

**Monday 14th November -
Friday 18th November**

Join us in person and online for...

- ✓ **Workshops**
- ✓ **Information**
- ✓ **Top tips and advice**

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**SELF CARE
WEEK
2022**



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Join in and celebrate Bromley's Self Care Week Monday 14th November - Friday 18th November

MONDAY 14th NOVEMBER

<u>Sing to Beat (Parkinson's)</u>	2.30-3.30pm	Azelia Hall, Beckenham	£5 per person, email bromleyparkinsonsbranch@gmail.com
<u>Meet the Team: Healthwatch Bromley</u>	10am-12pm	Bromley Mencap, Station Rd	Rob Morgan 07482 558 660 or email robert.morgan@bromleywell.org.uk
<u>Healthy Living Drop In (North Bromley)</u>	10am - 12pm & 1-3pm	Bromley Mencap, Station Rd	Rob Morgan 07842 558 660 or email robert.morgan@bromleywell.org.uk
<u>Health and Wellbeing workshop week 2 - Eating well & drinking sensibly</u>	11am-12.30pm	Orpington Village Hall, 311 High Street, Orpington	Kristina – 07985 444210 kristine.pzibilska@bromleywell.org.uk Queen - 07399 202313 queen.irena-sambou@bromleywell.org.uk

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<u>Flu and Covid-19 - What older Londoners need to know</u>	2pm-3.30pm	Online	https://Vaccineswinter2022.eventbrite.co.uk
<u>Healthy Living Plan For People With Physical Difficulties</u>	12.30-3.30pm	Bromley Mencap, Station Rd	Please book with Sony Brown on 020 8466 0790 or email sony.brown@bromleywell.org.uk.



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TUESDAY 15th NOVEMBER

<u>Seated exercise class (Parkinson's)</u>	2.30- 3.30pm	Widmore Hall	bromleyparkinsonsbranch@gmail.com
<u>"Ensuring good medical care" online session for people with long term health conditions</u>	11am- 12.30pm	MS Teams	Contact Dean Baldwin dean.baldwin@bromleyell.org.uk T: 07985 431484 for a chat and further info.
<u>Online Meet the Team at Bromley Healthwatch</u>	2.45pm- 3.30pm	Zoom	On Zoom please register in advance with HealthWatch Bromley info@healthwatchbromley.co.uk

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WEDNESDAY 16th NOVEMBER

<p><u>Meet the Healthwatch Bromley Team</u> (Drop in, no booking necessary)</p>	<p>12.30pm-2pm</p>	<p>Ground floor cafe, Community House, South Street, Bromley BR1 1RH</p>	<p>NO NEED TO BOOK! charlotte@healthwatchbromley.co.uk T. 0750 891 0036</p>
<p><u>Young Carers Online Book Club - The Unmorrow Curse!</u></p>	<p>4.30-5.15pm</p>	<p>Online</p>	<p>Email Joe to register your interest: joe.stapleton@bromleywell.org.uk</p>
<p><u>Sporting Memories Café at Bromley Football Club</u></p>	<p>Contact for details</p>	<p>Bromley Football Club</p>	<p>Call/email Bromley FC and register your place(s) in advance. community@bromleyfc.co.uk, or call 0208 460 5291 (Choose Option 4)</p>

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WEDNESDAY 16th NOVEMBER

<p><u>"Memory Singers" for people with dementia and their carers</u></p>	<p>2-3.30pm</p>	<p>United Reformed Church Widmore Road</p>	<p>Free but please register in advance with: Gloria Toplis – Lead Volunteer gloria.toplis@outlook.com</p>
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THURSDAY 17th NOVEMBER

<u>Mindfulness and meditation (Parkinson's)</u>	11.30am-12.30pm	St Andrews Church Hall, Burnt Ash Lane	£5 per person, email bromleyparkinsonsbranch@gmail.com
<u>Self Care for Busy Mums - make time for you (Successful Mums Career Academy)</u>	12pm-1pm	Online	<u>Book via Eventbrite</u>
<u>Singing 4 Wellness Online Session with Jenessa</u>	2.15pm-3pm	MS Teams	Contact Queen queen.irena-sambou@bromleywell.org.uk
<u>Young Carers Sculpture Workshop (Session 2)</u>	4.30-7pm	8 Station Road, Bromley	Joe Stapleton youngcarers@bromleywell.org.uk 07594 091769

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THURSDAY 17th NOVEMBER

<p><u>Raven's Chat</u> <u>Informal get-together</u> <u>for over-50s</u></p>	<p>11am-1pm</p>	<p>Bromley Football Club</p>	<p>Please register in advance by emailing or phoning the club: community@bromleyfc.co.uk or call 0208 460 5291 (Choose Option 4)</p>
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FRIDAY 18th NOVEMBER

<u>MEET THE BROMLEY WELL TEAM AT THE GLADES</u>	9.30am -4pm	Upper Floor, near Ted Baker & Levi's	Free, just come and say hello to find out more
<u>Drop In at The Bull (Parkinson's)</u>	2.30- 4.30pm	The Bull, Chislehurst	Free, just drop in or email bromleyparkinsonsbranch@gmail.com
<u>Self Care and Your Sexual Health: Online Q&A with NHS expert</u>	1.30- 2.30pm	MS Teams	Contact Dean dean.baldwin@bromleywell.org.uk

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<p><u>Memory Box Café for people with dementia</u></p>	<p>2-3.30pm</p>	<p>Emmanuel Church, West Wickham</p>	<p>Contact Lyn for more details and to confirm attendance 020 3759 9024 or email memoryboxcafe@gmail.com</p>
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