



Health & Wellbeing Newsletter

Long Term Health Conditions Service

AUTUMN . . . TIME TO MAKE A CHANGE?

With autumn here and those dark nights drawing in, what better time to make some positive changes to protect your health and wellbeing?

Luckily, your quarterly Bromley Well Newsletter is here to point you in precisely the right direction!

In this edition, we offer some helpful advice to those valiantly trying to quit that all-too-expensive and harmful cigarette habit.

We also look at the risk factors for heart attacks and, if the worst should happen, how to recognise the key symptoms and summon vital help.

Additionally, we explain all about the nation's upcoming Self Care week – and the importance of caring for yourself in today's hectic world.

Finally we look forward to Women's Well Fest, which takes place in Bromley next month.

Do enjoy our Newsletter everyone and, remember, please look after yourselves!

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Stoptober is the annual October campaign to help people stop smoking.

The NHS has many resources and free local services to help you quit. [Quit smoking - Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Heart of the Matter



Symptoms of a heart attack can vary from person to person, but it's well worth noting the most common signs.

One indication could be a sudden chest pain or discomfort in your chest which refuses to go away. It may feel like pressure, tightness or squeezing and the pain may spread to your left or right arm.

It could also spread to your neck, jaw, back or stomach - while you may feel sick, sweaty, light-headed or short of breath.

Other less common symptoms include a sudden feeling of anxiety resembling a panic attack and excessive coughing or wheezing.

If you think you're having a heart attack, call 999 for an ambulance immediately.

Women may be less likely to seek medical attention and treatment quickly, despite the warning signs. Sadly, this can dramatically reduce the chance of survival.

Rapid treatment is essential, with the aim to restore blood flow to the affected part of the heart muscle as soon as possible.

DO WOMEN REALLY HAVE FEWER HEART ATTACKS?

- ❖ Coronary Heart Disease is often considered a male condition, yet it kills more than twice as many women as breast cancer in the UK every year.
- ❖ In fact, it was the single biggest killer of women worldwide in 2019.
- ❖ More than 800,000 UK women live with CHD - the main cause of heart attacks.
- ❖ Each year more than 30,000 are admitted to hospital with heart attacks.

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WHAT ARE THE RISK FACTORS?

As you get older it is increasingly important to be aware of the factors that can affect your risk of CHD. The more risk factors you have, the more likely you are to develop this condition.

The list of risk factors includes:

- ❖ High blood pressure
- ❖ High cholesterol
- ❖ Diabetes
- ❖ Smoking
- ❖ Being overweight
- ❖ Not doing enough physical activity.

Remember, identifying and managing risk factors early on can help lower your chances of a heart attack in future.

FREE Health & Wellbeing Workshops



Our programme is a series of eight FREE weekly workshops aimed at supporting your health and wellbeing. **These relaxed and friendly workshops are held both face-to-face and online – the choice is yours!**

You can attend as many or as few workshops as you want during the programme but you do need to register to attend beforehand. Get in touch for further information and to reserve your place. Contact details are at the bottom of this page.

This is a great chance to meet others and share your experiences over a cup of tea or coffee. 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



We offer FREE lifestyle support for Bromley residents living with a long term health condition such as diabetes, hypertension, fibromyalgia & suitable for most other conditions.

Contact the Long Term Health Conditions Team on

07985 444210 / 07985 431484

Email enquiry@bromleywell.org.uk

Health & Wellbeing Programme

We offer eight weeks of free sessions for Bromley residents who have a long term health condition. Feel free to take part in just one . . . or try them all!

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

- 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 / 07985 431484 Email enquiry@bromleywell.org.uk
www.bromleywell.org.uk

Forthcoming Events



“Take care, look after yourself . . .” We’ve all said it, but how many of us take a moment to think about what it actually means?

With the hectic pace of 21st Century life and so many demands on our attention, it’s all too easy to neglect the needs of our own bodies and minds.

National Self Care week, which runs from **November 13th to 19th**, is an annual awareness event that, since 2011, has been focusing on embedding support for self care across communities, families and generations.

This year’s theme is “Mind & Body” and will involve International, national, regional, local and community organisations - all passionate about empowering people to better look after their own physical health and mental wellbeing.

Health messages which can be conveyed during the Week include:

- The value of vitamin D supplements, especially for those unable to go outdoors,
- The importance of good nutrition and regular exercise to support general wellbeing and help maximise immunity,
- Advice on adopting positive lifestyle choices,
- Increasing health literacy levels in the community and schools,
- Supporting mental wellness by keeping connected, ensuring a sense of perspective, and taking further steps to maintain health, and
- Understanding how to manage minor and long term health conditions.

Organisations across the borough come together to provide a programme of events, most of which are FREE.

Check our website in November [What's on - Bromley Well](#) for this list of events.

For ideas and resources about self care check out [Homepage - Self Care Forum](#)

And remember self care is for life!

Women's Health & Wellbeing Event

BROMLEY
**WOMEN'S
WELL
FEST**



Tuesday 17th October 2023

**10am - 3pm | Community House,
South Street, Bromley BR1 1RH
Free admission | All welcome**



Expert Speakers



Information stalls

**Menopause | Money | Health Conditions |
Caring for others | Mental health | Wellbeing**

Event sponsor

Thackray Williams

Event coordinated by



Bromley Well

Join us for our first Bromley Health and Wellbeing event!

You can view the exciting list of speakers and see how to book your place here: [Bromley Women's Wellfest - Bromley Well](#)

Pop in to listen to just one speaker, browse the stands or stay for the whole day! The choice is yours.

FREE refreshments available throughout the day.

We'd love to see you there!

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