

HEALTH & WELLBEING NEWSLETTER

Long Term Health Conditions

HIBERNATION SEASON!

As Autumn and Winter approach it is natural for us to want to slow down which means we often have a bit more time on our hands. This could be the perfect time for us to start to learn something new, or just to find creative ways to adjust any health habits we began in summer and not lose momentum!

The Autumn Edition of the Bromley Well Newsletter gives information on the Stop Smoking campaign that is being launched, how to keep active in the cooler months, how to improve our sleep, how to keep healthy this Autumn/Winter. We know it is quite early to be thinking about the holiday period but we will also be discussing eating well during that time.

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!



WHAT'S INSIDE?

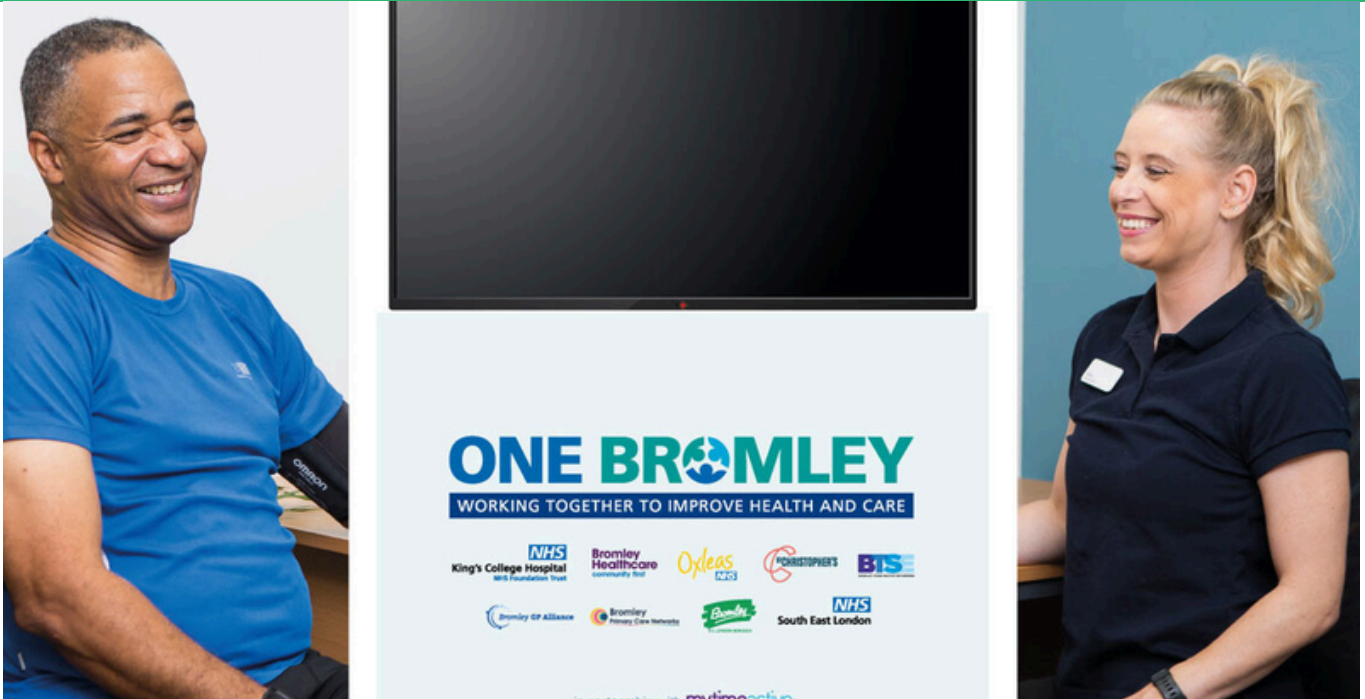
| | |
|--|-----|
| Stop smoking campaign | p.2 |
| Keeping the body active in the colder months | p.3 |
| Hibernation season and sleep | p.4 |
| Health during the holiday period | p.5 |
| Health and Wellbeing workshop invite | p.6 |
| Health and wellbeing topics | p.7 |
| Upcoming Events | p.8 |

A time for new hobbies?



As the nights draw in and the air gets cooler, and damper, many of us will start to chose to stay home a bit more often. Which means that it is the perfect time to learn a new skill to keep you entertained. Creative hobbies are a great way to keep our minds engaged, our fingers dexterous and also give us some extra joy in the darker months. We are not going to force the more hardy amongst you to give up your outdoor sports if you don't want to. But, if you are looking for a new hobby, that can be done in the warmth, then arts and crafts may be for you. Try something like paint by numbers, knitting pom poms and many more. You can even find local craft groups [here](#).

STOPTOBER – STOP SMOKING CAMPAIGN



Stoptober is the Department of Health and Social Care's annual stop smoking campaign. Did you know that based on evidence that if as a smoker you make it to 28 days smoke-free, you are five times more likely to quit for good?

The good news is that in Bromley you don't need to do it on your own!

Visit the One Bromley Wellbeing Hub in the Glades Shopping Centre. Upper Level, opposite M&S Tuesday to Saturday, 10.30am to 6.30pm

Here you can get face-2-face advice from a trained smoking cessation advisor. You can receive behavioural support to help you quit smoking, including CO2 monitoring, nicotine replacement therapy and access to a free vape starter kit for eligible residents.

An advisor will be available in the Hub on Thursdays, Fridays and Saturdays. You can pop in and see them or contact Smoke Free Bromley to arrange an appointment, or to access remote support. All you need to do is Text: QUIT to 66777, Phone: 0800 999 1072 or email: smokefree.bromley@nhs.net

Since it first launched in 2012, Stoptober has helped over 2.5 million people make a quit smoking attempt. Make 2024 the year that you, or a family member, are added to this number!

Good Luck!

PHYSICAL ACTIVITY



Have you tried working out in the comfort of your home?

Autumn can make it harder for us to be active due to all the weather reasons we are very aware of. Here are some tips to overcome these hurdles:

- Find ways to exercise inside, there are many ways you can do this. You can try to stream an exercise video in the comfort of your own home, simply use the steps more or put on some music and have a boogie. Or you can try a fitness class, there are many options at [Mytime Active](#).
- Try to get your exercise in earlier in the day when you have the most energy, due to the reduced sunlight in the autumn months our body has less Vitamin D and also produces more melatonin which can cause us to feel tired and groggy. This will only get worse at the day goes on.
- It is still good to try to get outside and exercise where you can for some sunlight and fresh air. But it may be worth incorporating it into an activity as there may be less motivation to head out on a whim when it is colder. Try to organise a group walk, a walk around a beautiful park garden or simply get off the bus a few stops earlier.
- Get an exercise buddy, whatever physical activity you chose to do it is often a lot easier to keep going when you have someone to keep you accountable. This is true in every season but why not give it a go in this one!

PREPARE FOR HIBERNATION SEASON BY LEARNING TO SLEEP WELL



Sleep is an essential tool to our health. It has a lot of benefits such as: enhancing mental wellbeing, preventing hypertension and heart diseases, regulating blood sugar, improving mental function, restoring the immune system and aiding in recovery in the body and maintaining a healthy weight. However, many people don't pay much attention to the quality of their sleep until they notice a big change in their wellbeing. Here are some tips to aid you get the best sleep possible:

- Go to bed and wake up at the same time everyday, routine is a really important part of sleep and ensures that your body is ready for and expecting sleep by a certain time.
- Expose yourself to sunlight as soon as you get up, this sets up your circadian rhythm. In the autumn time this gets harder so it may be worth investing in sunlight lamps that can act as a replacement this season and start your day off right.
- Avoid caffeine in the afternoon
- Don't go to be too hungry or too full, your dinner should be adequately digested or it can cause disrupted sleep so leave 2-3 hours before bedding down.
- Make your bedroom as conducive to sleep as possible, no screens, cool and dark, quiet, with comfortable and effective pillows/mattress.
- Exercise regularly but not right before bed
- Develop a relaxing evening routine that you repeat; turn off screens, have a nice tea, a bath, whatever gets you into a relaxed headspace.
- Try essential oils such as lavender and sweet orange, or teas such as chamomile to aid in your relaxation.

**Contact the Long Term Health Conditions Team for more information
on 07985 444210 / 07399 202313
Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk**

HOLIDAY PERIOD AND HEALTH



The holiday period is a wonderful time to spend with friends and family over a meal or some snacks. It is important to be able to enjoy this time to the fullest and guilt free. However, it is worth keeping in mind a few tips to keep up your health and wellbeing:

- Eat mindfully, don't pick open box of chocolates just because it is there. Eat slowly and fill up a small plate rather than a big plate so you can check in with your body when you are full. A lot of the time we eat so mindlessly we don't notice we have had enough until we are can't move from the sofa!
- Think about what you can add to your diet. It is not always about restricting yourself, but adding fruit and vegetables and healthy fats can increase your satiation and also ensure you are getting adequate nutrition. This can also help reduce too much snacking.
- Sugar swaps, some of the time! You can get more information [here](#)
- Plan ahead. Try not to go to gatherings starving hungry and if you are going to a restaurant maybe look at the menu. This all encourages sensible choices.
- Keep hydrated. The later nights, higher salt and higher alcohol intake can cause us all to be dehydrated, ensuring you're getting water in between meals and drinks can reduce the risk of this and give us more energy to keep going too!
- Try to get out of the house. This is great for our physical health but also taking a break and getting outside can do wonders for our mental health too.

Don't forget to enjoy the festive! But to do this you need to ensure you get enough sleep, you can see more on page 4.

Vaccinations



Another way to look after your health this holiday season is to ensure you are up to date with any necessary vaccinations. If you are over 65, or have specific medical conditions such as those that are immunosuppressed, are pregnant, a frontline health and social care worker it is worth checking with your local GP or pharmacy if you can get the Flu and Covid vaccinations. These are the groups that are normally eligible. You can also read more information about vaccinations and availability [here](#).

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 24th September 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
07985 444210 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 07985 444210 / 07399 202313
Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk

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!

- ❖ World Mental Health Day 10th October
- ❖ Self Care Week 18th November–24th November
- ❖ Long Term Health Conditions Christmas Party, please keep an eye on our [events page](#) for the date



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
Email spa@bromleywell.org.uk**

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

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