

# PUBLIC HEALTH SERVICES PROSPECTUS

An overview of health and wellbeing services available to Birmingham residents.

**A BOLDER HEALTHIER BIRMINGHAM**



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## HOW TO USE THIS PROSPECTUS

This guide is designed to help you easily navigate and find the services that best meet your needs. Here's how to make the most of it:

### Key Features

**User-Friendly Navigation:** Use the contents page to quickly locate specific services that interest you.

**Service Categories:** Services are organized into three main categories: Early Years Support, Support for Adults, and Support for Older Adults.

### Finding Information

**Service Descriptions:** Each service includes a detailed description, eligibility criteria, benefits, and contact information.

**Service Locations:** Check the location box at the bottom of the screen to see if the service is available city-wide and to find nearby physical hub locations.

### Contacting Services

**How to Reach Services:** For more information, call the listed phone number or visit the website provided. You can also email for assistance.

**Feedback and Questions:** If you have any questions or need further assistance, please reach out to our support team at [publichealth@birmingham.gov.uk](mailto:publichealth@birmingham.gov.uk).

We encourage you to explore the prospectus and discover the wide range of public health services available in Birmingham.

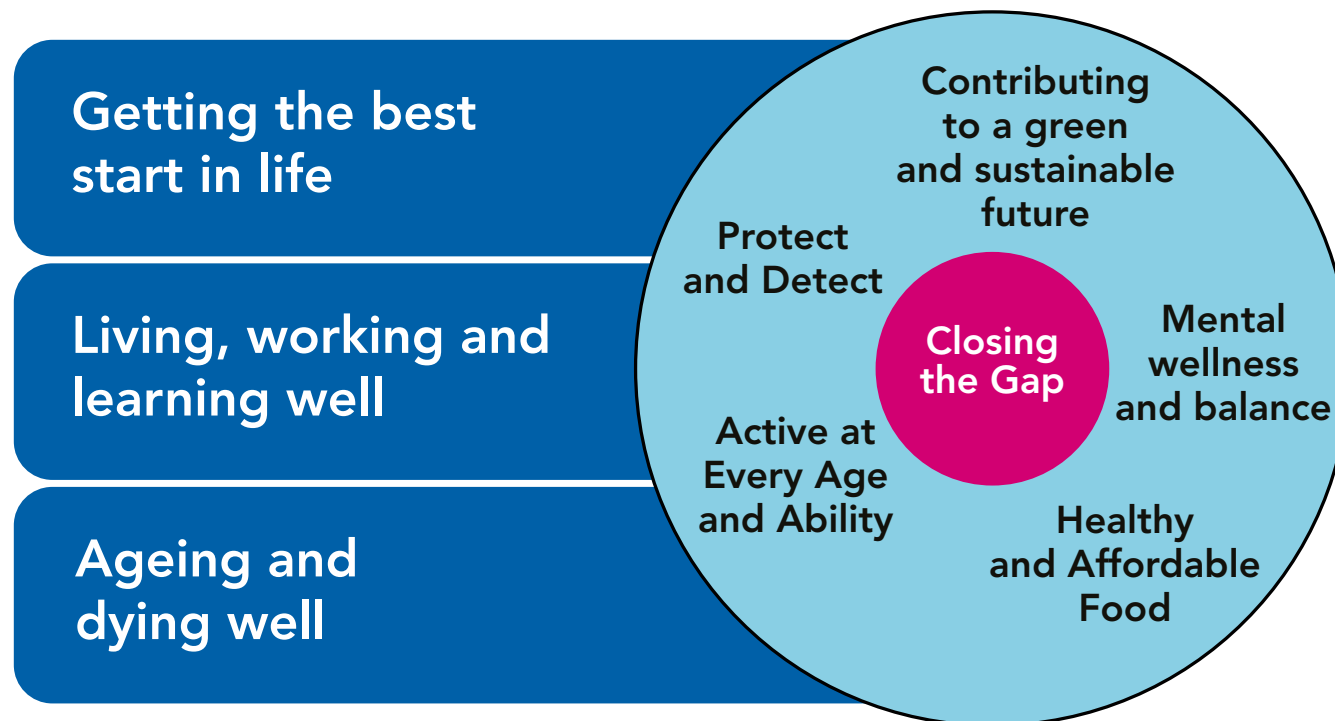
## INTRODUCTION

This prospectus provides an overview of citizen-facing services funded by the Public Health ring-fenced grant to support healthier lives.

Public Health is a statutory function of Birmingham City Council. It is funded through a ring-fenced public health grant from the Department of Health & Social Care, which requires us to deliver some specific services and others based on the needs of the population.

Our vision is set out in the joint Bolder Healthier City Strategy (2022-2030):

### **Creating a Bolder, Healthier City Strategic Priorities 2022-2030**



**We want to work together to create a city where every citizen, whoever they are, wherever they live, and at every stage of life, can make choices that empower them to be happy and healthy.**

The Strategy outlines a series of priority areas for action across the life course to achieve this.

## PUBLIC HEALTH DATA, INTELLIGENCE AND EVIDENCE

The Birmingham Public Health Division publishes evidence, data and intelligence, including Birmingham's Joint Strategic Needs Assessment (JSNA)\*.

These products can support local organisations, communities and partners to understand the needs and challenges of their communities. They provide an evidence-base for decision-making and can be used by organisations, for example when writing grant applications.

Birmingham Public Health funds the City Observatory, an open data-sharing platform where public health, other council divisions and local community organisations can publish data about Birmingham.

### Key links:

#### Joint Strategic Needs Assessment (JSNA)

Visit: [www.birmingham.gov.uk/info/50268/](http://www.birmingham.gov.uk/info/50268/)

#### Birmingham City Observatory

Visit: [www.cityobservatory.birmingham.gov.uk](http://www.cityobservatory.birmingham.gov.uk)

### Specific products

**JSNA dashboards:** including children and young people, working age adults, older adults and wider determinants

Visit: [cityobservatory.birmingham.gov.uk/pages/jsna/](http://cityobservatory.birmingham.gov.uk/pages/jsna/)

#### Community health profiles

Visit: [www.birmingham.gov.uk/info/50305/](http://www.birmingham.gov.uk/info/50305/)

**Deep dives:** in-depth needs analysis, including end of life, veterans and learning disabilities

Visit: [www.birmingham.gov.uk/info/50268/](http://www.birmingham.gov.uk/info/50268/)

If you are an organisation that would like to join and collaborate with the Birmingham City Observatory, please reach out via email [cityobservatory@birmingham.gov.uk](mailto:cityobservatory@birmingham.gov.uk)

*\* The JSNA is a statutory document. It is an assessment of the current and future health and social care needs of the people of Birmingham.*

*It is the responsibility of the Health and Wellbeing Board. Its purpose is to inform local organisations enabling them to plan services for the future, including informing the Health and Wellbeing Strategy.*

## DEEP ENGAGEMENT PARTNERS

Deep Engagement Partners are being commissioned for specific communities of identity in Birmingham.

This includes partners for the following communities:

Sikh, Muslim and Christian, Lesbian, Gay, Bisexual and Trans communities, d/Deaf and hearing loss and sight loss communities, and Indian, Pakistani, Bangladeshi, Caribbean, Nigerian, Somali, Eritrean, Ghanaian, Chinese, Polish and Romanian ethnic communities.

They will be in place by December 2024, with details listed on the Council website.

### **They will work for 3 years with an academic partner to:**

- Increase awareness on community experiences of health inequalities
- Improve community health literacy
- Enhance community capability for collective control of programmes to address health inequalities
- Bring the community voice, including seldom-heard voices, to strategy and policy development to address health inequalities more effectively
- To utilise existing community strengths and capabilities to identify and provide solutions for the communities' health and wellbeing.

### **Deep Engagement Partners will:**

- Deliver focus groups to gain an understanding of community perceptions of relevant health topics
- Share public health information and involvement in public health services
- Deliver a health inequality project
- Recruit to Bolder Healthier Programmes where citizens can access training.

# EARLY YEARS SUPPORT

Early years support outline services from pre-pregnancy through to children and young people up to 25 years old, including assistance for families, health services, substance misuse support, and weight management programs.



# SUPPORT FOR CHILDREN AND FAMILIES

**A BOLDER HEALTHIER BIRMINGHAM**





## CHILD AND FAMILY WEIGHT MANAGEMENT SERVICE



### What is the service?

Public Health at Birmingham City Council works with Maximus through Beezee Families, offering a free 12-week healthy lifestyle programme designed specifically for families with children aged 5-12.

The programme supports families to build healthy habits around food and activity by offering:

- Expert advice on nutritious snacks and easy meals to cook together
- Support from coaches and nutritionists to make small, easy changes that become long-lasting habits
- Weekly family-friendly games and activities to keep families active
- Group sessions available in-person or online for 200 families throughout the year.

### To join one of the courses:

- Families need to be Birmingham residents
- Children must be aged 5 to 12 above their ideal weight.

Please complete the online self-referral form to identify the right service and level of support at [bhx.maximusuk.co.uk](http://bhx.maximusuk.co.uk)

### Contact information

**Website:** [bhx.maximusuk.co.uk](http://bhx.maximusuk.co.uk)

**Email:** [hellobirmingham@maximusuk.co.uk](mailto:hellobirmingham@maximusuk.co.uk)

**Telephone:** 0330 818 6308

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
Hub		Hub							Hub	Yes



## FORMULA MILK FOR HIV+ PARENTS

### What is the service?

Bottle feeding with formula milk is the safest way for a parent living with HIV to feed their baby. The Food Chain provides and delivers formula milk to new/expectant HIV+ parents until their babies are 12 months old.

This offer is open to women who are:

- asylum seekers
- refugees
- have no recourse (without access) to public funds
- unemployed
- employed but on a low income.

### How do I access the service?

To access this service, a referral from a health professional is needed. Health professionals, such as HIV specialist nurses and social workers, must request permission from Public Health Team at Birmingham City Council to access the online referral portal. To protect the family's confidentiality, they then make a referral via this secure portal.

### What are the benefits of this service?

Providing formula milk for HIV+ parents removes the cost barrier for formula feeding and the risk of transmission from parent to child.

### Contact Information

**Website:** [www.foodchain.org.uk](http://www.foodchain.org.uk)

**Telephone:** 0207 843 1800

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										Yes



### What is the service?

Delivered by Birmingham Forward Steps, the Healthy Child Programme (HCP) 0-5 years is a national prevention and early help programme that includes screening, immunisation, health development reviews, health improvement, wellbeing and parenting. The programme matches the level of support to a family's needs, with the most vulnerable families receiving intensive interventions and coordinated support packages.

The programme includes:

- Early identification of need and risk
- Health and development reviews
- Screening
- Promotion of social and emotional development
- Support for parents
- Promotion of health and behaviour change
- Obesity prevention
- Breastfeeding promotion.

### How do I access the service?

The Healthy Child Programme is delivered by Health Visiting teams and Children Centre services.

You can find your local children's centre in your district and your health visiting team by searching the directory on the website by postcode.

### What are the benefits of this service?

The foundations of future health and wellbeing are laid down during pregnancy and the first five years of life, making this period one of the most important stages of a person's health. The Healthy Child Programme supports safeguarding and promotes child welfare.

### Contact Information

**Website:** [bhamforwardsteps.co.uk](http://bhamforwardsteps.co.uk)

**Email:** [bchc.bfs.enquiries@nhs.net](mailto:bchc.bfs.enquiries@nhs.net)

### Where is the service being offered?

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										Yes



## HEALTHY START

### What is the service?

Healthy Start is a national means-tested nutritional supplementation programme providing food and vitamins for pregnant women, breastfeeding women, and children younger than 4 years old.

Eligible women and families receive £4.25 per week, or £8.50 per week if they have a baby under one year old.

Families also receive Healthy Start vitamins, tablets containing folic acid, vitamin C and vitamin D for pregnant and breastfeeding women. For children up to four years of age, the vitamins come in drops that contain vitamin A, vitamin C and vitamin D.

Birmingham provides **universal offers** to eligible women and families without additional benefits and tax credits criteria.

### How do I access the service?

Find out how to apply for vouchers here:

[www.healthystart.nhs.uk/how-to-apply](http://www.healthystart.nhs.uk/how-to-apply)

If you are pregnant, you can collect Healthy Start vitamins at your first appointment with your midwife.

If you have children under 4, you will get the first bottle of vitamins from Health Visitor at your first appointment.

You can pick up more bottles from your local Healthy Start distribution site.

To find your nearest site, see our postcode checker below:

[https://www.birmingham.gov.uk/info/50351/food\\_and\\_healthy\\_eating/2541/healthy\\_start](https://www.birmingham.gov.uk/info/50351/food_and_healthy_eating/2541/healthy_start)

### What are the benefits of this service?

The Healthy Start Scheme is crucial for young families that might otherwise not have enough food. The scheme helps families access healthy food in the crucial years before children start school.

### Contact Information

**Website:** [www.healthystart.nhs.uk/how-to-apply](http://www.healthystart.nhs.uk/how-to-apply)

**Email:** [healthy.start@nhsbsa.nhs.net](mailto:healthy.start@nhsbsa.nhs.net)

**Telephone:** 0300 330 7010

### Where is the service being offered?

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										Yes

## PEER MENTORING SERVICE



### What is the service?

Barnardo's delivers a peer mentoring scheme that focuses on young people aged 16 – 25 years from LGBT+ communities, young people with disabilities and young people from Black, Asian and other diverse ethnicities. Confidential, free and delivered in a safe place, the service is designed to offer specific help to young people of a similar age and lived experience.

Up to 30 peer mentors, 10 from Black, Asian and minority ethnicities, 10 from Disability and 10 from LGBTQ+ communities, will be recruited each year and trained to provide support and guidance to at least 3 mentees.

The overall aim of the programme is to build supportive relationships between peer mentors and mentees and promote youth mental health.

### How do I access the service?

This service will be delivered through to 2026. Accessing the peer mentoring service is free, but there are limited spaces.

**Contact the mentoring scheme coordinator** at [peermentoring@ourplacesupport.org](mailto:peermentoring@ourplacesupport.org) or 0121 354 4080 to discuss availability and whether the service is right for the young person.

**Request for peer mentoring support** can be found at the following link: [referral.ourplacesupport.org/peermentoring](https://referral.ourplacesupport.org/peermentoring)

### Where is the service being offered?

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										Yes

### What are the benefits of this service?

Mental health problems are common in young people. Mentees struggling with their mental health can turn to their peer mentors for practical strategies and emotional support. Mentors can offer guidance to cope with difficult situations, signpost young people to appropriate sources of support and act as a sounding board for ideas and concerns.

Both mentors and mentees will develop a range of new skills, tools and strategies that help them overcome challenges and work towards positive outcomes.

### Contact Information

**Website:** [barnardos.org.uk](https://barnardos.org.uk)

**Email:** [peermentoring@ourplacesupport.org](mailto:peermentoring@ourplacesupport.org)

**Telephone:** 0121 354 4080



### What is the service?

Our School Health Support Service is delivered by Birmingham Community Healthcare NHS Foundation Trust.

School nursing teams are multi-professional teams that provide advice, support, safeguarding and the National Child Measurement Programme to schools. The teams also look at the health needs of children attending schools and those in the local community, with an objective to reduce unnecessary school absences.

This confidential service to schools, children, young people and their parents aims to improve the health & wellbeing of children of school age.

### How do I access the service?

The service is delivered to all children and young people and their families where there is a child or young person:

- Attending a publicly-funded Birmingham mainstream school within the local school boundary
- Out of school residing in Birmingham (home educated, excluded or in alternative provision, missing, new to city children or in the Children’s Youth Justice System).

You can also access the service through Chat Health Text Service at 07480 635 485. This texting service provides confidential support for students aged 11 years upwards around relationships, mental health, alcohol, bullying, self-harm, smoking, drugs and healthy eating.

### Where is the service being offered?

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										Yes

### What are the benefits of this service?

The School Health Support Service's purpose is to protect and promote the physical and emotional health of children and young people to ensure they get the most from their education.

### Contact Information

**Website:** [www.bhamcommunity.nhs.uk](http://www.bhamcommunity.nhs.uk)

**Email:** [contact.bchc@nhs.net](mailto:contact.bchc@nhs.net)

**Telephone:** 0121 466 6000

## VISION SCREENING FOR CHILDREN

### What is the service?

The vision screening service is delivered by eye care specialists who screen children aged 4 to 5 years. Screening is usually delivered in school, undertaken as part of the Healthy Child Programme.

The service incorporates 3 ophthalmic specialist providers, who identify children with impaired sight and refer them to appropriate treatment pathways. It allows the detection of reduced vision in one or both eyes at an age when treatment has the potential to improve vision.

### How do I access the service?

Parents are informed that the test will be taking place and are given the opportunity to opt-out. They will also receive a letter if their child is struggling with their vision or if they need to see an eye care specialist. Parents of home-educated children can book on to pre-arranged community sessions.

#### Eligible population:

- All children aged 4 to 5 years old in the September of the screening year
- Children attending a school in Birmingham or who live in Birmingham.

### What are the benefits of this service?

Screening vision in a familiar environment like school helps children feel more comfortable and confident cooperating with specialists. Testing at 4-5 years means vision tests are accurate enough to detect real problems, whilst minimising the number of children referred for unnecessary testing.

### Contact Information

**Email:** [publichealthcypsteam@birmingham.gov.uk](mailto:publichealthcypsteam@birmingham.gov.uk)

### Where is the service being offered?

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Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
										Yes

# SUPPORT FOR SUBSTANCE MISUSE FOR YOUNG PEOPLE

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## AQUARIUS

### What is the service?

Aquarius offers specialist support services for anyone up to 25 years old who uses substances, or who is affected by a parent or carer's substance use. Service users may also need help with exclusion from school, homelessness, mental health and/or unemployment.

#### Services include:

- Drop-ins, 1:1 and group work
- Information and advice about drinking and drug use
- Structured, evidence-based psychological and psychosocial interventions and support
- Opportunities to take part in social activities, training and volunteering
- **Evolve:** our social enterprise café and events space
- **The Grow Project:** which encourages outdoor activity and teaches practical skills.

Aquarius also runs a specific programme for children and young people with experience of being in care.

### How do I access the service?

Young people can make a self-referral via Aquarius' website, telephone or email.

Professionals can complete a referral form on behalf of a young person, including professionals from mental health trusts, children's services, education and youth offending.

### What are the benefits of this service?

The service aims to engage children and young people who use substances as well as children and young people who are affected by others using substances.

This support includes treatment services, harm reduction advice and early interventions for those at risk.

### Contact Information

**Website:** [www.aquarius.org.uk](http://www.aquarius.org.uk)

**Email:** [young.people@aquarius.org.uk](mailto:young.people@aquarius.org.uk)

**Telephone:** 0121 622 7780

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
	Hub									Yes

# SUPPORT FOR ADULTS

This section outlines support services available for adults aged 18 and over, including community-based activities, weight management services, stop smoking support, sexual health resources, substance misuse support, homelessness services, opportunities for physical activity and mental health support.

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# SUPPORT FOR COMMUNITY-BASED ACTIVITIES

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## NEIGHBOURHOOD NETWORK SCHEMES (NNS)

### What is the service?

Neighbourhood Network Schemes at Birmingham City Council help to develop the support people need to lead happy, healthy, independent lives in their own homes and communities.

Each of Birmingham's 10 constituencies has a Neighbourhood Network Scheme, most of which are run by a range of voluntary and community sector organisations. In addition, there are citywide services available.

Initially focused on support for older people, the NNS has been extended to include younger Special Education Needs (SEN) adults aged 18 – 49 years due to its success. Each NNS has development workers, who build partnerships with local assets as well as with professionals working in the community.

### You can find groups and activities at:

**Website:** [birmingham.connecttosupport.org](http://birmingham.connecttosupport.org)



### Where is the service being offered?

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Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
Hub	Hub	Hub	Hub	Hub	Hub	Hub	Hub	Hub	Hub	Yes

## PREVENTION AND COMMUNITIES GRANTS PROGRAMME

### What is the service?

The Prevention and Communities Grants Programme consists of community-based activities and services that support Birmingham's citizens and their ability to lead healthy, happy and independent lives.

Investing in the community and voluntary sector organisations has provided preventative support for citizens over 18 years with a disability, or additional needs, as well as older people and those caring for family or friends. Part of the programme supports Birmingham City Council's vision for Adult Social Care, more recently with Public Health contributing to certain local and city-wide services.

### How do I access the service?

The current programme runs until September 2026.

Details of these services can be seen in the Prevention and Communities Grants Programme Prospectus 2023-2026 at <https://www.bvsc.org/Handlers/Download.ashx?IDMF=de0680b7-f199-4dd2-b126-368deb6acfb4>

All activities in the programme are easy to access and usually free, though some require a small contribution.

### What are the benefits of this service?

All the activities contribute to one or more of the following outcomes:

- Reduced social isolation and loneliness – social participation opportunities
- Healthier Lifestyles – physical and mental activity
- Maximising income – benefits and debt advice
- Increased independent at home – help with minor repairs or garden clearances
- Carers feel more supported – in caring for family or friends and in their own right.

### Where is the service being offered?

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										Yes

# SUPPORT FOR PHYSICAL ACTIVITY

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## BE ACTIVE

### What is the service?

Be Active provides free opportunities for everyone in Birmingham to be active, with a focus on helping people in areas where they might need it most. This includes physical activities, such as swimming, gym-based exercises, group-based activities and fitness classes, for all service users.

The service aims to:

- Encourage residents of Birmingham to be more physically active
- Provide Be Active opportunities for residents with lower income
- Be open to all residents, particularly under-represented groups and communities
- Listen to service users to tailor it to user needs.

### How do I access the service?

The Be Active service is available to all residents.

Simply register at any leisure centres that offers the service. You can find your local centre at: [www.birmingham.gov.uk/directory/17/](http://www.birmingham.gov.uk/directory/17/)

### What are the benefits of this service?

The Be Active service is:

**Evidence Based**

**Safe**

**Evolving**

**Person centred**

- Helpful in keeping the population fit and active
- Considerate of diverse communities, treating service users with respect, compassion, and dignity.

In 2019, over 420,000 public visits took place to leisure facilities managed by Birmingham City Council, highlighting the Be Active programme's reach in supporting better health and wellbeing for the residents of Birmingham.

### Contact Information

**Website:** [www.birmingham.gov.uk](http://www.birmingham.gov.uk)

### Where is the service being offered?

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Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
				Hub		Hub				Yes

## BE ACTIVE+ (BAP)

### What is the service?

Be Active+ is a free 12-week programme for individuals with long-term medical conditions that covers different health-related conditions and behavioural change like physical activity, healthy eating and weight management.

Delivered by trained physical activity professionals, the programme aims to increase physical activity and confidence in being active every day in individuals with health conditions to improve their health and wellbeing.

### How do I access the service?

Contact your GP to access this service if you think you might benefit from it.

Health professionals such as GPs can contact Be Active+ by sending an email to [bhambeactiveplus@nhs.net](mailto:bhambeactiveplus@nhs.net) to refer eligible residents. Eligible participants will be then contacted for an initial assessment appointment.

At the end of the 12-week programme, participants have a final appointment where results are recorded and shared with their GP. Additionally, free access to Be Active sites and facilities continues for 12 months after the programme.

### What are the benefits of this service?

Participants enjoy free access to Be Active activities and facilities at certain times, with encouragement to use other leisure facilities and community spaces.

### Contact Information

**Email:** [bhambeactiveplus@nhs.net](mailto:bhambeactiveplus@nhs.net)

### Where is the service being offered?

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				Hub		Hub				Yes





### What is the service?

The Every Step Matters project installed one-mile marked tracks in eight parks in the city during a period of activation that concluded in November 2023. The tracks remain in the parks to promote active lives. The project encourages people to set aside 15 minutes of daily physical activity (walking, jogging, wheeling or running) at their own pace to experience the benefits of regular exercise. All tracks mark safe, accessible routes to follow.

### How do I access the service?

The tracks are in wards with both large populations of ethnically diverse communities and low levels of physical activity. The routes are installed in eight wards and parks:

<p><b>Ladywood</b> Summerfield Park Dudley Road B18 4EJ</p>	<p><b>Handsworth</b> Handsworth Park Holly Road B20 2BY</p>	<p><b>Nechells</b> Bloomsbury Park Oliver Street B7 4NX</p>	<p><b>Aston</b> Phillips Street Park Phillips Street B6 4UN</p>	<p><b>Balsall Heath West</b> Calthorpe Park Edward Road B12 9LF</p>	<p><b>Pype Hayes</b> Pype Hayes Park Chester Road B24 0NR</p>	<p><b>Bordesley &amp; Highgate</b> Highgate Park Moseley Road B12 0TL</p>	<p><b>Castle Vale</b> Centre Park Tangmere Drive B35 6QS</p>
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### What are the benefits of this service?

The Every Step Matters tracks are free for public use in eight parks in priority wards around the city.

Legacy WM has supported local residents and organisations to form friends' groups to maintain and use the routes, and in some parks, community organisations run regular walking sessions.

### Contact Information

**Website:** [www.legacy-wm.org](http://www.legacy-wm.org)

**Email:** [info@legacy-wm.org](mailto:info@legacy-wm.org)

**Telephone:** 0121 348 8159/8158

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
Hub		Hub		Hub		Hub				Yes

## THE ACTIVE WELLBEING SOCIETY (TAWS)



### What is the service?

The Active Wellbeing Society is a community benefit society and cooperative working to build healthy, happy communities living active and connected lives. Based in the communities that need it most, TAWS promotes community development to help create a kind, inclusive society where the things people need are shared fairly.

TAWS delivers a wide range of free activities and services for individual and community wellbeing. By working with communities, they aim to bring about long-term social, environmental and economic change to make communities more resilient and remove barriers that prevent people from living active and connected lives.

These services include:

- Big Birmingham Bikes distribution
- Activating Spaces sessions
- Walking and running groups
- Virtual activities
- Outreach support sessions
- Community Sport interventions.

### How do I access the service?

TAWS organises activities and services for people of all ages. Activities are free. Some may require a booking or a referral, but for most, participants can simply turn up and get involved.

**All activities are listed on the website below:**

[theaws.co.uk/our-activities](http://theaws.co.uk/our-activities)

### What are the benefits of this service?

TAWS services are intended to help everyone in Birmingham lead happier and healthier lives, engage more in their communities and feel empowered to help others and make the changes they want to see in their neighbourhoods.

### Contact Information

**Website:** [www.theaws.org](http://www.theaws.org)

**Email:** [info@theaws.org](mailto:info@theaws.org)

**Telephone:** 0121 728 7030

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
										Yes

# SUPPORT FOR WEIGHT MANAGEMENT

**A BOLDER HEALTHIER BIRMINGHAM**



## DISABILITY WEIGHT MANAGEMENT

### What is the service?

Disability Tier 2 Adult Weight Management services are provided on behalf of Birmingham City Council through BeeZee. This service is suitable for adults living with a learning disability, Autism, physical disability or a visual or hearing impairment.

People who are slightly to moderately overweight receive guidance with sustainable weight loss through small changes. Citizens from Birmingham or who have a registered GP in Birmingham can enrol onto the service if they are aged 16 years+ with a BMI of over 25kg/m<sup>2</sup> (or over 23kg/m<sup>2</sup> if they are of Asian or Black origin).

The weight management service is an education-based programme with both face-to-face and online group work components as well as providing an online platform. Citizens gain the knowledge and skills to achieve a healthier lifestyle and support on their weight management journey.

### How do I access the service?

Citizens can access the disability Tier 2 adult weight management through their GP, who can make a referral onto the 12-week programme. Alternatively, they can self-refer onto the programme via the Birmingham City Council Public Health website at [www.Birmingham.gov.uk](http://www.Birmingham.gov.uk)

### What are the benefits of this service?

Being overweight increases, the risk of health conditions including diabetes and cardiovascular disease. By helping disabled citizens lose weight in a healthy and sustainable way, Disability Adult Weight Management services prevent these health conditions.

### Contact Information

**Website:** [beezeebodies.com](http://beezeebodies.com)

**Email:** [beezee.bodies@nhs.net](mailto:beezee.bodies@nhs.net)

**Telephone:** 03308 186 308

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
										Yes

## HEALUM'S TIER 2 WEIGHT MANAGEMENT

### What is the service?

The Tier 2 Adult Weight Management programme is provided on behalf of Birmingham City Council through Healum.

Suitable for people who are slightly to moderately overweight, this service helps individuals lose weight sustainably through small changes.

Citizens from Birmingham or who have a registered GP in Birmingham can enrol onto the service if they are aged 16 years+ with a BMI of over 25kg/m<sup>2</sup> (or over 23kg/m<sup>2</sup> if you are from an Asian or Black origin).

The weight management service provides a comprehensive 12-week adult weight management programme that is delivered digitally via a mobile app. By providing citizens with the knowledge and skills to achieve a healthier lifestyle, the service supports them on their weight management journey.

The app also includes self-management tools like goal setting, action planning and progress tracking. Citizens are supported throughout the 12 weeks through a health coach that keeps people accountable and helps navigate them through the programme.

### How do I access the service?

Citizens can access Healum's Tier 2 adult weight management through their GP who can make a referral onto the programme or citizens can self-refer through Healum's webpage to enrol into the programme.

### What are the benefits of this Service?

This service aims to sign people up to a 12-week programme and support them to complete a 12-week programme to lose weight in a sustainable way. Being overweight increases the risk of citizens developing health conditions including diabetes and cardiovascular disease.

### Contact Information

**Website:** [www.healum.com](http://www.healum.com)

**Email:** [awm@healum.com](mailto:awm@healum.com)

**Telephone:** 0371 315 9891

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
										Yes

# SUPPORT FOR SUBSTANCE MISUSE FOR ADULTS

**A BOLDER HEALTHIER BIRMINGHAM**





### What is the service?

Birmingham citizens who are concerned with the harmful and hazardous use of drugs and/or alcohol can access services from Change, Grow, Live (CGL). This support includes treatment services, psychosocial interventions, harm reduction advice, and early interventions for those at risk of harm from drugs and alcohol.

Birmingham’s drug and alcohol services are **free** and **confidential**. CGL has four hubs (including City Centre, South, Central and West, East and North) across Birmingham. Appointments and drop-ins are available 9am – 5pm, Monday to Friday, with one later closing day a week.

#### CGL services can help with:

- Drug and alcohol treatment – there are a range of options around treatment which includes reduction and inpatient and community detox
- Medication – to help with the management of withdrawal symptoms
- Rehab – Drug and alcohol rehab is an option for people to gain help and support to stay drug and/or alcohol-free
- Peer support – from mentors and groups, operating in person as well as online.

### How do I access the service?

Citizens can:

- Self-refer by visiting [www.changegrowlive.com/birmingham](http://www.changegrowlive.com/birmingham) and completing the ‘refer yourself’ form
- Drop into one of the four CGL hubs in the city (addresses can be found on the CGL website linked above)
- Talk to their GPs or a community pharmacist
- Call CGL directly on 0121 227 5890.

### What are the benefits of this service?

The service works with adults who misuse substances, including opiates, non-opiates and alcohol. It provides services that help adults successfully complete treatment and move towards recovery, whether that means no longer using problem substances or substantially reducing their usage.

### Contact Information

**Website:** [www.changegrowlive.com/birmingham](http://www.changegrowlive.com/birmingham)

**Telephone:** 0121 227 5890

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
			Hub	Hub		Hub	Hub			Yes



Pathways to Recovery

## KIKIT RECOVERY SERVICES

### What is the service?

KIKIT supports the health and social care needs of people from hard-to-reach and marginalised communities. KIKIT works predominantly with these communities, but their doors are open to anybody who needs help, whatever their colour or beliefs.

#### KIKIT services can support you with:

- Drug and alcohol recovery programmes
- Outreach support
- Peer mentors
- Training and volunteering
- Self-help recovery support groups
- Family and carer support
- Open access drop-in support.

### How do I access the service?

If you, or someone you know, is aged 18+ and would like support or advice on substance misuse, you can:

- Self-refer by filling out the form here: [kikitproject.org](http://kikitproject.org)
- Attend one of their drop ins at 153 Stratford Road, Sparkbrook Birmingham B11 1RD.

- Call: 0121 448 3883 or 0739 272 9046
- Email: [info@kikitproject.org](mailto:info@kikitproject.org)

### What are the benefits of this service?

KIKIT aspires to ensure all people in treatment or recovery have their needs met by organising drop-in sessions, outreach in communities and different events for those who need support with their own or someone else's drug and alcohol use.

KIKIT Recovery Service aims to help people in early recovery by providing support services and creating a recovery community. The service encourages people to develop their recovery capital and identity, improving their resilience and wellbeing.

### Contact Information

**Website:** [kikitproject.org](http://kikitproject.org)

**Email:** [info@kikitproject.org](mailto:info@kikitproject.org)

**Telephone:** 0121 448 3883 or 0739 272 9046

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
									Hub	Yes



## DATUS ENABLING RECOVERY

### What is the service?

DATUS Enabling Recovery provides services for adults in recovery from drug and/or alcohol addiction. All their services are delivered by individuals in recovery.

DATUS services include:

- See Change – a community engagement programme that helps individuals leaving treatment gain social and work skills, develop a routine and move towards employment
- Peer-led advocacy
- Group work in HMP Birmingham and Change Grow Live
- Allotment Project – a chance to meet others in recovery and benefit from a therapeutic activity
- LIFE groups – confidential mutual aid groups open to anyone who has struggled with any kind of addictive behaviour
- LIFE Family and Friends – mutual aid meetings for people affected by the addictive behaviour of someone they know.

### How do I access the service?

If you, or someone you know, is aged 18+ and would like support or advice on substance misuse, you can:

- Enquire online: [www.datus.org.uk/contact/](http://www.datus.org.uk/contact/)
- Attend one of their drop ins at 45 Alcester Street, Birmingham, B12 0PH
- Call 0121 523 4855.

### What are the benefits of this service?

DATUS provides services delivered by those with lived experience of drug and alcohol addiction. Their services help people develop a recovery community and gain support to improve their resilience and wellbeing.

These services include various community engagement programmes and mutual aid groups for those in recovery and the family and friends of those in recovery. They also aim to help people grow their skills and ability to be a part of the wider community in their daily lives.

### Contact Information

**Website:** [www.datus.org.uk](http://www.datus.org.uk)

**Email:** [info@datus.org.uk](mailto:info@datus.org.uk)

**Telephone:** 0121 523 4855

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
									Hub	Yes

## LINDALE RECOVERY HOUSING

### What is the service?

Lindale offers supported living for those in recovery from alcohol and drug use, as well as individuals who are not quite ready to begin treatment.

Lindale's 16 abstinence-based properties, some mixed-gender and some gender-specific are non-smoking and follow a strict no alcohol or drug policy. Some residents might still be in an active addiction.

Lindale runs a 12-week rehabilitation programme for residents. They also help clients with employment, benefits, education and skills for independent living.

#### Other services offered:

- One-to-one support sessions, in person or by phone
- Support with accessing benefits, education, child services and women's aid groups.

### How do I access the service?

If you, or someone you know, is aged 18+ and would like support or advice on substance misuse, you can:

- Telephone: 0121 663 6520
- Refer online: [lindalerecovery.co.uk/help](http://lindalerecovery.co.uk/help)
- Email: [support@lindalerecovery.co.uk](mailto:support@lindalerecovery.co.uk)

### What are the benefits of this service?

Lindale provides supported housing for those in treatment and recovery from drug and alcohol use, assisting people with the transition into independent living through their 12-week programmes.

By encouraging residents to build their skills, Lindale helps bridge the gap to the wider community through education and employability.

### Contact Information

**Website:** [lindalerecovery.co.uk](http://lindalerecovery.co.uk)

**Email:** [support@lindalerecovery.co.uk](mailto:support@lindalerecovery.co.uk)

**Telephone:** 0121 523 4855

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
		Hub								Yes

## EMERGING FUTURES

### What is the service?

Emerging Futures supports people affected by homelessness, drug and alcohol problems and physical and mental health needs.

People in recovery from substance misuse receive housing and structured therapeutic support, which includes behavioural change programmes and coaching to build resilience and encourage connections with the local community.

Other Services:

- Peer-led Family Support Service
- Emergency housing for people sleeping rough, who may have drug and alcohol addictions or mental health needs
- Stable homes for people in recovery or those working towards abstinence, who need personalised support to learn how to live independently and sustain their commitment to change.

### How do I access the service?

If you, or someone you know, is aged 18+ and would like support or advice on substance misuse, you can:

- Telephone: 0795 891 3318
- Email: [bhamhousing@emergingfutures.org.uk](mailto:bhamhousing@emergingfutures.org.uk)
- Visit: [www.emergingfutures.org.uk/contact/](http://www.emergingfutures.org.uk/contact/)

### What are the benefits of this service?

Emerging Futures offers safe and supported housing for people in treatment and recovery for drug and alcohol use. They aim to help people transition into independent living, complete their 12-week programme, and access education and employment.

#### They do this by:

- Increasing a person's ability to engage and stay in treatment
- Improving a person's health and social well-being
- Improving a person's employment outcomes and reducing re-offending.

### Contact Information

**Website:** [www.emergingfutures.org.uk](http://www.emergingfutures.org.uk)

**Email:** [bhamhousing@emergingfutures.org.uk](mailto:bhamhousing@emergingfutures.org.uk)

**Telephone:** 0795 891 3318

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
Hub	Hub	Hub								Yes

## SIFA FIRESIDE



### What is the service?

SIFA Fireside is a third sector organisation supporting Birmingham citizens in their recovery from the effects of homelessness, with a goal to support people whilst they rebuild their lives with safety and dignity. They work with single adults and childless couples aged 25 or over who are experiencing homelessness.

Part of their work includes a personalised service for those who are homeless, or at risk of becoming homeless. A tailored response could entail financial assistance to sustain tenancy or food and clothing vouchers.

Their Housing Navigator Service helps individuals struggling with drug and alcohol find stable and safe housing. SIFA Fireside can also provide a 'Care Of' postal address, safe document storage and access to a range of health services.

### What are the benefits of this service?

SIFA Fireside helps people in treatment and recovery from drug and alcohol use transition into stable housing. Residents who would otherwise be at risk of homelessness can focus on engaging with treatment and recovery, which then impacts their long-term wellbeing outcomes.

### Contact Information

**Website:** [sifafireside.co.uk](http://sifafireside.co.uk)

**Email:** [office@sifafireside.co.uk](mailto:office@sifafireside.co.uk)

**Telephone:** 0121 766 1700

### How do I access the service?

Citizens can drop in or book an appointment for a range of support sessions throughout the week:

- Emergency and Rough Sleeper Support: Mon-Fri, 9am – 12:45pm
- Workshops & Skills Development: Mon-Fri, 1:00pm onwards (excl. Weds)
- Telephone to make an appointment: 0121 766 1700
- Address: Liverpool Street, Deritend, Birmingham, B9 4DY.

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
										Yes

# **SUPPORT FOR SMOKING CESSATION**

**A BOLDER HEALTHIER BIRMINGHAM**



## SUPPORT TO SMOKING CESSATION

### What is the service?

Over 100 GPs, local pharmacies and businesses in Birmingham are part of their local community stop smoking service, a service that consists of 12 weeks of behavioural support and Nicotine Replacement Therapy (NRT), including vapes.

Another resource is Quit with Bella, an app where users can chat with the AI generated robo-coach Bella for behavioural support and access NRT through local pharmacies.

### How do I access the service?

The local stop smoking service is self-referred. To access this service, the individual must live, work, study or be registered to a GP Practice in Birmingham and be over the age of 12 years.

You can find your nearest provider here:

[www.birmingham.gov.uk/directory/46/](http://www.birmingham.gov.uk/directory/46/)

You must be in Birmingham to download and access the Quit with Bella App.

### What are the benefits of this service?

Stop smoking services offer 12 weeks of support and advice to support smoking cessation. Not only do services provide information on coping with triggers, habits and stress, they also assist with choosing the right products to support quit attempts and access to treatment, such as nicotine replacement therapy or electronic cigarettes.

### Contact Information

**Website:** [www.birmingham.gov.uk](http://www.birmingham.gov.uk)

**App:** [www.quitwithbella.com](http://www.quitwithbella.com)

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
										Yes

# SUPPORT FOR SEXUAL HEALTH

**A BOLDER HEALTHIER BIRMINGHAM**



## UMBRELLA

### What is the service?

Umbrella is an all-age integrated Sexual and Reproductive Health service. Led by University Hospitals Birmingham NHS Foundation Trust, the service is delivered by Umbrella clinics, a network of partnered community organisations and over 100 Birmingham GP surgeries and pharmacies.

Umbrella provides free and confidential access to:

- Testing and treatment for sexually transmitted infections (STIs), HIV and hepatitis
- Syphilis testing
- A range of contraception options including long-acting reversible contraception (LARC), condoms and HIV prevention (Pre exposure prophylaxis or PrEP)
- Support to people affected by sexual and domestic abuse.

Services for blood-borne virus and hepatitis treatment and care, sexual assault, termination of pregnancy, sterilisation, vasectomy, gynaecology and prison sexual health are provided by NHS England and Integrated Care Boards.

### How do I access the service?

Citizens can access Umbrella services by booking appointments online, calling their telephone line or visiting a clinic. Umbrella's ChatHealth text messaging service via 0731 226 3287 may be especially helpful for young people and anyone who is deaf or hard of hearing.

A range of contraception and testing services are available through general practice and pharmacies, which are booked directly through those services.

### What are the benefits of this service?

Umbrella's mission is to deliver accessible sexual health services and address sexual coercion, exploitation and violence in Birmingham. They also aim to improve health outcomes for citizens, such as a reduction in late diagnosis of blood-borne viruses, fewer unplanned pregnancies and better identification of chlamydia infection.

### Contact Information

**Website:** [www.umbrellahealth.co.uk](http://www.umbrellahealth.co.uk)

**Telephone:** 0121 237 5700

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
										Yes



# **SUPPORT FOR MENTAL HEALTH**

**A BOLDER HEALTHIER BIRMINGHAM**



## ORANGE BUTTON SCHEME

### What is the service?

The Orange Button Community Scheme was designed to identify people who have received training in suicide prevention and are confident in talking to others about suicide.

The orange button shows people in the community, who may be having thoughts of suicide or who are worried that somebody else might be, that the wearer is:

- Willing to discuss suicide openly
- Capable of listening without passing judgment
- Able to guide individuals to resources for help and support.

Since its launch, there has been a significant increase in the number of people enrolling in the training.

### How do I access the service?

The training programme, which is fully funded by NHS England, is available for members of the public aged 18 years and above to book a place online.

The Orange Button holder has the freedom to wear their badge wherever they wish whenever they feel ready and, in a position, to do so.

Training dates for 2024 and 2025 are available on Eventbrite:

[eventbrite.co.uk/cc/every-life-matters-birmingham-and-solihull-2569479](https://eventbrite.co.uk/cc/every-life-matters-birmingham-and-solihull-2569479)

### What are the benefits of this service?

Upon completion of the Suicide Prevention training, participants will receive an Orange Button badge and support card information.

You can also qualify to become an Orange Button holder people if you have completed a Quality Assured suicide prevention training course within the last three years.

### Contact Information

**Website:** [www.birmingham.gov.uk](http://www.birmingham.gov.uk)

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
										Yes

## THE MINDFUL MUSLIMS PROGRAMME



### What is the service?

The Delicate Mind / نهد كزان is an award-winning mental health Community Interest Company that serves residents who self-identify as Muslim.

The Mindful Muslims Programme is a free peer-to-peer mental health support service delivered via monthly in-person sessions at St John's House, Alum Rock Road, Ladywood.

The service offers a culturally competent safe space for people from Muslim backgrounds to connect with one other, give and receive peer support and be signposted to appropriate services.

### How do I access the service?

All residents who self-identify as Muslim can access the service without a referral. More information and details can be found on the service website: [www.thedelicatemind.org.uk/the-mindful-muslims-programme](http://www.thedelicatemind.org.uk/the-mindful-muslims-programme)

### What are the benefits of this service?

The service's impact is measured through the collection of data on beneficiaries. At the end of the first six months of the project, there were 163 direct unique beneficiaries recorded.

The service's culturally competent mental health magazine has been shared across the UK, with over 450 physical copies disseminated, alongside over 650 downloads from their website across 55 international countries.

### Contact Information

**Website:** [www.thedelicatemind.org.uk/the-mindful-muslims-programme](http://www.thedelicatemind.org.uk/the-mindful-muslims-programme)

**Email:** [contact@thedelicatemind.org.uk](mailto:contact@thedelicatemind.org.uk)

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
				Hub						Yes

# SUPPORT FOR OLDER ADULTS

This section outlines services available for older adults, including health checks for individuals aged 40 and above, as well as bereavement support available to all community members.



# **SUPPORT FOR HEALTH SCREENING**

**A BOLDER HEALTHIER BIRMINGHAM**





## NHS HEALTH CHECKS

### What is the service?

The NHS Health Check is one of the essential public health services provided by Birmingham City Council using GPs across Birmingham.

Adults between the ages of 40 and 74 who reside in Birmingham or have a registered GP practice in Birmingham and do not currently have any significant medical issues are eligible for this health examination.

Health Checks are intended to identify early indicators of dementia, type 2 diabetes, heart disease, renal disease and stroke, ailments that are more likely to affect people as they age.

A medical expert will discuss the findings and determine areas where adjustments could be made to lower risks and enhance overall wellbeing.

### How do I access the service?

Citizens aged 40-74 can access NHS Health checks through their GP Practice. Practices will send invitations for a check by mail, text or telephone. Alternatively, citizens can speak to their GP and enquire if they are eligible for a check.

### What are the benefits of this service?

This service aims to lower the prevalence of conditions that affect the heart and blood vessels, such as heart disease, stroke and kidney disease, by reducing risk. The checks can be invaluable, since many of the warning signs for these conditions, such as high blood pressure and high cholesterol, do not have symptoms.

The NHS Health Check helps you find out if you are at risk of getting these conditions so you can take action to improve your health through making lifestyle changes or taking medicines.

### Contact Information:

**Email:** [PH.PrimaryCare@birmingham.gov.uk](mailto:PH.PrimaryCare@birmingham.gov.uk)

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
										Yes

# SUPPORT FOR BEREAVEMENT

**A BOLDER HEALTHIER BIRMINGHAM**



## BEREAVEMENT SUPPORT EVENTS

### What is the service?

Bereavement Support Events is running arts and health workshops once a month until March 2025. Currently, Public Health at Birmingham City Council is funding six of these workshops.

These workshops aim to promote compassionate cities, death literacy and community building.

There is currently one Death Café style event run by the Redeemer Church in Northfield.

### Contact Information

**Email:** [Hannah\\_Fielder@hotmail.co.uk](mailto:Hannah_Fielder@hotmail.co.uk)

### How do I access the service?

There is no age limit to join this event, and citizens can turn up on Wednesday at Oddingley Hall, 18 Oddingley Road, King’s Norton to join the available workshops.

If you have any queries, you can email Hannah Fielder at [Hannah\\_Fielder@hotmail.co.uk](mailto:Hannah_Fielder@hotmail.co.uk)

### Where is the service being offered?

**Hub** = Centralized or physical locations where services are provided.

Erdington	Edgbaston	Hall Green	Hodge Hill	Ladywood	Northfield	Perry Barr	Selly Oak	Sutton Coldfield	Yardley	Available city-wide
					Hub					Yes



