

IMPROVE YOUR HEALTH AND WELLBEING AT

The One Bromley Wellbeing Hub

To help Bromley residents improve their health and wellbeing we have set up the One Bromley Wellbeing Hub. Conveniently located in The Glades shopping centre, we provide a range of free resources, services and support to keep you healthy.

The One Bromley Wellbeing Hub offers the following free services:

Vital 5 checks by Mytime Active

Information, advice and support services by Bromley Well

NHS Health Checks by Bromley GP Alliance

Smokefree Bromley


Other health and wellbeing initiatives



Where and when to find us:

The Glades, Unit 260,
Upper Level, opposite M&S
Tuesday to Saturday,
10.30am to 6.30pm

One Bromley Wellbeing Hub services focus on reducing the five leading causes of poor health in our communities (Vital 5) which can lead to long-term conditions. There is also additional support for carers, befriending services, advice on the cost of living, NHS Health Checks, and more. See below for the list of services and how to access them.

 <p>Mytime Active</p>	<p>Get on top of your health by checking your Vital 5 – This easy to access check will measure your blood pressure, weight and mental health. It will also tell you if you are drinking at safe levels and can give you advice on how to quit smoking. The Vital 5 service is open to all aged 18 years and over (excluding pregnant women) and will be offered as walk in and booked appointments. To book please email your name and phone number to bromleywellbeing@mytimeactive.co.uk, titled ‘Vital 5’ and someone will call you to arrange an appointment.</p>
<p>Smokefree Bromley</p>	<p>Get face-2-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 Hub on Thursdays, Fridays and Saturdays. You can pop in and see them or contact Smokefree 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</p>
<p>Cost of living, wellbeing support and advice</p> <p>Bromley Well</p>	<p>Bromley Well – an Assessor will be available for wellbeing support and cost of living issues, providing initial advice and referral to other Bromley Well Services including Befriending, support for unpaid Carers, Disabilities, Long Term Health Conditions and Employability Support. A Bromley Well Adviser from the team at Citizens Advice Bromley will be able to provide information on issues such as managing debt, benefits, housing, council tax, and employment support. Service is for Bromley Borough residents only.</p>
<p>NHS Health Checks</p> <p>Bromley GP Alliance</p>	<p>NHS Health checks are available for patients in Bromley (resident or registered with a Bromley GP Practice) between the ages of 40 – 74 who do not have a long term condition such as diabetes or hypertension. This check includes measurements of your height and weight, waist, blood pressure, blood cholesterol and sugar levels. By appointment only.</p>



SCAN ME

One Bromley is a partnership of NHS, health, care and voluntary organisations, working together to improve health and wellbeing in Bromley.

Find out more at www.selondonics.org/OneBromleyWellbeingHub

June 2024