

The Bromley Health & Wellbeing Centre



The Bromley Health and Wellbeing Centre offers a range of free resources, services and support to help keep you healthy.

Alongside health services you will also find lifestyle and wellbeing support provided by a range of health, care and voluntary organisations working in partnership with Mytime Active.



Free services available:

Vital 5 checks by Mytime Active

Information, advice and support services by Bromley Well

SmokeFree Bromley

Lifestyle Medicine

Pregnancy and Postnatal Care

Sexual Health Services

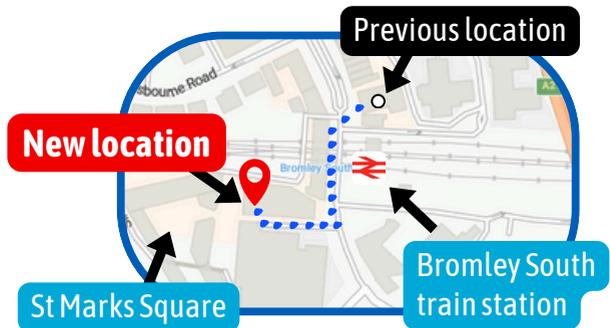
Sickle Cell Services



Bromley Health & Wellbeing Centre

Ravensleigh House
1st Floor, Outpatient Area
22 Westmoreland Place,
Bromley, BR1 1DS

Monday to Friday, 9am-5pm
Saturday, 9am-1pm



By bus: 61 – 119 – 138 – 146 – 162 – 208. Stop at Bromley South Station

By train: Bromley South Station is just opposite the centre.

Find out more at www.selondonics.org/BromleyHWC



Our health services focus on reducing the five leading causes of poor health in our communities (Vital 5) which can lead to long-term conditions. Our lifestyle and wellbeing services include additional support for carers, befriending services, advice on the cost of living and more.

Vital 5 Checks

Get advice on your blood pressure, weight, mental health, drinking safely and how to quit smoking. The service is open to everyone aged 18 years and over and offered as walk-in and booked appointments. To book, email your name and phone number to bromleywellbeing@mytimeactive.co.uk, with the title 'Vital 5'.

Lifestyle Medicine

This service helps you take control of your health and wellbeing, through small, meaningful behaviour change. You will be supported by coaches in one-to-one and group sessions over 12 weeks, to try and reach your goals. To book, email your name and phone number to bromleywellbeing@mytimeactive.co.uk, with the title 'Lifestyle Medicine'.

SmokeFree Bromley

Get face-to-face advice from a trained smoking cessation advisor. You can receive behavioural support to help you quit smoking, including CO monitoring, nicotine replacement therapy and access to a free vape starter kit for eligible residents. **An advisor will be available in the centre on Thursdays.** Pop-in to see them or contact SmokeFree Bromley for an appointment or remote support. Telephone: **0808 281 5933** or email: smokefreebromley@cgl.org.uk.

Cost of living, wellbeing support and advice - Bromley Well

An assessor will be available for wellbeing and cost of living support, and advice and referral to other services including befriending, support for unpaid carers, disabilities, long-term health conditions and employability support. An adviser from Citizens Advice Bromley will provide information on managing debt, benefits, housing, council tax and employment support. This service is available on Tuesday and Wednesday from 10.45am-3.30pm for **Bromley residents only**.

Pregnancy and Postnatal Care - Princess Royal University Hospital Maternity Team

- **Smoke Cessation and Breastfeeding** - clinics every Tuesday.
- **Vaccinations** - RSV (Respiratory Syncytial Virus), whooping cough and flu. Clinics every Thursday. Walk-in appointments available.
- **Antenatal classes** - clinics every Friday.

Enhanced Sickle Cell Community Care

Clinics are available every Thursday from 9am to 5pm. Visits are by appointment only. Please contact your Sickle Cell clinical team for more information at bromh.haemognurses@nhs.net

