

# 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 11.

### What does this newsletter include?

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## World Mental Health Day – 10<sup>th</sup> Oct 2019



We achieved an excellent turnout for World Mental Health Day at Beckenham Public Hall on 10<sup>th</sup> October. Over 100 service-users and professionals joined in to help us mark the importance of this annual event, and in this year supported our mission to talk around the theme of preventing suicide. We enjoyed talks, peer workshops, entertainment and hosted special activities to get people talking with our listening space, human library and remembrance wall, dedicated to those people we have sadly lost to suicide.

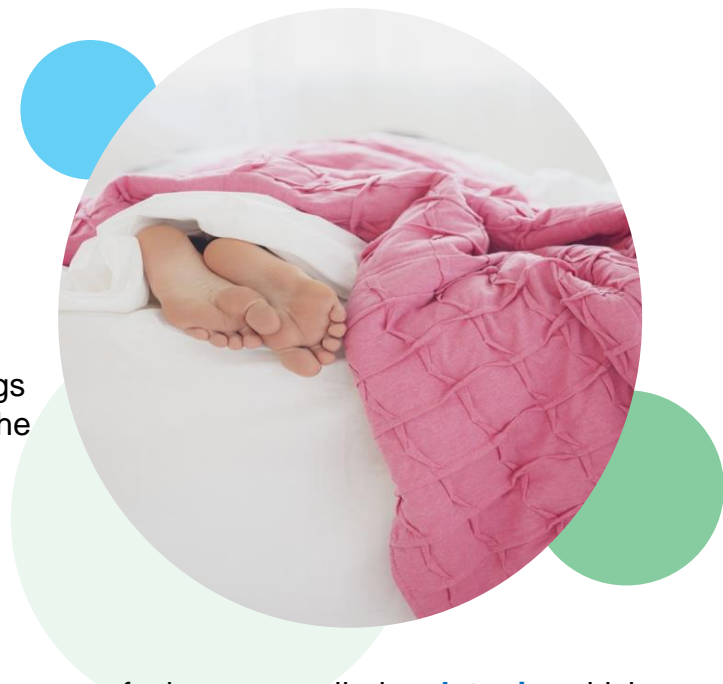
We would like to give huge thanks to all our clients who attended, and those that volunteered their time and gave fantastic support to help facilitate a great event for local people in our community. Thank you for joining in, and helping us to reduce stigma, raise hope and get talking about mental health.  
**#areyouokay? #WMHD2019 @bromleywell**

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# Your mood this winter

**Do you find it more difficult to get out of bed during winter mornings, when the weather is miserable and the sky is darker?** If so, you're not alone.

It's very common to feel a bit low during the winter period, which can make it more difficult to do the things we enjoy. The reason we may struggle waking up in the morning or feel lethargic and low through the day is down to our **'circadian rhythm', or 'sleep/wake cycle'**; a 24 hour internal clock that runs in the background of our brain and uses cues such as daylight and our body's own functions to tell our body when it is time to sleep and wake up. When the days shorten, the lack of sunlight means our brains produce more of a hormone called **melatonin**, which makes us tired. This is why you may notice you feel more lethargic throughout the day, especially in the mornings and evenings. So, it is only natural that our psychological and emotional wellbeing can become fatigued in much the same way.



## Will light therapy help?

Some people find that in the darker months, light therapy can improve mood significantly. This involves sitting by a particular lamp called a **SAD lamp** or **light box**, for around 30 minutes to an hour each morning. The light produced by the lamp simulates the sunlight that's missing during these months – It's though that the light may improve mood by encouraging the brain to reduce production of melatonin (sleep hormone) and increase production of serotonin (mood effecting hormone).

Visit: [www.sad.org.uk](http://www.sad.org.uk) for more information, advice and support, or call **NHS-111** for more guidance on how to manage symptoms safely this winter.

**NHS**

**MOODZONE**

The NHS have set up a handy online podcast service that includes a range of free to access and download videos and audio guides to help you manage your wellbeing this winter, including tips on:

- managing low mood
  - anxiety control
- overcoming sleep problems
- controlling unhelpful thinking.

Get online now to complete your own mood self-assessment and to get a personalised advice plan on what to do next to improve your mood and wellbeing.

Visit: <https://www.nhs.uk/Conditions/stress-anxiety-depression/> for more support today.

**TURN2US**

Through Turn2US, you may be eligible for a small non-repayable grant to purchase a SAD lamp or other household aids to help you manage your wellbeing in winter. For further info, visit: [www.turn2us.org.uk/](http://www.turn2us.org.uk/)

# Keeping well indoors this winter

With the shorter days and miserable weather forecasts, it may be trickier to get out and about as often. However, there are small steps that you can take to make sure you are keeping yourself well when indoors this winter.

## Let the daylight in

During the daylight hours, make sure to keep your blinds or curtains open as much as possible. This will reduce production of the sleep hormone and make us feel more prepared for the day

## Get a good night's sleep

Getting a healthy amount of uninterrupted sleep is key for avoiding the winter slump. It's very tempting to go into hibernation mode when winter approaches, but that doesn't mean you should snooze for longer. Research has shown that sleeping too much can make you feel even more lethargic during the day and we don't actually require any more sleep than we get during summer months – aim for about **7-8 hours of sleep a night**, and try to go to sleep at the same time each day. Ensure your bedroom helps you feel relaxed; have clean and warm bedding, keep the room cool, and avoid blue light contact 60-90 mins pre-sleep.

## Keep a routine

Aim to keep your daily routine as much as possible. If you are unable to leave the house to visit family/friends or attend activities, perhaps use phone calls or video call services like Skype to connect with people.

## Do something enjoyable every day

Having a hobby, or enjoyable activity is key to maintaining positive wellbeing, especially in the winter months and if you are stuck indoors. Doing something that we enjoy, and feel we are good at, can provide us with a real sense of purpose, which in turn can increase our mood during this period.

For more tips on maintaining a positive wellbeing, visit:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/>

## Some tips to prepare your home for winter weather

1. Draw your curtains when it gets dark outside to reduce heat loss through windows
2. Try to tuck longer curtains behind radiators, or behind photo frames on windowsills – This will ensure that heat doesn't get trapped
3. Don't block radiators with furniture or other items
4. If there are particular rooms in the house you don't use, turn off the radiators and keep the doors shut. This will allow the heat to travel to the areas in the house that you use frequently.



### Why not get a home energy check?

**Age UK Bromley & Greenwich** offer home energy checks. They can send a trusted person to your home to ensure that it is energy efficient. If necessary, they may be able to provide free equipment to help you save money on your energy bills. Visit:

<https://www.ageuk.org.uk/bromleyandgreenwich>



# Beat the winter bugs

Cold and flu viruses are very common during winter months. This is the case for a few different reasons including that the shorter and darker days means less natural sunlight and therefore less natural vitamin D – which helps to power the immune system. There are many myths around colds and flu's and we thought it would be helpful to debunk a few of those for you. See below for a few common misperceptions about seasonal viruses.



## Myth: You can develop the flu from the flu vaccine

People claim that flu vaccine can cause the flu. The flu vaccine can take up to two weeks to work, and so if someone becomes ill with the flu soon after the vaccination, it's most likely down to them being exposed to the virus either before or within two weeks of getting the shot. The most common reactions to the vaccination are swelling/soreness at the site of injection and redness which goes away about 1 - 3 days. Get yours now, visit: <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

## Myth: I can only catch a cold or flu if I'm near someone with the virus

When you sneeze or cough, the particles can travel 6 to 8 feet! To infect someone, the particles don't have to just be breathed in, they can be transmitted through the nose or the eyes. They can also spread by latching onto surfaces such as door handles. This is why it's so important to cover your mouth when you cough or sneeze – this is best done by coughing/sneezing into the crook of your elbow, or preferably a tissue which you can dispose of afterwards.

## Myth: You can catch a cold from going outside/going to sleep with wet hair

Despite what you have been told, having cold, damp or wet hair has very little to do with how likely you are to develop a cold or the flu. The only way these viruses can be caught is by being exposed to the virus.

**It is true that you are more likely to pick up a virus when the weather is cold, this is because viruses thrive in cooler conditions, dry air also dries out the passages in the nose, making it easier for viruses to intrude.**



## NHS 'Help Us Help You – Know What to Do' Campaign

This winter, use the following steps if you require professional support regarding your physical health in non-emergency situations.

**Step 1:** Visit your local pharmacist. Pharmacists are experts in medicines who can help you with minor health concerns including coughs, colds, tummy aches and other pains

**Step 2: Call 111.** If you feel like you have an urgent but non-life threatening issue, instead of worrying, self diagnosing or second guessing, call 111. They can give you appropriate advice and direct you to the relevant service if necessary

**Step 3:** If steps 1 and 2 do not meet your needs, and if advised, Visit your GP.

# How to Stay Physically Fit This Winter

Looking after your physical health may be one of the last things you want to do during the winter days when you're feeling tired and blue. However, you may surprise yourself by how energetic you feel after participating in some kind of physical activity during the day. This is because through exercising or just being physically active, our brains release endorphins which make us feel energized and provide us with that feel good feeling.

Feeling demotivated? Do activity in the late afternoon – this may help to reduce the early-evening fatigue during dark winter evenings and can also in turn help improve quality of sleep.

## Did you know...

From around the age of 55, we lose about 1% of our muscle mass each year. Though this doesn't seem like a lot, muscle mass is what keeps us warm. This makes it all the more important to exercise and increase activity levels to keep our bodies warm in the colder months! Move just a little everyday to help reduce the impact on your body long term.



## Indoor sports and leisure

Bromley has a large community of indoor sports and leisure clubs and groups – many of which are women, or men only, age range specific (e.g. under 30s or over 50s), are low cost to access and vary every season.

Find out what's on near you by visiting:

[https://www.bromley.gov.uk/directory/20/sports\\_leisure\\_centres\\_and\\_facilities\\_in\\_bromley](https://www.bromley.gov.uk/directory/20/sports_leisure_centres_and_facilities_in_bromley)



## Stuck indoors?

Burn calories, lose weight and feel great with the NHS's selection of equipment-free home workout routines. Whether you feel too tired to leave the house, hate going to the gym, or just short on time, these 10 minute work outs are great to do indoors and can be easily fit into your schedule.

Visit: <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

## Try new activities for the whole family

Winter months provide a great time to try new and different types of activities. Perhaps go ice-skating as a family, or take winter walks through the different parks in Bromley. To find your nearest park, visit:

[www.bromleyparks.co.uk](http://www.bromleyparks.co.uk)



## Low Cost Personal Training

**Bromley MyTime Active** offers a low-cost exercise referral programme called Fresh Start, for people recovering from illness or long term health conditions to provide safe physical activity to increase wellbeing. 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.

# 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).

## What's On for Mental Health Carers?

### Coping with Life as a Carer Course

**January 16<sup>th</sup> – March 5<sup>th</sup> (8 sessions)**

Thursday evenings 6.15 – 7.45pm

Orpington Village Hall, 311 High Street, Orpington, BR6 ONN

A free eight 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.

### 1:1 Appointments for Mental Health Carers at Green Parks House: Booking Necessary

For carers of current or recent inpatients at Green Parks House. To book a 30 minute appointment please call our Carers Support Advisor on 07718 403 572 Held at: Green Parks House, Princess Royal Hospital, Farnborough Common, BR6 8NY

### Mental Health Carers Support Groups

We are in the process of looking at new ways to improve the delivery of our monthly peer support group. Look out for information soon about our new group programme.

### Skills and Information Groups

**Monday 25<sup>th</sup> November 2019**

1pm-3pm at Bromley United Reformed Church

**Topic:** Stigma and Mental Health

**Guest Speakers:** Neil Springham, Head of Psychological Therapies at Oxleas NHS Foundation Trust

**Monday 27<sup>th</sup> January 2020**

2pm – 4pm Orpington Village Hall, 311 High Street, Orpington, BR6 ONN

**Topic:** Boundaries in the caring role:

**Guest Speakers:** Stephen Brown, Team Manager ADAPT East Bromley & Dr Roman Czornyj, Principal Clinical Psychologist ADAPT East Bromley

**Christmas can be a difficult time for many carers. To celebrate the hard work of carers and to offer a space to talk and unwind we are hosting a *Christmas Tea and Cake Event for Mental Health Carers on Thursday 10<sup>th</sup> December 2019 from 2pm-4pm at Anchor House, 5 Station Road, Orpington, BR6 ORZ. Free entry, all welcome.***



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# A spotlight on: Carers Assessments

**What is a Carers Assessment?** A Carer's Assessment is for carers over 18 years old who look after someone over 18 years old who is either ill, disabled or elderly. It is an opportunity for you to voice the impact that your caring role is having on your life and what support you need. The assessment will look at things like your physical, mental and emotional needs, and whether you are able, or even willing to carry on caring for that person.

**Can I have a Carers Assessment?** If you are a carer and you feel you need support you can request an assessment from your local council. It's not based on the type of care you give, you don't necessarily have to live with the person or be caring full time for them, and it's not dependent on your financial situation. Like many people you could be trying to hold a job down whilst you care, and that can have a huge impact on your wellbeing.



**How can I get a Carers Assessment?** You can contact the adult social services department at Bromley Council on 020 8461 7777 and say you'd like a carers assessment. If the person you care for is under a Community Mental Health Team, you might find someone in that team can carry out a carers assessment for you. It's always worth asking. Start with the Care Coordinator who works with the person you care for.

If you think you might benefit from an assessment, contact the London Borough of Bromley for more support on:

**T:** 020 8461 7777

**E:** [adult.early.intervention@bromley.gov.uk](mailto:adult.early.intervention@bromley.gov.uk)

**W:** [https://www.bromley.gov.uk/info/200015/carers/1270/carers\\_assessments](https://www.bromley.gov.uk/info/200015/carers/1270/carers_assessments)

For more information and support on your rights as a carer, how to approach this assessment and other carer-based queries such as carers allowance and power of attorney, visit: [www.carersuk.org](http://www.carersuk.org).

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# Emotional wellbeing

**Did you know?** Emotional wellbeing is built upon feelings of purpose, happiness, fulfillment and satisfaction. These contribute to improved self-esteem and self-confidence, and help to reduce physical health risks such as depression, and even some cardiovascular diseases. Think about a hobby you enjoy, have always wanted to try, or one you wish you could start-up again. Bromley has hundreds of small groups and activities all over the borough, this year why don't you see if you can find one you're interested in and give it a go.



## What is resilience?

Resilience is a term used to describe how successfully a person might “bounce back” from adverse or stressful experiences. Resilience is not something a person is born with, but it is something you develop through your early childhood experiences e.g. how you are parented, how you learn to cope in social, academic and domestic situations, and how you are supported when things appear difficult or challenging. This means that levels of resilience although learned, can be changed if you feel the way you cope in these situations is unhelpful or leaves you feeling out of control, frustrated or helpless.

**Here are some examples of things that help to increase personal resilience:**

### Manage worry

You have the answers within yourself, often when we feel stressed we turn to others for the answer which can often add to our confusion or sense of being “stuck”. Next time you feel overwhelmed, pause and write a list of what is worrying you. Then highlight or underline the biggest worry from the list. Take this worry and on a new piece of paper ask yourself how likely this worry is to happen out of 100%, then ask yourself out of 100% how likely do you feel about to control what happens. Now think about what is within your control. Write a list of actions for yourself that might help you work on or change the things that are within your control.

### Practice patience

Often when we feel low or burnt out we choose to avoid things that we think will leave us feeling worse. Next time this happens, find a quiet space to calmly reflect on what is happening – what can you learn, what would you like to happen?

### Make room for your hopes and dreams

Life can be busy and there can often be little room for things that make you feel like a complete person, totally fulfilled and happy. Take time to plan goals – this year, next 2-5 years, next 10 years. Set a few and think about what might help you work towards them e.g. volunteering, new hobbies, education, re-training, travelling, or something else. Be brave, and take risks – you might just surprise yourself.

Want some help to build your resilience?

**Text RESILIENCE to 07718 403 574 to receive a free workbook** produced by our team today, to help you work towards a more resilient, well and positive version of you for 2020 and beyond.



# Coping at Christmas

For those of us struggling with mental health, the season of Christmas can become an especially difficult time of year. For many, Christmas provides 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 Christmastime, and end up in crisis because they do not know where else to turn for support.

Christmas can be a nice time of year. The season of Christmas can provide an opportunity to do something for yourself and for others. It is important to allow yourself the space to enjoy it by making time to relax, have fun, spend time with others that matter and do things that make you feel good e.g. eating chocolate, socialising and staying up later, to help you wind down and plan for the New Year.

**Would you like a bit more support this Christmas? To receive a free copy of our Coping with Christmas Support Pack with ideas on ways to keep well, and information on local free events and support:**

**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).**



## What's on?

Do you love Christmas lights? Why not join other local residents to enjoy the free lights switch on at Orpington High Street on 16<sup>th</sup> November from 4pm-8pm, or in Bromley on 19<sup>th</sup> November from 2pm-5pm outside the Glades. Both will enjoy food stalls and entertainment.

Give back and help others at the Bromley Homeless Shelter this winter: be a cook or a listener.

For more information, visit: [www.bromleyshelter.org.uk](http://www.bromleyshelter.org.uk). If you are at risk of becoming homeless, you can get free support at a weekly drop-in a Bromley United Reformed Church, 10am-2pm Tue and Thu.

Free Turkey Christmas Dinner at the Crown and Anchor Pub, BR1 3HJ for Senior Citizens who would otherwise be alone, includes: Christmas pudding, tea and coffee with a mince pie and a glass of sherry. Please call: 0208 249 1657 or email [martinlloyd1@hotmail.com](mailto:martinlloyd1@hotmail.com) to book your place.

## Some ideas of things you could do this Christmas

### Creative

Make a shoe-box for the local church

Make your own Christmas cards, crackers, or decorations, look online for inspiration!

Get crafty with D.I.Y presents

Bake festive gifts or treats to share with friends, loved ones and neighbours

Visit a local Xmas craft fair

### Social

Make new friends this season becoming part of a church, choir or other social group e.g. at your local village hall, or a carol service

Volunteer your time to help someone else in need this Christmas i.e. a local soup kitchen, or support a local charity at a Christmas event.

Call someone you care about.

Invite someone round for a Christmas drink.

### Active

Take a wintery walk with friends or family

Try something new like ice skating, or build a snowman

Get outdoors with the family e.g. play a ball game, use bikes or go to the local park

Bundle everyone in the car and take a road trip to see the Christmas lights on display around town – enjoy Christmas music and hot chocolate as you go!



# Beat the New Year Blues

## Don't be Blue on Monday's

Research into the psychological impact of the New Year, has suggested that the third Monday in January is for most people, the most depressing day of the year and as such has been affectionately named, Blue Monday. For most people, the struggles of a whole new year can begin to feel very real: financially, emotionally, socially, and despite our immediate best efforts to have a great start to the year we can begin to feel low, fed up and cynical about the year ahead. These feelings are all completely normal, and this new year, we want to make sure you have some tips to help you get on top of that Blue Monday feeling and do something supportive for yourself in order to feel good and hopeful for the year ahead.



## Quick Tips

- **Keep on top of stress** – keep a to-do list for the week and take three things off that list to achieve each day to help pace yourself and prioritise tasks.
- **Take 30 minutes a day just for you** – dedicate time to yourself each day, even if it is only a shower use this time to focus completely on yourself.
- **Talk to someone** – it's ok not to be ok, let someone know how you are feeling and get it off your chest.

## New Year, Same You

Starting a new year does not mean you have to reinvent who you are all over again, and it also does not mean that you have to improve who you were from last year. However, there is something satisfying about the opportunity a new year brings to encourage you to do something different, or familiar with your life. How about.....



### Joining a weekly book club?

Bromley Book Club is a social and friendly space for any avid book enthusiast to share a love for books with others at Henry's Bar and Café in Bromley on 1<sup>st</sup> Sat of every month at 12pm. Contact Joanne on 07974477097 to join for free now.



### Getting crafty?

Little Woollie is a local craft and haberdashery shop that run classes for knitting, crochet, dressmaking and patchwork. Visit [www.littlewoollie.co.uk](http://www.littlewoollie.co.uk) for more inspiration, pop in store or call the team on 0208 313 3490.



### Joining a choir?

Bromley Parish Church host a sociable opportunity to sing every Thursday evening. Just turn up. For information please contact Gary Sieling, Director of Music on 020 8466 8470/ 07889 569 226 or email [garysieling2008@hotmail.com](mailto:garysieling2008@hotmail.com).



### Becoming a Rambler?

Bromley Ramblers have friendly walking groups for people of all ages and abilities that take place all year round. Call today on: 0208 7772361 or visit: [www.ramblers.org.uk](http://www.ramblers.org.uk) for more information

# Important dates for your calendar

## Talk to someone at Coffee Connections in Bromley

If you are looking for a safe, and friendly space to talk and to meet new people, you are welcome to join our regular drop-in discussion and support group which runs every other Tuesday evening in Bromley at Costa Coffee, Bromley Market Square from 5pm-7pm.

Entry is free, just turn up on the day and you will find us downstairs:

- Tuesday 12th November
- Tuesday 26<sup>th</sup> November
- Tuesday 10<sup>th</sup> December, this will be the last session until the New Year.



## Speak to a Mental Health Advisor this Winter

The Bromley Well Mental Health and Wellbeing Service will be out in the community over the winter at local GP surgeries. We encourage you to stop by and talk to our team to get more support and information regarding your health and wellbeing. Just stop by and see us, you can find us at:

- **London Lane Clinic:** Weds 6<sup>th</sup> Nov and Tue 3<sup>rd</sup> Dec from 2pm-4:30pm
- **Princess Royal University Hospital:** Mon 25<sup>th</sup> Nov from 11am-2pm

## Surviving Well

Are you a survivor of domestic abuse and need help to manage your wellbeing?

Bromley, Lewisham and Greenwich Mind have partnered with Bromley and Croydon Women's Aid to provide a new support programme for female survivors of domestic abuse who are experiencing common mental health problems. The project is called Surviving Well and is accessible for any women 18+ living in the London Borough of Bromley.

Meet others, get support and advice in private weekly sessions, or access free, confidential support on a one-to-one basis with one of our mental health or domestic abuse advisors. Our new programme will help you to: improve your self-esteem and confidence, manage your emotional wellbeing and create safer and healthier relationships for the future.

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

Bromley,  
Lewisham &  
Greenwich



Bromley  
& Croydon  
Women's Aid  
*Working to end domestic abuse*

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).



# Every Mind Matters

Every Mind Matters is an online platform designed to help you make a start on managing your wellbeing by taking simple steps to understand and cope with feelings of stress, anxiety, low mood or when we are struggling to sleep. From tips on how to get more physical activity, to mindful breathing exercises and advice on how to reframe unhelpful thoughts, all the information and advice in Every Mind Matters has been developed with experts and approved by the NHS and has been endorsed by Royal College of General Practitioners.



Visit their website for more support, information and advice, including videos, and downloadable resources you can access on your mobile e.g. a personalised Mind Care Plan tailored to your needs.

**Website:** [www.nhs.uk/mental/health](http://www.nhs.uk/mental/health) with pages with tips for your mind, and your body.

## Do you need help to cope with anxiety, stress or depression? We're here to help.

The Bromley Well Mental Health and Wellbeing Service are coming together this January to offer free wellbeing workshops for local people needing more support on ways to cope with common mental health problems.

**Booking is essential.** Workshops are free and will be held on the following dates:

**Thursday 16<sup>th</sup> January 2020**  
Coping with Low Mood and Poor Sleep

**Thursday 23<sup>rd</sup> January 2020**  
Coping with Stress and Feelings of Anger

**Tuesday 28<sup>th</sup> January 2020**  
Coping with Worry and Panic



If you are interested in hearing more about the workshops, or to book your place please email: [wellbeing@bromleywell.org.uk](mailto:wellbeing@bromleywell.org.uk) where our team will reply to you within 48 hours.

**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.

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