

HEALTH & WELLBEING NEWSLETTER

Long Term Health Conditions



WINTER IS COMING

The holiday season is fast approaching, and we have already had some cold weather to match! Winter can be quite an isolating time but we hope that some of the tips in the Newsletter will keep you entertained and connected.

With any colder weather we must be wary of the danger of falls, so this Winter Edition of the Bromley Well Newsletter will discuss some tips to reduce the risk of them happening. We also share some important numbers and information about Warm Hubs. We hope to send you into the New Year positively with some inspiration at the end.

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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Act FAST

Strokes are events that need early intervention to prevent as much damage as possible. Try to remember the acronym FAST if you are noticing changes in yourself or your loved one. If you notice Face drooping, Arm weakness, slurred or changed Speech then waste no Time in calling 999.



PREVENTING FALLS



With Christmas decorations everywhere, slippery leaves, frost and sometimes even snow this time of year can be very dangerous for falls. This does not only increase your risks of breaking a bone or damaging your body in another way but regular falls can decrease our confidence and therefore reduce the amount of activity we do.

Please see below our tips on how to prevent this as much as possible:

- **Remove “trip hazards”** - a lot of falls occur in the home due to general household clutter, try and make sure there are plenty of clear paths in your house for you to safely walk through.
- **Try not to look at your feet when walking around** - looking at your feet affects our balance because it can cause our body to tilt forward but can also encourage dizziness which destabilises us in a different way. Looking straight ahead stabilises us and can also help us to spot trip hazards before they are right in front of us.
- **Practice stabilising and strengthening exercises** - especially when we have a long term health condition falls can be due to our muscles not working as effectively due to pain or reduced mobility in general. We have to make sure we are doing movements for the muscles that help us with balance the most, these include the core (your abs, hip and back muscles combined) and legs. Please see video linked with some examples of exercises of core strengthening exercises <https://www.youtube.com/watch?v=XQRtO40tEk8> and for some more explanation around stabilising exercises and ways to improve your balance please follow this link <https://www.youtube.com/watch?v=hx1-UisCOBI>
- **Have your eyes and ears tested** - when your vision is impaired you are more at risk of falling, certain ear issues can also affect your balance, so keeping on top of these regular tests can help your stability in general.

In the case of a fall please see below a video on how to get off the floor safely. Please only do this if you know you didn't hit your head or if there is not evidence of broken bones.

<https://www.youtube.com/watch?v=sotxltSi7IA>



RESOURCES AND SUPPORT THIS SEASON

Useful Links

Warm Welcome Campaign – List of Warm Centres: a community resource for everyone – to find somewhere warm and welcoming this winter

<https://www.bromleywell.org.uk/advice/bromley-warm-centres-map/>

Crisis and emergency support in Bromley – Bromley Well – some urgent support information

<https://www.bromleywell.org.uk/advice/urgent-support/>

❖ **A quick tip:** For an energy efficient way to keep warm this winter why not try an electric blanket. Just remember to follow instructions when leaving on for prolonged periods! ❖



Useful Numbers



Samaritans – Samaritans are here 24/7 365 days a year for those in emotional need – call 116 123 for free
<https://www.samaritans.org/>

The Silver Line – a free, confidential telephone service for older people. Providing friendship, conversation and support 24/7 – call 0800 470 8090
<https://www.thesilverline.org.uk/>

Bromley Well – for legal advice or advice on finances, housing (delivered by Bromley well partners Citizens Advice Bromley)
– call 0808 278 7898 or refer online
www.bromleywell.org.uk/refer

Bromley Well – for specialised information and advice for over 65s (delivered by Bromley Well partners Age UK Bromley and Greenwich) – call 020 8315 1850 or email iag@bromleywell.org.uk

Bromley Borough Foodbank – email Info@bromleyboroughfoodbank.org.uk or call 0800 920 2324 for support

Safeguarding – for safeguarding concerns call 020 8461 7777 (**Out of hours emergency number** 0300 303 8671)

**Contact the Long Term Health Conditions Team for more information
on 07985431484 / 07399 202313
Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk**

ARE YOU AFFECTED BY A LONG TERM HEALTH CONDITION?

Join our welcoming health and wellbeing facilitators and other guests



FREE HEALTH & WELLBEING WORKSHOPS! For Bromley Residents

**WE PROVIDE OPPORTUNITIES TO SUPPORT YOU TO IMPROVE YOUR
OVERALL HEALTH & WELLBEING**

An eight-week workshop programme. Join us for just one or all of them!



STARTING TUESDAY 10th December 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
07985431484 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.

Contact the Long Term Health Conditions Team for more information
on 07985431484 / 07399 202313
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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!

- ❖ Long Term Health Conditions Christmas Party on 9th December please see event [here](#)
- ❖ Dry January from 1st January - why not test yourself this January by attempting to go alcohol free for a month, read more advice on reducing alcohol intake [here](#)
- ❖ World Cancer Day 4th February



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

Or refer online via

www.bromleywell.gov.uk/refer

Contact our Health and Wellbeing Facilitators about our FREE Fibromyalgia and Peer Support Groups. Also ask about our eight-week Health and Wellbeing workshops.



Contact the Long Term Health Conditions Team for more information
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Bromley Well

A BIT OF INSPIRATION FOR THE NEW YEAR ...



During this busy period it is good to make sure you take time out to relax but also reflect on the year that has passed. The New Year is a time lots of people use to start afresh, while we won't hold you to any New Year's resolutions we do want to send you into the New Year with some positivity. We think there is no better way to feel inspired than being creative so please enjoy the poem below, we hope it lifts your spirits and kickstarts 2025 for you

**This bright new year is given me
To live each day with zest
To daily grow and try to be
My highest and my best!
I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!**

by William Arthur Ward

**A brand new year!
A clean slate on which to write our
hopes and dreams.
This year: Less time and energy
on things;
More time and energy on people.
All of life's best rewards, deepest
and finest feelings, greatest
satisfactions, come from people-
- people like you.
Happy New Year!**

By Joanna Fuch

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