

# A Bolder Healthier Winter

Introduction

Birmingham Public Health 2023



**BE BOLD BE BIRMINGHAM**

# A Bolder Healthier Winter Overview

A series of practical resources to enable citizens and community leaders with **direct reach to friends and family** and an established, trusted relationship **to support their communities** to improve overall health and wellbeing.



# A Bolder Healthier Winter Approach

Information and practical advice on how to access support

Guidance to support healthy living and being healthy

Tips to stop or reduce unhealthy habits

# Webinars

- Nine webinars
- Covering behaviour change, keeping safe during the winter, long term conditions, unhealthy and healthy habits.
- To use information yourself or use it to help friends, family and your communities.
- Two live webinars and others will be pre-recorded.
- Resources and webinars will be available - we will email you with a link following today's session and these will be available on the website.

Title	Proposed date
Intro to the series and Behaviour Change	25 <sup>th</sup> October
Winter Flu Vaccines (Live)	1 <sup>st</sup> November
Keeping Safe, Well and Warm	8 <sup>th</sup> November
Respiratory Health and Smoking Cessation	15 <sup>th</sup> November
Substance Use	22 <sup>nd</sup> November
Sleep	29 <sup>th</sup> November
Physical Activity	6 <sup>th</sup> December
Mental Health	13 <sup>th</sup> December
Eating Well	20 <sup>th</sup> December

# Supporting resources

Recorded webinars  
to refer back to at  
any time on  
HealthyBrum  
YouTube

Slide deck is  
available to  
complement  
webinars

Help, questions about on-  
going support via  
BolderHealthierChampions  
[@Birmingham.gov.uk](https://twitter.com/Birmingham.gov.uk)

# Your role

Vital to helping communities to stay well over winter

You can support yourself or your local networks, and you can help to encourage healthier changes to people's lifestyles

You can disseminate resources and support available in Birmingham

# How can you help?

Share

Share the messages and encourage positive health within your communities

Spot

Spot people who may need your support or ways you can help yourself

Promote

Promote webinars via your networks



@BhamCityCouncil



@birminghamcitycouncil



@birminghamcitycouncil



[birmingham.gov.uk](http://birmingham.gov.uk)



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