

Health & Wellbeing Newsletter

Long Term Health Conditions service

Free health coaching for Bromley residents

Our team of health coaches have supported over 700 Bromley residents living with long term health conditions such as diabetes, hypertension, arthritis, asthma, COPD, irritable bowel, fibromyalgia and many more, to stay well and remain independent. We are helping people develop self-care skills in areas such as nutrition, physical activity, sleep, pain management, emotional wellbeing, mindfulness, talking to healthcare professionals and taking medication correctly. We are also providing people with opportunities to meet others and share experiences and we're helping people access other local support services.

What Our Clients Say:

The programme is very empowering

Inspired to make some positive lifestyle changes for the better

I used to feel sorry for myself now I realise I can help someone by sharing my experiences



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2018 Highlights

Meet the team!



Bryony Coker, Administrator
Dean Baldwin, Team Coordinator
Diana Norris, Health & Wellbeing Coach
Mercy Mwansa, Health & Wellbeing Coach
Kirsty Treadwell, Community Engagement



In partnership with Public Health Bromley and Blood Pressure UK, we took part in the Know Your Numbers Campaign on 11 September and helped over 50 Bromley residents find out about their blood pressure.

To support Self-Care week in November, we visited Cotmandene Community Centre and gave free blood pressure checks to local residents in St Pauls and St Mary's Cray.



We have delivered...

11 Health & Wellbeing programmes across the borough for Bromley residents living with a long term health condition.

You said ...

There is always something new in each session & it keeps us up to date with the latest thinking

A monthly support group for Bromley residents living with Fibromyalgia.

Drop in sessions for GP surgeries and community centres across the borough.

10 training sessions for health and social care professionals in the **Making Every Contact Count** approach to help them support local residents to make positive changes to improve their physical and emotional wellbeing.



For more information contact: 07985 444210 / 07985 433045

For more information about the MECC Training for Health and Social Care staff, contact: 07983 094307 Email: kirsty.Treadwell@bromleywell.org.uk

Forthcoming Events 2019

Health and Wellbeing Programme

Our programme is a series of FREE weekly workshops for Bromley residents with health conditions, aimed at supporting wellbeing through self-care in areas such as healthy eating, exercise, sleep & mindfulness, medication, managing pain, stress & anxiety etc.

Get in touch for further information and to reserve your place. You can attend as many or as few workshops during the programme as you wish.

This is a great chance to meet others and share your experiences over a cup of tea/ coffee and some refreshments. We hope you can join us

Self-care techniques can help you:

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

St Mary's Cray
Venue to be confirmed

Bromley
Every Wednesday
11:30am- 1:30pm
Community House,
South Street, BR1 1RH



Fibromyalgia Support Group

Held on the last Friday of every month

Community House,
South Street, Bromley, BR1 1RH

Contact: 0208 315 1857

St Andrews Sheltered Housing, Bromley
Every Thursday
10 Jan - 06 March, 2019

6 Other workshops in Sheltered housing
across the borough

For more information about our workshops please contact: 07985 444210 / 07985 433045

Health & Wellbeing Programme

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

- Know the latest, research based recommendations for healthy eating.
- Understand the importance of eating well for our bodies & our minds.
- Get tips for weight management.

Week 3 Physical Activity

- Learn why physical activity is, “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 get tips on getting a good night's sleep.
- Learn how mindfulness can help us manage stress and experience a mindfulness exercise.

Week 5 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 6 A brief introduction to CBT

- Learn about the theory of cognitive behavioural therapy (CBT).
- Understand how CBT strategies and techniques can help us manage stress.
- Learn a CBT technique to help us manage our well being.

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.

For more information contact: 07985 444210 / 07985 433045

Email: mercy.mwansa@bromleywell.org.uk / diana.norris@bromleywell.org.uk

Question Time

Support to find volunteering, training & paid employment

Health coach Diana Norris asked Richard Wiseman, Employment Advisor with Bromley Well some questions about the volunteering, training and paid employment service for people living with long term health conditions.



Q. Who is this service for?

- A. Our employment advisors support people with long term health conditions, physical disabilities and learning disabilities.

A. Q. What kind of support is available?

A. Our service offers:

- 1-2-1 advice and meetings with an employment advisor
- Help to think about your strengths, skills and interests and what sort of work you'd like to do.
- Monthly workshops to help with finding a job or an opportunity to volunteer.
- Weekly job clubs with other people who are looking for work
- CV writing and help with online job applications
- Help to plan for and support you at interviews

Q. What if I can't do the kind of work I used to do because of my condition?

- A. We can help you explore other options. Most people have transferable skills which can be utilised in a different role. We can spend time thinking about other things you could, or would like to do. We can help you to identify training or educational opportunities you may need to succeed in a new position. There is also funding available through "Access to Work", which allows people to get reasonable adjustments or pay for support in the work place.

Q. What if I don't feel well enough to go back to work?

- A. We do other things on top of helping people back in to work. We support people to explore options around educational and training needs. You may have a specific interest you would like to explore further. We can help identify courses to allow you to do this. If you do not feel well enough to work but would still like to do something then there are lots of people and organisations looking for volunteers. You may wish to do this. There are many different roles and some volunteering to be done in a way that suits you.

Q. Can you tell us a bit more about your job search clubs?

- A. We run monthly job search clubs so you can get that bit of extra support with looking for work from our Employment Advisors. We'll help you fill in online applications and set up on job sites.

Q. Where are your clubs and when do you run them?

- A. Cotmandene Community Resource Centre, St Pauls Cray, BR5 2RG.
Held fortnightly on Thursday
Time: 12:00 to 14:00
- A. Mottingham Community & Learning Centre, SE9 4D2
Held fortnightly on Tuesday, 11:30 to 13:30

Self-Care Tips

Health & Wellbeing Coach Mercy Mwansa offers her advice for staying well this winter.



- Keep warm – wear warm clothing and heat your home to at least 18 degrees C or (65F) if you can. Keeping warm helps to prevent coughs and colds or serious conditions like flu, pneumonia & depression.
- Seek help if you start to feel unwell, do not wait until your symptoms get worse.
- Speak to your pharmacist if you have a cough or a cold for advice on treatment options available.
- Eat well & keep hydrated.
- Stay active - exercise can help you keep warm, help you sleep better and help you manage your emotional wellbeing.
- Try not to sit still for more than an hour or so indoor- get up and stretch your legs.
- Try and look out for other people who may need extra help over winter.



Ask your GP practice or pharmacy about your free flu jab if:

- You are over 65 or a carer
- Have a chronic health condition such as diabetes, COPD, heart disease, asthma etc.
- Are pregnant
- Have children aged 2-3 years



Are you on long term medication? Do you forget to get your prescription on time?

Find out about electronic prescription and repeat dispensing services from your local pharmacy or GP surgery.

For more information contact us on : 07985 444210 / 07985 433045

Support for health & wellbeing in Bromley



Are you registered with a Bromley GP and are 18 years or older and have back, neck, joint or general muscle problems? You can now self-refer to Crystal Palace physiotherapy without the need for a GP appointment.

Tel: 01689 887710

Bromley Well Carers Respite Service

The service provides respite services for carers and is available at an hourly rate of £17.50

Tel: 07983 902 432

Email: enquiry@bromleywell.org.uk

Handyperson Service

Do you need things fixed at home in order to ensure a safe & accessible environment? Our professional & affordable handyperson can do this for you.

The handyperson is available at an hourly rate of £40 per hour (plus cost of materials used).

To request a quote or make a referral please call 07985 434262, Fax: 020 8315 1851 or

Email: enquiry@bromleywell.org.uk



Bromley Well Services

www.bromleywell.org.uk

Email: info@bromleywell.org.uk

Contact Single Point of Access: 0300 3309 039

Supporting health, wellbeing and independence

Here to help Bromley residents

Contact SPA on: 0300 3309 039

Older people | Carers | Learning difficulties | Physical disabilities
Mental wellbeing | Long term health conditions
Volunteering, paid employment or training

Bromley Dementia Support Hub

Bromley Dementia Support Hub

- Supports Bromley residents to live well with dementia.
- Befriending to support people to stay active and get out and about with a volunteer befriender.

Tel: 020 3328 0366

Volunteer Befriender, T: 020 83151871

Email: info@dementiahub.org.uk

Website: www.bromleydementiasupporthub.org.uk

**mytime
active
Bromley**

ESCAPE Pain

A **free**, group-based, rehabilitation programme for the management of osteoarthritis of the hip and/or knee.

Tel: 020 8290 4000

Bromley Well

Delivered by:



Funded by:



Public Health Events 2019

Dry January Stay alcohol free for 31 Days!

Find out more at alcoholchange.org.uk

Dry January will help you:

- Sleep better
- Lose weight
- Improve your skin
- Save money
- Get healthier
- Feel proud

Need help staying dry this January or with drinking sensibly? Get in touch, come to a workshop or have a look at our alcohol factsheet available on our website www.bromleywell.org.uk

National No Smoking Day 13 March



Need help and information on quitting? Get in touch, come to our workshop or look at our stop smoking factsheet available on our website www.bromleywell.org.uk



11 – 17 March

Need more information on nutrition and having a healthy diet? Get in touch, come to our workshop or look at our healthy eating factsheet available on our website www.bromleywell.org.uk

For more information about our service please contact us on: 02083151931 / 02083151857

Bromley Well Contacts:

Single point of Access: 0300 3309 039

Email: info@bromleywell.org.uk

Website: www.bromleywell.org.uk

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