what makes you feel good, and what causes you to feel low. You are then able to take necessary steps to change, avoid or prepare yourself for difficult times. Perhaps keep a mood diary: noting how you feel, what you were doing and what you were thinking.

## Be mindful

Mindfulness helps us focus on the present moment. It can reduce stress, help us cope with unhelpful thoughts, and improve our sleep. To be mindful you must: pay attention, take notice, accept and be kind. For more tips, download the Pacifia App or attend a mindfulness activity in Bromley, see page 6 for details.

## Access peer support

When we experience mental health issues, it can feel like nobody else understands. Peer support groups bring together people who have had similar lived experiences to support each other. Sharing these experiences can be greatly beneficial to wellbeing and provide us with a sense of belonging. See page 6 for details.

## Struggling with your mental health?

Seeking help for a mental health issue can feel overwhelming and it is common to feel uncertain of where to start first. Remember that you are not alone and it is always ok to ask for help and support. Visit: [www.bromleywell.org.uk/our-services/mental-health-services](http://www.bromleywell.org.uk/our-services/mental-health-services) to get started.

If you feel in crisis, tell someone. Text 'HELP' to 85258 for crisis counselling, ring Samaritans on 116 123 for listening support, or the NHS Oxleas Urgent Advice Line on 0800 330 8590 for practical advice, all accessible 24/7. If you feel at risk to yourself, likely to cause harm or may be considering ending your life by suicide, please phone 999-Ambulance immediately.



**Need help to talk to your GP?**

Visit: [www.mind.org.uk/findthewords](http://www.mind.org.uk/findthewords) for more support and advice today.

# Physical health & wellbeing

Poor physical health can lead to an increased risk of developing mental health problems, and similarly poor mental health can lead to increased risk of heart disease, and even psoriasis. So keeping your physical health in mind, is key to mental wellbeing and longevity of life.

Physical movement can be greatly beneficial when managing wellbeing and overcoming mental health issues. Movement can be anything from walking up stairs or around the block, to gardening, to putting out washing, hoovering, cooking, or even exercising e.g. cycling, running, playing tennis, doing yoga or swimming. All kinds of movement are good for the body, as they help relax and stimulate the mind and promote positive release of endorphins in the brain that energise your body and make you feel good. Not sure where to start? Try something you enjoy e.g. going for an evening walk with family or your neighbours.



## Struggling to get going?

Bromley MyTime Active offers a low-cost exercise referral programme for people recovering from illness or long term health conditions to provide safe physical activity to increase wellbeing, called Fresh Start. Access up to 12 sessions of personal training for only £5.10 per session. Contact: **020 8290 4000** for more information on making a referral.

## If nothing else, keep moving!

To stay healthy, adults aged 19-64 need to incorporate aerobic and strength-based movements into their routine daily according to the NHS.

Short on time? Try a brisk 10-minute walk twice a day. Small increases in activity are easier to maintain and will boost your confidence to do more. Pace yourself with manageable goals, and celebrate your achievements no matter how small.

Visit the **NHS Fitness Studio** online for home-based activities and tutorials such as chair yoga, aerobics workouts and other fitness support. Visit: [www.nhs.uk/live-well/exercise](http://www.nhs.uk/live-well/exercise) for more support and information.

## Free physical activities in Bromley

Bromley has a range of outdoor spaces providing the opportunity to engage in physical activity to enhance wellbeing (see page 2). There are also a range of free exercise groups and classes that take place in Bromley, including:



**Our Parks** offers free, group exercise classes, led by experienced instructors, in local parks. Download their app to find out what free activities are on 7-days a week. [www.ourparks.org.uk](http://www.ourparks.org.uk)



**Zero to Hero Runners** free 12-week courses for people coping with mental health problems who want to be active. The group helps to build confidence and self-esteem, providing an opportunity to make new connections and keep fit at the same time. [www.zerotoherorunners.co.uk](http://www.zerotoherorunners.co.uk)

# Improving your wellbeing this summer with peer support

The Bromley Well Peer Support service offers a variety of courses designed to improve mental health and wellbeing which focus on common mental difficulties such as anxiety, stress and depression. See our summer activities below.



## Coffee Connections

An on-going drop-in, discussion and support group which runs every week in Bromley. This summer the group will take place on:

- Tuesday 6th August and Tuesday 20th August at Costa Coffee, Bromley Market Square from 5pm-7pm
- Tuesday 13th August and Tuesday 27th August at the South Street Café, Community House, Bromley from 1.30pm-3pm

## Well Walks

A gentle paced walk in Beckenham Place park to include a mindfulness element with time for coffee and connecting with others will take place on:

- Dates: Wednesday 28th August
- Times: 10:45am-12:45pm
- Meeting point: Mansion Café, Beckenham Place Park



## Out and About

This 90-minute session will introduce you to the Five Ways to Wellbeing and the simple steps we can all take to improve our own health and wellbeing, will take place on:

- Dates: Wednesday 7th August
- Times: 10:45am-12:45pm
- Meeting point: The Café (near dinosaurs) Crystal Palace Park

## Ways to Wellbeing an Introduction

An opportunity to explore different parks in and around the Bromley Borough and meet new people will take place on:

- Dates: Wednesday 5th August and Wednesday 19th August
- Times: 1pm-2:30pm
- Meeting point: Red Room, Beckenham Centre, BR3 4HY



## Mindfulness, Meditation and Relaxation

These 90-minute sessions will focus on various mindfulness activities and/or meditation that is suitable for everyone, even beginners and those keen to try something new.

- Dates: Wednesday 7th August and Wednesday 21st August
- Times: 1:30pm-3pm
- Meeting point: Red Room, Beckenham Centre, BR3 4HY



Please call **07718 445 558** or email **wellbeing@bromleywell.org.uk** for more information or to book.

# Wellbeing support for families

## Advice for Parents

The summer holidays provide our children with a well earned break from education and an opportunity to spend time with family and friends. During what promises to be an exciting break, many parents report finding this period difficult. Whether that be coping with childcare, balancing work, or finding the money to keep children entertained throughout the summer period. We have created an information pack to help you get through the summer - it is jam packed with advice on ways to stay busy in Bromley with your children, whilst taking care of yourself too.

### To receive a copy of our Summer Support Pack for Parents:

Text **PACK** to 07718 403 574

Email [wellbeing@bromleywell.org.uk](mailto:wellbeing@bromleywell.org.uk)

Visit [www.bromleywell.org.uk](http://www.bromleywell.org.uk).

### Need some more support this summer?

Reach out to, **Bromley Children's Project**. They provide free support to expectant and current parents, and young people up to age 18 in Bromley regarding school, behaviour, wellbeing and special needs advice.

0208 461 7259 / [bcpadmin@bromley.gov.uk](mailto:bcpadmin@bromley.gov.uk)



## What's on for young people?

**Bromley Youth Support Programme (BYSP)** brings together different services for young people. If you want to gain new skills, have fun things to do and get support around a wide range of issues, this programme can offer support. Offers an education and employment service, youth centres across the borough, a mobile outreach team and a youth involvement team that can help you have your say. Call: 020 8466 3080 or visit: [www.bromley.gov.uk/youthactivities](http://www.bromley.gov.uk/youthactivities).

**JusB** is a community-based youth centre that works with young people during their journey to independence, helping them to make the most of their potential. JusB helps young people to develop new skills and talents through groups and workshops. During the school holidays, JusB runs several youth projects in the community. Past programmes have included trampolining, tennis and bowling, ice skating and rowing. For more information, call 020 8464 2722 or visit: [www.jusb.co.uk](http://www.jusb.co.uk)

**TGIF@MIND** A free peer support group specifically for young people. Share the company of others with similar interests. This group runs on Friday evenings from 7:30pm-10:30pm at Stepping Stones, 38 Masons Hill, BR3 9JG. For further information of how to access this group, call 0208 289 5020.

### Worried about a young person?

Shout is a free, 24/7, confidential text message service for people in crisis. They only need to text **SHOUT** to 85258 to speak with a trained crisis volunteer. If you are concerned about the wellbeing of a young person, please reach out to the Young Minds Parents Helpline for free support and advice on: 0808 802 5544 or visit: [www.youngminds.org.uk](http://www.youngminds.org.uk) for help today.

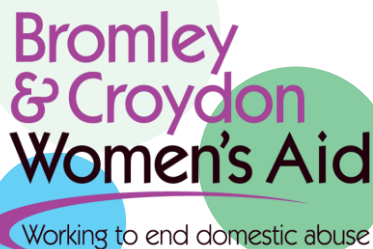
# Important dates for your calendar

## World Suicide Prevention Day – 10<sup>th</sup> September 2019

On average 16 people end their life by suicide every day in the UK. If you know someone that is affected by suicidal thoughts or feelings and would like someone to talk to about this, there are a range of services in Bromley that can help, including the Mental Health and Wellbeing Service:

[wellbeing@bromleywell.org.uk](mailto:wellbeing@bromleywell.org.uk). Are you, or do you know someone who has been bereaved by suicide? There is a local group in Bromley called **Forget Me Not**, who support individuals and families who have lost a loved one to suicide. Find out more about this service by visiting:

<http://survivorsofsuicideloss.org.uk/> or explore the campaign and help raise awareness this September at: [www.iasp.info/wspd2019/](http://www.iasp.info/wspd2019/)



This October, Bromley Well in partnership with Bromley and Croydon Women's Aid will be providing support groups to female survivors of domestic violence and abuse living in the London Borough of Bromley. The groups will be free to attend and will focus on the impact of domestic violence on mental health and wellbeing.

To find out more about the groups and register your interest, please contact: [wellbeing@bromleywell.org.uk](mailto:wellbeing@bromleywell.org.uk) for more information.

## National Mental Health Day – 10<sup>th</sup> October 2019

Everyone has mental health, although sometimes we experience things in life that makes us feel stressed, anxious or low and this can leave us feeling overwhelmed and unsure of what to do next. On 10<sup>th</sup> October, the Bromley Well Mental Health Service is coming together with Bromley, Lewisham and Greenwich Mind and other local charities to support people to understand their mental health, get advice, listen to talks from inspirational speakers, and sign up to activities in Bromley. To find out more contact:

[wellbeing@bromleywell.org.uk](mailto:wellbeing@bromleywell.org.uk) or follow us on Twitter [@BromleyWell](https://twitter.com/BromleyWell) for more details nearer the time.



The **26<sup>th</sup> October 2019** is the longest day of the year, and as the clocks go back the Suicide Prevention Charity, **Campaign Against Living Miserably (CALM)** will be coming together for the first time to complete their first **Lost Hours Walk** to campaign against people struggling in silence, being alone or being miserable and at risk of suicide. The walk is available for anyone to join starting in Greenwich and finishes at Big Ben, and raises money for the charity too. For more information on the different points of the walk you can join in from and to sign up, visit: [www.thecalmzone.net/event/the-lost-hours-walk/](http://www.thecalmzone.net/event/the-lost-hours-walk/).

For further information about what's on at Bromley Well and the different services available:  
Visit: [www.bromleywell.org.uk/events](http://www.bromleywell.org.uk/events).

# Do you care for someone living with a mental health problem?

A carer is someone who, without payment, provides help and support to a friend, neighbour or relative who could not manage otherwise because of frailty, illness or disability. A mental health carer is someone looking after a person with a mental health condition. If you are, or think you might be a carer and would like to talk to someone about what support is available, you can contact our service by calling Bromley Well on: **0300 330 9039** or emailing: [wellbeing@bromleywell.org.uk](mailto:wellbeing@bromleywell.org.uk).

## Skills and Information Group for Mental Health Carers

Bromley United Reformed Church, 20 Widmore Road, Bromley BR1 1RY

NHS Oxleas and Bromley Well are offering FREE skills and information workshops for people caring for a relative or friend, to help you to cope with difficult situations that may arise. Please call or email to book your place

Monday 19th August: 5.45pm - 7.45pm

**Topic: Understanding Depression**

Guest Speaker: TBC

Repeated on: Monday 30th September:  
1.00 – 3.00pm

Guest Speaker: Kim Griffiths  
(Lead Clinical Psychologist, Bromley ADAPT)

Monday October 28th: 5.45pm – 7.45pm

**Topic: The Stigma of Mental Health**

Guest Speaker & Venue TBC

## Coping with Life as a Carer Course

An 8-week course helping you to understand the impact that caring can have on your mental health, how caring can play a role in stress, anxiety and depression and learn skills to help you cope and manage your responses. Please email [wellbeing@bromleywell.org.uk](mailto:wellbeing@bromleywell.org.uk) to book your place

## Mental Health Carers Support Groups

Ripley Arts Centre, 24 Sundridge Avenue, Bromley, BR1 2PX

No Booking Necessary

13th August: 6.00pm – 7.30pm

10th September: 6.00pm – 7.30pm

8th October: 6.00pm – 7.30pm

For further information about what's on at Bromley Well and the different services available, please visit: [www.bromleywell.org.uk/events](http://www.bromleywell.org.uk/events).

## Like our Newsletter?

Thank you for taking the time to read our newsletter. We are a small team and we write, design and print this newsletter in-house. Please contact us if there is something you would like us to include in future editions.

 **0300 3309 039**

 **[wellbeing@bromleywell.org.uk](mailto:wellbeing@bromleywell.org.uk)**

 **@bromleywell**

 **[www.bromleywell.org.uk](http://www.bromleywell.org.uk)**

 **@BromleyWell**

**Bromley Well**

Delivered by:



Funded by:

