Sandwell
Metropolitan Borough Council

Public Health Sandwell

Prevention in Towns Directory

Summer 2024. Information correct at the time of publication.

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Vulnerable Groups

Mental Health

Service Model (Mental health grants)

To address the needs identified in the needs assessment undertaken as part of the development of the Sandwell Better Mental Health Strategy we have established a grant-making service model to engage the community and voluntary sector to offer support services to meet the mental health and wellbeing needs of Sandwell.

Specifically, through our intelligence gathering we have identified specific gaps in service provision, at a universal and early intervention level, for the following communities in Sandwell:

- LGBTQ+
- Older Adults
- Carers
- People who are deaf, have hearing loss or impairment
- People who are blind, have sight loss or have a visual impairment
- People with a disability or long-term condition
- Gypsy, Roma and Travelling communities
- Eastern European communities
- Black African and Caribbean communities
- Asylum seekers & refugees

Additionally, we have offered continuation funding for several existing grants provisions made possible through the Better Mental Health Fund until March 2024 to the following organisations:

- Tough Enough to Care with a focus on engaging men in services and reducing the stigma of talking about mental health.
- Kaleidoscope Plus Group with a focus on equipping those who are struggling with their mental health, or those who care for them, with the skills and confidence to support their own self-care.
- Ideal for All with a focus on engaging people with disabilities in inclusive and accessible activities which build on the 5 ways to wellbeing.
- The Albion Foundation with a focus on using sport, specifically football, as a tool to get people talking more openly about their mental health and wellbeing.

What is the model by town?

The grant programme is open to all residents in Sandwell and is not town specific. Current activities are as follows:

Organisation	Project Name	Where & When	Description	Who is it for?	How do I access the project?
Groundwork West Midlands	Cook Together, Eat Together	Community locations in Tipton, Smethwick & Wednesbury, West Bromwich 6-week programme (2 hours per week)	Cook Together, Eat Together project aims to address the impact of social isolation and loneliness on the health and eating patterns of older people living in Sandwell. Available from September 2023	Older adults (aged 55+) living in Sandwell	To find out more and register your interest email cookandeatwell@groundwork.org.uk
Bearwood Community Hub CIC	Better Mental Health for Smethwick's Black Community	Bearwood Community Hub, 28a Abbey Road, Smethwick, B67 5RD Various days and times from April 2024	Community Wellbeing Service including Listening Ear support providing coaching and 1:1 Wellbeing Support. Activities including physical activity and creative workshops	Adults from the Black, Black British & African Caribbean community	Email hello@bearwood.cc for more information Or go to www.Bearwood.cc
Oldbury United FC	Emotional Wellbeing and Education Scholarship	Weekly sessions at various locations including Portway Lifestyle Centre from April 2024	Sport activities, peer mentoring, group and 1:1 sessions to support mental wellbeing & improve confidence & social connections & skills, knowledge & qualifications	Young People aged 12-25 years from the Black, Black British & African Caribbean community	Email admin@oldburyunited.co.uk Or go to www.oldburyunited.co.uk
Kaleidoscope Plus Group	Carers Wellbeing – Allies in Adult Mental Health	Hope Place, 321 High St, West Bromwich B70 8LU and community locations in all Sandwell towns. Various days and times from September 2023	A variety of activities for carers including buddying, monthly discussion meetings, Carers MOT sessions, helpline and more.	Carers (aged 18+) living in Sandwell. Particularly beneficial for those who support and care for loved ones experiencing ill mental and emotional health.	To find out more please call: 0121 565 5605

Organisation	Project Name	Where & When	Description	Who is it for?	How do I access the project?
Sandwell Deaf Community Association (SDCA)	Positive Deaf	Ongoing support offered from SDCA Deaf Centre West Bromwich and a range of locations and venues dependent on the individual needs	Wellbeing coach & peer support service & activities to inform and promote wellbeing and mental health	Adults 18+ living in Sandwell with hearing impairment	07885 913225 Info@sdca.co.uk
Sandwell Visually Impaired	SEE (Support, Empowerment & Experience)	Ongoing support offered from West Bromwich Town Hall and a range of locations and venues dependent on the individual needs (from January 2024)	Advocacy, information, group support and befriending to support & improve mental health	Adults 18+ living in Sandwell with visual impairment	0121 525 4810 www.sandwellvisually impaired.org.uk
Beat It Percussion	Relax & Chat	Weekly sessions at venues to be confirmed across all 6 towns	Sound Relaxation sessions to provide support for mental wellbeing followed by group chat & support and additional information and signposting by partner organisations	Adults 18+ in Sandwell with Disabilities or Long-term conditions including Diabetes, Long covid, mental health needs, drug & alcohol misuse, mobility issues (not limited to these)	For information call 07875 090946 or email infobeatitpercussion.co.uk
Options for Life	Enhancing Wellbeing through holistic yoga and creative therapies	Weekly sessions at Oak Green Lodge, Oldbury	Yoga, meditation & creative therapy sessions	Adults with learning disabilities, autism & PMLD	Referral and participation in the project through Options for Life 0121 5446611
Proud Baggies	LGBTQ+ Football team, training sessions & tournaments	WBA Community Sports Hall, West Bromwich Friday football training sessions 7pm-8pm and additional weekly training for team members	Football training sessions and LGBTQ+ & Allies Football team	All age and all ability levels	Info@proudbaggies.com
Crossroads Caring for Carers	LGBTQ+ Peer Support	Weekly session at range of venues across Sandwell	Coffee mornings for LGBTQ+ carers, offering signposting, supporting issues and needs and providing a listening ear	Adult carers age 18+ living in Sandwell	Info@crossroads-caringforcarers.org 0121 5536483

Organisation	Project Name	Where & When	Description	Who is it for?	How do I access the project?
Millennium Centre, Friar Park	LGBTQ+ Peer network	Weekly sessions, Friar Park Millennium Centre, Wednesbury WS10 0JS	Social activities, sports, crafts, chat, peer support and signposting	Adults 18+ from LGBTQ+ community living in Friar Park but Sandwell wide	0121 556 0139 fpmccentremanager@gmail.com
Wolverhampton LGBT	1:1 Counselling service	Sessions at Pride House, Wolverhampton	Counselling sessions for Sandwell residents	Adults 18+ from LGBTQ+ Community living in Sandwell	Info@wolverhamptonlgbt.org
Birmingham LGBT	1:1 Counselling service	Sessions at Holloway Circus, Birmingham	Counselling sessions for Sandwell residents	Adults 18+ from LGBTQ+ Community living in Sandwell	0121 6430821 Hello@blgbt.org

Black Country Health care foundation trust support can be found here
www.sandwellhealthyminds.nhs.uk - 0303 033 9903 9am-5pm Monday – Friday

Sandwell Language Network (SLN)

Sandwell Language Network (SLN) takes a partnership approach to responding to the language learning needs of Sandwell residents. Sandwell Language Network aims to tackle health and economic inequalities, reduce isolation, and promote community cohesion through language learning. SLN offers free community-based English language learning. SLN was designed to fill a gap of limited provision of ESOL (English for Speakers of Other Languages) for people who cannot speak English or cannot speak English well.

What is the model by town?

The Sandwell Language Network (SLN) provides a programme of free, community-based English language learning support across the borough. It is available to any adult (18 +) with language learning needs in Sandwell.

SLN operates in a 'hub and spoke model' co-ordinated by Sandwell Consortium CIC (hub) with 16 local community organisation delivery partners (spokes) across the borough:

Smethwick

- African French Speaking Community Support (AFSCS), 84a High Street, Smethwick B66 1AQ.
- Bangladeshi Islamic Centre (BIC), 10-11 Lewisham Road, Smethwick B66 2BP
- Brushstrokes, 253 High St, Smethwick B66 3NJ
- Community Connect Foundation (CCF), Cambridge Road, Smethwick B66 2HR
- Iley's Community Association, Victoria Park Skills Centre, Corbett Street, B66 3PU
- Sandwell Adult Family Learning Centre, Ron Davis Centre FETC, Ballot Street, Cape Hill, Smethwick, B66 3HH.
- Smethwick Youth and Community Centre (SYCC), Trinity Street, Smethwick B67 7AA
- U – Island, 318 Summer Lane, Birmingham B19 3RH.
- Ideal for All (IFA), Independent Living Centre, 100 Oldbury Road, Smethwick, B66 1JE

West Bromwich

- Confederation of Bangladeshi Organisations (CBO), CBO-Greets Green Resource Centre, West Bromwich B70 9JF
- Empowering People in Change CIC (EPIC CIC), Business Centre, Greets Green Community, 157 Wood Lane, West Bromwich, B70 9PT
- Eastern European Welfare Association (EWA), Health Futures UTC, 350 High Street, West Bromwich, B70 8DJ
- Sandwell Adult Family Learning Centre, Hateley Heath FETC, Huntingdon Road, West Bromwich, B71 2RP
- Sandwell College, 1 Spon Lane, West Bromwich B70 6AW
- Skills Work and Enterprise Development Agency (SWEDA), Church Street, West Bromwich B70 8RP
- Yemini Community Association (YCA), Greets Green Access Centre, Tildasley Street, West Bromwich B70 9SJ

Oldbury

- The Healthy Employment Hub CIC (HEH), Chaudhry house, Albert Street, Oldbury, B69 4DE

Tipton

- Bangladeshi Women's Association (BWA), Tipton Muslim Community Centre, Wellington Road, Tipton, DY4 8RS
- Sandwell Adult Family Learning Centre, Tipton College, Alexandra Road, Tipton, DY4 7NR

Wednesbury

- Ideal for All (IFA), Barlow Road Gardens, Wednesbury, WS10 9QA

How to Access SLN:

For more information you can email **english@sandwellconsortium.co.uk** or ring Lola Balogan or Shabana Begum on **0121 533 2568**

To make a referral, use the online referral form: **www.sandwellconsortium.co.uk/referral-form/**

Language classes run in line with the academic year September – July.

Language classes are listed on Route2Wellbeing - **www.route2wellbeing.info/browse/40/english-language-support.html**

To make a referral, email **referrals@sandwellconsortium.co.uk**

Migrant Health

Service Model (Community-Based Intervention)

Working collaboratively with colleagues across the Council, we provide grant funding to Brushstrokes to facilitate community-based interventions and advice to different types of migrants in Sandwell.

Purpose

To address the health inequalities faced by migrants who represent some of the most marginalised in society. Vulnerable migrants face a range of risk factors for poor health and wellbeing. This project aims to promote improved health outcomes and better mental health for newly arrived, vulnerable migrants in need of additional support due to language difficulties, social isolation, poverty and lack of confidence or literacy with local healthcare and public health services.

Aim

To improve health outcomes, including mental health, health inequalities for vulnerable migrants living in Sandwell and to gain a better understanding of the health and wellbeing of new migrants, emerging new communities and established vulnerable groups to reduce migrant health inequalities. This project will promote health literacy – the ability of individuals to understand and use information to make decisions about their health and healthcare access. In turn this will help new migrants and vulnerable groups better understand the health of their family, their community, and have greater confidence to manage their physical health and mental wellbeing.

Outcomes

- Improved health outcomes for vulnerable migrant communities
- Support vulnerable families and expectant parents through Family Hubs
- Improve access to "Healthy Lives" public health services in Sandwell
- Improve wider determinants of health for vulnerable migrants in Sandwell

What is the model by town?

Brushstrokes are based in Smethwick; however, they offer borough-wide services to any asylum seeker, refugee or migrant of any age residing in Sandwell.

Most activities take place at Brushstrokes centre at 253 High Street, Smethwick, B66 3NJ.

How to Access the Service:

Service users can walk-in to the centre to access activities and see a member of staff between the operating hours of Monday – Friday 9am – 3pm.

Alternatively, you can contact Brushstrokes to arrange an appointment: call 0121 565 2234 or email info@brushstrokessandwell.org.uk.

(Advice sessions are by appointment only)

Trends & Future Analysis

What services do we plan to have in place?

With increasing numbers of asylums seekers and refugees being housed in Sandwell on a temporary and long-term basis, the support offered via Brushstrokes will remain an important commissioning decision for the Vulnerable Groups Team.

Reducing Health Inequalities

Sandwell Health Inequalities Programme (SHIP)

Service Model

SHIP is funded by Sandwell Council for three years (2022-2025) and delivered by Sandwell Consortium CIC and its community partners. In year one, it has achieved improvements in health for residents through a programme of activities in eleven community organisation partners across Sandwell, targeting communities who experience poor health outcomes.

The eleven partners have delivered a variety of activities in the first year, including;

- Projects to tackle childhood and adult obesity
- Maternity and women's health groups
- Exercise groups for over 50s
- Postural gentle exercise for older residents
- A community swimming group
- Football sessions for adults and young people.

Through SHIP, partners have also provided multiple activities aimed at preventing and managing diabetes, cancer, and other long-term conditions. These are complemented by wellbeing activities, social groups, and coffee mornings in local community settings, which bring people together, to reduce isolation and improve mental health.

What is the model by town?

SHIP is delivered as a 'hub and spoke' model with Sandwell Consortium CIC coordinating the programme with activities and interventions delivered across the borough by the following delivery partners (spokes):

- Bangladeshi Islamic Centre (BIC), 10-11 Lewisham Road, Smethwick B66 2BP
- Bangladeshi Women's Association (BWA), Tipton Muslim Community Centre, Wellington Road, Tipton, DY4 8RS
- Brushstrokes, 253 High St, Smethwick B66 3NJ
- Community Connect Foundation (CCF), Cambridge Road, Smethwick B66 2HR
- Confederation of Bangladeshi Organisations (CBO), CBO-Greets Green Resource Centre, West Bromwich B70 9JF
- Iley's Community Association, Victoria Park Skills Centre, Corbett Street, B66 3PU
- Sandwell Irish Community Association, Langley Lodge Community Centre, Langley High Street, Langley, B69 4SL
- Smethwick Pakistani Muslim Association (SPMA), Victoria Centre, Suffrage Street, Smethwick, B66 3PZ
- Smethwick Youth and Community Centre (SYCC), Trinity Street, Smethwick B67 7AA
- West Bromwich African Caribbean Resource Centre, Thomas Street, West Bromwich, B70 6LY
- Yemini Community Association (YCA), Greets Green Access Centre, Tildasley Street, West Bromwich B70 9SJ

How to Access SHIP:

- For the benefit of black and ethnic minority residents (including new and emerging communities) in Sandwell, across Sandwell's six towns - Rowley Regis, Tipton, Wednesbury, West Bromwich, Oldbury, and Smethwick.
- Predominantly targeted towards adults (aged 18+). However, family-based activities may also include children and young people.
- Primarily operate on a self-referral basis by attending the above organisations.

For more information you can call Sandwell Consortium on 0121 533 2668.

Professionals can also make a referral, using the online referral form: www.sandwellconsortium.co.uk/referral-form

Healthy Ageing

Improving Strength and Balance

Improving Strength and Balance service is designed to address falls prevention by improving strength and balance and to increase the physical activity offer for older adults following an assessment of need.

The improving strength and balance for falls prevention offer includes assessment and signposting to existing physical activity provision in Sandwell as well as developing new physical activity sessions to fill gaps in activities to meet the physical activity needs of older adults. If you or someone you know would like to find out more about the service, please contact Age UK Sandwell:

Tel: 0121 437 0033 or email: sandwellfallsprevention@ageuksandwell.org.uk

What is the model by town?

The Improving Strength and Balance Programme is open to all adults over the age of 50 years living in Sandwell and is not town specific. Current activities are as follows:

Day	Time	Location	Who for	How to access
Monday	11:00	Elizabeth Prout Gardens, Rowley Regis, B65 0EJ	Residents only	Must be a resident
Tuesday	11:30	Holy Cross Church, Tividale, Oldbury, B69 1LL	Oakham Community Hub Users Only	Must be a group member
Tuesday	13:30	Brasshouse Community Centre, Smethwick, B66 1BA	Open to all Sandwell residents aged 50+	Call or email, prior assessment required
Wednesday	11:00	Vantage Point, Blacksmith Way, West Brom, B70 7SX	Open to all Sandwell residents aged 50+	Call or email, prior assessment required
Wednesday	TBC	Goldfield Court, West Brom, B70 9BP	Residents Only	Must be a resident
Thursday	10:00	Rowley Regis Disability Centre, Rowley Regis, B65 9AT	EKTA Group members	Must be a group member
Thursday	11:00	Springfield Social Club, Rowley Regis, B65 8PX	Springfield Young at Heart Group	Must be a group member
Thursday	11:00	Friar Park Millennium Centre, Wednesbury, WS10 0JS	Over 50's	Call or email, prior assessment required
Friday	11:15	Blackheath Library, B65 0EA	Over 50's	Call or email, prior assessment required
Friday	12:15	Blackheath Library, B65 0EA	Over 50's	Call or email, prior assessment required
Friday	13:15	Blackheath Library, B65 0EA	Over 50's	Call or email, prior assessment required

Please note the activities listed above are subject to change. Please check www.ageuk.org.uk/sandwell for more details.

A risk assessment is required before attending any class. This can be done at home or at the venue and needs to be booked in advance.

Children, Young People and Families

Family Hubs, Family Hub spokes and Family Hub networks

What:	The aim of Family Hubs is to give babies, children, and families the best start to life, being a one stop shop where they can access the services they need, when they need them. The hubs provide a host of activities for children up to the age of 19 or 25 for those with additional needs. Services and support include; ▪ Health Pregnancy pathway (booking for maternity care) ▪ Parenting ▪ Perinatal mental-health and Parent-Infant Relationships ▪ Early Language and Home Learning Environment ▪ Infant Feeding ▪ Free breastfeeding pump loan system. ▪ Under 5 activities ▪ Health and Wellbeing advice and signposting/ referral pathways ▪ Intensive Family Support ▪ SEND (Special Education Needs and Disabilities) support ▪ Parent engagement Family Hub spokes will be outreach venues within each town delivering a range of services that are needs led by the community. Similarly, Family Hub networks will be developed to highlight the multi-agency partners engaged in and proactively support families to achieve the best start in life in Sandwell.	
Who/ Contact/ Weblink:	www.sandwellfamilyhubs.com SPOKE PROVIDERS Cradley Heath Community Link 14, High Street Cradley Heath B64 5HJ Contact: Tim Ryall Phone: 0121 820 5332 Mobile: 07960 046184 Email: timchcl@gmail.com Ferndale Primary School Ferndale Avenue Great Barr Birmingham B43 5QF Contact: Ruth Gillett Tel. 0121 357 3326 Email: Ruth.gillett@ferndale.sandwell.sch.uk	Harvills Hawthorn Primary School Wolseley Road Wes Bromwich B70 0NG Contact: Joanne Sheen Phone: 0121 557 1034 Email: joanne.sheen@harvillshawthorn.co.uk New Beginnings Community St. Marks Church Thimblemill Road Smethwick B67 6LP Contact: Carrie Pearson Phone: 07762 303374 Email: carrie@newbeginningscommunity.co.uk

	Oldbury	Rowley Regis	Smethwick	West Bromwich	Wednesbury	Tipton
Family Hubs	Oldbury FH, 20-25 Tividale Street, DY4 7SD	Rowley FH, Dudley Road, Rowley Regis, B65 8JY	Smethwick FH, Corbett Street, Smethwick, B66 3PX	West Bromwich Central FH, off Claypit Lane, West Bromwich, B70 9EZ	Dorsett Road, Wednesbury, WS10 0JG	24 Ridgeway Road, Tipton, DY4 0TB
Family Hub spokes	Within Sandwell, we have four spoke providers. All are targeted within different areas more than a mile from a Family Hub. They offer well-being activities for children under 2, infant feeding support, and more. For more information, please refer to the table below					
Family Hub network	The network includes organisations which support children, young people, and families in accessing the right help at the right time. It provides a safe space for service users to get initial information and advice. For more information, visit the Family Hubs website.					

Peer Support service

What:	This service will be aimed at new parents and will provide crucial support to enable them to access the full Start for Life and Family Hubs offer, aimed at improving parenting capacity and a broad range of outcomes for children such healthy nutrition, early language, parent-infant relationships, emotional and mental health. This service will contribute to a wide range of health outcomes, particularly for new parents and children in early infancy. • Promoting healthy pregnancies and reducing risk of poor birth outcomes. • Improving parental mental health and bonding. • Increasing breastfeeding and improved nutrition. • Improving early language development and school readiness. • Peer supporters will signpost and handhold to FH/SfL services and other targeted help such as welfare support, drug and alcohol support, weight management and smoking cessation services.	
Who/ Contact/ Weblink:	Brushstrokes Community Project 23, High Street , Smethwick B66 3NJ Contact: Dave Newell Phone: 0121 565 2234 Mobile: 07464928690 Email: David@brushstrokessandwell.org.uk SinglePoint Plus Limited First Floor - 66-68 Birmingham Street, Oldbury B69 4DZ Contact: Lisa Harrison / Eve Loveridge Phone: 0121 544 1393 Email: manager@singlepointplus.org	Citizen Advice Centre Contact: Caroline Mackie Municipal Buildings, Halesowen Street, Oldbury, B69 2AB Phone: 07494 159067 Email: caroline.m@citizensadvicesandwell-walsall.org Groundwork West Midlands First Floor Owen House 17 Unity Walk, Tipton DY4 8QL Contact: Pundeep Kaur Phone: 07712931228 Email: Pundeep.Kaur@groundwork.org.uk

Infant feeding

What:	The Breastfeeding Peer Support service offers a friendly and non-judgemental support to Sandwell's new families to help them establish and continue breastfeeding, expressing, bottle feeding and weaning from breastfeeding and introducing solids. Support is offered via telephone/video support, within the home or at various groups (including Family Hubs) across each town. Also available are Interactive antenatal workshops and walking groups. Whatever the question, or if just want a chat give them a call.
Who/ Contact/ Weblink:	Call/text 07505 775357 Facebook page www.facebook.com/breastfeedingsandwell To find out more and where the interactive workshops are taking place across Sandwell visit: bookwhen.com/changes

Library services

What:	In addition to book borrowing services, free activities include: • Stay and play sessions; focusing on improving children's speech and language • Sandy Bear scheme; encouraging children and families to play, talk and read together • Summer reading challenge; ready, set, read • Creative activities.
Who/ Contact/ Weblink:	Website: www.sandwell.gov.uk/info/200261/libraries/2253/find_a_library Events links: www.prism.librarymanagementcloud.co.uk/sandwell/assets/-/brochure.html Facebook; Sandwell Libraries

Health Visiting and Best Start programme

What:	Sandwell Health Visiting and Best Start service is delivered by Sandwell and West Birmingham NHS Trust. Health Visitors work with parents and carers who have new babies, offering support from the ante-natal period until your child starts school at five years. Health Visitors may see you at home or in clinics and invite you to join groups and networks run by either us or our colleagues such as Nursery Nurses or Family Hubs staff. Every GP practice in Sandwell has a named Health Visitor. Services include: • Home visits; antenatal contact, postnatal visit (10-14 days post-birth), 6–8-week check • Development checks; 9-12 month and 2-2.5 years • Baby / Self-Weigh Clinics • Parenting Information Sessions e.g. weaning, safer sleeping • Distribution of Healthy Start vitamins. The Best Start programme provides advice and support to pregnant women and new mums in Sandwell, to help with physical and emotional help: • Practical tips on their parenting skills • Advice on how to strengthen relationships with close family and friends, including their baby • Offered 6 home visits in the antenatal period and 12 home visits from birth to one year • In certain circumstances the Best Start Programme can continue until the child's second birthday.
Who/ Contact/ Weblink:	Website: www.swbh.nhs.uk/services/health-visiting Website: www.swbh.nhs.uk/services/family-nurse-partnership

School Nursing and Vision Screening

What:	Sandwell School Health Nurses deliver services that are visible, accessible, and confidential egardless of educational provision. Delivering universal public health and ensuring early help and extra support is available to children and young people at the times when they need it. Services include: • Here 4 You sessions and Chat health • Primary School parent drop-in • Sandwell School Nurse Ambassadors (SNAP) • PSHE input • Health promotion • NCMP delivery • Vulnerable Children team.
Who/ Contact/ Weblink:	Website: www.swbh.nhs.uk/services/school-nursing/ Website: www.healthforteens.co.uk/?location=Sandwell Contact ChatHealth: 07480 635486

CHANGES antenatal

What:	Changes Antenatal is for parents-to-be living in Sandwell and covers all aspects of pregnancy, labour and birth and welcoming a new baby into your life. The FREE three-week Changes Antenatal course is delivered by a midwife and/or health visitor and supported by staff from one of our Family Hubs. Week 1: Becoming a Parent: covers how your baby is growing, what you can do to have a healthy pregnancy, life with a new baby and the importance of a support network Week 2: Labour and Birth: covers key information about labour and birth Week 3: Caring for our baby: discusses essential newborn baby care and safety Supporting the three-week programme Changes Antenatal also offers: Bump to Baby – A two-hour session to support early pregnancy health and wellbeing in your first trimester of pregnancy. These are offered face-to-face across Sandwell as well as online. Grandparents – A two-hour session to support grandparents-to-be and other adults supporting the new parents to ensure that they are aware of latest guidance and support available especially around safety, feeding, sleep advice and wellbeing support. These are offered face-to-face across Sandwell as well as online. Bump and Beyond – Early Communication Matters – A two-hour live online session delivered over Microsoft Teams facilitated by an early year's specialist explaining all about the importance of early language and communication for your baby. Aquanatal – These water-based exercise sessions are offered in four-week blocks throughout the year at West Bromwich Leisure Centre
Who/ Contact/ Weblink:	You have the option to choose a face-to-face class delivered in Family Hub venues or a virtual session which is delivered live over Microsoft Teams. https://bookwhen.com/changes Email: Parent_Support@sandwell.gov.uk • www.youtube.com/watch?v=rnVxmh3njhA • www.youtube.com/watch?v=G-MdnRL05Tg • www.youtube.com/watch?v=2dFQCctRfI4 • www.youtube.com/watch?v=crdLdlpx2hg

CHANGES Programmes for Parents/Carers

What:	Changes is Sandwell's home-grown programme designed to support parents/carers on every step of their parenting journey. They are free to attend and sessions are held across Sandwell in schools, community settings, Family Hubs and local soft-play venues. Parental well-being is at the heart of the programme; we know that if parents/carers are in the best place themselves their parenting choices and decisions are often better. Sessions also include support on: • Looking after yourself as a parent/career • School readiness and helping your child to learn • Dealing with unwanted behaviours • Creating supportive rules and routines • Using technology safely • Bonding, communication and quality time • Health and wellbeing for the whole family At the soft play sessions, children can play for free whilst parents/carers can meet with others and have informal and supportive discussions in a judgement-free and friendly environment. Drinks and light refreshments are also offered to help any additional remove barriers. Changes Programme for Parents/Carers is split into three age ranges to support parents/carers at different stages of their child's life and support key developmental milestones and transition: Changes Early Years Changes Primary School Years Changes Secondary School Years
Who/ Contact/ Weblink:	Website: www.bookwhen.com/book4changes Email: Parent_Support@sandwell.gov.uk

CHANGES Wellbeing Activities

What:	Changes Wellbeing Activities offer parents/carers living in Sandwell access to a range of FREE five-week courses and one-off sessions (from pregnancy – families with children aged up to five years) to help to improve parental wellbeing, reduce social isolation whilst offering high-quality learning experiences for the children. Courses are very popular and book up quickly so they are broken down into three categories to make access fair and equitable – music, movement and development. The courses and sessions that are on offer evolve based on parent/carer feedback and seasonal considerations. A small example of a half-termly offer would include sessions such as: • Splash & Chat – swimming pool play session • Fun at the Farm – outdoor wellbeing, sensory experience and messy play/crafting at Forge Mill Farm • Story Explorers – story-based arts and crafts and sensory session • Mini Music Makers – interactive movement and music session • Tumble & Talk – a gym based activity session for toddlers
Who/ Contact/ Weblink:	Sessions are held all in Family Hubs, libraries, parks and green spaces, museum sites, sports and leisure facilities and a wide-range of community venues. Website: www.bookwhen.com/book4changes Email: Parent_Support@sandwell.gov.uk

SHAPE programme

What:	The SHAPE Programme organises events and opportunities throughout the year for children and young people to engage in positive activities. SHAPE stands for: • Staying Safe • Healthy Lifestyles • Achieving and enjoying • Positive contributions • Economic wellbeing Opportunities and activities include: • SHAPE your talent; a talent competition for young people aged 8–19-year-olds (up to 25 for young people with additional needs) who live, work or are educated in Sandwell. • SHAPE youth forum; an integral part of the Sandwell's child's voice initiative and a valuable tool to involve young people in continuing development of the borough of Sandwell. Members provide a voice for young people across Sandwell and have been consistently used as a consultative body for various initiatives concerning young people. • SHAPE summer festival. • SHAPE ant-bullying roadshow; an opportunity for schools and young people to engage in anti-bullying sessions and discussions during anti-bullying week. • SHAPE school conferences. • SHAPE survey; an annual survey focussing on key topics for Primary and Secondary School students. • SHAPE youth takeover; puts children and young people into real-life decision-making positions in organisations. Young people gain a valuable insight and gain experience of a workplace, while organisations benefit from a fresh perspective on their work.
Who/ Contact/ Weblink:	Website: www.justyouth.org.uk/shape/

Youth service

What:	Sandwell Youth People's Service (SYPS) works with young people aged between 11 and 19 and up to 25 years old with additional needs, with a range of youth provisions across the six towns of Sandwell, including: • Youth clubs • Educational workshops • Streetside provision (detached) • Malthouse Activity Centre • Youth arts at Coneygre • Youth bus • Media bus • Enhanced Youth Support which includes targeted one to one and small group work support, women's group, and youth club for CYP with additional needs.
Who/ Contact/ Weblink:	Email: youngpeople_services@sandwell.gov.uk Website: www.justyouth.org.uk/youth-services

NHS Health Checks, National Diabetes Prevention Programme and Healthy Sandwell

NHS Health Checks

Service model

We have commissioned Randox Laboratories Ltd to deliver NHS Health Checks in Sandwell. The aim is to invite eligible people via GP clinical systems but also offer opportunistic NHS Health Checks at community sites. There are around 93,000 people eligible for the NHS Health Check service in Sandwell.

How to access the offer

NHS Health Checks are offered at various locations across Sandwell. Randox will provide details of the closest available venue to you.

You can check your eligibility for an NHS Health Check by either contacting:

Randox on 0800 2545 163 or book directly on their following website https://nhshealthcheck.randox.com/

Or by contacting the Healthy Sandwell team who will check your eligibility:

0800 011 4656 or 0121 569 5100

Email: LS@nhs.net

Website: www.healthysandwell.co.uk

National Diabetes Prevention Programme (NDPP)

Diabetes Prevention Programme is a behaviour change programme. It focuses on looking at the factors that are increasing your risk of Type 2 diabetes and helping you to develop a plan to make healthy lifestyle changes that will reduce or remove your risk.

This is a 9-month programme aimed at reducing their diabetes risk level. Patients have a choice of accessing the programme in a face-to-face peer group setting alongside participants from their community, or by 1-2-1 app-based coaching.

While Type 2 diabetes is a serious condition, with support around three in five cases of Type 2 diabetes can be prevented or delayed by maintaining a healthy weight, eating well and being active. This programme aims to improve service users' knowledge, ability, and confidence to make better lifestyle choices, helping them towards:

- A healthier diet
- Better exercise
- Emotional wellbeing and ways to manage stress
- Weight management.

The eligibility criteria for the NDPP programme:

- The patient is aged 18 and over at the time of referral.
- The patient is not pregnant at the time of referral.
- The patient has 'Non-Diabetic Hyperglycaemia' (NDH) identified by blood test within 12 months of referral.
- HbA1c of 42-47mmol/mol or fasting plasma glucose of 5.5-6.9mmol/l; or has a history of Gestational Diabetes Mellitus (GDM) and normoglycaemia (HbA1c < 42 mmol/mol (< 6.0%) or FPG < 5.5mmol/l).

The main mechanism for referring to the National Diabetes Prevention Programme (NDPP) is directly through your GP who will determine your eligibility. All eligible referrals will be submitted to Healthy Sandwell who will make direct contact with the patient to have behaviour change, motivational conversation and provide further details for the programme before submitting your referrals to the NDPP provider. Following your initial assessment, the provider will provide a closest suitable face-to-face peer group or by 1-2-1 app based coaching support.

West Bromwich

- NHS Health Checks are offered at various locations across Sandwell. Randox will provide details of the closest available venue to you.
- National Diabetes Prevention Programme: The face-to-face group sessions are delivered at the locations: - Lodge community Centre, West Bromwich community Centre, West Bromwich Leisure Centre, and West Bromwich Library.

Rowley Regis

- NHS Health Checks are offered at various locations across Sandwell. Randox will provide details of the closest available venue to you.
- National Diabetes Prevention Programme: The Face-to-Face group sessions are delivered at the Locations: - Portway Lifestyle.

Oldbury

- NHS Health Checks are offered at various locations across Sandwell. Randox will provide details of the closest available venue to you.
- National Diabetes Prevention Programme: The face-to-face group sessions are delivered at the locations: - Portway Lifestyle Centre.

Smethwick

- NHS Health Checks are offered at various locations across Sandwell. Randox will provide details of the closest available venue to you.
- National Diabetes Prevention Programme: The face-to-face group sessions are delivered at the locations: - Dorothy Parkes Community Centre.

Tipton

- NHS Health Checks are offered at various locations across Sandwell. Randox will provide details of the closest available venue to you.
- National Diabetes Prevention Programme The face-to-face group sessions are delivered at the locations: - Coneygre Centre & Jubilee Park community Centre.

Wednesbury

- NHS Health Checks are offered at various locations across Sandwell. Randox will provide details of the closest available venue to you.
- National Diabetes Prevention Programme: The face-to-face group sessions are delivered at the locations: - Friar Park Millennium Centre.

Healthy Sandwell

Who and what we do: Healthy Sandwell is part of Sandwell Council's Public Health team. The team is centred around providing motivational and behaviour change and early intervention support and advice that has a direct impact on improving the health and wellbeing of residents. The team links with the range of Public Health services and provides support to local people to make positive lifestyle changes.

The team works very closely with health professionals such as Primary Care and Sandwell and West Birmingham Hospitals and other partner organisations to receive and support direct referrals. The team have a visible presence across all six towns in Sandwell and actively work in partnership with local communities, organisations, faith centres and support groups to build on the strengths of the community with the aim of developing healthy lifestyle options and empowering people to take control of their lives to help realise their full potential. We have dedicated community language speaking members in the team which enables us to engage with a diverse range of communities and improve access to mainstream health and wellbeing services and tackle the inequalities faced by BAME communities.

How can we help you: We can help you live your best life by providing a person-centred holistic approach whilst supporting you to achieve positive health outcomes. We can refer you to a range of lifestyle support services and signpost to local community events and services such as cancer support, dementia support, mental health support, stroke support, weight management and physical activity and many others.

Listed below are a few examples of services we can provide support:

- Stop smoking: Information and support to help people quit smoking.
- Healthy weight: Advice on how to eat a healthy diet and get regular exercise.
- Let's Talk Alcohol: Information on the risks of drinking too much alcohol and how to cut down.
- Drugs misuse: Information and support for people who are struggling with drug addiction.
- Sexual health: Advice on contraception, STIs (sexually transmitted infections), and pregnancy.
- Preventing diabetes: Guidance on how to reduce your risk of developing Type 2 diabetes.
- Early years: Support for parents and carers of young children.
- Ageing well: Advice on how to stay active and independent as you get older.
- Falls Prevention: support to help people by making direct referrals.

As part of the Council's "improving the customer journey" project Healthy Sandwell have a visual presence at the local West Bromwich Library and Blackheath Library on a rotating fortnightly basis to provide a face to face support our residents.

If you wish to find out more about our services and how to access them, contact us:

Call us FREE on 0800 011 4656 or 0121 569 5100

Email: LS@nhs.net

Website: www.healthysandwell.co.uk

Sexual Health

Here are some of the services that you can expect to get from a sexual health clinic in Sandwell:

- Contraception: Clinics can provide a variety of contraception methods, including the pill, the coil, the implant, and condoms. They can also help you to choose the right method of contraception for you and your lifestyle.
- STI (sexually transmitted infections) testing and treatment: Clinics can test you for a range of STIs, including chlamydia, gonorrhoea, HIV, and syphilis. If you are diagnosed with an STI, the clinic will be able to provide you with treatment.
- Abortion: Clinics can provide you with information and advice on abortion. If you are considering an abortion, you should talk to a doctor or nurse at a sexual health clinic.
- Sexual health information and advice: Clinics can provide you with information and advice about a range of sexual health topics, including contraception, STIs, and pregnancy. They can also help you to develop healthy relationships and to communicate effectively with your sexual partners.

Service Model

Here are some specific sexual health services that are available in Sandwell:

Sexually Transmitted Infections

The Sandwell Sexual Health Centre: a large clinic that provides a comprehensive range of sexual health services. It is in the Lyng Centre in West Bromwich and is open Monday to Friday. Contact details as follows:

Lyng Centre, Frank Fisher Way, West Bromwich B70 7AW. Call on 0121 612 2323. Email on swbh.ishus@nhs.net

Getting tested for an STI is a great idea – and now you can do it without needing to see a doctor or even leaving the house. It is free, completely confidential and anyone can do it. At-home kits can test for chlamydia, gonorrhoea, HIV, syphilis, hepatitis B and hepatitis C.

- You will be asked a few simple questions online.
- Order your at-home test kit (packaging is discreet so no-one will know what is inside).
- Send your samples to the lab who will then send a text message with results.
- The text message or email will have instructions on what to do next. Usually, this will involve coming into the clinic to go through your results and receive your treatment. Our nurses are trained to offer any emotional support and reassurance you might need following a positive result.
- Most infections, like chlamydia and gonorrhoea, are easy to treat, usually with antibiotics that can get rid of them quickly and painlessly.

There is also now an online offer of free Preventx kits: www.sh.uk allowing you to test at home and return in the post.

Morning After Pill (MAP) Scheme

The morning after pill may prevent pregnancy if taken up to three days (72 hours) after unprotected sex. This service is offered free to all women in Sandwell whatever your age from the selected pharmacies listed below.

West Bromwich:

- Lyng Pharmacy, 1 Lyng Lane, West Bromwich. B70 7AW. 0121 500 5756
- Sandwell Pharmacy, 85 Church Vale, B71 4DH. 0121 588 7678
- Medipharma Chemist, 279 Walsall Road, B71 3HR. 121 588 4825
- Khaira Pharmacy, 6a High Street, B70 6JX. 0121 525 7201

Oldbury:

- C H White Chemist, 6 Unity Place, Oldbury, B69 4DB. 0121 552 1047
- Hill Top Pharmacy, 1 Pottery Road, Oldbury, B68 9EX. 0121 422 2164
- Tividale Pharmacy, 213 Regent Road, B69 1RZ. 01384 25 6500

Wednesbury:

- Park Lane Pharmacy, 3 Park Lane, WS10 9PR. 0121 556 0973

Smethwick:

- Victoria Pharmacy, 5a Suffrage Street, Smethwick, B66 3PZ. 0121 558 2673
- Michaels Chemist, 262 High Street, Smethwick, B66 3NL. 0121 565 0093
- Dalvair Pharmacy, 479 Bearwood Road, B66 4DH. 0121 429 9150

C-Card scheme

The C-Card scheme is a free and confidential service offering free condom and sexual health information and support to all young people aged 13–25 years.

Call 0121 612 2323 for C-Card Registration. After registering for a C-Card, one of the nurses will give you a ring for a private and confidential consultation on safe sex and condom usage.

Condoms and a C-Card will be posted to an address of your choice. Leaflets on how to use condoms will also be included.

In the future, you will not need to give your name again – only the ID number on your C-Card. You also will not need to speak to a nurse again unless you want to, but they are always there to help with any sexual health concerns.

Oral Contraception (the Pill) in Pharmacies scheme

If you want to start taking the Pill or return to taking the Pill or just want a new supply; the Pill can now be obtained for free from several local pharmacies. This service is available at any pharmacy in England regardless of where you live. Please check https://www.nhs.uk/nhs-services/pharmacies/find-a-pharmacy-offering-contraceptive-pill-without-prescription/ for other areas.

Make sure to contact the pharmacy before travelling to ensure the right person is available to help you. Please also bring along the remaining pills (in their packaging) if you are looking for a new supply.

West Bromwich:

- Lodge Pharmacy, 52 Lodge Road, West Bromwich, B70 8PA. 0121 525 1038
- Carter's Chemist, 30 Carters Green, West Bromwich, B70 9LW. 0121 525 9898
- Sidhu's Pharmacy, 369 High Street, West Bromwich, B70 9QL. 0121 553 3258
- Medipharma, 279 Walsall Road, Stone Cross, West Bromwich B71 3HR. 0121 588 4825
- West Bromwich Pharmacy, 19 Westgate Plaza, Moor Street, B70 7AD. 0121 525 4928
- Superdrug Pharmacy, Unit 10, 35 New Square, West Bromwich, B70 7PP. 0121 525 2834
- Khaira Pharmacy, 6a High Street, West Bromwich, B70 6JX. 0121 525 7201
- Lyng Pharmacy, 1 Lyng Lane, West Bromwich, B70 7RW. 0121 500 5756

Oldbury:

- ASDA Stores, Old Park Lane, Oldbury, B69 4PU. 0121 569 7313
- Portway Pharmacy, 51A New Birmingham Road, Tividale, Oldbury, B69 2JQ. 0121 544 1854
- Brandhall Pharmacy, Warley Medical Centre, Ambrose House Kingsway, Oldbury, B68 0RT. 0121 423 3713
- Langley Pharmacy, 21 Langley High Street, Langley, Oldbury, B69 4SN. 01215449111
- Oldbury Pharmacy, 196 Causeway Green Road, Oldbury, Warley, B68 8LS. 0121 552 3215

Wednesbury:

- Park Lane Pharmacy, 3 Park Lane, WS10 9PR. 0121 556 0973
- Well, Market Place, 1 Union Street, Wednesbury, WS10 7HD. 0121 556 0022
- Friar Park Pharmacy, 158 Crankhall Lane, Wednesbury, WS10 0EB. 0121 502 3865

Tipton:

- ASDA Stores, Wednesbury Oak Road, Tipton, DY4 0BP. 0121 506 7010
- Great Bridge Pharmacy, 30 Bridge Street, Tipton, DY4 7EN. 0121 557 1957
- ASDA Stores, Brickhouse Lane South, Great Bridge, Tipton, DY4 7HW. 01215215340

Smethwick:

- Victoria Pharmacy, 5a Suffrage Street, Smethwick, B66 3PZ. 0121 558 2673
- Dalvair Pharmacy, 479 Bearwood Road, B66 4DH. 0121 429 9150
- ASDA Stores, off Windmill Lane, Smethwick B66 3EN. 0121 555 1530
- Michael's Pharmacy and Travel Clinic, 262 High Street, Smethwick, Warley B66 3NL. 0121 565 0093
- Dunstones Chemist, 62 Mallin Street, Smethwick, Warley, B66 1QZ. 0121 558 0910
- Smethwick Pharmacy, Unit 9-10 Tollgate Precinct, Hight Street, Smethwick B67 7RA. 0121 558 0295
- Ashworth Pharmacy, 211a Queens Road, Smethwick, Warley, B67 6NX. 0121 552 1132
- Bearwood Pharmacy, 348A Bearwood Road, Smethwick, B66 4ES. 0121 434 4022Vishnu Pharmacy, 57 Hurst Road, Smethwick, Warley, B67 6LY. 0121 420 2972
- Regent Street Chemist, Smethwick Medical Centre, Regent Street, Smethwick, B66 3BQ. 0121 558 0244

Rowley Regis:

- Peaches Pharmacy, 185 Halesowen Road, Old Hill, Cradley Heath, B64 6HF. 01384 569802
- Rowley Pharmacy, 352 Oldbury Road, Rowley Regis, B65 0QH. 0121 559 1780
- Jhoots Pharmacy, Rowley Village, Rowley Regis, B65 9EN. 0121 559 1792

Physical Activity and Move More Sandwell

To find out more about the physical activity opportunities in Sandwell and the Move More campaign contact Healthy Sandwell team 0800 011 4656 or 0121 569 5100.

Email: LS@nhs.net

Website: www.healthysandwell.co.uk

Free Swimming:

Sandwell leisure trust and Places leisure West Bromwich

The council provides free swimming at leisure centres with swimming pools for:

- Sandwell children aged 18 and under during school holidays during designated free-swimming sessions – check Sandwell Leisure Trust and Places Leisure websites for further details.
- Sandwell residents aged 60 and over before 1pm every day.
- Sandwell residents who are registered as disabled (for a pass visit your nearest Sandwell leisure centre with a pool).

Timetables are available here: slt-leisure.co.uk, register for free swimming here https://online.slt-leisure.co.uk/LhWeb/en/Public/Home/Memberships and www.placesleisure.org/centres/west-bromwich-leisure-centre

Concessionary Leisure Centre passes

If you meet any of the criteria below you can get a concessionary membership at SLT Leisure centres and Places Leisure West Bromwich:

- Senior Citizens 60 years and over with proof of age
- Job Seekers (income based)
- Letter of current proof can be requested from Job Centre or call 0800 772 1213 for validation, this call can be made from the centre with verification over the phone. Alternatively, pop along to your local office.
- Income Support
- Council Tax Benefit (full discount)
- Asylum Seekers
- Application registration card (ARC) as proof
- Working Tax Credit
- Full Time Students 16 years and over or Trainees
- Employment and Support Allowances (income based)
- Letter of current proof can be requested from Job Centre or call 0800 7721213 for validation, this call can be made from the centre with verification over the phone. Alternatively visit your local office
- Child Tax Credit plus full NHS Exemptions
- If universal credit is only being received for child tax credit, individuals will not qualify for concessionary membership
- Housing Benefit
- Carers Allowance
- Disability Living Allowance/Personal Independence Payment.

Sandwell Leisure Trust

Concessionary Leisure Passes entitle users to receive up to 50% discount off swimming, fitness classes and gym use. 10% discounts also apply to racket sports and use of the sauna. These passes are available to full time students, over 60s and those on low incomes and receiving benefits. Individual and family options are available.

Pay an annual fee of £13.15 for an individual pass and receive up to a 50% discount on pay and play activities each visit.

Family Concessionary Leisure Pass, One off annual payment of £21

Pay an annual fee of £21 for a family pass and your family will receive up to a 50% discount on pay and play activities each visit. Includes family members, spouse or partner and any children aged under 17 living in the same household.

Portway Pass

This pass gives you free access to sessions at Portway Lifestyle Centre at specified times.

The Portway Pass is available to Sandwell residents who are eligible for Adult Social Care Services, Disability Living Allowance / Personal Independence Payment, have a school pupil statement of SEN (Special Educational Needs) or are at School Action Plus.

Please contact the centre for more information about pre-booking these activities. Free activities are subject to availability.

Available for Sandwell residents with a Sandwell postcode, from 8 years to adult. Young people under 8 years must be accompanied by eligible parent or guardian.

ou must be one or more of the following:

- Eligible for Adult Social Care Services
- Eligible for Disability Living Allowance / Personal Independance Payment / Attendance Allowance for over 65's
- Be a school pupil with a statement of SEN (Special Educational Needs) or be at School Action Plus.

Please take an official letter from one of the above to prove that you are eligible for the Portway Pass Plus.

How To Apply

The Portway Pass is free to those who are eligible. You can join online or at Portway Lifestyle Centre. Please take proof of your eligibility when you visit the centre for the first time.

Visit www.slt-leisure.co.uk/memberships/ for all membership options

Places Leisure West Bromwich

Saver Membership – a 'pay as you go' concessionary scheme - https://www.placesleisure.org/centres/west-bromwich-leisure-centre/centre-activities/more/

- Senior Citizens – aged 65 and over
- Full Time Students 16 years and over or Trainees
- On Government Schemes
- Job Seekers (Income Based)
- ndividuals in receipt of Invalid Care Allowance
- Individuals in receipt of Disability Living Allowance.

Customers can join the scheme for £5 per year (£15 for non-Sandwell residents) upon production of identification and proof of eligibility. Concessionary scheme members will be entitled to 50% reduction on casual swimming and gym use from Monday – Friday between 9am and 4pm.

Step 1: Pop in and collect your application form from West Bromwich Leisure Centre.

Step 2: Complete the application form and send it by post to West Bromwich Leisure Centre, Moor Street, West Bromwich, B70 7AZ OR complete the application form and bring it along to West Bromwich Leisure Centre.

Step 3: Take your proof of identification and payment (please make cheques payable to West Bromwich Leisure Centre) to West Bromwich Leisure Centre. Proof of identification must include: Proof of address, proof of date of birth and photographic ID, as well as proof of your eligibility.

Inclusive Membership

www.placesleisure.org/membership/#inclusive

- Offering a 50% discount on selected membership rates for members with disabilities.
- The discount is available on our Flexi and Annual payment options on our Premium, Swim, Gym, 16-18, 19-25 and Junior membership types.

Our Inclusive membership is available for those in receipt of one or more of the following;

- Personal Independence Payments (PIP)
- Attendance Allowance
- Children's Disability Living Allowance
- Continuing Healthcare funding

Everyone who takes out an Inclusive membership is eligible to be accompanied by up to two support workers/carers.

Wider programmes at Places Leisure West Bromwich

Parkinson's Move & Shout Programme - Parkinson's Move & Shout | West Bromwich Leisure Centre (placesleisure.org)

Escape Pain - ESCAPE-Pain | West Bromwich Leisure Centre (placesleisure.org)

Drug & Alcohol Rehabilitation – funding has just been received for this so if you would like we can set up a referral form that you can share with GPs and Social Prescribers.

Coming Soon….

- Move Through Menopause - Moving through Menopause | Places Leisure
- Exercise Referral for LTHC: Exercise referral, exercise referral near me (placesleisure.org) –

Public Health Development Officers

The Public Health Development Officers are locality-based officers working across Sandwell's six towns. There is one officer per town acting as the single point of contact for Public Health's Health and wellbeing improvement services.

Delivery Model

Central to each town's activity is the regular town Public Health network meeting which includes representatives from voluntary, statutory and community groups and organisations of all types and sizes. The network brings together those working across each town to co-ordinate and align activity, eliminate duplication, share skills, knowledge and resources while increasing funding investment into the town. The network aims to make it as simple as possible for residents to access the activities and services they need to live a healthy and happy life for longer.

The whole ethos of our work is centred on the asset-based community development philosophy encapsulated in three key principles:

- Build on Sandwell's strengths
- Local focus and investment
- No one is left behind

Work takes place across four key areas; education, community, primary care and workplaces which ensures every resident across all ages and life stages is included.

Name	Town
Raman Susch raman2_susch@sandwell.gov.uk	Oldbury
Matthew Hill Matthew_Hill@sandwell.gov.uk	Rowley Regis
Nasmin Hussain Nasmin_Hussain@sandwell.gov.uk	Smethwick
Irandeep Mann Irandeep_Mann@sandwell.gov.uk	Tipton
Irandeep Mann (Interim) Irandeep_Mann@sandwell.gov.uk	West Bromwich
Saba Yafai Saba_Yafai@sandwell.gov.uk	Wednesbury

Ramblers Wellbeing Walks Sandwell

Sandwell Stride is led by Sandwell Council's Public Health Development team. Walks for adults aged 18+ take place every week throughout the year and make the most of the green spaces, parks, canals, and neighbourhoods across Sandwell. Walks are free, fun, and friendly – perfect to help you get active and meet new people. No booking is required. For more information on all walks go to www.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-sandwell

Wellbeing Walks in Sandwell

	Activity Name	Contact Email	About the Activity	Location/ Address	Activity Time & Date
Tipton	Sheepwash Local Nature Reserve	ls@nhs.net	Free for all to attend No booking required.	Sheepwash Local Nature Reserve, Sheepwash Lane, Tipton DY4 7JF (meet at Great Bridge Library)	Friday 10.30am-11.45am
	St Pauls Community Centre	ls@nhs.net	Free for all to attend. No booking required.	St Pauls Community Centre, Brick Kiln Street, Tipton DY4 9BP	Monday and Wednesday 10.30am-11.30am
Oldbury	Brandhall Community Hub	ls@nhs.net	Free for all to attend No booking required.	151 Castle Road West, Oldbury B68 0EL	Wednesday 1.30pm- 2.45pm
Rowley Regis	Warrens Hall Nature Reserve	ls@nhs.net	Free for all to attend No booking required	Warrens Hall Nature Reserve Dudley Road, Rowley Regis B65 8NA	Wednesday 10.30am-11.30am
Smethwick	West Smethwick Park Community Walk	ls@nhs.net	Free for all to attend No booking required.	West Smethwick Park Pavilion, Park Road, Smethwick, B67 7JJ	Thursday 11am- 12noon
	Lightwoods Park	ls@nhs.net	Free for all to attend No booking required.	Lightwoods Park, Adkins Lane, Smethwick B67 5DP	1st and 3rd Monday of the month 1.30pm- 2.30pm
	Warley Woods	ls@nhs.net	Free for all to attend No booking required.	Warley Woods Lightwoods Hill, Smethwick B67 5ED	Thursday 10am- 11am
West Bromwich	Sandwell Valley	ls@nhs.net	Free for all to attend No booking required	Sandwell Valley Visitor Centre, Salter's Lane, West Bromwich B71 4BG	Tuesday and Thursday 10.30am - 11.30am
Wednesbury	Brunswick Park	ls@nhs.net	The walk starts from the entrance by the Sons of Rest building on Foley Street, WS10 9HG Free for all to attend No booking required	Brunswick Park, 118 Brunswick Park Road, Wednesbury WS10 9HH	Monday 10:30am (10:15am Registration)
	Hill Top Park	ls@nhs.net	Free for all to attend No booking required	Hill Top Park, Hill Top Community Centre, Hill Top, B70 0RZ	Tuesday 10.30am–11.30am

Cycling in Sandwell

	Location/ Address	Contact Email	About the Activity	Activity Time & Date
Oldbury	Langley Park Irish Community Association	Sandwell Irish Community Association	Bring your bike or we have bikes available. Free offer.	9.30am-10.30am
Rowley Regis	Cradley Heath Community Link, 135 - 142 High Street Cradley Heath B64 5HJ	Cradleylink@gmail.com	Supervised family and adult cycle rides	Monday 10.30am-12.30pm
Smethwick	West Smethwick Park Starting from - At the cafe entrance at the back of the Pavilion. B67 7JH	Sign up here www.letsride.co.uk/rides/west-smethwick-pedal-in-the-park-czufp stephenbrown@britishcycling.org.uk or 07515 606660	Bring your bike and helmet	Contact Stephen Brown for details
	Lightwoods Park Starting from - In front of Lightwoods House at the entrance to the car park. Meet at the benches. B67 5DP	Sign up here www.letsride.co.uk/rides/lightwoods-house-pedal-in-the-park-djchg stephenbrown@britishcycling.org.uk or 07515 606660	Bring your bike and helmet	Contact Stephen Brown for details
Wednesbury	Millennium Centre Friar Park Rd, Wednesbury WS10 0JS	www.facebook.com/groups/theleisurelypedal	Community cycle ride, some bikes available to use but check in advance	Monday 10am

T2 Weight Management Commissioned Service - ABL

The tier 2 weight management service model is being commissioned by Sandwell Metropolitan Borough Council for 3 years and started February 2024 to encompass the following:

The programme will last for twelve weeks, and sessions will be offered weekly face to face and ABL will run online sessions which will include a 'weigh in' at each session. At each session, the participants will go through different Physical activity sessions which will include health assessments, exercise support, and added sessions for participants that can signposted to existing Physical activity provision in Sandwell.

Within the 12-week sessions participants will be given the education tools to help support a lifestyle change in nutrition such as, portion sizes, food labelling, budgeting, thinking about alcohol and healthier options.

Referral Criteria

Must be over the age of 18 and reside in the Metropolitan Borough of Sandwell or have a registered GP in Sandwell. Eligibility criteria include individuals who are overweight (defined as BMI ≥ 25> (adjusted to 23> in people of Black African, African-Caribbean, and Asian origin) and in particular people who are overweight with comorbidities.

The tier 2 weight management service is universal but should be inclusive. Reasonable adjustments should be made to communication methods and programme design to meet the needs of marginalised groups, such as:

- Black, Asian, and Minority Ethnic groups (with a BMI of 23>)
- People from more socioeconomically deprived backgrounds
- Women of childbearing age (to optimise their weight before pregnancy and reduce the risk of pre-natal complications)
- Women post pregnancy (subject to guidance by a clinician at post-natal check)
- Men (particularly those aged 45-54)
- People with learning disabilities and physical disabilities.

For all Referrals

Email: LS@nhs.net

Website: www.healthysandwell.co.uk

Weight Management Lead – Lyndsey_Smalley@sandwell.gov.uk

West Bromwich	Day	Time
YMCA	Monday	2pm - 3:30pm
Tan house CC	Monday	10:30am - 12pm
Rowley Regis		
Regis House (closed group)	Tuesday	10am -11:30am
Cradley Health CC	Wednesday	12:30pm - 2pm
Smethwick		
Dorothy Parkes	Tuesday	2:30pm - 4pm
Brasshouse CC	Tuesday	6pm - 7:30pm
Oldbury		
Oaktree Centre	Monday	6pm - 7:30pm
Brandhall Library	Wednesday	3pm – 4:30pm

Wednesbury	Day	Time
Millennium Centre	Thursday	9:30am - 11am
Tipton		
Jubilee Park Community Centre	Thursday	12:30pm - 2pm
Murray Hall	Friday	10am - 11:30am

The Albion Foundation – T2 Weight Management Programme Fit Baggies

Fit Baggies is a 10-week Health, Fitness and Lifestyle programme for the Sandwell Community run by the Albion Foundation.

Each session includes thirty minutes of lifestyle education where participants will be educated on nutrition, mental health, physical activity and how we can improve our lifestyles. Finishing with one hour of exercise.

Participants will have a weigh-in and health measurements taken on week 1, week 6 and week 10

Referral Criteria

Who are over the age of 18 and reside in the Metropolitan Borough of Sandwell or have a registered GP, work, or Live in Sandwell. Eligibility criteria include individuals who are overweight (defined as BMI ≥ 25> (adjusted to 23> in people of Black African, African-Caribbean, and Asian origin) and in particular people who are overweight with comorbidities.

The tier 2 weight management service is universal but should be inclusive. Reasonable adjustments should be made to communication methods and programme design to meet the needs of marginalised groups, such as:

- Black, Asian, and Minority Ethnic groups (with a BMI of 25>)
- People from more socioeconomically deprived backgrounds
- Men (particularly those aged 45-54)
- People with learning disabilities and physical disabilities
- Parkinson Uk – walking football Monday 10:30am-12pm The Albion Foundation Community sports hall, Halfords Lane
- Stroke Uk sessions available – please contact The Albion Foundation

The sessions are now 10 weeks long and 1 hour 30 minutes long. 1 hour exercise and 30 minutes theory. These sessions will be running face to face in the local community.

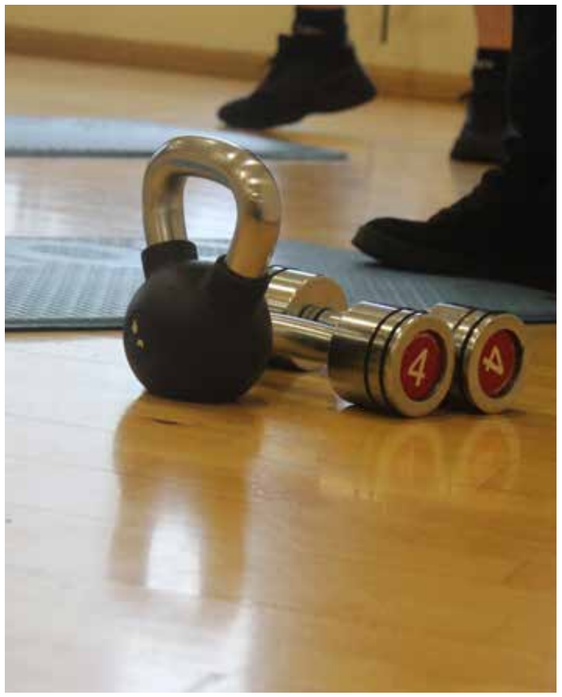
All Referrals are to go through Healthy Sandwell

Email: LS@nhs.net

Website: www.healthysandwell.co.uk - www.wba.co.uk/albion-foundation/book-now/fit-baggies

Weight Management Lead – Lyndsey_smalley@sandwell.gov.uk

Tuesday	10am – 12noon	Dartmouth Park pavilion
Tuesday	5.30pm – 7pm	WBA Community Sports Hall
Wednesday	5.30pm - 7pm	West Smethwick Park Pavilion



Addictive Behaviours Support

Introduction and context

Drug and alcohol use affects not just those who misuse drugs and alcohol but also their families, loved ones, carers, wider communities, services, and businesses. We want Sandwell to be a place where everyone can have the best start in life, live well and age well, safe from the harms caused by drugs and alcohol. Preventing and reducing these harms is central to improving the safety, wellbeing, and prosperity of Sandwell.

Our role is to prevent and reduce the harms, or potential harm, from Addictive Behaviours caused by alcohol and other drugs, smoking, and gambling. We aim to ensure a system-wide approach to support individuals, their families, and the wider community.

We do this through a community assets approach to ensure individuals are supported within and by the community to find their own type of recovery. We manage the local Strategic Partnership bringing together a range of organisations across the voluntary, health and criminal justice system to ensure an integrated system-wide response.

We have recently produced a Drugs and Alcohol Strategy with the overall aim of reducing drug and alcohol-related harms and overall use in Sandwell. The strategy has been co-produced working in partnership with key stakeholders, including service providers, those with living and lived experience, and the wider community.

The three priorities for this all-age strategy are:

- Addressing Supply
- Delivering a World-Class Treatment and Recovery System
- Achieving a Generational Shift in the Demand for Alcohol and Drugs

Cranstoun Sandwell

What:	Cranstoun aims to provide a safe and supportive environment to help people make the changes they need to live safer and healthier lives across the six towns of Sandwell. Cranstoun empowers and supports people to make positive changes with a person centred and flexible approach. Support is available for individuals who use alcohol and other drugs problematically and for those affected by another's alcohol and/or drug use. Translation services are available if English is not the first language spoken. Cranstoun offers: • Information and advice • Assessments • Recovery-focused treatment • One to one sessions • Group sessions and programmes including relapse prevention, alcohol change group, coffee mornings, family/carer group, mindfulness & gardening • Assertive outreach • Community drug and alcohol detoxification • Access to inpatient detoxification and rehabilitation where appropriate • Prescribing services • Needle exchange • Harm reduction advice • Naloxone provision • Harm reduction van • Blue Light Project • Advice and referral for additional services e.g., housing or finances • Health MOTs • Mutual aid support • Recovery champions and peer to peer support • Family and carers information and support.
Exclusion Criteria:	Referrals will not be accepted for individuals who: • Live outside the Sandwell area • Are under 18
Who/ Contact/ Weblink:	Website: Alcohol and Drug Support | Addiction Services | Cranstoun Cranstoun Alberta Building, 128b Oldbury Road, Smethwick B66 1JE Telephone: 0121 553 1333 • Drop in, phone, email referral form or visit: https://www.healthysandwell.co.uk/contact-us/ • Self-Referral Form: https://cranstoun.org/help-and-advice/alcohol-other-drugs/referral-form/ • Professional Referral Form: https://cranstoun.org/professional-referral-form/

Cranstoun Sandwell Satellite Provision – 2024					
	Monday	Tuesday	Wednesday	Thursday	Friday
Smethwick	Smethwick Medical Centre • Weekly • 9am to 5pm • Appointment only	St Mary's Church Bearwood • Weekly • 12pm to 2pm • Drop-in	Smethwick Medical Centre • Once a month • 9am to 12pm • Appointment only		
West Bromwich			West Bromwich Church and food bank • Weekly • 9am to 2pm • Appointments and drop-in West Bromwich Bus Station • Weekly • 1pm to 3pm • Drop-in Lyndon Primary Care GP surgery • Weekly • 9am to 2pm • Appointments and drop-in Hallam Street • Weekly • 9am to 5pm • Appointments		
Wednesbury	Wednesbury Town Hall • Weekly • 9.30am to 2pm • Drop-in and appointments	Millennium Centre – Friar Park • Weekly • 9am to 2pm • Appointment only	Millennium Centre – Friar Park • Weekly • 8.45am to 6.30pm • Drop-in and appointments	Wednesbury Town Hall • Weekly • 9.30am to 2pm • Appointment only	Millennium Centre – Friar Park • Weekly • 9am to 1pm • Appointment only
Tipton	St Pauls • Weekly • 9am to 5pm				
Rowley	Community Link, Cradley Heath • Weekly • 9.30am to 3.30pm • Appointments • Drop-in 2.30pm to 3.30pm			Cradley Community Centre • Weekly • 9.30am to 4.30pm • Appointment only	
Oldbury	Outreach locations across the week	Outreach locations across the week	Outreach locations across the week	Outreach locations across the week	Outreach locations across the week

Mutual Aid – Alcoholics Anonymous (A.A)

What:

Meeting Guide
- ALL meetings, unless otherwise stated, are 'Closed' meetings and restricted to individuals who are alcohol dependent and those who have a desire to stop drinking.
- Open (O) AA Meetings are open to ALL who may or may not have an issue with alcohol.
- Online meetings are those which meet through electronic media, not in a physical place.

Day & Time	Location	Format
Monday		
11am-12.30pm	Lye: Atlantic House, Dudley Rd, DY9 8BQ	
7pm-9pm	Dudley: Top Church, High St, DY1 1QD	
7.30pm-9pm	Quinton: St Boniface Church, Quinton Rd West, Quinton, B32 2QD	
Tuesday		
7.30pm-9pm	Stourbridge: Quaker Meeting House, Scotts Rd, DY8 1UR	
7.45pm-9.15pm	Tipton Big Book: St Paul's Community Centre, Brick Kiln St, DY4 9BP	
Wednesday		
12noon-1.30pm	Tipton St Paul's Daytime: St Paul's Community Centre, Brick Kiln St, DY4 9BP	Open meeting
7.30pm-9pm	Cradley Heath: Cradley Heath Community Centre, Reddal Hill Rd, B64 5JG	On request
Thursday		
11am-12.30pm	Tipton Ladies: St Paul's Community Centre, Brick Kiln St, DY4 9BP	Women's meeting
7.30pm-9pm	Tipton St Paul's: St Paul's Community Centre, Brick Kiln St, DY4 9BP	
8pm-9.30pm	Handsworth: Oaklands Community Centre, 1 Oakland Rd, Handsworth, B21 0NA	English/ Punjabi
8pm-9.30pm	Blackheath: Sons of Rest, 135 Birmingham Rd, Rowley Regis, B65 9HH	
Friday		
2.30pm-4pm	Smethwick New Meeting at Cranstoun, 128b Oldbury Rd, B66 1JE	
7pm-8pm	Stourbridge Women's Topic: New Road Methodist Church Centre, 29New Rd, DY8 1PQ	Women's meeting
7.30pm-9pm	Sedgley Community Centre, Ladies Walk, DY3 3UA	
8pm-9.30pm	Halesowen: Hasbury Community Centre, 38 Wall Well, B63 4SJ	On request
Saturday		
10am-11.30am	Halesowen: Lifecentral Church, Little Cornbow, B63 3AJ	
4pm-5.30pm	West Bromwich Na Zdrowi: Wesley Methodist Church, 291 High St, B70 8ND	Polish Speaking
6.30pm-8pm	Dudley: Dove House, Bushey Fields Hospital, Russell's Hall, DY1 2LZ	Open
Sunday		
11am-12.30pm	Halesowen Morning: Hasbury Community Centre, 38 Wall Well, B63 4SJ	On request
7pm-8.30pm	Brierley Hill: The Oakfield Community Centre, 245 Brettel Ln, DY5 3LT	

Who/ Contact/ Weblink:

To find an online meeting to access visit:
www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/online
Local Helpline: 01384 482929

Cocaine Anonymous (C.A.) Meetings

What: Meeting Guide

Day & Time	Location
Monday	
7.30pm-8.30pm	Newcomer Meeting, Dorothy Parkes Centre, Church Rd, Smethwick, B67 6EH
7.30pm-8.30pm	Freedom on the Frontline, Methodist Church, 1 Botteville Rd, Acocks Green, B27 7YE
Tuesday	
7.30pm-8.30pm	Newcomer Meeting, The Warehouse, 54-57 Alison Street, Digbeth, B5 5TH
7.30pm-8.30pm	A Quiet Place, Oikos Café 58 High Street, Erdington, B23 6RH
Wednesday	
8pm-9pm	The Way Out, Solihull United Reform Church, 741 Warwick Rd, Solihull, B91 3DG
Thursday	
8pm-9.15pm	Hope in Harborne, St Mary's Parish Centre, Vivian Rd, Harborne, B17 0DN
Saturday	
8pm-9pm	Newcomer Big Book Study, St Anthony's Catholic Church, Kingshurst, B37 6LP

Who/ Contact/ Weblink: To find local meetings, please visit: www.meetings.cocaineanonymous.org.uk/meetings
Helpline: 0800 612 0225

Gamblers Anonymous (G.A.) Meetings

What: Meeting Guide

Day & Time	Location	Contact
Monday		
7pm-9pm	Quinborne: Quinborne Community Centre, 98 Ridgacre Road, Birmingham, B32 2TW	T: 0330 094 0322 E: quinborne.g.a@gmail.com
Wednesday		
7pm-9pm	Wolverhampton: The Good Shepherd Church, 14A Windmill Lane, Wolverhampton, WV3 8HJ	T: 0330 094 0322 E: g.a.wolverhampton@gmail.com
Thursday		
7pm-9pm	Cannock: Bevan Lee Community Centre, 28 Bevan Lee Road, Cannock, WS11 4PS	E: CannockGA@outlook.com
Sunday		
7.30pm-9pm	Wolverhampton: The Good Shepherd Church, 14A Windmill Lane, Wolverhampton, WV3 8HJ	T: 0330 094 0322 E: g.a.wolverhampton@gmail.com

Who/ Contact/ Weblink: To find local meetings, please visit: www.gamblersanonymous.org.uk/meeting
Helpline: 0330 094 0322

Narcotics Anonymous (N.A.) Meetings

What: Meeting Guide

Day & Time	Location	Format	Formats
Monday 6.55pm-8.30pm	Truth in Lye: Atlantic Recovery Centre, Dudley Rd, Brierley Hill, DY9 8BQ	Physical, Open to addicts only, BEG, BT, CPT, CW, JFT, SH, WA	BEG - Beginner/Newcomer BK - Book Study BT - Basic Text CPT - 12 Concepts CT - Chit CW - Children Welcome JFT - Just For Today Study LC - Living Clean Study LIT - Literature Study M - Men NP - No pets PA - Parking Available QA - Questions & Answers SH - Share meeting SPK - Speaker TOP - Topic VAR- Format Varies VR- Video Required W - Women WA - Wheelchair Accessible
Monday 7.30pm-9pm	Monday Night Hockley Meeting: Main Hall, Lodge Road Church Centre, 143/4 Lodge Road, Hockley, B18 5BU	Physical, Open to addicts only, VAR, PA, WA	
Tuesday 7.30pm-9pm	Halesowen A New Hope Group: Large meeting room 1, Life Central Church, 2 Little Cornbow, Halesowen, B63 3AJ	Physical, "Open to all" on request, BEG, LIT, SPK, VAR, PA, WA	
Wednesday 7.30pm-9pm	Men's NA Living Clean Meeting: Here4youth, 1 Castle Street, Dudley, West Midlands, DY1 1LA	Physical, "Open to all" on request, LC, M, TOP, CT, NP, SH, BK, WA	
Thursday 7pm-8pm	Maxstoke NA Meeting: Maxstoke Village Hall, Church Lane, Maxstoke, B46 2QN	Physical, "Open to all" on request, LIT, WA	
Friday 12.30pm-2pm	Stourbridge Friday Freedom: Atlantic Recovery Centre, Dudley road, Brierly Hill, Stourbridge, DY9 8EL	Physical, "Open to all" on request, VAR, WA	
Saturday 11am-12.30pm	Stourbridge Saturday Women's: Back Room, CGL, Atlantic House, Dudley Road, Stourbridge, DY9 8EL. Zoom : https://meetings.ukna.org/meeting/saturday-womens/link	Hybrid, "Open to all", CW, VAR, W, PA, WA, VR	
Saturday 4pm-5.40pm	Dudley Just for Today: Here4youth, 1 Castle Street, Dudley, DY1 1LA	Physical, "Open to all" on request, BEG, BT, JFT, QA, SPK, Lithuanian	
Sunday 9.30am-10.45am	Dudley Just for Today: Main room, Cranstoun Here4YOUth Dudley, 1 Castle Street, Dudley, DY1 1LA	Physical, "Open to all", JFT, WA	

Who/ Contact/ Weblink: To find a local meeting, please visit: www.meetings.ukna.org
Helpline: 0300 999 1212

DECCA (Drug Education, Counselling and Confidential Advice)

What:	DECCA is Sandwell's young people's drug and alcohol service. The teamwork with any young person that lives in the Sandwell area aged 18 or under and with any agency that work with them. DECCA deliver education in schools and in the community. DECCA also work with children and young people who are experiencing issues with drugs such as alcohol, cannabis, tobacco, volatile substances, and class A drugs. DECCA offers: • General advice and guidance for young people and the professionals that work with them • Educational harm reduction sessions and resources for mainstream schools and community organisations • Targeted brief interventions focusing on harm minimisation for those using alcohol and/or drug(s) • Structured treatment for any young person using alcohol and/or drug(s) • Substitute Prescribing • Holistic Therapies • Training for workers and professionals, accredited and non-accredited, also incorporating the 'Every Contact Counts' agenda • Policy and procedure development • Support in dealing with alcohol, drug, and tobacco related incidents • Multi-media service - web sites, campaigns, social media etc.
Exclusion Criteria:	Referrals will not be accepted for individuals who: • live outside the Sandwell area • are 18 or over
Who/ Contact/ Weblink:	Website: www.ourguideto.co.uk To make a referral to DECCA, or to get some guidance if you are concerned: • Telephone: 0121 569 2201/0750 078 5889 – DECCA can take a referral over the telephone, just ensure that the young person has given permission to make the referral. • Download a referral form, complete in full and then email it to: Decca_Team@sandwellchildrenstrust.org The young person being referred must be under the age of 18 and agree to meet with a worker in the first instance.

ABL Health Stop Smoking Service

What:	A free 12-week stop smoking programme of behavioural support and medication for anyone who lives or works within Sandwell offering a range of treatments and support including all forms of nicotine replacement including e-cigarettes and regular contact with a trained stop smoking advisor. Support is available in various locations across Sandwell 5 days a week, including some evenings and includes: • One to one support - The stop smoking services provides individual support to help become smoke free. These can be face to face meetings, telephone chats or a digital support offer direct to your phone. • Group sessions - Group sessions are available, and individuals can drop in without an appointment. • Text message support - text support in between sessions to help keep individuals on track. • Digital support offer – making the support you need as accessible and timely to suit your needs and lifestyle • Nicotine Replacement Therapy - medically-approved ways to take nicotine rather than smoking cigarettes e.g. chewing gum or patches and things like inhalers, tablets, lozenges, sprays, and e-cigarettes. Some products can be bought from pharmacies and may also be available on prescription too. NRT reduces the symptoms of nicotine withdrawal, so can help quitters cope with the cravings when someone gives up smoking. By accessing support, ABL Health will be able to talk through what treatment and medication options might work best for the individual and discuss other prescription-only medications that may be needed to quit smoking.
Who/ Contact/ Weblink:	smokefreesandwell.co.uk www.healthysandwell.co.uk www.healthysandwell.co.uk/contact-us ABL Health Telephone: 0121 740 0040 ABL Health Email: abl.sandwell@nhs.net

Aquarius Gambling Support

What:	• Aquarius support people aged 16 years and over affected by gambling, either their own or the gambling of a family member, partner, or friend through 1:1 and group support sessions. • As GamCare partner in the Midlands, Aquarius provide support, information, and advice to anyone suffering with a gambling problem, as well as to family members and friends affected by someone else's gambling. • Aquarius services are delivered in the West Midlands and West Mercia. • Individuals can self-refer to this service or be referred by a professional.
Who/ Contact/ Weblink:	Website: www.aquarius.org.uk/our-services/adult-services/gambling/ Telephone: 0300 4564293 Email: gambling@aquarius.org.uk

NHS West Midlands Gambling Harms Service

What:	•Gambling treatment programmes delivered either virtually or at the clinic, as well as a digital programme which can be accessed 24/7. The service also offers additional interventions for specific problems experienced by individuals, and support and advice to family members and carers. The West Midlands Gambling Harms Clinic is a free and confidential service open to anyone who is: • 18 years old and above • Registered with a GP in the Black Country area • Has problems with their gambling, resulting in harm to themselves and other people.
Who/ Contact/ Weblink:	Individuals can self-refer by going to www.midlandsgamblingclinic.org/self-referral/ Telephone: 0300 123 0996

Drug & Alcohol Community Recovery Projects 2024

Working with and for those in recovery from drugs or alcohol -programmes run June 2024 to March 2025

Beat It Percussion – Rhythm in Recovery

BIP will be providing sound relaxation sessions, at the premises of delivery partners from the Recovery Forum.

- Breathing exercises
- Visualisation
- Sound Bath
- Warm-down

Participants will also be given CD materials they can take home.

Cradley Heath Community Link - Recovery Café

An opportunity to engage with the Link and local community through a community café on set days each week. Residents will be able to attend training for food safety qualifications to enable them to work within the kitchens to prepare and deliver food from within the café. Each person will be supervised while gaining experience working in the kitchen area to front of house and money handling, and within a few months gain a reference from CHCL to better place them in further local employment.

Friar Park Millennium Centre - Recovery Group

A recovery group to support individuals accessing the Cranstoun service of that runs at the centre on: Tuesday 9.30 - 2pm; Wednesday Drop-in session 9.30 - 2pm, and on Friday 9.30 - 2pm. We will be developing group activities with members and others who identify themselves as 'in recovery.'

- Support groups meetings to get to know each other and produce a plan of activities that are of interest, being able to have a chat while relaxing with a cup of tea or coffee
- Activities will include bike rides, local walks to open spaces and canal walks
- Team building exercises and physical activities in our large sports hall
- Workshops to build self-esteem and work towards employment or aim of individuals
- Volunteering opportunities within the community centre
- Bakes – For families, individuals to gain skills in making desserts, pizza and more.

Ideal 4 All – Growing Opportunities Allotment Project

A range of activities linked to the 5-Ways-to-Wellbeing (Connect, Be Active, Learn, Notice, Give) from three Community & Therapeutic Garden sites in Sandwell. Learning how to prepare what you grow to eat with others.

Encouraging and enabling people who are experiencing barriers to become more physically active, eat healthier, become better connected and less lonely/isolated – contributing to improving their general health and overall wellbeing and increased confidence and self-esteem.

Jubilee Park Community Centre – Empower Me Project (Bangladeshi Womens Association)

Empower Me project will contribute to supporting individuals from Tipton affected by drug and/or alcohol misuse, to gain confidence, tools, skills, and support to build their socioeconomic resilience and improve their mental health.

A Community Recovery Worker will link people into recovery networks and recovery activities, as well as supporting them to access other support the centre offers or in the wider community.

Kaleidoscope+ Group - Personal Development and Wellbeing Programme

Positive Lives Using Skills (PLUS) programme including sessions on managing stress, sleep hygiene and relaxation, wellness planning and confidence building. We will also offer additional sessions on: Peer support skills designed to empower and upskill people enabling them to support their peers and their communities by either volunteering or setting up their own support group. Energy Efficiency focused on saving costs. Mental Health First Aid (MHFA) training to equip people in recovery with the skills and knowledge to support others in the community. Our aim is to end the stigma and share experience in a confidential non-judgemental environment.

The Salvation Army – Employment Plus Programme

The 'Inspirational Life Coaching' programme to improving the health and well-being of people recovering from drug and/or alcohol misuse through the provision of positive activities, developing new skills, increasing social inclusion, and enhancing local recovery networks.

- One-to-one sessions to improve general wellbeing and confidence and highlight skills
- Building resilience through strengthening personal insights and setting realistic goals, practical help with barriers such as travel.
- Positive activities, including walking groups, creative activities, and access to sports.
- Looking at CVs, transferrable skills, enhancing digital skills; access to iLearn the Salvation Army online learning portal.
- Supported signposting to community organisations to provide additional support
- Encouraging peer-to-peer support and using 'lived experiences' to motivate and inspire. EDCs act as a bridge to employment by removing barriers and supporting employers
- Explore local volunteering opportunities and in our Charity Shops, Churches, and Caf

Urja CIC - Sustainable Recovery Through Art (SRTA)

Urja is a local community group who will be providing holistic recovery sessions at the premises of delivery partners from the Recovery Forum.

- 20 sessions of ART
- 20 sessions of Mindfulness, Meditation
- 10 sessions of Healthy Eating.

Also, classroom type sessions where attendees will engage in theory knowledge.

Warley Amateur Boxing Club - No-contact Boxing Program

Participants will learn no-contact boxing for the first four months starting from basic boxing practices and progress gradually overtime. During this time, participants will build their bodies through physical exercise; improve their self-confidence and develop the commitment and love of attending regular boxing sessions. After four months, participants will decide either to carry on with no contact boxing or join others undertaking normal boxing sessions and who can engage into more boxing contact and competition. The project will be delivering two sessions of 1.5 hour per week. Informal one-to-one mentoring will be delivered, if necessary, to those in need of this support.

West Bromwich leisure centre - Leisure Passes

Repeating the successful take-up of last year's offer, West Bromwich Leisure Centre is again offering free Leisure Passes to Cranstoun service users. The benefits are:

- Unlimited gym use
- Unlimited pool use
- Unlimited use of the Sauna/ Steam room for relaxation
- Unlimited exercise classes
- 14 days advance booking privileges
- Up to four junior memberships added
- Free use of Swimtag
- Access to the Places Locker app

Pollution Control Team

The activities of the Pollution Control Team are usually delivered across the borough as required. Exceptions to this can occur with regards to project-based work, such as the Defra air quality grant funded "Faith Communities for Clean Air" project.

Responses to Service Requests, Councillor/MP enquiries & FOIs

The team responds to a large volume of service requests, most of these relate to complaints about smoke from domestic properties, examples include garden fires, bonfires, garden incinerators, fire pits and barbecues. Complaints are usually investigated as potential statutory nuisances and the actions that can be taken range from telephone calls and warning letters to the service of formal legal notices and prosecutions.

Enforcement officers take an educational role when it comes to investigating complaints, including explaining relevant law and rules around domestic burning as well as providing insight into the distress, upset and harm to health that smoke may be having on those living nearby. Using this education-led enforcement approach, officers find most complaints can be resolved informally.

Complaints about smoke from domestic fires in Sandwell can be made using the website www.sandwell.gov.uk/reportit.

Borough-wide Smoke Control Area (SCA) for Sandwell

The Secretary of State for the Environment, Food & Rural Affairs agreed to the revocation of Sandwell's 52 individual smoke control areas in 2023. This enabled the creation of a single borough-wide smoke control area that came into force on 1 July 2024 and prevents the emission of visible smoke from chimneys.

Our education-led approach to enforcement will be carried out by an Air Quality Education and Enforcement Officer. It is expected that service requests relating to chimney smoke emissions are likely to increase, this will be due in part to the wider area covered by the single smoke control area as well as greater level of awareness amongst residents of the harms to health from breathing in wood and coal smoke. Issues relating to the sale of authorised solid fuels and adhering to the smoke control area rules will also require more officer time to enforce.

Active Travel

Enabling Sandwell residents to choose more active and sustainable travel choices such as walking, wheeling, and cycling for their regular local journeys benefits both the local environment through a reduction in air pollution and carbon and by improving population health.

Our Active Travel Officer works with schools, businesses, community organisations and new developments across the borough to make it easier for people to choose walking, cycling and public transport instead of a car for their local journeys. Activities, events, and initiatives that support active travel are tailored to local settings across the borough and include the uptake of schemes such as Modeshift STARS as well as participation in local and national campaigns such as Clean Air Day and Car Free Days. To support and encourage those wanting to be more active when getting around their local area, a new Wednesbury Walking and Cycling Map has been produced. Similar maps will be created for all six towns.

Industrial Pollution and Permits

To prevent pollution, industrial processes that use or emit certain substances are controlled under the Environmental Permitting Regulations 2016 (EP Regs) and require a permit to operate. The industrial activities covered by the EP Regs are very wide ranging and are split into several categories, depending on their size and type of process. The Environment Agency regulate the large and more complex industrial processes (A1 installations). The Local Authority regulates A2 installations, (integrated pollution control) small waste incineration plants, and Part B processes. More information is available at https://www.sandwell.gov.uk/consumer-advice/industrial-pollution

Environmental Information Requests (EIR)

Fees are collected for Environmental Information Requests (EIR) www.sandwell.gov.uk/consumer-advice/contaminated-land , which relate to the contaminated land status for property purchases and can therefore relate to anywhere in Sandwell.

The records showing past activities on parcels of land, which could be nothing, industrial or closed landfill sites, are then provided either to landowners, property buyers or consultants acting on their behalf.

Vent Trench Risk Assessment

Sandwell Council employed a consultant to prepare an interpretative desktop review of information held by the council (which was provided to the consultant) relating to 11 landfill sites around Sandwell for which Sandwell Council hold responsibility and which contain gas vent trenches.

The consultant's report also includes an assessment of the current gas generation status of each of the landfills and a recommendation regarding the need for maintenance of the existing vent trenches.

Benefits Advice and Debt advice

Citizen's advice and Community welfare advice:

Free community-based advice (face to face and phone)

www.route2wellbeing select advice.

https://citizensadvicesandwell-walsall.org

Sites across 6 towns and Walsall, times at each town vary so please do check the website.

To make an appointment with the debt team you can drop into any of our 'open door or mobile' services https://citizensadvicesandwell-walsall.org/

also use webchat or call the Citizens Advice National Debt number on 0800 240 4420 https://citizensadvicesandwell-walsall.org/get-help/debt/

Welfare rights team

Council's welfare rights team: 0121 569 3158

Monday to Friday 9.30-4.00

Friday 9.30 – 3.30pm

Outside of those hours, referrals or requests for information or support need to be sent to: welfarerights_team@sandwell.gov.uk.

Through MySandwell you can request a call back for an appointment with the Welfare rights team.

Links fir the welfare team via:

- www.sandwell.gov.uk/welfarerights
- MySandwell under "my services"

Debt advice

- www.sandwell.gov.uk/helpwithdebt links people to Citizens Advice who have specialist debt advisers.
- To make an appointment with the debt team phone 0121 726 6745 or use webchat to ask for a debt appointment

Owing rent or council tax arrears to Sandwell Council?

- www.sandwell.gov.uk/tenanthandbook/tenant-handbook/current-former-rent-arrears - contact the rents team on 0121 737 5148
- www.sandwell.gov.uk/council-tax/problems-paying-bill contact our Customer Services team on 0121 368 1155

Help with Fuel

- Sandwell's LWP scheme can provide help with fuel – This will be a PayPoint voucher for prepay meters only and gives emergency provision for three days. https://www.sandwell.gov.uk/benefits-support/local-welfare-provision-food-vouchers
- Applications must be done on-line via the customers MySandwell account.

Help with Travel

- Sandwell's LWP scheme can provide a payment voucher for one to three days travel in the West Midlands area only. Applications must be done on-line via the customers MySandwell account.

Help with white goods or furniture

- Sandwell's LWP scheme can provide furniture / white goods – all furniture will be good second-hand furniture except for white goods and mattresses. Applications must be done on-line via the customers MySandwell account

Food banks

How to access foodbank vouchers?

Please do not send people to food banks without a voucher. They will be able to get a voucher from either:

- A helper agency like Citizens Advice or the council's welfare rights team or the councils Local Welfare Provision https://www.sandwell.gov.uk/benefits-support/local-welfare-provision-food-vouchers administered by the revenues and benefits team. Applications must be done on-line via the customers MYsandwell account register at https://my.sandwell.gov.uk/
- Food banks are community organisations that can help if you cannot afford the food you need. You will usually need to get a referral to a food bank before you can use it.
- You can get a referral from Citizen's advice, the Council welfare (MySandwell is the best way to get access)
- www.sandwell.gov.uk/resilientresidents or www.route2wellbeing.info

Information from individual information from these websites.

- breakingbreadfoodbank.co.uk
- www.trusselltrust.org/get-help/find-a-foodbank
- www.blackcountryfoodbank.org.uk/locations

Information on how to access free school meals for their children? Visit www.sandwell.gov.uk/schools-education/free-school-meals for the eligibility criteria. Applications can be made on-line via the customers MySandwell account. There is also an application form that can be downloaded. Any questions: 0121 569 8186 or 8189

Food Pantries - www.yourlocalpantry.co.uk

When you become a member of a Pantry, in exchange for a small weekly subscription you will have access to food that you choose, including fresh fruit and vegetables, meat and store cupboard favourites, which will be worth on average £21 more than your 'pay as you shop' membership payment.

Family support information service

Visit Family Information Service Hub for information about a wide range of support

https://fis.sandwell.gov.uk/

Tax free childcare top up

- For working families, including the self-employed, in the UK
- Earning under £100k and at least £152 per week (equal to 16 hours at the National Minimum or Living Wage) each
- Who are not receiving Tax Credits, Universal Credit, or childcare vouchers
- With children aged 0-11 (or 0-16 if disabled)
- For every £8 you pay into an online account, the government will add an extra £2, up to £2,000 per child per year

Free school meals

- www.childcarechoices.gov.uk/
- These are also available outside of term time.
- Your child may be entitled to free school meals if:
- Your annual income is less than £16,190; and
- You claim Benefits such as Child Tax Credit (*Not Including Working Tax Credit) and less than £7,400 a year as assessed by for universal credit.
- Applications can be made on-line via the customers MySandwell account. There is also an application form https://www.sandwell.gov.uk/downloads/download/383/free_school_meals_application_form

Visit: www.sandwell.gov.uk/info/200151/education_benefits/2176/free_school_meals
Any questions: 0121 569 8186 or 8189.

Homelessness

Help for someone who is homeless

Please call the Housing Solutions Team on 0121 368 1166 (option 2).

Further information about www.sandwell.gov.uk/find-home/homeless-risk-losing-home

Visit Shelters https://england.shelter.org.uk/get_help for all opening times, including the advice line. You will also be able to access webchat here

Safeguarding

If you are worried about someone, or know or suspect abuse, act now.

Reporting a child of concern

Do you suspect that a child is at risk of harm or neglect.? Do you know of a family who could benefit from some additional support and help to look after a child better? Here are some of the things you could do to help and support:

www.sandwellcsp.org.uk/key-safeguarding-issues/report-a-concern/

If you have concerns about a child or young person but believe they are not at immediate risk, you can:

- Speak to Sandwell Childrens Trust on 0121 569 3100
- Contact the NSPCC on 0808 800 5000 (this is a free service, and lines are open 24 hours a day). They will listen to your concerns, offer advice and support, and can act on your behalf if a child is in danger.

If you have a concern about a member of staff working with children (in either a paid or voluntary capacity) please contact the Local Area Designated Officer (LADO) at sandwell_lado@sandwellchildrenstrust.org

Reporting an Adult safeguarding concern

There is information on safeguarding on the https://www.sandwell.gov.uk/adult-social-care/report-adult-abuse on any adult you feel is unsafe.

This page is also an informative video about Cuckooing – whereby the home of a vulnerable person is taken over by a criminal to use it to deal, store or take drugs, facilitate sex work, as a place for them to live, or to financially abuse the tenant

Report it

- Call us on 0121 569 2266 or email us sandwell_enquiry@sandwell.gov.uk. We are open from 9am to 5.30pm Monday to Thursday, and 9am to 5pm on Fridays. Outside these hours call 0121 569 2355.
- Tell the manager on duty at the service where the person is.

Domestic Abuse

www.sandwell.gov.uk/domestic-abuse/domestic-abuse-1/3

In Sandwell there is lots of support available for you if you are suffering domestic abuse or if you are worried about someone who is.

Black Country Women's Aid provides a range of services and support to men and women experiencing domestic abuse. You can call them 24 hours a day on 0121 552 6448.

They provide a full range of services including access to emergency accommodation, access to legal advice, court support, counselling, rape, and sexual violence services

Damp and Mould

Report Damp housing: Are you concerned about damp or mould in your home? Is poor ventilation, poor heating or poor insulation causing a problem?

If you are concerned about condensation, it is important that you know how and when to heat or ventilate your home and even when to dry clothes.

If you think your home needs a repair, you should report it as soon as possible. You can report your repair by telephone on 0121 569 6000 between 8am - 8pm, or online via MySandwell 24 hours a day at www.sandwell.gov.uk/repairs

For more information about this, including a condensation booklet, please visit: www.sandwell.gov.uk/damp

If you are a private tenant and need support getting help from your landlord, please visit: www.sandwell.gov.uk/housingconditions

Hoarding and housing advice

There is an SMBC Healthy Homes Project which offers help and support with hoarding and referring eligible residents to the Handy Person Service for essential small-scale interventions such as moving a bed downstairs, fixing a dripping tap etc

Just give Sandwell MBC a call on 07384 242 854 and ask for Cathy Leyser – Healthy Homes Project Officer.
Cathy_Leyser@sandwell.gov.uk

The Kaleidoscope Plus Group holds a monthly Hoarding support group that meets at Kaleidoscope's Hope Place, on West Bromwich High Street, opposite the library, the next one is at 10am on 5th June, no referral necessary. Call 0121 565 5605, for future times and dates.

Sandwell
Metropolitan Borough Council