



# Your short support guide to help with health and wellbeing

Health and wellbeing information  
in Birmingham and Solihull



**Birmingham and Solihull  
Integrated Care System**  
Caring about healthier lives

# About this guide

Your health and wellbeing is important and we all need a bit of support sometimes.

We have put together this short guide to provide you with some useful resources around some of the important areas connected to health and wellbeing.

# How to use this guide

If you use a mobile phone, scan the QR codes to find more information. If you don't, simply call the telephone numbers.



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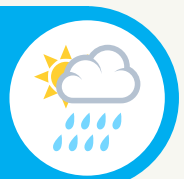
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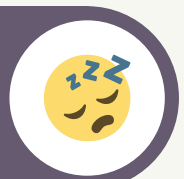
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## Support to stop smoking



### **Birmingham** ***Quit with Bella app***

Stopping smoking has multiple benefits – food tastes better, sense of smell returns to normal, teeth and nails stop yellowing, money is saved and health benefits for increasing life expectancy by up to 10 years! 'Quit with Bella' is an app in Birmingham which anyone preferring to self-manage their quit attempt or seek additional support on their quit journey can download.



### **Birmingham** ***Help from GPs and Pharmacies***

There are over 300 GPs and pharmacies delivering stop smoking services in Birmingham. For those who would like one-one support there are multiple smoking cessation advisors around the city and can be found by scanning the QR code or visiting: [bit.ly/stopsmokingbirmingham](https://bit.ly/stopsmokingbirmingham)



### **Solihull** ***Stop Smoking Service***

Did you know you're three times more likely to quit with the help of a stop smoking service? The Solihull Stop Smoking service is free and easy to access if you live in Solihull, or have a Solihull GP. [solihull.gov.uk/health-and-wellbeing/Stop-Smoking-Solihull](https://solihull.gov.uk/health-and-wellbeing/Stop-Smoking-Solihull)  
**0800 599 9880**

## Support to live well



### **Active Wellbeing Society Listen and Connect service**

Listen and Connect is a listening service with a difference! Listen and Connect provides a telephone support service that offers a safe space for people to feel heard and to talk about what is important to them.

**[theaws.co.uk/listen-connect](https://theaws.co.uk/listen-connect)  
0121 728 7030**



### **Birmingham Connect to Support**

An online information and advice guide, community directory and marketplace for citizens of Birmingham.

**[birmingham.connecttosupport.org](https://birmingham.connecttosupport.org)**

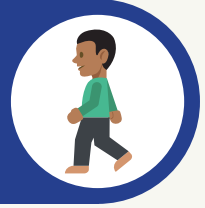


### **Solihull support services**

Solihull has a wide range of services available to support you if you are concerned about your health and wellbeing.

**[solihull.gov.uk/health-and-wellbeing](https://solihull.gov.uk/health-and-wellbeing)  
Community Advice Hubs: 0121 709 7590**

## Support to move more



### **Sport Birmingham**

Sport Birmingham passionately believe that people should get and stay active. There's much to do, whether it's walking, running, cycling or working out at home. Sport Birmingham make it easy to get moving with information and free online tools. Join the movement in Birmingham!

**[sportbirmingham.org](http://sportbirmingham.org)**

**0121 296 5190**



### **Solihull Active**

Solihull Active aims to provide a wide range of physical activity and exercise opportunities, suitable for people of all ages and abilities. Here are some ideas and website links for further information:

**[solihullactive.co.uk](http://solihullactive.co.uk)**

**0121 704 8207**



### **The Active Wellbeing Society in Birmingham and Solihull**

The Active Wellbeing Society is a community benefit society working to build healthy, happy, connected communities. They deliver a wide range of free activities and services aimed at improving wellbeing.

**[theaws.co.uk](http://theaws.co.uk)**

**0121 728 7030**

## Support to manage your weight



### **Birmingham: ShapeUp4Life app**

The ShapeUp4Life app has been designed to help you improve your health and wellbeing by helping you lose 5% of your body weight in 12 weeks and making positive lifestyle changes in the process. The app will support you through weekly videos to address your cravings, eat healthy snacks and understand food labels better, all helping you to lose weight while improving your sleep quality, confidence and reducing your risk of heart disease and Diabetes. [shapeup-4life.com](http://shapeup-4life.com)

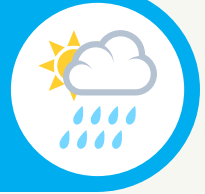


### **Solihull weight management services**

Free weight management services are available through the Solihull Lifestyle Service. You can refer yourself to the service by completing a referral form or calling 0800 599 9880 (free) You can also ask your GP to refer you. The service offers a range of options to support your weight Management

[solihull.gov.uk/health-and-wellbeing/Healthy-weight](http://solihull.gov.uk/health-and-wellbeing/Healthy-weight)  
**0800 599 9880**

## Support for mental health



### **Birmingham Healthy Minds**

Birmingham Healthy Minds is an NHS primary care psychological therapies service for people with depression and anxiety symptoms. They can offer you a variety of treatments depending on your needs, for example cognitive behavioural therapy, mindfulness and interpersonal therapy.

**[www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds](http://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds)**

**0121 301 2525**



### **Urgent Mental Health support**

If urgent mental health help is needed you can ring 0121 262 3555 or 0800 915 9292 for advice and support.

**[www.bsmhft.nhs.uk/service-user-and-carer/how-to-get-urgent-mental-health-help](http://www.bsmhft.nhs.uk/service-user-and-carer/how-to-get-urgent-mental-health-help)**



### **Bereavement support in Birmingham and Solihull**

The death of someone close can be one of the hardest things we have to deal with. There is no normal or 'right' way to grieve. To access support and advice, contact Cruse

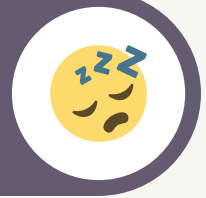
**0121 687 8010**

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

**[cruse.org.uk/get-support/contact-local-branch/birmingham](http://cruse.org.uk/get-support/contact-local-branch/birmingham)**



## Support for better sleep



### Trouble sleeping?

If you're having sleep problems, there are simple steps you can take to ease those restless nights. Find out how to get to sleep and how to sleep better.

**[www.nhs.uk/every-mind-matters/mental-health-issues/sleep/](http://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/)**



### Improving your sleep when you have arthritis

Getting the right amount of good quality sleep has many benefits for our physical and mental health. Evidence suggests it's just as important as having a healthy diet and doing regular exercise. Good sleep can:

- help your concentration levels
- help you manage pain better
- allow your body to repair damaged tissue
- improve your immune system
- help your mental wellbeing
- help you stay at a healthy weight

Getting enough good quality sleep can play a big role in helping you manage a long-term health condition like arthritis. Find support here.

**[www.versusarthritis.org/about-arthritis/managing-symptoms/sleep/](http://www.versusarthritis.org/about-arthritis/managing-symptoms/sleep/)**

## Support from Versus Arthritis



**VERSUS  
ARTHRITIS**



### **Exercising with Arthritis**

The NHS has partnered with Versus Arthritis to ensure that our patients are given as much support and information as possible.

Versus Arthritis is here to make sure that people with arthritis have all the support and information they need to live well with their condition.

Versus Arthritis have lots of amazing resources to support your health and wellbeing.

**0800 5200 520**  
**helpline@versusarthritis.org**  
**versusarthritis.org**



### **Keeping well while you wait for surgery**

The pandemic has meant that many operations and procedures have been postponed. Some people are waiting to see a GP and many people are waiting longer for surgery and other treatments.

This can be an anxious time and you probably have questions and concerns. Versus Arthritis are here for you, while you're waiting.

**0800 5200 520**  
**(free: Monday–Friday, 9am–6pm)**  
**versusarthritis.org/get-help/helpline**



### **Full body stretching routines**

These follow-along twenty minute full body stretch routines have been designed especially for those living with arthritis and other musculoskeletal conditions.

Each video is designed for a different time of your day, from getting moving when you wake up, keeping mobile during the day to a relaxing stretch in the evening.

Remember to drink water while you're exercising and make sure you have plenty of space around you to avoid injury. It's a good idea to start slowly and build up gradually if you're new to exercise.

**[versusarthritis.org/about-arthritis/exercising-with-arthritis/full-body-stretching](https://versusarthritis.org/about-arthritis/exercising-with-arthritis/full-body-stretching)**



### **Living with Arthritis**

Living with arthritis can be challenging and carrying out everyday tasks can be difficult. However, support is available and there are many things you can do to help you to live a fulfilling life.

**[versusarthritis.org/about-arthritis/living-with-arthritis](https://versusarthritis.org/about-arthritis/living-with-arthritis)**



[birminghamsolihullics.org.uk](http://birminghamsolihullics.org.uk)