



Bromley Self Care

November 2024

Join us in person and online for...

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

www.bromleywell.org.uk



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Thursday 7th NOVEMBER

<u>Men's Campfire Collective with Nuthatch Retreats</u>	19:00 to 21:00	Heartwood at Frylands Scout Centre, Featherbed Lane, Croydon, Kent CR0 9AA	£7.75 - book on Eventbrite
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Tuesday 12th NOVEMBER

<u>The Cray's Wellbeing & Digital Cafe</u>	11:00 to 13:00	Temple URC Church, 179 High Street, Orpington Kent BR5 4AX	FREE - just drop in The 'Wellbeing Cafe' brings the community together for games, healthcare talks and catch up's with a cuppa.
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Thursday 14th NOVEMBER

Coffee and Chat (Central Bromley)	2pm-4pm	Community House, South Street Bromley	Bromley XbyX invite you to a relaxed get together! info@xbyxbromley.org.uk 0208 650 2102
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Thursday 14th NOVEMBER

<p>Staying healthy this winter with NHS London & Age UK London</p>	<p>11:00 to 13:00 followed by light lunch</p>	<p>Christ Church Blackfriars Bridge, 27 Blackfriars Road Southwark London SE1 8NY</p>	<p>AgeUK London & NHS London are holding a FREE IN-PERSON event so you can ask NHS professionals how to stay healthy & make informed winter health choices.</p>
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SUNDAY 17th NOVEMBER

<p>ParkBathe stroll in Priory Gardens, Orpington</p>	<p>11am-12.30pm</p>	<p>Meet at the gates to Priory Gardens on Church Hill outside the Orpington Priory (old library building)</p>	<p>ParkBathe Team parkbathe@gmail.com 077383 47281</p>
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Join in and celebrate Bromley's Self Care Week Monday 18th November – Friday 22nd November 2024

MONDAY 18th NOVEMBER

Bromley Well's <u>Learning Difficulties Workshop: Self-care</u>	10:00 to 12:00	Bromley Scout Hut, 15 Prospect Place Bromley BR2 9HL	Free but register with Bromley Well Chetan Raval chetan.raval@bromleywell.org.uk 020 8466 0790
<u>Self Care Event and Vaccination Clinic - Mottingham, Downham & Chislehurst NHS</u>	10:30-16:30	Brook Lane Community Church, 29 Brook Lane, Downham Kent BR1 4PU	Join the local NHS team for a day of activities and information for your health and wellbeing.
FREE: Try a Primetime Exercise Class (West Wickham)	10:15 to 11:15	West Wickham & Shirley Baptist Church, Wickham Road, West Wickham Kent CR0 8EH	FREE TASTER Please book your place: email primetime@mytimeactive.co.uk

MONDAY 18th NOVEMBER

<p><u>Bromley Well Over 65s Friendship Hub in central Bromley (Bromley URC Church).</u></p>	<p>10:00 to 12:00</p>	<p>Bromley URC Church, 20 Widmore Rd, Bromley Bromley Kent BR1 1RY</p>	<p>Our Friendship Hub is for people aged 65 and over. We meet every Monday 10am-12 noon for a chat, maybe a guest speaker & free refreshments. Email the team at befriending@bromleywell.org.uk Call Yvonne: 07498 250350</p>
<p><u>Safeguarding Adults Awareness Week: FREE training for professionals working in SE London</u></p>	<p>Courses running throughout November</p>	<p>Online & in person</p>	<p><u>FREE training for professionals working in SE London</u> <u>Check the full programme</u></p>

MONDAY 18th NOVEMBER

<p><u>Free Digital Drop In at Anerley Town Hall</u></p>	<p>11:00 to 13:00</p>	<p>Anerley Town Hall, Anerley Rd, Anerley, London SE20 8BD</p>	<p>FREE Drop-in with your device, sit down with a member of the friendly team from <u>ClearCommunityWeb</u> to get help with a single issue or develop your skills.</p>
<p><u>Free Digital Drop In at Orpington Methodist Church</u></p>	<p>14:00 to 16:00</p>	<p>Orpington Methodist Church, 19 Sevenoaks Rd, Orpington Kent BR6 9JH</p>	<p>FREE Drop-in with your device, sit down with a member of the friendly team from <u>ClearCommunityWeb</u> to get help with a single issue or develop your skills.</p>
<p><u>Bromley Well Carers Connect - Zoom For Mental Health Carers</u></p>	<p>8:00 to 19:30</p>	<p>Online on Zoom</p>	<p>Do you support someone who struggles with their mental health? Join us online to chat to other carers from the comfort of your own home. Aimée and Lucy <u>MHcarers@bromleywell.org.uk</u> 07709520029</p>



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TUESDAY 19th NOVEMBER

<p><u>Bromley well Over 65s Friendship Hub in Beckenham</u></p>	<p>10:00 to 12:00</p>	<p>Azelia Hall, 258 Croydon Rd, Beckenham BR3 4DA</p>	<p>Our Friendship Hub is for people aged 65 and over. We meet every Tuesday 10am-12 noon for a chat, maybe a guest speaker and free refreshments. Email the team at befriending@bromleywell.org.uk Call Yvonne: 07498 250350</p>
<p><u>Bromley Well Over 65s Walking Group</u></p>	<p>10:15 to 12:00</p>	<p>Meet at the cafe in Kelsey Park, Manor Way Beckenham Kent BR3 3LS</p>	<p>Over 65? Get moving at our monthly walking group Yvonne befriending@bromleywell.org.uk 07498 250350</p>
<p><u>Connections Cafe with Quest Soul Theatre (Bromley)</u></p>	<p>10:30 to 12:30</p>	<p>The ground floor café, Community House, South Street, Bromley Kent BR1 1RH</p>	<p>Join Quest Soul Theatre - come and learn about Diwali, the Hindu celebration of light Free - just drop in</p>

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TUESDAY 19th NOVEMBER

<p><u>Spark Up Your Self-Care (Central Bromley).</u></p>	<p>10:00 to 12:00</p>	<p>Bromley Central Library, High Street Bromley</p>	<p>Join <u>Zeenat Noorani</u>, the Clarity Coach and carve some time for investing and indulging in your own self-care. £15 - booking on <u>Eventbrite</u></p>
<p><u>Free Vital 5 Health Checks with Mytime Active (Glades, Bromley).</u></p>	<p>10:45 to 14:45</p>	<p>One Bromley Wellbeing Hub in the Glades shopping centre, Upper Mall 64 High St, Bromley Kent BR1 1DN</p>	<p>Just walk-in or book via <u>bromleywellbeing@mytimeactive.co.uk</u></p>
<p><u>Non Contact Boxing with Parkinson's UK Bromley & District (Bromley Common).</u></p>	<p>13:30 to 14:30</p>	<p>Chantry Studios, Chantry Lane, Bromley Kent BR2 9QL</p>	<p>No booking required - just come along. Contact the group for further info: <u>bromleyparkinsonsbranch@gmail.com</u></p>



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WEDNESDAY 20th NOVEMBER

<p><u>Over 65s Friendship Hub in Orpington</u></p>	<p>10am-12pm</p>	<p>St Paul's Cray Library</p>	<p>Yvonne 07498 250350 or email befriending@bromleywell.org.uk</p>
<p><u>Wellbeing through Drama at West Wickham</u></p>	<p>10:30 to 12:30</p>	<p>Wickham Theatre Centre, Corkscrew Hill, West Wickham</p>	<p>For Self Care Week, this week, the class is FREE for anyone new, normally only £5. Book: questsoultheatre@gmail.com</p>
<p><u>Free Vital 5 Health Checks with Mytime Active (Glades, Bromley).</u></p>	<p>10:45 to 14:45</p>	<p>One Bromley Wellbeing Hub in the Glades shopping centre, Upper Mall 64 High St, Bromley Kent BR1 1DN</p>	<p>Just walk-in or book via bromleywellbeing@mytimeactive.co.uk</p>



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WEDNESDAY 20th NOVEMBER

<u>Carers drop-in coffee and cake</u>	13:30-15:00	SEL Mind Anchor House, 5 Station Road, Orpington BR6 ORZ	To register: carers@bromleywell.org.uk or mhcarers@bromleywell.org.uk or 0208 315 1925
<u>Bromley Well Over 65s Exercise Class</u>	14:00 to 15:00	St Andrews Church Hall, Burnt Ash Lane	Yvonne 07498 250350 or email befriending@bromleywell.org.uk
<u>Ramblers Wellbeing Walks in Bromley</u>	14:00 – 15:00	Darrick & Newstead Woods & Tugmutton Common	Get outside! 2.5 miles with a friendly group Contact to book your free place: www.ramblers.org.uk/wellbeing-walks-sign-up
<u>Bromley Well Young Carers Book Club (online via Zoom)</u>	16:00 to 17:00	Zoom	Maria Carver-Carter youngcarers@bromleywell.org.uk

THURSDAY 21st NOVEMBER

<p>Online: Tackling Loneliness Workshop</p>	<p>09:30 to 11:00</p>	<p>Online</p>	<p>Bromley Council's Tackling Loneliness workshops help delegates understand what is loneliness, who is affected and resources available to help. Book your free place on Eventbrite:</p>
<p>Bromley Dementia Friendly Community: Innovation Showcase</p>	<p>10:30–12:30</p>	<p>Community House 4 South Street Bromley Greater London BR1 1RH</p>	<p>FREE</p> <p>Are you a healthcare professional, volunteer or business that cares about supporting Bromley residents affected by dementia? Don't miss! Book by emailing Nikki at nikki@bromleydfc.org.uk</p>
<p>Ramblers Wellbeing Walks in Bromley</p>	<p>10:00–11:00</p>	<p>Kelsey Park & Harvington Woods</p>	<p>Get outside! 1.5 miles with a friendly group Contact to book your free place: www.ramblers.org.uk/wellbeing-walks-sign-up</p>

THURSDAY 21st NOVEMBER

<p><u>Natter with Neighbours</u> (Penge).</p>	<p>10:00 – 12:00</p>	<p>East Penge Community Centre, Penge East Station Car Park, Station Rd, London SE20 7BE</p>	<p>Friendly welcoming FREE drop in session and coffee morning. Everyone very welcome!</p>
<p><u>Free Vital 5 Health Checks</u> <u>with Mytime Active</u> (Glades, Bromley).</p>	<p>11:15 to 18:15</p>	<p>One Bromley Wellbeing Hub in the Glades shopping centre, Upper Mall BRI 1DN</p>	<p>Just walk-in or book via bromleywellbeing@mytimeactive.co.uk</p>
<p><u>Bromley Well</u> <u>Over 65s Friendship Hub in</u> <u>Chislehurst</u></p>	<p>2pm- 4pm</p>	<p>St Patricks Church Hall, 14 Red Hill</p>	<p>Yvonne 07498 250350 or email befriending@bromleywell.org.uk</p>

THURSDAY 21st NOVEMBER

<p><u>Bromley Parkinson's UK: Informal Drop at the Bull, Chislehurst</u></p>	<p>14:30 to 16:30</p>	<p>The Bull, Royal Parade Chislehurst Kent BR7 6NR</p>	<p>Organised by the local branch of Parkinson's UK. They prefer contact in advance but you can just turn up on the day. bromleyparkinsonsbranch@gmail.com</p>
<p><u>Move to the Beat with Parkinson's UK Bromley & District (Beckenham)</u></p>	<p>14:30 to 15:30</p>	<p>Azelia Hall, 258 Croydon Road, Beckenham Kent BR3 6DA</p>	<p>Cost: £7 Suitable for: People with Parkinson's No booking required - just come along! Contact the group for further info: bromleyparkinsonsbranch@gmail.com</p>
<p><u>Wellbeing Cafe in Orpington for Older People</u></p>	<p>11:00 to 13:00</p>	<p>Orpington Methodist Church, 19 Sevenoaks Rd, Orpington BR6 9JH</p>	<p>This is an informal fun get together from 11am-1pm. Primarily aimed at the over-80s. FREE!</p>

THURSDAY 21st NOVEMBER

Bromley Carers Plan and Carers Charter	10:00 to 11:30	Online	For Professionals working in Bromley Borough, join this online session for an overview of One Bromley's charter for unpaid carers. Book via MS Teams

FRIDAY 22nd NOVEMBER

<u>Wellbeing through Drama at Bromley Little Theatre</u>	10:00 to 12:00	Bromley Little Theatre, North Street, Bromley	Email questsoultheatre@gmail.com to reserve your spot. Free for anyone coming this week, normally ONLY £5!
<u>Bromley Well at Bromley Market</u>	from 10am	Bromley Market, High Street Bromley Kent BR1 1JQ	Come and meet the Bromley Well team and colleagues from other local services at Bromley Market Place.
<u>Mutual Carers Coffee Morning</u>	11am-1pm	The Crooked Billet Harvester, Southborough Lan	Tina Penn 07719426680 or email tina.penn@bromleywell.org.uk



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FRIDAY 22nd NOVEMBER

<p><u>Free Vital 5 Health Checks with Mytime Active</u></p>	<p>10:45 to 13:45</p>	<p>One Bromley Wellbeing Hub in the Glades shopping centre, Upper Mall 64 High St, Bromley Kent BR1 1DN</p>	<p>Find out how healthy you are with a Vital 5 check with the Mytime Active Team. Just walk-in or book via bromleywellbeing@mytimeactive.co.uk</p>
<p><u>FREE: Try a Primetime Exercise Class (West Wickham).</u></p>	<p>11:00 to 12:00</p>	<p>West Wickham and Shirley Baptist Church, Wickham Road, West Wickham Kent CR0 8EH</p>	<p>FREE TASTER Please book your place: email primetime@mytimeactive.co.uk</p>
<p><u>Tai Chi with Parkinson's UK Bromley & District</u></p>	<p>11:30 to 12:30</p>	<p>Chantry Studios, Chantry Lane, Bromley Kent BR2 9QL</p>	<p>£7 Contact for info bromleyparkinsonsbranch@gmail.com</p>

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FRIDAY 22nd NOVEMBER

<p><u>Ramblers</u> <u>Wellbeing Walks in</u> <u>Bromley</u></p>	<p>14:00 - 15:00</p>	<p>Jubilee Park Petts Wood</p>	<p>Get outside! 2.5 miles with a friendly group Contact to book your free place: www.ramblers.org.uk/wellbeing-walks-sign-up</p>
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SATURDAY 23rd NOVEMBER

<u>Ramblers Wellbeing Walks in Bromley</u>	10:30 – 11:15	Bromley Church Gardens.	Get outside! Meet Outside Bromley Central Library/ Churchill Theatre BR1 1HA for approx 2 miles / 45 minutes walk Contact to book your free place: www.ramblers.org.uk/wellbeing-walks-sign-up
<u>Kick Start Your Vitality: Entrepreneurs' Energy Essentials</u>	10:30 to 14:00	Bromley Central Library, Bromley High Street, BR1 1EX	FREE! For enterprenuers, professionals, startups, business owners, health and wellbeing professinals. <u>Start Up Bromley</u> is excited to present this event in celebration of Global Entrepreneurship Week. <u>Register via Eventbrite</u>

Join in and celebrate Bromley's Self Care Week November 2024

SATURDAY 23rd NOVEMBER

<p><u>Free Vital 5 Health Checks with Mytime Active</u></p>	<p>10:45 to 14:45</p>	<p>One Bromley Wellbeing Hub in the Glades shopping centre, Upper Mall 64 High St, Bromley Kent BR1 1DN</p>	<p>Find out how healthy you are with a Vital 5 check with the <u>Mytime Active Team</u>. Just walk-in or book via bromleywellbeing@mytimeactive.co.uk</p>
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SUNDAY 24th NOVEMBER

<p><u>Women's ParkBathe in South Norwood Lake & Grounds</u></p>	<p>13:00 to 14:30</p>	<p>Playground inside the park at the Sylvan Road entrance to South Norwood Lake & Grounds, Sylvan Road London SE25 4AN</p>	<p>This session welcomes women 18+ only. Join the Parkbathe team for a 1 hr slow, silent, guided mindful walk at South Norwood Lake to engage the senses & de-stress. Free session but please book your place in advance. <u>Book on Eventbrite:</u></p>
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Join in and celebrate Bromley's Self Care Week November 2024

Tuesday 26th November

<u>Carers Coffee and Cake Drop-In</u>	10:00- 12:30	Community House Café, South St, Bromley BR1 1RH	Join us for coffee and a slice of cake! Meet other carers and find out what support and information is available for you.
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Friday 29th NOVEMBER

<u>Wellbeing Café St Augustine's Church in Southborough Lane, Bromley</u>	11:00 to 13:00	St Augustine's Church, Southborough Lane, Bickley Bromley BR2 8AT	Meet and chat over coffee and find out how you can get the most from your local NHS and other services. FREE - just drop in
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