



THE LONDON BOROUGH



Easier ways to pay

Paying your Council Tax by direct debit is quick, convenient, and could win you £5,000! You can also get your bills and past statements, or apply for further services easily online by checking your MyBromley Account.

Your One Stop Shop for Bromley Council

Your MyBromley Account is available when you need it, saving phone calls, paper bills or trips to council offices. You can also update your details quickly with pre-loaded forms, which can be saved to return to later. You can also apply for Housing Benefit and Council Tax support through your account or apply for discounts and exemptions.

PAY BY
DIRECT DEBIT
AND YOU
COULD WIN
£5,000!

Paying by direct debit:

- ✓ Is safe and secure
- ✓ Is easy to set up
- ✓ Helps you budget
- ✓ Saves worrying about late payments
- ✓ Could win you £5,000!

LOG IN OR REGISTER TODAY AT
www.bromley.gov.uk/mybromleyaccount

We are changing banks

Bromley Council will be changing bank from HSBC to Barclays on 1 April 2025.

What do I need to do?

If paying by direct debit or on our website? Nothing!

If, like most residents, you already pay your council tax by direct debit or through the council website, there is nothing you need to do and your payments will reach us as usual.

If paying by standing order or bank transfer? Check our bank details!

If you pay council tax, or any other bill to the council, by standing order or bank transfer, you must use the updated details below from 1 April 2025 to make sure this payment reaches us.

From **1 April 2025** and for this year's council tax bill, our new details will be:

Account name: London Borough of Bromley General Account

Sort code: 20-00-00

Account number: 93126692

Find further guidance about paying the council on the back of your council tax bill or on our website.

www.bromley.gov.uk/bankdetails



I feel great!

Why should I take an NHS Health Check?

We all know the old saying: 'prevention is better than cure'. That's why the Council's Public Health team has commissioned five-yearly health checks for everyone between 40 and 74, registered with a Bromley GP and without pre-existing conditions.

The NHS health check aims to prevent conditions such as heart attack and stroke.

Identifying conditions and risk factors early can help change behaviour or medications that preserve health longer and reduce the risk of more serious conditions in later years.

In Bromley, in the last five years, 24,000 residents came forward to take the NHS Health Check and advice and treatment was given according to assessed risk and NICE guidelines.

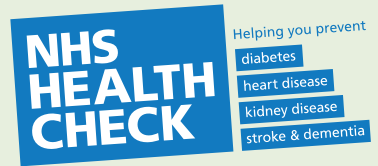
In the past year, 2023-24, of those taking the Health Check:

- 17 per cent were found to have a raised blood pressure, that's 1447 people.
- 34 per cent, 2938 people, had a Body Mass Index of 30 or more which is in the obese category, with a further 32 per cent, 2766, being overweight.
- 1.5 per cent, 131 people, were found to have an irregular pulse rate which would need investigating to assess for heart rhythm problems.
- 44 per cent were identified as requiring investigation to assess for diabetes. That's 3863 people.
- 13.4 per cent, 1163, required a blood test to assess for chronic kidney disease.
- 22 per cent, 1974 people, had an increased cardiovascular risk.

Here's to preventing the preventable through better lifestyles for all
– why not get started by taking your free NHS Health Check when it's offered?

www.bromley.gov.uk/health-wellbeing/nhs-health-checks

Even if you're feeling well, it's worth having your NHS Health Check.



Your risk of developing heart disease, stroke, type 2 diabetes, kidney disease and dementia increases with age. There are also certain things that put you at even greater risk, such as being overweight, inactive, not eating and drinking healthily as well as high blood pressure and high cholesterol.

The NHS can work with you to lower your chances of developing certain health problems in the future. It's your choice but many people find it beneficial.



What happens at the check?

- It takes about 30 minutes.
- You'll be asked questions about your family history and health choices.
- Your height, weight and age will be recorded.
- Blood pressure and cholesterol check.

What happens after the check?

- You'll be taken through the results, given personalised advice and signposting to appropriate support.
- Some people may need follow up appointments for further checks.
- Treatment or medication may be prescribed to help you maintain your health.

What should you do now?

Make sure you attend your NHS Health Check when invited to do so. If you are between 40 and 74 and have not had a Check in the last five years – ask your GP and, of course, if you're outside this age bracket and you are worried about an aspect of your health, please contact your GP.

More information is at
www.nhs.uk/nhshealthcheck



Opportunities to give back to your community



Shared Lives

Your Lives – Our Lives – Shared Lives

Become a Shared Lives Carer

If you have room in your heart and family home and want to make a positive difference to the lives of vulnerable adults in Bromley – why not try Shared Lives.

Join us in making a real difference by helping a vulnerable adult lead a more fulfilled life, giving back to your community, all while earning a rewarding income. Comprehensive training and support is provided.

Start your Shared Life journey today! Find out more, scan the QR code or visit our website



SUPPORT PROVIDED BY CARERS:

-  Day support
-  Short breaks
-  Respite at home

Approved Shared Lives Carers receive up to £650 per week plus tax relief allowances.

Email: sharedlives@bromley.gov.uk

www.bromley.gov.uk/sharedlives



Opportunities to give back to your community

You can Foster with Bromley

There's a wide range of options to suit your availability

- **Long Term**
 - providing care for a child until independence
- **Short Term**
 - overnight up to a couple of years
- **Respite and short break**
 - short periods regularly
- **Emergency**
 - being on hand to help for a short while
- **Parent and child**
 - young parent and child
- **Children with disabilities**
 - short regular breaks or longer

Fees and allowances up to £800 a week, plus comprehensive training and support.

Get in touch for a chat, call 020 8461 7701 or visit www.bromley.gov.uk/fostering

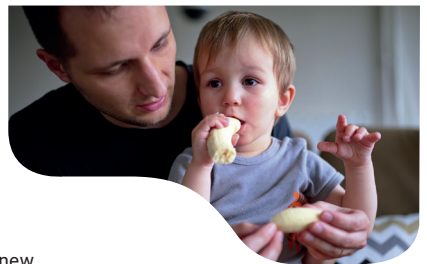
PLUS NEW TO BROMLEY

Encompass Therapeutic Fostering

HELPING CHILDREN WITH COMPLEX NEEDS

If you are ready for the extra challenge and rewards that looking after children with more complex needs brings, then our new Encompass Therapeutic Fostering may be the choice for you.

Approved and matched Encompass Families can receive up to £1,000 per week, plus training and support.



Apply today!

Web: www.bromley.gov.uk/EncompassTherapeuticFostering
email: encompass@bromley.gov.uk
Tel: 020 8461 7123



Booking system in place at Churchfields Roads reuse and recycling centre

Our Waldo Road facility is temporarily closed for major infrastructure works, which follow regulatory guidance from the Environment Agency about fire prevention measures.

During this period, residents need to book a slot to visit the Churchfields Road centre to help ensure the site operates efficiently.

Alternative garden waste disposal sites

Garden waste disposal sites have extra availability across the borough this season until the last weekend in October, operating alongside our usual green garden waste collection service.

Bromley: Norman Park, Hook Farm Road - **Saturdays 11am - 4pm**

St Paul's Cray: Cotmandene Crescent car park - **Saturdays 11am - 4pm**

Biggin Hill: Charles Darwin School, Jail Lane - **Sundays 8am - 12 noon**

Beckenham: Unicorn Primary School car park, Creswell Drive - **Sundays 8am - 12 noon**

Green Street Green: Salt Depot, Shire Lane Spur - **Saturdays 11am - 4pm**

Additional bulky waste collections are also available, so residents can save trips out and dispose of items from their properties. Options for electrical recycling are also outlined at www.recycleyourelectricals.org.uk.

Household waste collection will be unaffected by the Waldo Road works, with the centre expected to reopen in 2026 to continue serving residents long into the future.

Stay up to date, with further disposal details and options outlined on our website

www.bromley.gov.uk/wasteneews





Sign up for our Green Garden Waste Collection Service



bromley.gov.uk/gardencollections



-  Collections every other week from March to November, and monthly from December to February
-  Avoid a trip to the tip with an annual fee of £80, with convenient collections arranged to your doorstep

