



Public Health Sandwell

Prevention in Towns

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Contents

Vulnerable Groups	3
Mental Health	3
Language and Health Literacy	4
Migrant Health	10
Reducing Health Inequalities	16
Children, Young People & Families (CYPF)	22
Family Hubs, Family Hub spokes and Family Hub networks	24
Peer Support service	25
Infant feeding	25
Library services	26
Health Visiting and Best Start programme	26
School Nursing and Vision Screening	27
CHANGES antenatal	27
CHANGES parenting	28
SHAPE programme	28
Big Ideas (School Health Improvement)	29
21 st Century Child	29
Poverty Proofing	30
Emotional Health & Wellbeing (EHWB) Charter Mark: Schools, Early years and VCS	30
Youth service	30
Health Checks, National Diabetes Prevention Programme and Healthy Sandwell	32
Health Checks:	32
National diabetes Prevention programme (NDPP)	33
Healthy Sandwell	35
Sexual Health services	36
Sexually Transmitted Infections	37
Morning After Pill (MAP) Scheme	37
C card scheme	38
Pollution Control Team	39
Responses to Service Requests, Councillor/MP enquiries & FOIs	39
Consultations for Planning Applications	40

Air Quality Monitoring	40
Borough-wide Smoke Control Area (SCA) for Sandwell.....	41
Faith Communities for Clean Air	41
Active Travel Awareness and Uptake	41
Industrial Pollution and Permits	41
Environmental Information Requests (EIR)	42
Vent Trench Risk Assessment	43
Environmental Public Health Tracking.....	43
Health Policies for Sandwell Local Plan.....	43
Public Health Development Officers.....	45
Addictive Behaviours Service	65
Cranstoun Sandwell	67
Cranstoun Sandwell Satellite Provision	68
Mutual Aid – Alcoholics Anonymous (A.A)	69
DECCA (Drug Education, Counselling and Confidential Advice)	71
ABL Health Stop Smoking Service	72
Aquarius Gambling Support.....	74

Vulnerable Groups

Mental Health

Prevalence

The most recent data for the Sandwell area is compared to the West Midlands and the England average as outlined in Table 1. In Sandwell, the estimated prevalence of common mental health disorders among individuals of all ages was higher compared to both the West Midlands region and the overall average for England. Similarly, Sandwell had a slightly higher rate of newly diagnosed depression compared to the West Midlands region and the overall average for England during the period of 2021/22. However, when considering the overall prevalence of depression, Sandwell had a lower rate compared to the regional and national averages.

The prevalence of mental health conditions across all ages, as measured by the Quality and Outcomes Framework (QOF), was relatively consistent in Sandwell compared to the West Midlands and England as a whole.

Overall, Sandwell experiences a higher estimated prevalence of common mental health disorders, higher rates of newly diagnosed depression, and a higher utilisation of inpatient mental health facilities compared to the West Midlands region and England as a whole. However, it's important to note that mental health prevalence and service utilisation can be influenced by various factors, including demographics, socio-economic conditions, and healthcare.

Table 1. Summary Sandwell Mental health compared to England average

	Period	Sandwell	West Midlands	England
Estimated prevalence of common mental health disorder in 16 -64 years old	2017	21.5%	17.7%	16.9%
Estimated prevalence of common mental health disorders in aged 65 and over	2017	13.4%	10.7%	10.2%
QOF incidence of depression (new diagnosis) (aged 18+)	2021/22	1.2%	1.7%	1.5%
QOF prevalence of depression (aged18+)	2021/22	10.6%	13.3%	12.7%
QOF Prevalence of mental health condition (all ages)	2021/22	0.96%	0.92%	0.95%
Inpatient Stays in secondary mental health facilities (Per 100,000)	2019/20	302	229	241

Source: OHID, *Fingertips*¹

The data in Table 2 reveals some key insights into mental health in Sandwell and surrounding areas compared to England. Sandwell was reported to have slightly lower prevalence of long-term mental health problems in a GP survey, however, also has lower rates of early follow-up for patients with newly diagnosed depression. There were found to be higher rates of psychosis and mental health admissions in Sandwell and the Black Country, along with a higher proportion of people subject to the Mental Health Act. Patient satisfaction with GP-led mental health care in Sandwell was lower compared to the region and national averages, and in fact was the lowest in all of England.

¹ Office for Health Improvement and Disparities, "Fingertips: Mental Health, Dementia and Neurology," Public Health England, 2023. [Online]. Available: <https://fingertips.phe.org.uk/profile-group/mental-health>.

Table 2. Summary of local NHS data compared to England average

	Period	Sandwell*	Black Country**	England
Long term mental health problems (GP patient survey)	2018/19	8.9%		9.9%
Newly diagnosed patients with depression who received a review within 10-56 days after diagnosis (proportion of patients)	2021/22	48.7%		54.9%
Completion of IAPT treatment per 100,000 population (aged 18-64)	2019/20 Q2	413		356
Completion of IAPT treatment per 100,000 population (aged 65+)	2019/20 Q2	99		104
New cases of psychosis (estimated incidence per 100,000 aged 16-64)	2011	34.9	29.7	25.8
% of patients who feel they have had a positive experience by their GP practice looking after their mental health	2022	54.6% Lowest in England	62.3%	72.4%
Mental health admissions to hospital (per 100,000 of population)	2019/20 Q2	340.7	255.0	276.7
People subject to the mental health act (per 100,000 of population)	2019/20 Q2	67.9	41.2	45.6
Proportion of persons in contact with mental health services detained under Mental health act	2019/20 Q2	9%	0.86%	1.04%

*Refers to NHS Sandwell and West Birmingham CCG

**Refers to NHS Black Country ICB where Data is available

Suicide

Sandwell's average suicide rate has fluctuated for the past 20 years rather than demonstrating any clear upwards or downwards trend. For the most contemporary reporting period 2019-21, the average rate of suicide (persons per 100,000) in Sandwell was 11.2 per 100,000. This is slightly higher than both the regional West Midlands average (10.7) and the national England average (10.4)². The average rate of suicide is much higher in males as described in table 4³. The majority age range of individuals who end their life by suicide is between 35 and 64 years old⁴.

Table 3. Suicide rate per 100,000 of population over the last 10 years, comparing Sandwell, West Midlands, and the rest of England

Period	Sandwell	West Mids	England
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² Office for Health Improvement and Disparities, "Fingertips: Suicide rate, Sandwell," Public Health England, 2023. [Online]. Available: <https://fingertips.phe.org.uk/profile/common-mental-disorders/data#page/4/gid/1938133302/pat/6/par/E12000005/ati/202/are/E08000028/iid/41001/age/285/sex/4/cat/-1/ctp/-1/yr/3/cid/4/tbm/1/page-options/car-do-0>.

³ Office for Health Improvement and Disparities, "Fingertips: Suicide rate by sex, Black country ICG," Public Health England, 2023. [Online]. Available: <https://fingertips.phe.org.uk/search/suicide#page/1/gid/1/pat/15/ati/167/are/E38000250/iid/41001/age/285/sex/4/cat/-1/ctp/-1/yr/3/cid/4/tbm/1>.

⁴ Office for Health Improvement & Disparities, "Fingertips: Suicide rate by age, England," Public Health England, 2023. [Online]. Available: <https://fingertips.phe.org.uk/search/suicide#page/1/gid/1/ati/15/iid/41001/age/285/sex/4/cat/-1/ctp/-1/yr/3/cid/4/tbm/1>.

2013 - 15	10.2	10.3	10.1
2014 - 16	10.8	10.0	9.9
2015 - 17	10.4	9.5	9.6
2016 - 18	10.6	9.7	9.6
2017 - 19	10.8	10.2	10.1
2018 - 20	11.8	10.5	10.4
2019 - 21	11.2	10.7	10.4

Source: PHE Fingertips

Mental health inequalities

Poor mental health is both a cause and consequence of poor health in general across the life course, with most first presentations of mental health problems occurring in childhood or early adolescence⁵. People with severe mental illness (SMI) die 10-20 years earlier on average compared with the general population and two thirds of these deaths are from preventable physical illnesses, including cancer and heart disease⁶. Sandwell residents with severe mental illnesses are more likely to suffer from premature mortality from any cause than the rest of the West Midlands, and the England average, as well as every cause separately (table 9).

The determinants of physical and mental health problems often overlap; mental health problems disproportionately affect people living in poverty, those who are unemployed and who already face discrimination⁷. Poor mental health also has a detrimental effect on health behaviours; for example, 26.3% of adults with a long-term mental health condition in England are current smokers compared with 13.0% of the general population. In Sandwell these figures are 28.8% and 18.1% respectively. This further re-iterates the need to address population health and inequalities to improve outcomes in mental health¹.

Table 4: Premature mortality in individuals with severe mental illness in Sandwell compared to regional and England averages

	Period	Sandwell	West Midlands	England
Premature mortality in adults with Severe mental illness (SMI) (per 100,000 population)	2018 - 20	152.0	110.7	103.6
Premature mortality in adults with SMI due to cancer (per 100,000 population)	2018 - 20	30.7	22.6	20.2
Premature mortality in adults with SMI due to cardiovascular disease (per 100,000 population)	2018 - 20	31.1	19.8	18.9
Premature mortality in adults with SMI due to liver disease (per 100,000 population)	2018 - 20	10.5	8.1	7.6
Premature mortality in adults with SMI due to respiratory disease (per 100,000 population)	2018 - 20	18.5	12.6	12.2

Source: OHID Fingertips¹

⁵ R. C. Kessler, G. P. Amminger, S. Aguilar-Gaxiola, J. Alonso, S. Lee and T. B. Ustan, "Age of onset of mental disorders: A review of recent literature," *Curr Opin Psychiatry*, vol. 20, no. 4, p. 359–364, 2007.

⁶ World Health Organization, "World mental health report: transforming mental health for all," Geneva, 2022.

⁷ Institute of Health Equity, "Social Determinants of Mental Health," World Health Organisation and the Gulbenkian Foundation, 2014

Diversity and Inclusion

People from different ethnic communities are significantly more likely to suffer poorer mental health outcomes. 21% of Black or Black British people will experience a common mental health problem in any given week, compared with 17% of White British people⁸. In the year to March 2022, black people were almost 5 times as likely as white people to be detained under the Mental Health Act – 342 detentions for every 100,000 people, compared with 72 for every 100,000 people⁹. Furthermore, during the COVID pandemic, the mental health of individuals from ethnic minority communities was found to deteriorate significantly more than British White individuals¹⁰. There are several reasons that are thought to cause the poorer mental health outcomes in these communities, such as facing more barriers to accessing treatment and poorer experiences of services. In some communities there also exists a stigma around mental health issues, which could lead individuals to feel they cannot access services. Furthermore, people from ethnic minority groups are more likely to be living in poverty than white people, and people living in poverty are more likely to develop and experience mental health issues¹¹.

People who identify as LGBTQ+ are 2-3 times more likely to experience mental health problems than heterosexual individuals¹². Over half of people who identify as LGBTQ+ experienced depression in a 1-year period prior to a survey conducted by Stonewall. Almost one in four LGBT people (23 per cent) have witnessed discriminatory or negative remarks against LGBT people by healthcare staff. In the last year alone, six per cent of LGBT people, including 20 per cent of trans people, have witnessed these remarks. People who identify as Transgender experience further increases in mental health issues, with twelve per cent of trans people making an attempt to take their own life in the year prior to the survey, compared to two per cent of LGB people who aren't trans¹³. In Sandwell, a report was undertaken in 2022, "LGBTQ+ Health Needs", which found that 29 per cent of respondents described being mistreated by healthcare staff regarding their LGBTQ+ identity. This was more prevalent in young people, with 50 per cent describing being unjustly treated. Furthermore, 80% of LGBT people across Sandwell had rated their GP as poor.

Service Model (Mental health grants)

⁸ S. McManus, P. Bebbington, R. Jenkins and T. Brugha, "Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014," NHS Digital, Leeds, 2014.

⁹ Gov.uk, "Ethnicity facts and figures: Detentions under the Mental Health Act," Gov.uk, 26th May 2023. [Online]. Available: <https://www.ethnicity-facts-figures.service.gov.uk/health/mental-health/detentions-under-the-mental-health-act/latest> [Accessed 26 06 2023].

¹⁰ E. Proto and C. Quintana-Domeque, "COVID-19 and Mental Health Deterioration among BAME Groups in the UK," *PLoS One*, vol. 16, no. 1, p. e0244419, 2021.

¹¹ Mental Health UK, "Black, Asian and Minority Ethnic mental health," Mental health UK, [Online]. Available: <https://mentalhealth-uk.org/black-asian-and-minority-ethnic-bame-mental-health/>. [Accessed 26 06 2023].

¹² D. E. Kanouse, M. N. Elliot, Q. Burkhart, G. A. Abel, G. Lyratzopoulos, M. K. Beckett, M. A. Schuster and M. Roland, "Sexual minorities in England have poorer health and worse health care experiences: a national survey.," *J Gen Intern Med*, vol. 30, no. 1, pp. 9-16, 2015.

¹³ C. L. Bachmann and B. Gooch, "LGBT in Britain: Health report," Stonewall, 2018.

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?
The Albion Foundation	Team Talk	Portway Lifestyle Centre, Newbury Lane, Oldbury, B69 1HE Monday evenings 7pm – 9pm Thursday mornings 10:30am – 12pm	Team Talk uses football as a tool to get people talking more openly about their mental health and wellbeing	Men (aged 18+) living in Sandwell	Register as an individual player or as a team via: https://www.wba.co.uk/news/team-talk-5-side-football-league
Ideal for All	Inspiring Positive Minds	Salop Drive Market Garden, Oldbury, Salop, B68 9AG Various times and days	Inspiring Positive Minds offers inclusive and accessible activities which build on the 5 ways to wellbeing.	Adults (aged 18+) with disabilities living in Sandwell	To join or make a referral please call 0121 558 5555 Option 2 or email contactifa@idealforall.co.uk inserting 'IPM Referral' in the message line.
Tough Enough to Care (TETC)	Peer Support Group	Wednesbury Museum & Art Gallery, Holyhead Road, Wednesbury, WS10 7DF Meet every Wednesday – 7pm – 9pm	TETC provides mental health support for men.	Men (aged 18+) living or working in Sandwell	No need to book, no referral necessary and always FREE to attend – just turn up. If you would like to find out more information, please contact: info@toughenoughtocare.org or 07377424301 (Not 24hr)
Kaleidoscope Plus Group	The Wellbeing Programme	Most activities take place at Hope Place, 321 High St, West Bromwich B70 8LU. Various days and times	The Wellbeing Programme supports refugees and asylum seekers offering	All age asylum seekers and refugees living in temporary hotel accommodation	To find out more please call: 0121 565 5605

			activities based on the 5 ways to wellbeing		
Kaleidoscope Plus Group	Mental health & wellbeing training for residents	Hope Place, 321 High St, West Bromwich B70 8LU, Various dates and times	A programme of free training to promote positive mental health and wellbeing for Sandwell residents including Mental Health First Aid and the Plus Programme	Adults (aged 18+) living in Sandwell	To find out more about the free training courses, email: Training@Kaleidoscopeplus.org.uk
Groundwork West Midlands	Cook Together, Eat Together	Community locations in Tipton, Smethwick & Wednesbury 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
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

Trends & Future Analysis

What services do we plan to have in place?

Our plans for the next 12 months are to facilitate the grant-making process for the below identified groups:

- People who are deaf, have hearing loss or impairment (currently out for advert as of July 2023)
- People who are blind, have sight loss or have a visual impairment (currently out for advert as of July 2023)
- People with a disability or long-term condition (currently out for advert as of July 2023)
- Gypsy, Roma and Travelling communities (planned advertisement Sept-Oct 2023)
- Eastern European communities (planned advertisement Sept-Oct 2023)
- Black African and Caribbean communities (planned advertisement Mar 2024)

Language and Health Literacy

For physical and mental health being able to communicate through common language is one of the most important things. Learning English creates opportunities for talking with neighbours, joining local activities, and navigating health care provision. It gives some of the most vulnerable residents greater confidence, and better access to healthcare and education. In turn, this allows people to have better health outcomes, better qualifications, and employability.

Key Statistics

Prevalence

The 2021 Census identified the challenges facing our new migrant communities and established ethnic minority communities with 88% of Sandwell residents who speak English as their main language compared to 92.3% nationally. Of those residents who do not have English as their main language, 24.8% cannot speak English well and 5.5% cannot speak English at all. In 5 wards of Sandwell less than 80% of residents speak English as their main language.

Table 5 – Top 20 non-English Languages spoken in Sandwell (2011 Census)

Top 20 non-English languages	Total	per 1,000
Panjabi	12,524	42.6
Polish	5,601	19.0
Urdu	3,347	11.4
Bengali	3,098	10.5
Gujarati	938	3.2
Pakistani Pahari	806	2.7
Kurdish	578	2.0
Arabic	524	1.8
Persian/Farsi	485	1.6
Russian	470	1.6
Slovak	464	1.6
French	423	1.4
Somali	402	1.4
Hindi	380	1.3
Lithuanian	373	1.3
Pashto	355	1.2
Latvian	317	1.1
Shona	309	1.1
Czech	253	0.9
Tamil	238	0.8
Tagalog/Filipino	238	0.8

Languages Spoken by Ward

88% of Sandwell residents speak English as their main language, compared to 92.3% nationally. This proportion varies by ward, and in five wards less than 80% of residents speak English as their main language.

- In St. Pauls ward, 67.8% of residents speak English as their main language, and 67.4% in Soho & Victoria.

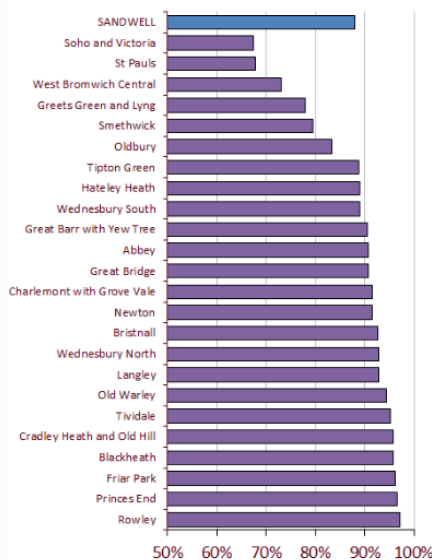
7.4% of Sandwell residents speak a South Asian language as their main language. Over a quarter of St. Pauls residents speak a South Asian language overall.

- 13.3% of residents in St. Pauls speak Panjabi, and 10.3% in Smethwick.
- 6.1% of St. Pauls residents speak Bengali as their main language and a further 4.6% speak Urdu.

8.7% of residents in West Bromwich Central speak another European Union language. In particular, 7.1% of residents speak Polish as their main language.

- 4.3% of those in Greetings Green and Lyng speak Polish as their main language.

% speaking English as a Main Language by Ward 2011



Source: One

School Census Data

School census data is collated twice yearly. This provides an updated profile of pupil's demographics data.

Table 7 – Sandwell Pupil's First Language Spoken (MBC School Census data July 2022)

Language	Pupils' first language recorded in January census						
	2011	2012	2013	2014	2015	2016	2017
English	29,233	32,994	33,517	33,851	34,031	34,564	35,436
Non-English	10,619	12,573	13,198	14,018	14,702	15,566	16,421
Blank	1,262	1,429	1,189	1,148	1,329	1,216	1
Believed to be English	217	191	174	151	119	125	137
Classification Pending	38	82	55	51	49	33	23
Information not obtained	31	47	38	37	25	25	43
Refused	2	3	6	5	2	10	20
Total	41,402	47,319	48,177	49,261	50,257	51,539	52,081

% non-English	26%	27%	27%	28%	29%	30%	32%
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Table 8 – Percentage of Sandwell Pupil’s whose first language is not English (EAL) - (SMBC School Census data January 2023)

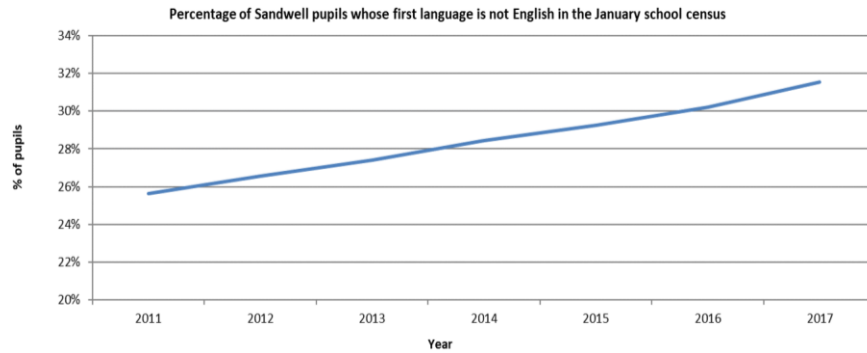
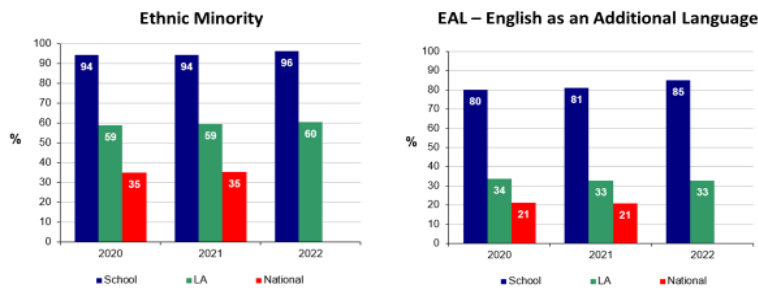


Table 9 - Primary School data on Ethnicity and EAL for Devonshire Primary School in Smethwick – (School Census Data July 22)

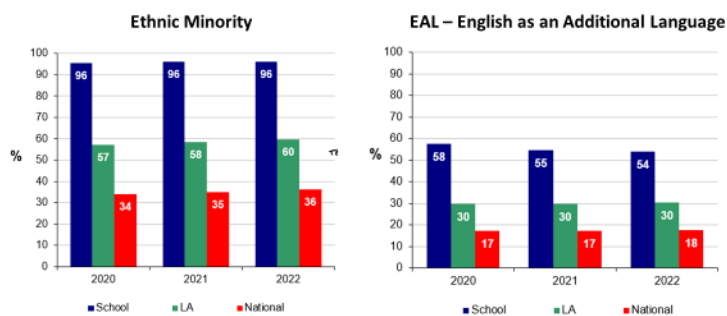
Sandwell Primary School Census Data July 2022



Sandwell School Census Data July 2022 – Devonshire Primary School

Table 10 – Secondary school census data on ethnicity and EAL for pupils in Holly Lodge School in Smethwick - (SMBC School Census data July 2022)

Sandwell Secondary School Census Data July 2022



Sandwell School Census Data July 2022 – Holly Lodge School

LITERACY LEVELS

- In England and Northern Ireland, around 5.8 million (16%) of people score at the lowest level of proficiency in literacy. This is estimated to cost the UK £81 billion a year in lost earnings and increased welfare spending.
- In 2021, almost 30% of Sandwell residents aged 16 and over (28.9%, 76,840) reported having no qualifications. This is much higher than the England and Wales figure of 18.2%.

Local Authority	% of people with essential skills needs	People with essential skills needs
Sandwell	25.7	52,401
Wolverhampton	24.9	30,578
Dudley	24.2	46,044
Birmingham	24.0	175,700
Walsall	23.7	40,730

It also shows Sandwell to have one of the lowest literacy levels in England.

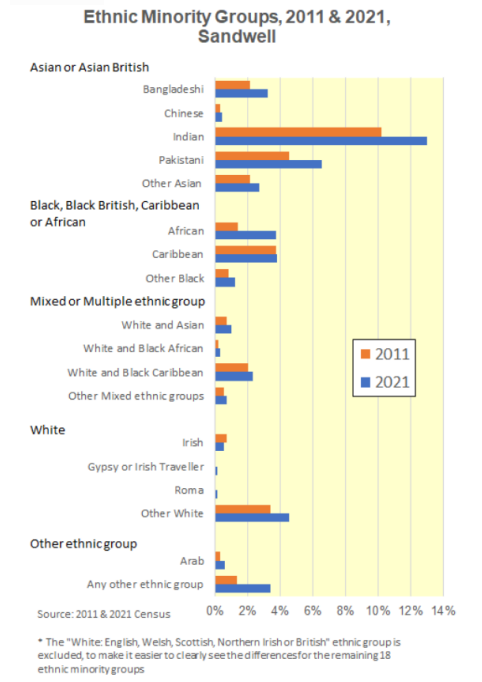
Table 11 above shows that Sandwell has the lowest literacy levels compared to other Local Authorities in the West Midlands with 25.7% requiring essential skills support.

Diversity and Inclusion

In the 2021 Census, 57.3% (195,620) of usual residents in Sandwell identified their ethnic group within the high-level "White" category, compared with 81.7% in England & Wales. Sandwell has seen a decrease from 69.9% in the 2011 Census.

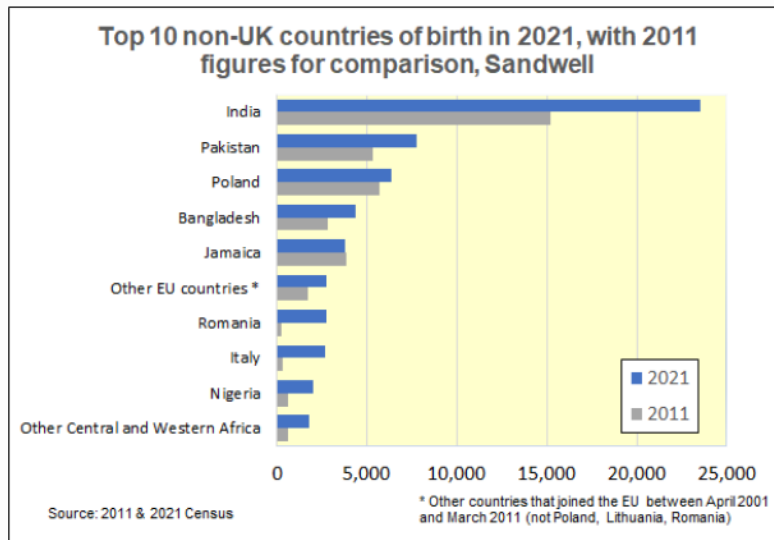
The next most common high-level ethnic group was "Asian or Asian British" accounting for 25.8% (88,020) of the overall population, this ethnic group also saw the largest percentage point increase from 2011, up from 19.2% (59,260 people).

Table 12, below, indicates the changes in population of ethnic minority groups in Sandwell within a decade.



In 2021, almost one in four (23.6%) usual residents of Sandwell were born outside the UK, compared with one in six nationally. This proportion puts Sandwell in the top 50 Local Authorities across England & Wales. In 2011, 15.9% of Sandwell residents were born outside the UK.

Table 13 – Top 10 non-UK countries of birth 2011 and 2022 comparison (Sandwell Trends)



Service Model - 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.

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
- Ideal for All (IFA), Independent Living Centre, 100 Oldbury Road, Smethwick B66 1JE

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 Shabana Begum on 0121 533 2668

To make a referral, use the online referral form: <https://sandwellconsortium.co.uk/referral-form/>

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

Language classes are listed on Route2Wellbeing - <https://route2wellbeing.info/browse/40/english-language-support.html>

Service Data

SLN quarter 2 performance data for the 2022/23 programme highlights the highest provision of SLN delivery is in Smethwick and Oldbury, as shown below in Tables 16 and 17. This provision reflects the need for English language learning in those towns to meet the level of demand as they have the highest levels of EAL as shown in table 6.

Table 14 – SLN Delivery Towns (Quarter 2 Sept 22-March 23)

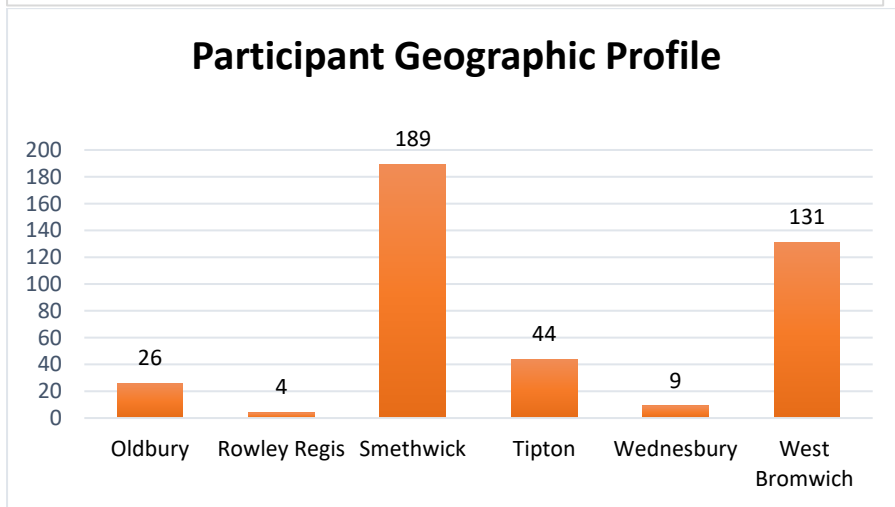
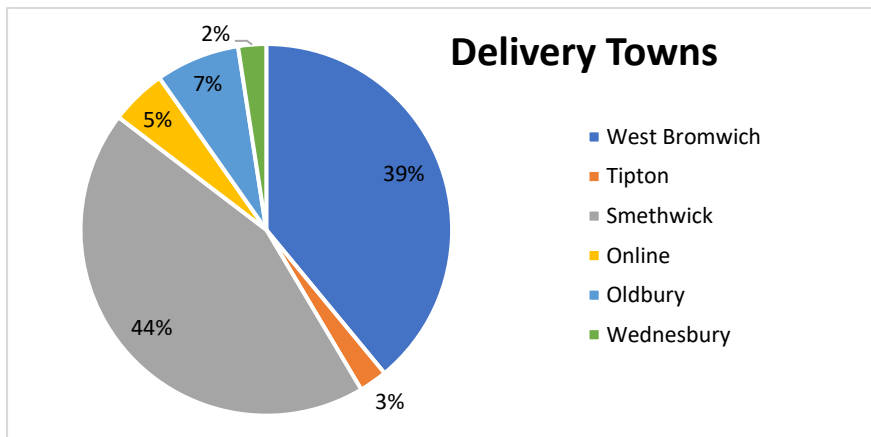
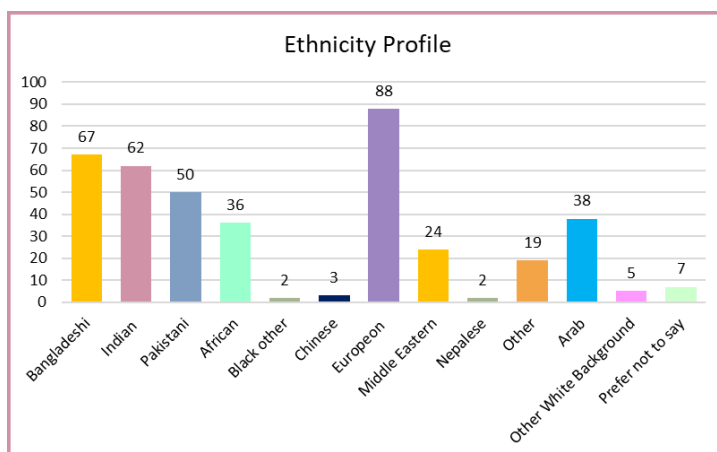


Table 15 – Ethnicity Profile of SLN Participants (Quarter 2 sept 22-March 23)



English Proficiency

To assess SLN participants level of English at the start of their SLN journey all participants are asked how often they use English in their daily lives. Of 403 participants, as at quarter 2 2022/23 70% of participants never or only some of the time used English in their daily lives.

Table 16 – How often SLN Participants use English in their daily life?

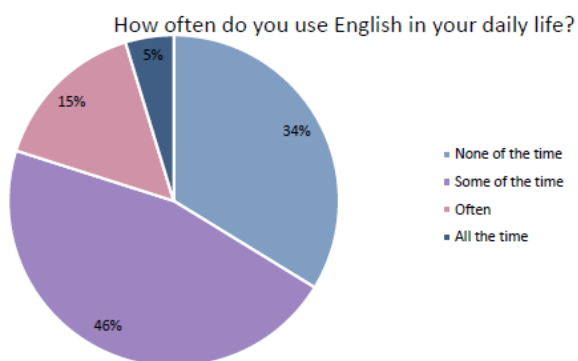
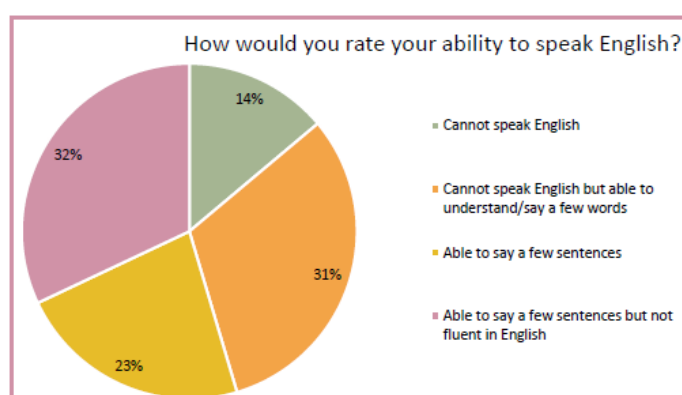


Table 17 – SLN Participants Ability to Speak English (Q2 Sept 22 – March 23)



SLN Health Literacy

To achieve our corporate strategic outcome that people live well and age well, we recognise learning English as a priority for migrants and ethnic minority communities in Sandwell. The 2011 Census asked people to rate their general health as ‘very good’, ‘good’, ‘fair’, ‘bad’ or ‘very bad’. Only 65% of people who could not speak English well or at all (‘non-proficient’) rated in good health, compared with 88% who could speak English very well or well (‘proficient’). There was also a more rapid decline of good health by age among people who were less proficient in English.

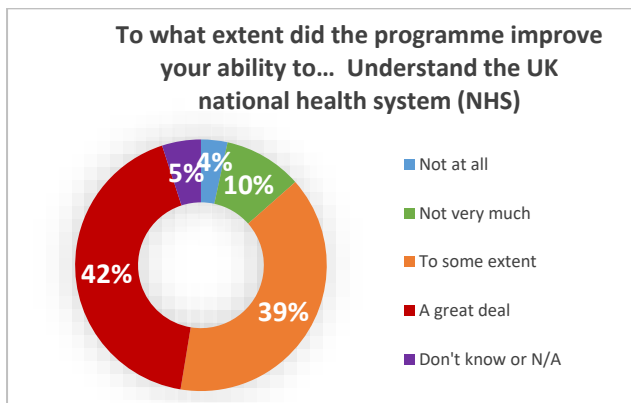
SLN funds health literacy provision for communities to better understand and access health systems to improve their own health, and the health of their families.

In a survey of 239 people who used the SLN in the 2020-2022 programme, approximately 9 out of 10 said that it had helped them make NHS appointments and better explain their health concerns to their healthcare professional.

Table 18 – SLN Health Impact Survey (2020-2022)

To what extent did the programme improve your ability to...						
Counts Analysis % Respondents	Total					
		Not at all	Not very much	To some extent	A great deal	Don't know / Not applicable
Understand the UK national health system (NHS)	238	8 3.40%	24 10.10%	93 39.10%	101 42.40%	12 5.00%
Book an appointment with a doctor or nurse	237	4 1.70%	18 7.60%	84 35.40%	130 54.90%	1 0.40%
Explain a personal health concern to a healthcare professional	239	3 1.30%	25 10.50%	100 41.80%	109 45.60%	2 0.80%
Get to know other people in your local area	238	7 2.90%	13 5.50%	83 34.90%	134 56.30%	1 0.40%

Table 19 – SLN Health Impact Survey for participants 2020-22 programme



The current SLN programme, as at Quarter 2 (Sept 22-March 23) 403 participants completed a post evaluation survey with 75% of participants having improved their confidence in accessing and their ability to access health services and community pharmacies.

Table 20 – headline achievements for SLN Q2 Performance Return (Sept 22-March 23)

81% of participants report having improved their ability to make health appointments.
75% of learners report having improved their ability to access basic health or other information online.
75% of learners report having improved their confidence in accessing health services, incl. community pharmacy.
64% of learners report having improved their confidence with IT skills.
73% of learners report having improved their ability to find training, look for jobs and get other help to find work.
64% of learners report having improved their confidence in taking up in volunteering or work.
68% of learners report having improved their ability to independently access advice and other services.
73% of learners report having improved their confidence in communicating (in English) with neighbours, local shops etc.
73% of learners report having improved their Speaking and Listening ability.
67% of learners report having improved their Reading & Writing ability.

Diversity and Reach of the SLN Programme

The SLN programme for 2020 – 2022 reached 525 learners across Sandwell of which 78% women and 20% male with 64% in receipt of benefits and described themselves as being unemployed.

The 2020-22 SLN programme engaged with learners from 53 nationalities with 39 languages spoken showing the super diverse communities here in Sandwell and evidencing the reach into both established EMC, but also emerging migrant communities in our neighbourhoods.

Table 20 – breakdown of nationalities of SLN Participants 2020-2022 (Wolverhampton University)

Afghan	17			Romanian	13
Albanian	3			Russian	4
Azerbaijani	1	Iranian	10	Salvadoran	2
Bangladeshi	57	Iraqi	24	Saudi	1
Belgian	1	Italian	15	Senegalese	1
British	82	Jordanian	1	Sierra Leonean	2
Bulgarian	2	Laotian	1	Slovak	1
Colombian	1	Latvian	20	Slovenian	1
Congolese	2	Lithuanian	6	Somali	2
Dutch	4	Maldivian	1	Spanish	23
Ecuadorian	1	Moldovan	3	Sri Lankan	1
Eritrean	9	Moroccan	4	Sudanese	6
Estonian	1	Nepalese	9	Swedish	2
Gambian	9	Nigerien	1	Syrian	4
Ghanaian	2	Norwegian	1	Tanzanian	1
Greek	1	Pakistani	36	Turkish	2
Guinean	8	Palestinian	2	Ukrainian	1
Hungarian	1	Polish	53	Venezuelan	2
Indian	47	Portuguese	9	Yemeni	10



SLN Evaluation Report 2022 – Wolverhampton University

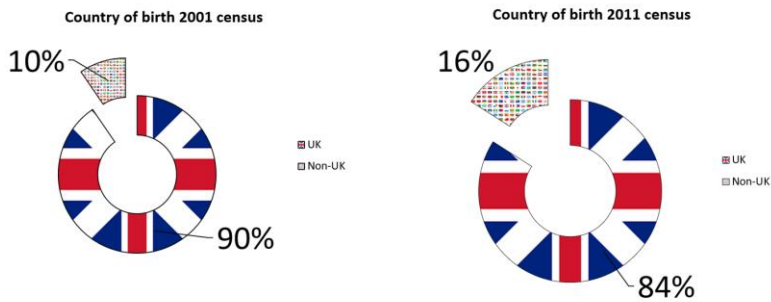
Trends & Future Analysis

What services do we plan to have in place?

The 2021 Census demonstrates that Sandwell continues to be a more and more diverse borough and the need to improve health literacy within our ethnic minority communities and the demand for community language learning is increasing. To prevent a gap in this provision, we are proposing to utilise funding that we have secured from the Sandwell Health and Care Partnership Board 'Health Inequalities Funding' and from the Public Health ring-fenced grant to secure the delivery of SLN for an additional 2 years (September 2023 – August 2025).

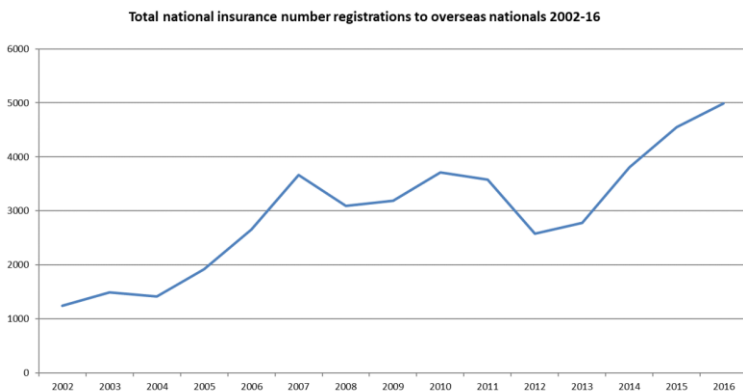
Migrant Health

Key Statistics

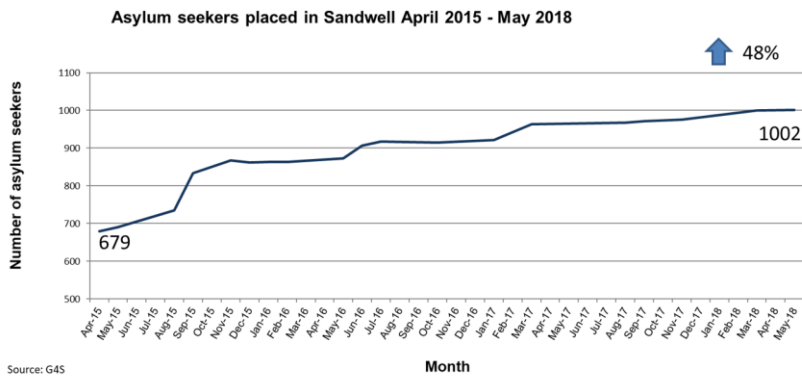


Source: Office for National Statistics

National insurance registrations



Asylum seekers placed in Sandwell



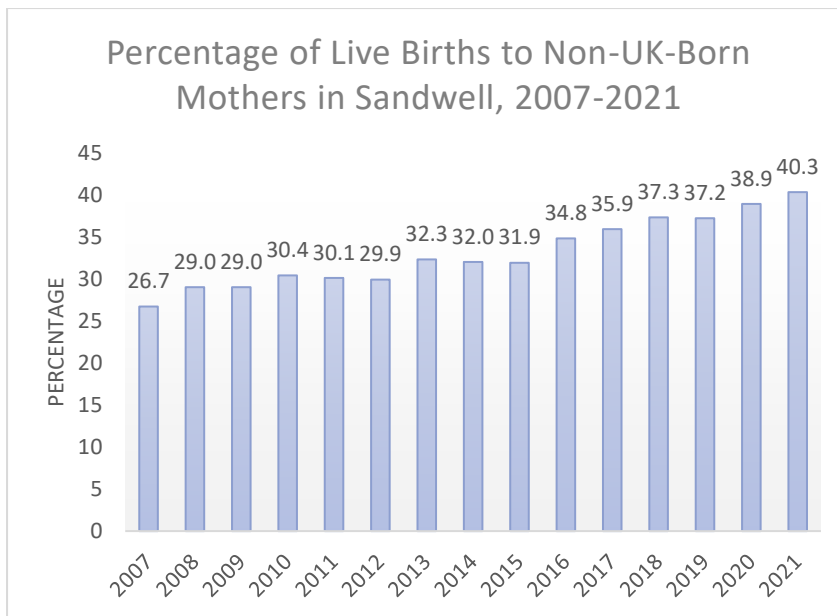
Source: G4S

Migrant Population Changes in Sandwell

Lives Births to non-UK born mothers in Sandwell, 2007 to 2021

Live births to non-UK-born women is useful data to explore when considering the health needs of migrant populations in a local authority area. Figure 1 shows the percentage of live births to non-UK-born mothers in Sandwell from 2007 – 2021.

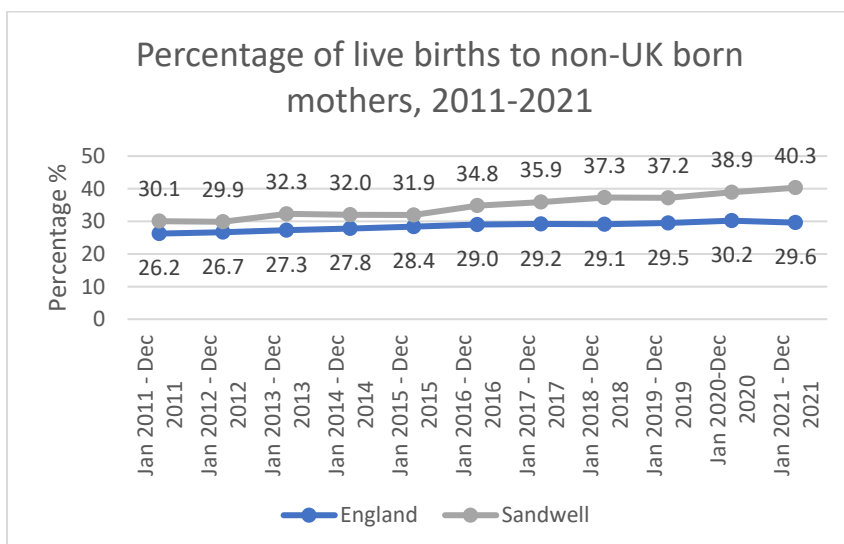
Figure 1: Percentage of Live Births to Non-UK-Born Mothers in Sandwell, 2007-2021



Source: Office for National Statistics, 2022. *Live Births to non-UK-born women by geography.*

When comparing the percentage of births to non-UK-born mothers in Sandwell to the England average, there is clear difference with Sandwell having a higher proportion of births to non-UK-born mothers (Figure 2). This is representative of the population of the diverse population of Sandwell. In the 2021 Census, almost one in four (23.6%) usual residents of Sandwell were born outside the UK, compared with one in six nationally. In 2011, 15.9% of Sandwell residents were born outside the UK. Notably in 2021, the percentage of live births to non-UK-born mothers decreased for England, dropping from 30.2% in 2020 to 29.6% in 2021. Whereas, the percentage continues to grow in Sandwell, increasing from 38.9% in 2020 to 40.3% in 2021.

Figure 2: Percentage of live births to non-UK born mothers, 2011-2021



Source: Office for National Statistics, 2022. *Live Births to non-UK-born women by geography.*

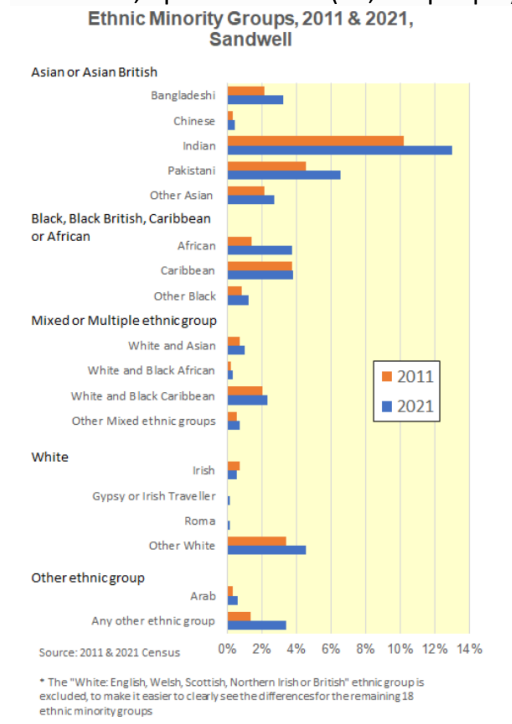
The data demonstrates a steady upward trend representing a 13.6% increase over the 15-year period. This points to a continuation of this upward trend in forthcoming years. Live births provide insight to

what future public health and healthcare services may be needed to meet the needs of these children and mothers i.e. maternity services, sexual health services, primary care, health visiting and school health nursing. As well as an understanding on future demands on services and opportunities that support the wider determinants of health such as education, housing, employment and welfare benefits.

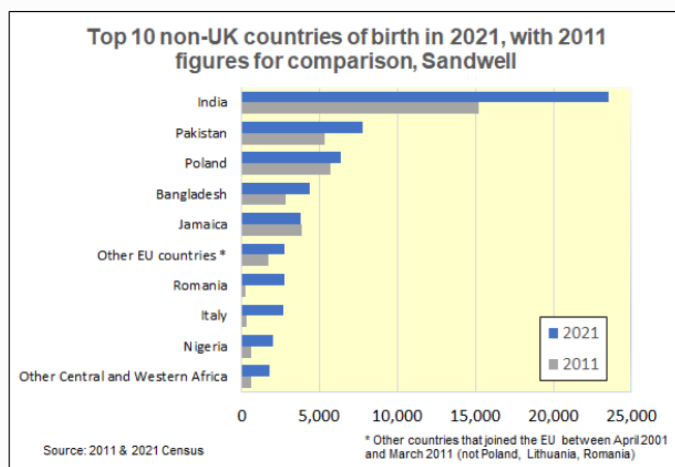
Diversity & Inclusion

In the 2021 Census, 57.3% (195,620) of usual residents in Sandwell identified their ethnic group within the high-level "White" category, compared with 81.7% in England & Wales. Sandwell has seen a decrease from 69.9% in the 2011 Census.

The next most common high-level ethnic group was "Asian or Asian British" accounting for 25.8% (88,020) of the overall population, this ethnic group also saw the largest percentage point increase from 2011, up from 19.2% (59,260 people).



In 2021, almost one in four (23.6%) usual residents of Sandwell were born outside the UK, compared with one in six nationally. This proportion puts Sandwell in the top 50 Local Authorities across England & Wales. In 2011, 15.9% of Sandwell residents were born outside the UK.



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 9m – 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)

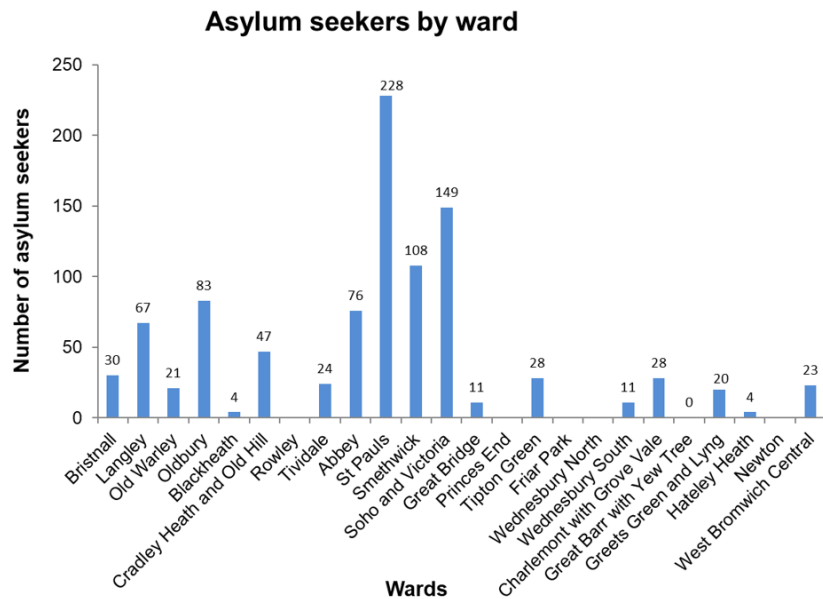
Service Data

What is the usage by town?

The distribution of migrant clients for Brushstrokes will always echo patterns of migration in the borough. New arrivals tend to prefer to settle in areas where there is known to be a similar community, hence why more diverse areas such as Smethwick often receive the most placements of new arrivals. The opening of the dispersal hotel accommodation has changed this norm over the last

12 months with more arrivals being house in West Bromwich as detailed in the April 2023 data from Brushstrokes.

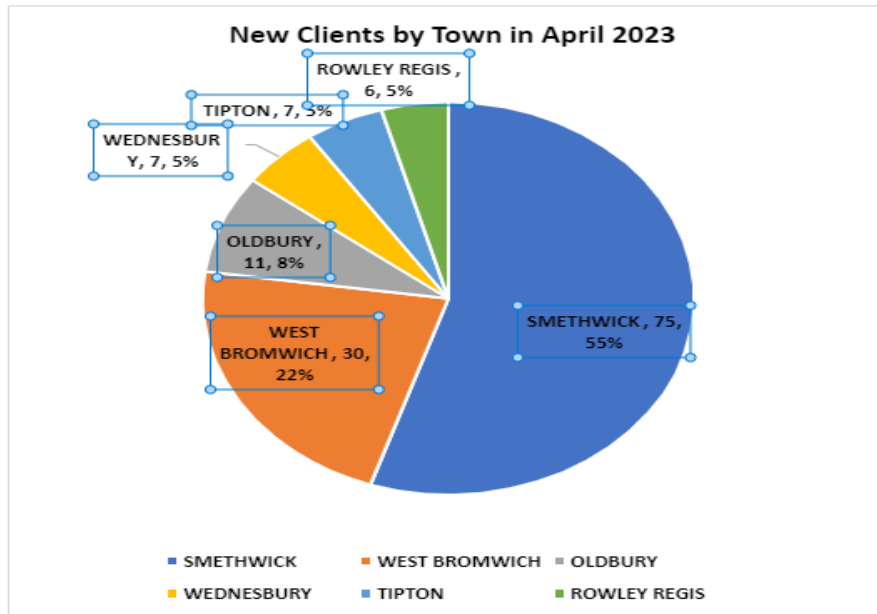
Asylum seekers placed in Sandwell



In April 2023, Brushstrokes reported the following client details:

In April, we welcomed 136 new clients with 73 dependent children and 54 dependent adults, giving us a total of 263 new beneficiaries.

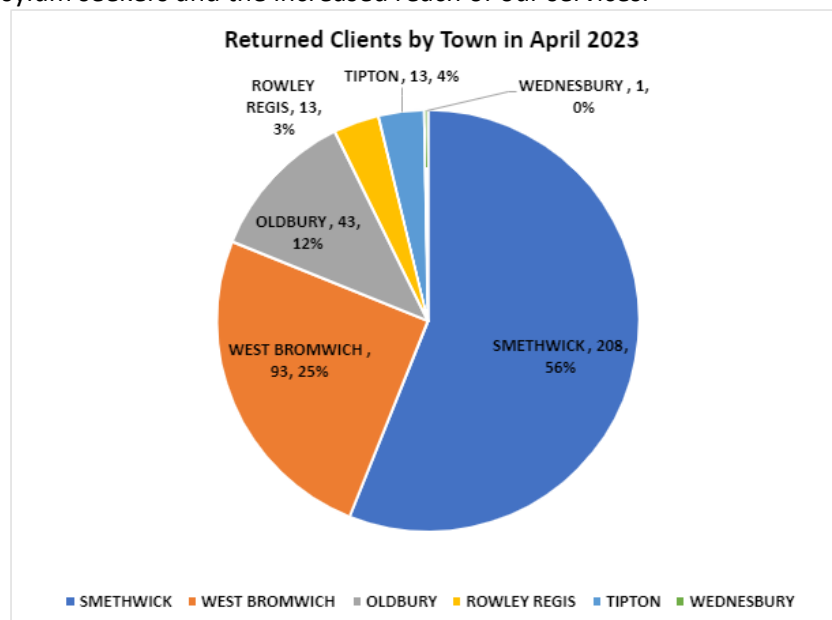
55% of new clients reside in Smethwick, 22% in West Bromwich and 11% in Oldbury. The number of clients in the West Bromwich contingency hotels continues to bolster the overall figure for West Bromwich residency. It is noticeable how the shift in migration patterns across the Borough has continued to change over the past 12 months, with greater volumes in West Bromwich and Wednesbury this month.



Existing / Returning Clients -

Clients returning to us, either on existing cases or having been internally referred for further assistance, numbered 371 in April. These clients had 351 dependent children and/or 129 dependent adults. Total beneficiaries amongst our existing and returning clients in April numbered 851.

Our largest proportion of clients continues to be from Smethwick (56%), with West Bromwich residents now increasing to 25% of our clients who require ongoing support. This represents a significant change over the past 12 months, in April 2022 only 16% of returning clients were resident in West Bromwich. This reflects our increased and ongoing work in the two hotels accommodating refugees and asylum seekers and the increased reach of our services.



Trends & Future Analysis

What services do we plan to have in place?

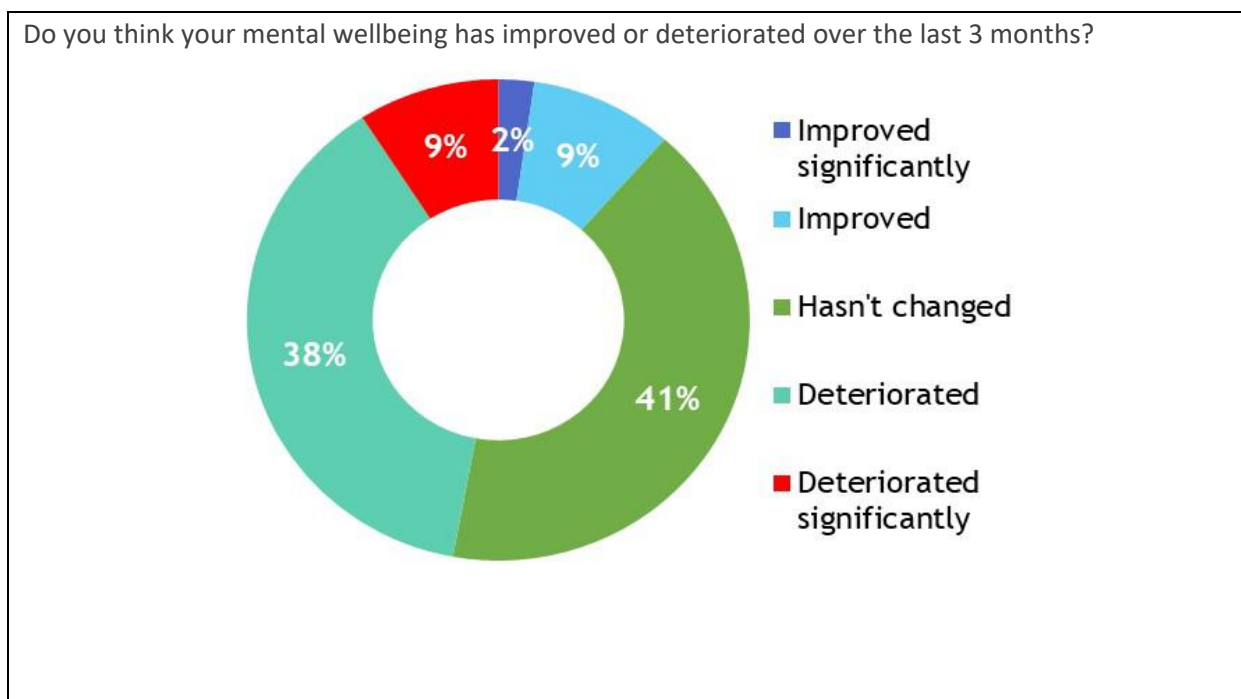
With increasing numbers of asylums seekers and refugees being housed in Sandwell on a temporary and long-term basis, the support offered via Brushstrokes will remain an important commissioning decision for the Vulnerable Groups Team.

Reducing Health Inequalities

Key Statistics

Prevalence

Sandwell Health Inequalities Programme (SHIP) and Sandwell Anticipatory Care Grant Programme have been co-produced to tackle health inequalities and support vulnerable communities in Sandwell. The graphic below was from a recent Lifestyle Survey in 2021 asking residents about the impact of the Covid-19 pandemic. 47% of respondents to the survey said that their mental wellbeing had deteriorated showing a significant need for appropriate support. This is just one example of the adverse impact that the pandemic has had on health and wellbeing; however; some communities were more adversely impacted than others.



Sandwell Lifestyle Survey 2021

Produced by Research Sandwell, Public Health, Sandwell MBC, Oct 2021

Throughout the coronavirus pandemic, Black, Asian, and minority ethnic (BAME) people have been acutely affected by pre-existing health inequalities. A report by Public Health England (PHE) also highlighted the importance of “working in partnership with local BAME and faith communities” when tackling health inequalities. Effective solutions will only be likely if they are delivered WITH the local community rather than to them. This in turn can only be achieved through investment in the work of local community and voluntary sector organisations that can bring the right expertise and social networks to the table.

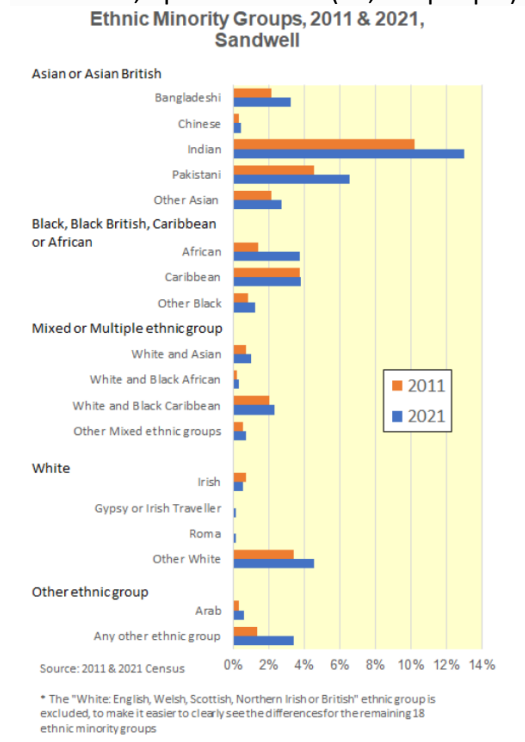
Sandwell Consortium is a collaboration of local community and voluntary sector organisations that have come together to address unmet need, tackle disadvantage, advance equity and social inclusion in Sandwell. Their member organisations include those supporting wellbeing in the Bangladeshi,

Somali, Yemeni and many other communities. As such, they are extremely well placed to co-design and deliver work to address health inequalities in Sandwell's BAME communities. Sandwell Council and Sandwell Consortium worked in partnership to co-design the SHIP (Sandwell Health Inequalities Programme) with mental health and wellbeing; and prevention of long-term conditions as the focus of the three-year programme (2022-2025). The SHIP is delivered by eleven community partners with activities ranging from sign posting, raising awareness, advice and information (including educational workshops and activities), healthy eating, exercise sessions and much more that help individuals improve their mental wellbeing and prevent and manage long-term conditions.

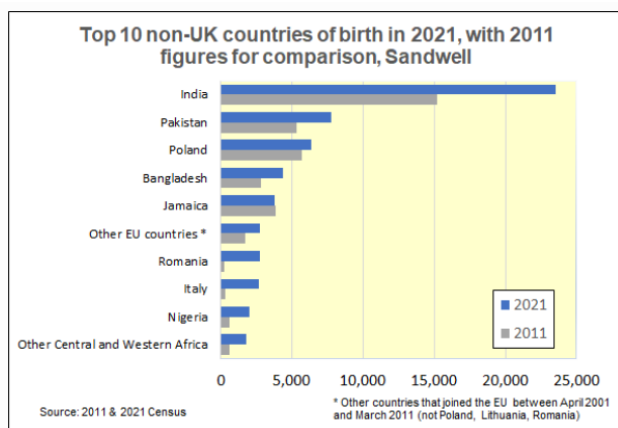
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In 2021, almost one in four (23.6%) usual residents of Sandwell were born outside the UK, compared with one in six nationally. This proportion puts Sandwell in the top 50 Local Authorities across England & Wales. In 2011, 15.9% of Sandwell residents were born outside the UK.



Service Model – Sandwell Health Improvement Programme (SHIP) & Anticipatory Care Grants

SHIP

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 3PUx

- 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:

<https://sandwellconsortium.co.uk/referral-form/>

Service Data

What is the usage by town?

As part of the grant agreement, Sandwell Consortium have been providing monitoring information both on a monthly and quarterly basis. This has been collated from information provided by the eleven partner organisations. The table below is a summary of quarterly activity over the first year of the programme.

Outputs/outcomes	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Annual Achievements
	April 2022- June 2022	July 2022 - Sept 2022	Oct 2022 – Dec 2022	Jan 2023 - March 2023	
1. No of people engaged	N/A	313	336	346	995
2. No of activities / sessions completed	198	178	245	155	776
3. No of participants	252	124	132	194	702

Source- Sandwell Consortium SHIP Quarterly monitoring report, April 2023

Sandwell Consortium have created a first-year report showcasing the key achievements so far and includes the following highlights graphic;



Trends & Future Analysis

What services do we plan to have in place?

The Anticipatory Care Grant programme was designed to reduce the need for older people to use healthcare services and in turn contribute to reducing the burden on the NHS. In terms of reducing health inequalities, the programme will focus on community-building and cultural activities. Social connectedness and a sense of belonging are important for the mental and physical health of older adults. The voluntary sector can provide cultural activities, recreational programs, and community-building events to help older adults stay engaged and connected with others. Sandwell Council are working with SCVO (Sandwell Council of Voluntary Organisations) to deliver grant funded projects that focus on key aspects of anticipatory care such as mental health & wellbeing, nutrition and carers. Working within the heart of the community, the programme aims to support those that may access health services unnecessarily by offering alternative preventative options.

The details of the activities delivered through the Anticipatory Care Grant programme will be available in the Autumn 2023.

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- ¹ D. E. Kanouse, M. N. Elliot, Q. Burkhart, G. A. Abel, G. Lyratzopoulos, M. K. Beckett, M. A. Schuster and M. Roland, "Sexual minorities in England have poorer health and worse health care experiences: a national survey.," *J Gen Intern Med*, vol. 30, no. 1, pp. 9-16, 2015.
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Children, Young People & Families (CYPF)

Introduction and context

We have 3 priority areas;

- Best start in life (covering pre-conceptual care, antenatal, maternity & early years)
- School and communities
- CYP participation and voice

The Office for Health Improvement & Disparities (OHID, 2023) highlight that Sandwell children, young people and families have worse health outcomes than National averages for a number of indicators including;

- Smoking in early pregnancy
- Low birth weight of term babies
- Neonatal mortality and stillbirth rate
- Infant mortality
- Prevalence of obesity in both reception and year 6
- Child developmental outcomes
- School readiness

The CYPF team provide a variety of services across Sandwell's 6 towns, through commissioning, co-production, project development and funding.

Service Model Overview

	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 Stree, 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	To be confirmed (December 2023); minimum of 12 across Sandwell.					
Family Hub network	To be confirmed (date tbc).					
Peer support service	Available across all towns in early 2024.					
Infant feeding support	Within Family Hubs or other Community settings					
Libraries	There are 19 libraries available across all 6 towns including a mobile and home library service; https://www.sandwell.gov.uk/info/200261/libraries/2253/find_a_library					
Health Visiting and Best Start	Clinics and home visits across Sandwell, every GP practice in Sandwell has a named Health Visitor.					
School Nursing and Vision Screening	All secondary schools have a named school health nurse (SHN) who works with a wider cluster of nurses offering support across each of the towns in Sandwell inclusive of primary schools.					
CHANGES antenatal	Within Family Hubs or other Community settings; https://bookwhen.com/changes#focus=ev-sxyn-20230101000000					
CHANGES parenting	Within Family Hubs or other Community settings; https://bookwhen.com/book4changes#focus=ev-syq8-20230804130000					
SHAPE youth forum	Sandwell Council House, Freeth Street, Oldbury, B69 3DB	Rotating venues are being explored.				
SHAPE summer festival				Sandwell Valley, Salters Lane, West Bromwich, B71 4BG		
SHAPE talent show	Heat venues rotate across all 6 towns, and are promoted in the run up to the show, via social media channels and https://www.justyouth.org.uk/					
SHAPE ant-bullying roadshows	Available across a range of Primary and Secondary schools					

SHAPE school conferences	Available across a range of Primary and Secondary schools
SHAPE youth takeover	Available to a limited number of pupils across all Secondary schools
SHAPE survey	Available to all Primary and Secondary school pupils
Big Ideas (SHIG)	Available to all Primary & Secondary
21st Century Child	Available to all Primary & Secondary
Poverty Proofing	Available to all Primary & Secondary
Schools EHWB Charter Mark	Available to all Primary & Secondary
Early Years EHWB Charter Mark	Available to all early years settings
VCS EHWB Charter Mark	Available to all Voluntary & Community Sector settings
Youth Service and Just Youth website	Available to all 11-19 year olds across Sandwell, including 7 open access youth clubs, 2 detached teams in each town, and a mobile youth bus. https://www.justyouth.org.uk/

Service/ Project:	Family Hubs, Family Hub spokes and Family Hub networks
What:	<p>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 includes;</p> <ul style="list-style-type: none"> ▪ Health Pregnancy pathway (booking for maternity care) ▪ Parenting ▪ Perinatal mental-health and Parent-Infant Relationships ▪ Early Language and Home Learning Environment ▪ Infant Feeding ▪ Under 5 activities ▪ Health & Wellbeing advice and signposting/ referral pathways ▪ Intensive Family Support ▪ SEND support ▪ Parent engagement

	<p>Family Hub spokes will be outreach venues within each town delivering a range of services that are needs led by the community.</p> <p>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.</p>
Who/ Contact/ Weblink:	<p>Website: https://www.sandwellfamilyhubs.com/</p> <p>Website in development phase</p>

Service/ Project:	Peer Support service
What:	<p>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.</p> <p>This service will contribute to a wide range of health outcomes, particularly for new parents and children in early infancy.</p> <ul style="list-style-type: none"> ▪ 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. <p>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.</p>
Who/ Contact/ Weblink:	Subject to commissioning process. Contract start date expected within 2024.

Service/ Project:	Infant feeding
What:	<p>The Breastfeeding Peer Support service delivers free, non-judgemental, evidence-based information to all Sandwell families, via support groups running across each town (within Family Hubs or other Community settings), and to new parents within the home.</p> <p>Other type of services available;</p> <ul style="list-style-type: none"> ▪ Interactive antenatal workshops ▪ 1:1 Telephone/video support ▪ Face-to-face sessions ▪ Virtual drop-in groups on Zoom ▪ Walking groups

	<p>Support includes;</p> <ul style="list-style-type: none"> ▪ Establishing and continuation of breastfeeding ▪ Expressing ▪ Bottle feeding ▪ Weaning and introduction to solids
Who/ Contact/ Weblink:	<ul style="list-style-type: none"> ▪ Call/text 07505 775357 ▪ Email sandwell@breastfeedingnetwork.org.uk

Service/ Project:	Library services
What:	<p>In addition to book borrowing services, free activities include;</p> <ul style="list-style-type: none"> ▪ 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:	<p>Website: https://www.sandwell.gov.uk/info/200261/libraries/2253/find_a_library</p> <p>Facebook; Sandwell Libraries</p>

Service/ Project:	Health Visiting and Best Start programme
What:	<p>Sandwell Health Visiting and Best Start service is delivered by Sandwell & 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.</p> <p>Services include;</p> <ul style="list-style-type: none"> ▪ 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 <p>The Best Start programme provides advice and support to pregnant women and new mums in Sandwell, to help with physical and emotional help;</p> <ul style="list-style-type: none"> ▪ Practical tips on their parenting skills

	<ul style="list-style-type: none"> ▪ 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: https://www.swbh.nhs.uk/services/health-visiting/ Website: https://www.swbh.nhs.uk/services/family-nurse-partnership/

Service/ Project:	School Nursing and Vision Screening
What:	<p>Sandwell School Health Nurses deliver services that are visible, accessible and confidential regardless 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.</p> <p>Services include;</p> <ul style="list-style-type: none"> ▪ 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: https://www.swbh.nhs.uk/services/school-nursing/ Website: https://www.healthforteens.co.uk/?location=Sandwell Contact ChatHealth: 07480635486

Service/ Project:	CHANGES antenatal
What:	<p>Changes Antenatal classes are free classes delivered by a midwife and/or health visitor and supported by staff from one of our Family Hubs. Anyone who lives in Sandwell or has a Sandwell GP can join these sessions. You have the option to choose a face-to-face class delivered in a local children's centre or a virtual session which is delivered live over Microsoft Teams.</p> <p>The education programme includes;</p> <ul style="list-style-type: none"> ▪ Bump and Beyond - Early Communication Matters is a live online session delivered over Microsoft Teams facilitated by an early years specialist explaining all about the importance of early language and communication for your baby. ▪ Antenatal Education Programme ▪ Grandparents Programme

Who/ Contact/ Weblink:	Website: https://bookwhen.com/changes#focus=ev-sxyn-20230101000000
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Service/ Project:	CHANGES parenting
What:	<p>Changes parenting offers free parenting education and activities in a range of Sandwell venues, including Family Hubs and community settings.</p> <ul style="list-style-type: none"> ▪ Early Years Parenting Programme ▪ Primary Parenting Programme ▪ Secondary Parenting Programme ▪ Changes Activities (from pregnancy – families aged up to five years); to improve parental wellbeing and reduce social isolation, sessions include splash a play (swimming), pregnancy yoga, baby sensory, tots talking, babbling babies, Hartbeeps musical group, Zumbini (music and dance), tree baby (physical activity), football and more.
Who/ Contact/ Weblink:	Website: https://bookwhen.com/book4changes#focus=ev-syq8-20230804130000

Service/ Project:	SHAPE programme
What:	<p>The SHAPE Programme organises events and opportunities throughout the year for children and young people to engage in positive activities.</p> <p>SHAPE stands for;</p> <ul style="list-style-type: none"> ▪ Staying Safe ▪ Healthy Lifestyles ▪ Achieving & enjoying ▪ Positive contributions ▪ Economic wellbeing <p>Opportunities and activities include;</p> <ul style="list-style-type: none"> ▪ 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

	<ul style="list-style-type: none"> ▪ 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: https://www.justyouth.org.uk/shape/

Service/ Project:	Big Ideas (School Health Improvement)
What:	<p>The Big Ideas project gives all Primary, Secondary and Special schools in Sandwell, the opportunity to receive funding for health improvement projects that are co-developed with Pupils. Example outcomes include;</p> <ul style="list-style-type: none"> ▪ Promote Emotional Well-being ▪ Promote staying safe ▪ Promote staying health ▪ Enjoying and Achieving ▪ Making a Positive Contribution to the wider community ▪ Economic Wellbeing ▪ Increase physical activity
Who/ Contact/ Weblink:	<p>Website: https://www.healthysandwell.co.uk/</p> <p>Email for use by school leads: Holly1_Layton@sandwell.gov.uk</p>

Service/ Project:	21st Century Child
What:	<p>21st CC is a co-production project delivered within Primary & Secondary schools with the aim of promoting CYP mental health and wellbeing. Pupils are guided through;</p> <ul style="list-style-type: none"> ▪ Identifying topic ▪ Researching top ▪ Develop and prioritise key messages ▪ Deliver a resource for example; posters, presentation. ▪ Themes include; mental health, racism, and periods to name a few. <p>Benefits include;</p> <ul style="list-style-type: none"> ▪ Increased self-confidence ▪ Improved subject knowledge ▪ Skill development and independence

	<ul style="list-style-type: none"> Improved social networks
Who/ Contact/ Weblink:	Email for use by school leads: Lydia_dunne@sandwell.gov.uk Website: https://www.justyouth.org.uk/shape/21st-century-child/

Service/ Project:	Poverty Proofing
What:	<p>Sandwell is the 16th most deprived for income deprivation affecting children; this out of 317 local authorities. This project provides a toolkit to poverty proof the school day, to reduce stigma and remove barriers to learning and to assist schools in exploring the most effective way to spend pupil premium allocation.</p> <ul style="list-style-type: none"> Poverty Proofing the School Day consists of an audit for each individual school, questioning pupils, staff, parents and governors Involves children and young people which will bring insight of their experiences and help devise inclusive solutions Action plan tailored to each individual school to address any stigmatising policies or practices
Who/ Contact/ Weblink:	Email for use by school leads: Lydia_dunne@sandwell.gov.uk https://children-ne.org.uk/how-we-can-help/poverty-proofing-services/

Service/ Project:	Emotional Health & Wellbeing (EHWB) Charter Mark: Schools, Early years and VCS
What:	<p>The Sandwell Well-being charter mark is a free opportunity for settings (school, early years VCS) to commit to improving the mental health and well-being of everyone connected with the school.</p> <p>The Charter Mark consists of three elements</p> <ul style="list-style-type: none"> The Charter Mark School Audit The Healthy Mind, Happy Me Curriculum The Pupil Well-being Survey <p>The findings from the action research are reported back to school's senior leaders celebrating the school's achievements and offering an opportunity to addressing any gaps or opportunities for school development in this area. These gaps and opportunities are co-constructed into action's that form the basis of the school's bespoke action plan.</p>
Who/ Contact/ Weblink:	Email for use by school leads: Sarah_corns@sandwell.gov.uk https://fis.sandwell.gov.uk/kb5/sandwell/directory/advice.page?id=bm1555dVkAM

Service/ Project:	Youth service
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What:	<p>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 6 towns of Sandwell, including;</p> <ul style="list-style-type: none">▪ 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:	<p>Email: youngpeople_services@sandwell.gov.uk</p> <p>Website: https://www.justyouth.org.uk/youth-services/</p>

Health Checks, National Diabetes Prevention Programme and Healthy Sandwell

Health Checks:

These are free health checks offered by the NHS to people aged 40 to 74 who do not already have a pre-existing condition. The NHS Health Check includes a number of tests, such as blood pressure, cholesterol, and blood sugar checks. It also includes a discussion with a health professional about your lifestyle and risk factors for disease

The National Diabetes Prevention Program (National DPP) is a program that helps people at high risk for type 2 diabetes learn how to make lifestyle changes to prevent or delay the onset of the disease. The program is based on the findings of the Diabetes Prevention Program (DPP),

The National DPP is a free program that is offered people who are at high risk for type 2 diabetes, including:

- Adults aged 45 to 70 years old with a BMI of 35 or higher
- Adults aged 55 to 70 years old with a BMI of 30 or higher and two or more risk factors for type 2 diabetes (such as high blood pressure, high cholesterol, or a family history of diabetes)

Evidence behind the programmes:

A study from the BMJ 2017 found that Health Checks led to a significant reduction in the risk of heart disease and stroke. The study looked at data from over 1 million people who had received a Health Check and found that those who had attended were 20% less likely to develop heart disease and 15% less likely to develop stroke over the next 5 years.

In 2018 reported in JAMA found that NHS Health Checks led to a significant improvement in people's risk factors for chronic disease. The study looked at data from over 300,000 people who had received an Health Check and found that those who had attended were more likely to quit smoking, lose weight, and increase their physical activity.

These studies suggest that health checks can be an effective way to improve health and prevent disease due to:

- **Early detection of disease:** Health checks can help to identify potential health problems early on when they are easier to treat. This is especially important for diseases such as cancer, which are often more treatable if they are caught early.
- **Reduced risk of disease:** Health checks can help to reduce the risk of developing chronic diseases such as heart disease, stroke, and diabetes. This is because health checks can identify risk factors for these diseases and provide information on how to reduce these risks.
- **Improved lifestyle:** Health checks can help people to improve their lifestyle and make healthier choices. This can include quitting smoking, eating a healthier diet, and exercising more.
- **Increased knowledge:** Health checks can help people to learn more about their health and how to improve it. This can lead to better decision-making about their health.
- **Reduced anxiety:** Health checks can help to reduce anxiety about health. This is because health checks can provide reassurance that people are healthy or identify any health problems early on, when they are easier to treat.

Overall, the evidence suggests that health checks can be a valuable tool for improving health and preventing disease.

The original Diabetes Prevention Program (DPP) was a clinical trial that ran from 1999 to 2002. The DPP study found that people at high risk for type 2 diabetes could reduce their risk by 58% by making lifestyle changes such as losing weight, eating a healthy diet, and exercising regularly.

The DPP study was followed by a number of other studies that have confirmed the On in NEJM in 2011 found that the NDPP was effective in preventing or delaying the onset of type 2 diabetes in people who were at high risk for the disease. The study looked at data from over 2,000 people who

had participated in the NDPP and found that those who had completed the program were 34% less likely to develop type 2 diabetes than those who had not completed the program.

JAMA in 2013 reported the NDPP was effective in improving people's health even if they did not lose enough weight to prevent diabetes. The study looked at data from over 1,000 people who had participated in the NDPP and found that those who had completed the program had lower blood pressure, lower cholesterol, and lower blood sugar levels than those who had not completed the program.

These studies suggest that the NDPP is an effective way to prevent or delay the onset of type 2 diabetes. If you are at high risk for type 2 diabetes.

Prevalence

Local data on the prevalence of diabetes, CHD, CKD, and array of other health conditions is being updated. However we know that those with multiple CVD risk factors are more likely to develop long term conditions and therefore for the first year of health checks since their cessation during COVID these are being targeted at the highest risk groups working closely with GP practices across Sandwell. We have worked with primary care and the GP practices to install a software that enables the stratification of high risk CVD patients from GP clinical system.

Service Model

We have commissioned Randox Laboratories Ltd as a prime contractor to deliver Health Checks in Sandwell across both primary care and communities. The aim is to invite 6000 eligible people via GP clinical system but also offer opportunistic Health Checks at community sites. You can check your eligibility for a Health Check by either contacting

How to access the offer

NHS Health Check service is offered across participating GP practices. Health checks are offered at various locations across Sandwell. Randox will provide details of closest available venue to you.

Randox on 0800 2545 163 or book directly on the following website

<https://nhshealthcheck.randox.com/>

Or by contacting Healthy Sandwell team who will check your eligibility

0800 011 4656 or 0121 569 5100

Email: LS@nhs.net

Website: <https://www.healthysandwell.co.uk/>

A limited offer of ***12 weeks free gym membership** is offered to anyone who completes a Health Check.

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

- Health Checks: 12 weeks free gym membership will be offered to anyone who completes a Health Check at West Bromwich Leisure Centre
- 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 & West Bromwich Library.

Rowley Regis

- Health checks: are offered at various locations across Sandwell. Radox will provide details of closest available venue to you.
- National Diabetes Prevention Programme: 12 weeks free gym membership will be offered to anyone who completes a Health Check at Haden Hill Leisure Centre.

Oldbury

- Health checks: 12 weeks free gym membership will be offered to anyone who completes a Health Check at Portway Leisure Centre
- National Diabetes Prevention Programme: The face to face group sessions are delivered at the locations: - Portway Lifestyle.

Smethwick

- Health checks are offered at various locations across Sandwell. Radox will provide details of closest available venue to you. 12 weeks free gym membership will be offered to anyone who completes a Health Check at Hadley Stadium, Harry Mitchell Leisure Centre & Smethwick Swimming Centre.
- National Diabetes Prevention Programme: The face to face group sessions are delivered at the locations: - Dorothy Parkes Community Centre.

Tipton

- Health checks are offered at various locations across Sandwell. Radox will provide details of closest available venue to you. The 12 weeks free gym membership will be offered to anyone who completes a Health Check at Tipton Sports academy & Tipton Leisure Centre.
- National Diabetes Prevention Programme The face to face group sessions are delivered at the locations: - Coneygre Centre,& Jubilee Park community Centre.

Wednesbury

- Health checks are offered at various locations across Sandwell. Radox will provide details of closest available venue to you. The 12 weeks free gym membership will be offered to anyone who completes a Health Check at Wednesbury Leisure Centre

- National Diabetes Prevention Programme: The face to face group sessions are delivered at the locations: - Friar Park Millennium Centre.

Service data:

The new service starting in February 2023 and a full year of performance data will be available for February 2024.

Health Check data can be provided daily using the Health Diagnostic Software. The data provides vital information about numbers of Health Check invites and screens. It also provides valuable information about risk factors and outcomes for each health check assessments as well as providing detail of referrals made following the Health Check.

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 6 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 face by BAME communities.

How can we help you with: 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, 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 town hub every Tuesday and at the Blackheath Library town hub every Wednesday.

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

Call us FREE on 0800 011 4656 or 0121 569 5100

Email: LS@nhs.net

Website: www.healthysandwell.co.uk

Sexual Health services.

Sexual health services in Sandwell are provided by a variety of organisations, including:

The NHS: Sandwell and West Birmingham NHS Trust provides a range of sexual health services, including contraception, STI testing and treatment, and abortion.

Sexual health charities: There are a number of sexual health charities that provide free or low-cost sexual health services in Sandwell, including Brook, FPA, and the Terrence Higgins Trust.

No matter which organisation you choose to go to, you should be able to get confidential and comprehensive sexual health care.

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 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 abortions up to 24 weeks of pregnancy. 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.

Sexual Health in Sandwell

Indicator	Period	Sandwell				England		
		Recent Trend	Count	Value	Value	Worst/ Lowest	Range	Best/ Highest
Syphilis diagnostic rate per 100,000	2022	→	52	15.2	15.4	143.3		0.9
Gonorrhoea diagnostic rate per 100,000	2022	→	458	134	146	1,220		29
Chlamydia detection rate per 100,000 aged 15 to 24 (Female)	2022	→	403	1,964	2,110	893		4,536
Chlamydia proportion aged 15 to 24 screened	2022	→	4,264	10.0%	15.2%	7.2%		36.8%
New STI diagnoses (excluding chlamydia aged under 25) per 100,000	2022	↓	1,613	472	496	3,155		161
HIV testing coverage, total	2021	↓	2,758	37.1%	45.8%	17.0%		82.9%
HIV late diagnosis in people first diagnosed with HIV in the UK	2019 - 21	—	15	55.6%	43.4%	100%		0.0%
New HIV diagnosis rate per 100,000	2021	↓	15	4.6	4.8	22.2		0.0
HIV diagnosed prevalence rate per 1,000 aged 15 to 59	2021	→	540	2.80	2.34	12.67		0.55
Population vaccination coverage: HPV vaccination coverage for one dose (12 to 13 year old)	2021/22	↓	-	60.0%	69.6%	34.3%		93.2%
Under 25s repeat abortions (%)	2021	→	248	37.2%	29.7%	39.8%		17.3%
Abortions under 10 weeks (%)	2021	↑	1,663	86.6%	88.6%	79.9%		92.2%
Total prescribed LARC excluding injections rate / 1,000	2021	↓	-	20.1	41.8	4.4		75.1
Under 18s conception rate / 1,000	2021	—	93	14.1	13.1	31.5		2.7
Under 18s conceptions leading to abortion (%)	2021	→	49	52.7%	53.4%	26.0%		87.5%
Violent crime - sexual offences per 1,000 population	2021/22	↑	1,017	3.1	3.0*	1.4		6.3

Service Model

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

Sexually Transmitted Infections

The Sandwell Sexual Health Centre: The Sandwell Sexual Health Centre is a large clinic that provides a comprehensive range of sexual health services. It is located in Oldbury and is open Monday to Friday.

The Sandwell Brook Clinic: The Sandwell Brook Clinic is a sexual health clinic that is specifically for young people aged 13-25. It is located in West Bromwich and is open Monday to Friday.

The Sandwell FPA Clinic: The Sandwell FPA Clinic is a sexual health clinic that provides a range of services for women and girls. It is located in West Bromwich and is open Monday to Friday.

The Terrence Higgins Trust Sandwell Clinic: The Terrence Higgins Trust Sandwell Clinic is a sexual health clinic that provides services for people living with HIV and AIDS. It is located in West Bromwich and is open Monday to Friday.

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's free, completely confidential and anyone can do it. Our at-home kits can test for chlamydia, gonorrhoea, HIV, syphilis, hepatitis B and hepatitis C.

- We'll ask you simple questions online..
- Order your at-home test kit, our packaging is discreet so no-one will know what's inside.
- We'll send your samples to the lab, then send you a text message with your results.
- If you test positive for an STI, there's no need to panic.
- The text message or email we'll send you 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 your 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 now an online offer of preventx kits, <https://www.freetest.me/>

Morning After Pill (MAP) Scheme

Service The morning after pill may prevent pregnancy if taken up to 3 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:

- Boots the Chemist, Unit B, Great Bridge Street, West Bromwich, B70 0EN. 0121 557 6673
- Lloyds Pharmacy, 52 Lodge Road, West Bromwich, B70 8PA. 0121 525 1038
- Lloyds Pharmacy, 19 West Gate Plaza, Moor Street, West Bromwich, B70 7AD. 0121 525 4928
- Lyng Pharmacy, 1 Lyng Lane, West Bromwich, B70 7RW. 0121 500 5756
- P J Ingram Chemist, 351 High Street, West Bromwich, B70 9QG. 0121 553 1081
- Sidhu's Pharmacy, 369 High Street, West Bromwich, B70 9QL. 0121 553 3258

Wednesbury:

- Boots the Chemist , Axletree Way, Wednesbury, WS10 9QY. 0121 505 5894

Oldbury:

- Boots the Chemist , 1 Hartlebury Road, Oldbury, B69 1DF. 0121 532 0010
- J Docter Ltd T/A C H White Chemists, 6 Unity Place, Oldbury, B69 4DB. 0121 552 1047

- Hill Top Pharmacy, 1 Pottery Road, Oldbury, B68 9EX. 0121 422 2164
- Oldbury Pharmacy, 196 Causeway Green Road, Oldbury, B68 8LS. 0121 552 3215

Smethwick:

- Lloyds Pharmacy, 44-46 Cape Hill, Smethwick, B66 4PB. 0121 558 1031
- R K Pharmacy, 90 Lewisham Road, Smethwick, B66 2DD. 0121 555 6123
- Victoria Pharmacy, Victoria Health Centre, 5a Suffrage Street, Smethwick, B66 3PZ. 0121 565 1414
- Michaels Chemist, 262 High Street, Smethwick, B66 3NL. 0121 565 0093
- Asda Pharmacy, Off Windmill Lane, Cape Hill, Smethwick, B66 3EN. 0121 555 1530

Rowley:

- Boots the Chemist , 24 High Street, Rowley Regis, B65 0DR. 0121 559 2827

Tipton:

- Murrays Healthcare Pharmacy, 221 St. Marks Road, Tipton, DY4 0SZ. 0121 520 3015
- Murrays Healthcare Pharmacy, Neptune Health Park, Sedgley Road West, Tipton, DY4 8LY. 0121 520 3712

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. 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

Get in contact with us by calling 0121 612 2323 for C-Card Registration. After registering for a C-Card, one of our nurses will give you a ring for a private and confidential consultation on safe sex and condom usage.

We'll post out condoms and a C-Card to an address of your choice. We'll also include some leaflets on how to use condoms.

In the future, you won't need to give your name again – only the ID number on your C-Card. You also won't need to speak to a nurse again unless you want to. We're always here to help with any sexual health concerns.

Pollution Control Team

The activities of the Pollution Control Team are delivered where needed in Sandwell and do not have a specific or planned six town area approach. The only exception to this is the DEFRA funded “Faith Communities for Clean Air” project where centres were invited to participate on the basis of achieving an even geographical spread across the borough.

The activities of the Active Travel Officer based in the team are also mindful of location, but the work has only recently started and much of the work will have been reported in relation to work of the Cycling Activator.

The main areas of the team’s work are listed below under various headings with the amount of activity by town area where appropriate/available.

Responses to Service Requests, Councillor/MP enquiries & FOIs

The team responds to service requests which mainly relate to [complaints](#) about smoke from garden fires, bonfires and barbecues. Such complaints can be regarded as being statutory nuisances although the complaints have not so far reached the stage of requiring legal intervention. Enforcement by warning letter to perpetrators on behalf of complainants is usually sufficient to resolve the problems reported to the council. The number of service requests received amounts to a total of 209 between August 2022 and July 2023, which are split by town area as follows:

Town	Service Requests			Councillor/MP Enquiries	Total
	Garden Fires	Chimney Smoke	Commercial /Industrial Odour/Smoke		
Wednesbury	27	3	0	6	36
Rowley Regis	33	0	1	3	37
Oldbury	52	5	18	3	78
Smethwick	15	1	0	2	18
West Bromwich	64	2	11	7	84
Tipton	18	3	1	0	22
Total	209	14	31	21	275

Complaints are also made in relation to chimney smoke (14) and commercial/industrial odours and smoke (31), although the vast majority of such complaints are processed by colleagues based in Regulatory Services. Public Health deals mainly with the complaints which relate to industrial environmental permits, and one particular premises in Oldbury.

Councillor and MP enquiries dealt with by the team are mostly related to fires and smoke complaints, with some relating to industrial/commercial issues.

The team is sometimes involved with Freedom of Information requests (FOI) for various matters, amounting to 11 over the course of the year between August 2022 and July 2023.

Consultations for Planning Applications

The team provides consultation comments on [planning applications](#) to Development Control colleagues based in Regeneration & Growth. The comments often require discussion with officers and developers/applicants in terms of how to form conditions of planning for the reports which are prepared for monthly meetings of Sandwell's Planning Committee. Most of the team are involved with preparing comments on the basis of contaminate land, air quality, noise and construction environmental management plans (ie dust and noise suppression during construction).

Town	Consultations on Planning Applications
Wednesbury	51
Rowley Regis	86
Oldbury	106
Smethwick	88
West Bromwich	115
Tipton	40
Total	486

Of the 486 applications processed by the team between August 2022 and July 2023, 165 relate to "Discharge of Conditions" which amounts to checking the conditions which have been required by the reports to the Planning Committee. Sometimes this can be a lengthy process involving discussions between Pollution Control Team officers, Development Control and developers/applicants.

There were 38 pre-application cases (including the major housing development sites at Friar Park and Brandhall), which is where developers/applicants are provided with advice in relation to their proposals before their planning applications are formally submitted. This is the stage when Public Health can have the best opportunity to ensure that health issues relating to developments are addressed most effectively, eg in terms of providing active travel opportunities, enabling access to local services, addressing health homes issues, provision of green spaces, mitigating the effects of existing noise and air quality problems and building-in energy efficiency to address climate change.

Air Quality Monitoring

Air quality is monitored by a variety of methods, but not specifically on a six town area basis. Monitoring was determined by the need to address nitrogen dioxide concentrations in 22 priority areas where the annual mean objective was being exceeded in 2005. Seven of the priority areas, listed in section 2.1 (page 9) of Sandwell's [Air Quality Action Plan 2020-2025](#), continued to exceed the objective at the time when the AQAP was being prepared. Quarterly meetings with stakeholders are held to track the progress of the AQAP actions.

Annual Status Reports regarding air quality monitoring are prepared and submitted to DEFRA. The latest one was submitted in June 2023, although it has not yet been reviewed by DEFRA which means that the [latest version of the ASR](#) available on the council's website relates to 2022.

Borough-wide Smoke Control Area (SCA) for Sandwell

Revocation of the 52 individual smoke control areas across part of Sandwell has been agreed recently by the Secretary of State for Environment, Food & Rural Affairs. This will enable a single [borough-wide smoke control area](#) to be created that covers the whole of Sandwell.

As with air quality monitoring, activity in relation to the smoke control area will not be carried out on a six town area basis. There will presumably be service requests relating to chimney smoke (see first table above), and potentially more than at present because of the wider area covered by the single smoke control area. There could also be trading standards issues relating to the sale of burnable fuel that does not fall within the guidelines for a smoke control area.

An enforcement plan for the SCA is in preparation which will include an awareness campaign, setting an appropriate amount for fixed penalty notices (FPN) and devising a way to apply FPNs.

Faith Communities for Clean Air

The project is continuing into the second year of the project, which will end in December 2023. Access to real-time air quality data from monitors located nearby to each centre, with the data displayed on screens provided to each centre. Engagement work is carried out at each centre and, amongst other air quality information, a toolkit is provided. Monthly newsletters are produced and quarterly project reports are sent to DEFRA. All the work is on target. More information about the project can be found on the [Council's website](#). The centres are located as follows:

Wednesbury Parish Church of St Francis Assisi The Wesley Centre for All Centre for Oneness Wednesbury Baptist Church	Smethwick Guru Nanak Gurdwara Smethwick Smethwick Jamia Masjid, Smethwick Holy Trinity Church, Smethwick
Rowley Regis Hindu Temple/Shree Pashupatinath Mandir Salvation Army Community Link	West Bromwich Yemeni Community Association in Sandwell Guru Har Rai Gurdwara Sahib
Oldbury Oldbury Mosque Shri Venkateswara (Balaji) Temple	Tipton St Matthews Shah Jalal Mosque

Active Travel Awareness and Uptake

The activities of the Active Travel Officer based in the team are mindful of location but will be partially dependent on responses to invitations to participate and where travel plans at schools and workplaces (using the [Modeshift STARS](#) platform) will need to be implemented in relation to associated planning applications. Raising awareness of active travel and the work to increase uptake generally in Sandwell has only started recently following recruitment to the Active Travel Officer position.

Industrial Pollution and Permits

In order to prevent pollution, industrial processes that use or emit certain substances are controlled under the Environmental Permitting Regulations 2010 (EP Regs) and require a

permit to operate. The industrial activities covered by the EP Regs are very wide ranging and are split into three categories depending on their size Part A1, Part A2 or Part B installations. Applications for permits are made to the Environment Agency for Part A1 and the local authority for Part A2 and Part B installations. More information is available on the [council's website](#).

Industrial activities can be located anywhere in the borough therefore there is no specific town area strategy for the work, which involves processing applications for permits, making substantial change to permits, transferring permits, surrendering permits or registering an exempt waste operation. Also, inspections are undertaken annually at the businesses in accordance with an inspection plan.

Fees for the permits managed by the local authority are collected by invoicing the businesses once a year in August (around £50K is collected each year). A submission to DEFRA is made each year which reports the fees collected and the activity of the permit service generally. The location of businesses with permits managed by the local authority is tabulated by town area below, along with the permits by type.

Town	Industrial Environmental Permits	Permits by Type	Number
Wednesbury	13	Total number of Part A(2) activities	4
Rowley Regis	12	Total number of Schedule 13 Small Waste Incinerator Plants	2
Oldbury	26	Total number Part B Activities	76
Smethwick	12	Total number of Schedule 14 Solvent Emission Activities	20
West Bromwich	23	Total number of activities	102
Tipton	16		
Total	102		

Environmental Information Requests (EIR)

Fees are collected for [Environmental Information Requests](#) (EIR), which mainly 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 land owners, property buyers or consultants acting on their behalf. In terms of the latter, the location information we have readily available can just be a consultant's address outside Sandwell.

Fees are charged at a rate of £82.25 per hour, with most taking 1 or 2 hours to process, therefore total income is around £10.7K per year.

Town	EIRs for Contaminated Land Status - Properties
Wednesbury	8
Rowley Regis	15
Oldbury	10
Smethwick	7
West Bromwich	19

Tipton	15
Consultant address only in database	56
Total	130

Vent Trench Risk Assessment

Sandwell Council instructed 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 Council considered that given the age of the landfills the generation of landfill gases may have reduced sufficiently to negate the need for vent trenches as a protective measure to prevent the migration of landfill gases into adjacent structures.

The report produced presents a desktop review of documentary evidence held by the council, 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. Additional recommendations are made depending on the review findings. The recommendations and next steps need to be discussed within Public Health, although it would be desirable for responsibility of the vent trenches to be handed across to the land-owning services in Sandwell Council.

Environmental Public Health Tracking

Environmental Public Health Tracking involves the ongoing collection, integration, analysis, and interpretation of data about environmental hazards, exposure to environmental hazards, and human health effects potentially related to exposure to environmental hazards. It includes dissemination of information learned from these data.

There are environmental impacts on individual and community health, both negative and positive. The poor can be affected disproportionately, but there are gaps in our understanding. Tracking is therefore the key to filling those gaps and is required for understanding how Public Health programmes can be delivered. There is increased public concern about environmental chemicals, especially around point sources, which will be more prevalent in some town areas of Sandwell than others.

Work on this subject was begun in Sandwell some years ago when Public Health was based within the NHS, and it has been an aspiration of the department to re-start this work. It has not however started yet due to lack of capacity in the Pollution Control Team (colleagues in the Research & Intelligence Team would also be involved). An Environmental Public Health Tracking plan needs to be written and implemented.

Health Policies for Sandwell Local Plan

Health polices for the now withdrawn draft Black Country Plan (BCP) document were developed by a group of Public Health officers with a background in Planning over a number of years. Other policies in the draft BCP document were also checked to ensure that "health" was built into them. The withdrawal of the draft BCP has meant that Sandwell Council, along with the other three Black Country councils, has had to produce its own Local Plan document. Most of the polices have been simply copied from the draft BCP, with some requiring re-writes to ensure that they are appropriate for Sandwell.

The health policies have been developed with colleagues based in the Planning Policy department and will be applied borough-wide, although some other policies in the document apply to specific geographical areas and/or types of area, eg West Bromwich Strategic Centre, The Rowley Hills, Canal, Sandwell's Green Belt.

The Sandwell Local Plan is still in preparation, the next stage being a public consultation on the draft document later this year, with a planned adoption date of January 2026. Updates on the process will be available on the [Council's website](#).

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. Essentially 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 3 key principles <https://www.healthysandwell.co.uk/stronger-sandwell-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	Theme area
Raman Susch raman2_susch@sandwell.gov.uk	Oldbury	Workplace Health
Matthew Hill Matthew_Hill@sandwell.gov.uk	Rowley Regis	Monitoring and Evaluation
Nasmin Hussain Nasmin_Hussain@sandwell.gov.uk	Smethwick	Children and Funding
Irandeep Mann Irandeep_Mann@sandwell.gov.uk	Tipton	Mental Health
Mandy Williams Mandy_Williams@sandwell.gov.uk	Wednesbury	Disability
Erinn Beech Erinn_Beech@sandwell.gov.uk	West Bromwich	Primary and Secondary Care

Oldbury					
Setting	Priorities	Actions/Activities	Where	Contact	Data/Rationale
Education	E1; Increase physical activity levels of pupils	<ol style="list-style-type: none"> 1. Encourage all primary schools to host lunchtime supervisors and playground leaders training. 2. Encourage all primary schools to have Bikeability training. 3. Create annual sports festival calendar. 	All primary schools	raman2_susch@sandwell.gov.uk	14.9% prevalence of obesity (inc severe obesity) in reception children in Sandwell. 34% prevalence of obesity (inc severe obesity) in year 6 children in Sandwell. (OHID Child & Maternal Health Profile, Sandwell 2022)
	E2; Raise awareness of PH funded programmes that can assist teachers and parents of pupils	<ol style="list-style-type: none"> 1. Hold Cost of Living Champions Training for Family Support Workers. 2. Support schools to become Foodbank voucher holders. 3. Visit parents evenings to distribute information and resources. 4. Attend Learning Community Meeting's to identify needs. 	All primary schools, local Food Pantry (Brandhall Community Hub), sporting organisations	raman2_susch@sandwell.gov.uk	28.1% of U16's living in absolute low income families and 35.3% children living in relative low income families in Sandwell. (OHID Child & Maternal Health Profile, Sandwell 2022)
	E3; Increase attendances at HAF Holiday activities	<ol style="list-style-type: none"> 1. Support HAF takeovers at identified schools. 2. Target community providers to ensure provision in each ward. 3. Visit parents evenings and events to promote programme. 	All primary schools, Portway Lifestyle Centre, Oldbury Community Centres and Faith sectors organisations	raman2_susch@sandwell.gov.uk	Current trend of low HAF attendance relative to eligible children in primary schools.

Community	C1; Reduce Social Isolation amongst older adults	<ol style="list-style-type: none"> Promoting Falls Prevention programme (Solutions for Health). Support organisations to provide warm spaces during winter months and how to access funding for this. Share activity details with relevant groups. 	<ol style="list-style-type: none"> Community providers and venues. Faith sector groups 	<ol style="list-style-type: none"> FallsFree4Life 0121 769 1327 Healthy Sandwell 0800 011 4656 	At 15.1%, Old Warley has a high proportion of lone pensioner households - the second largest of all Sandwell wards, whilst Oldbury has the third lowest proportion in the Borough.
	C2; Increase Health & Wellbeing opportunities in Oldbury	<ol style="list-style-type: none"> Establish community health check venues Start new walks. Effectively promote local activity details. Set up cycling routes locally. 	<ol style="list-style-type: none"> Community providers and venues. Liaise with Physical Activity lead 	<ol style="list-style-type: none"> raman2_susch@sandwell.gov.uk saba_yafai@sandwell.gov.uk StephenBrown@britishcycling.org.uk Healthy Sandwell 0800 011 4656 	Oldbury ward is relatively high in terms of those stating their level of health is good or very good - at 81.5% this is third highest of the Sandwell wards. Bristnall and Old Warley an above average proportion of residents providing unpaid care (9.9% and 9.8% respectively).
	C3; Build Community groups capacity and capability to support and signpost residents	<ol style="list-style-type: none"> Deliver regular cost of living champions training. Offer Suicide Prevention Training to staff and volunteers. Provide Mental Health & wellbeing workshops. 	<ol style="list-style-type: none"> Virtual/in-person Community venues and providers 	<ol style="list-style-type: none"> raman2_susch@sandwell.gov.uk https://www.papyrus-uk.org/sandwell-training-sessions/ Info@toughenoughtocare.org or 07572314953 	
Primary Care	P1; Offer Health Checks to all eligible residents	<ol style="list-style-type: none"> Ensure all GP practices are signed up. Establish Community Health Check clinics. Promote Health check opportunities to relevant groups. 	<ol style="list-style-type: none"> All town GP practices Community venues in each ward Public Health Network 	<ol style="list-style-type: none"> raman2_susch@sandwell.gov.uk and https://nhshealthcheck.randox.com/ 	

			communications and direct contact with community groups		
	P2; Increase Healthy Sandwell Referrals	<ol style="list-style-type: none"> 1. Visit GP practices and pharmacies and present Healthy Sandwell services. 2. Monitor referral rates and follow-up low level referrers. 3. Regular liaison with Social prescribing teams to identify gaps in provision. 	All town GP practices and pharmacies	<p>raman2_susch @sandwell.gov.uk and Healthy Sandwell 0800 011 4656</p>	69.7% of Sandwell adults (18+) are overweight or obese. 56.3% of Sandwell adults (18+) are physically active and 18.1% smoking prevalence in Sandwell adults (18+). (OHID Local Authority Health Profile, Sandwell 2022)
	P3; Provide access to Weigh2Go Programme in GP Practices, Pharmacies and Community venues	<ol style="list-style-type: none"> 1. Encourage pharmacies and GP practices to host Weigh2Go scales. 2. Promote Weigh2Go to patients and pharmacy customers. 3. Monitor usage and follow-up low levels of use. 	All town GP practices and pharmacies	<p>raman2_susch @sandwell.gov.uk and Healthy Sandwell 0800 011 4656</p>	
Workplaces	W1; Create a workplace offer for town workplaces	<ol style="list-style-type: none"> 1. Visit workplaces to understand needs, challenges and aspirations. 2. Create pilot programme based on identified need. 	Selected town workplaces	<p>raman2_susch @sandwell.gov.uk</p>	69.7% of Sandwell adults (18+) are overweight or obese. 56.3% of Sandwell adults (18+) are physically active and 18.1% smoking prevalence in Sandwell adults (18+). (OHID Local Authority Health Profile, Sandwell 2022)

		3. Evaluate pilot programmes and improve accordingly.			
	W2; Increase Healthy Sandwell referrals from workplaces	1. Promote Healthy Sandwell on workplace visits. Monitor referral rates and follow-up low referrers.	Selected town workplaces	raman2_susch@sandwell.gov.uk and Healthy Sandwell 0800 011 4656	

Rowley Regis					
Setting	Priorities	Actions/Activities	Where	Contact	Data/Rationale
Education	E1; Increase physical activity levels of pupils	1. Encourage all primaries to host lunchtime supervisors and playground leaders training. 2. Encourage all primary schools to have Bikeability training. 3. Create annual sports festival calendar.	All primary schools and St Michaels High School	matthew_hill@sandwell.gov.uk	14.9% prevalence of obesity (inc severe obesity) in reception children in Sandwell. 34% prevalence of obesity (inc severe obesity) in year 6 children in Sandwell. (OHID Child & Maternal Health Profile, Sandwell 2022)
	E2; Raise awareness of Cost of Living help and support available for families.	1. Hold Cost of Living Champions Training for Family Support Workers. 2. Support schools to become Foodbank voucher holders. 3. Visit parents evenings to distribute information and resources.	All primary schools, foodbanks at Cradley Heath Community Link, Holy Cross, Holy Trinity, Transformation Church and Lifecentral Church.	matthew_hill@sandwell.gov.uk	28.1% of U16's living in absolute low income families and 35.3% children living in relative low income families in Sandwell. (OHID Child & Maternal Health Profile, Sandwell 2022)
	E3; Increase attendances at HAF Holiday activities	1. Support HAF takeovers at identified schools. 2. Target community providers to ensure provision in each ward. 3. Visit parents evenings and events to promote programme.	All primary schools, Haden Hill Leisure Centre, Cradley Heath Community Centre, Tesco Community Room, Warrens Hall Stables.	matthew_hill@sandwell.gov.uk	Current trend of low HAF attendance relative to eligible children in primary schools.
Community	C1; Reduce Social Isolation amongst older adults	1. New FallsFree4Life classes. 2. Rowley Forum Monthly Cinema and weekly activities. 3. Share	Blackheath Library, Springfield Social Club, Elisabeth Prout Gardens,	1. FallsFree4Life 0121 769 1327. 2. Clive Atkins 07905 065770. 3. Healthy Sandwell 0800 011 4656	At 15.6% Blackheath has the highest proportion of lone pensioners of all Sandwell wards. Rowley ward seen 2% rise in age

		activity details with relevant groups.	Rowley Regis Disability Centre		65+ residents, 2nd highest rise in Sandwell.
	C2; Increase Health & Wellbeing opportunities in Cradley Heath & Old Hill	1. Establish community health check venue. 2. Start 2 new wellbeing walks. 3. Effectively promote local activity details.	Cradley Heath Community Link, The Art Yard, Haden Hill Leisure Centre, Cradley Heath Community Centre	1. 01384 861637. 2. The Art Yard infoartyard@gmail.com Tel: 01384 910968. 3. Healthy Sandwell 0800 011 4656	Cradley Heath and Old Hill is the third highest ward in Sandwell for residents reporting their health as bad or very bad at 7.6%.
	C3; Build Community groups capacity and capability to support and signpost residents	1. Deliver regular cost of living champions training. 2. Offer Suicide Prevention Training to staff and volunteers. 3. Provide Mental Health & wellbeing workshops	1. Virtual/in-person. 2. Virtual and in-person 3. community venues	1. matthew_hill@sandwell.gov.uk 2. https://www.papyrus-uk.org/sandwell-training-sessions/ 3. Info@toughenoughtocare.org or 07572314953	
Primary Care	P1; Offer Health Checks to all eligible residents	1. Ensure all GP practices are signed up. 2. Establish Community Health Check clinics. 3. Promote Health check opportunities to relevant groups.	1. All town GP practices. 2. Community venues in each ward. 3. Public Health Network communications and direct contact with community groups.	matthew_hill@sandwell.gov.uk and https://nhshealthcheck.randox.com/	Life expectancy at birth is 75.5 years for men and 80.4 for women, lower than the England figures of 78.7 years for males and 82.8 years for females. (OHID Local Authority Health Profile, Sandwell 2022)

	P2; Increase Healthy Sandwell Referrals	1. Visit GP practices and pharmacies and present Healthy Sandwell services. 2. Monitor referral rates and follow-up low level referrers. 3. Regular liaison with Social prescribing teams to identify gaps in provision.	All town GP practices and pharmacies	matthew_hill@sandwell.gov.uk and Healthy Sandwell 0800 011 4656	69.7% of Sandwell adults (18+) are overweight or obese. 56.3% of Sandwell adults (18+) are physically active and 18.1% smoking prevalence in Sandwell adults (18+). (OHID Local Authority Health Profile, Sandwell 2022)
	P3; Provide access to Weigh2Go Programme in GP Practices and Pharmacies	1. Encourage pharmacies and GP practices to host Weigh2Go scales. 2. Promote Weigh2Go to patients and pharmacy customers. 3. Monitor usage and follow-up low levels of use.	All town GP practices and pharmacies	matthew_hill@sandwell.gov.uk and Healthy Sandwell 0800 011 4656	
Workplaces	W1; Create a workplace offer for town workplaces	1. Visit workplaces to understand needs, challenges and aspirations. 2. Create pilot programme based on identified need. 3. Evaluate pilot programmes and improve accordingly.	Selected town workplaces	matthew_hill@sandwell.gov.uk	69.7% of Sandwell adults (18+) are overweight or obese. 56.3% of Sandwell adults (18+) are physically active and 18.1% smoking prevalence in Sandwell adults (18+). (OHID Local Authority Health Profile, Sandwell 2022)
	W2; Increase Healthy Sandwell referrals from workplaces	1. Promote Healthy Sandwell on workplace visits. Monitor referral rates and follow-up low referrers.	Selected town workplaces	matthew_hill@sandwell.gov.uk and Healthy Sandwell 0800 011 4656	

Tipton					
Setting	Priorities	Actions/Activities	Where	Contact	Data/Rationale
Education	E1; Increase physical activity levels of pupils	1. Delivering Lunchtime supervisors and playground leaders training across primary schools to increase physical activity levels during the school day. 2. Working with Family Support workers and school staff to ensure families are aware of the support available and local activity opportunities.	All Primary and Secondary Schools	irandeep_mann@sandwell.gov.uk	14.9% prevalence of obesity (inc severe obesity) in reception children in Sandwell. 34% prevalence of obesity (inc severe obesity) in year 6 children in Sandwell. (OHID Child & Maternal Health Profile, Sandwell 2022)
	E2; Raise awareness of Cost of Living help and support available for families.	1. Attending primary school learning community meetings to update headteachers on activities and programmes available for their staff, children and parents and co-ordinate delivery. 2. Supporting the set-up of school uniform and winter coat banks across Tipton. 3. Attending and supporting school events such as parent's evenings, transition	All Tipton Schools	irandeep_mann@sandwell.gov.uk	28.1% of U16's living in absolute low income families and 35.3% children living in relative low income families in Sandwell. (OHID Child & Maternal Health Profile, Sandwell 2022)

		<p>days etc to promote the Healthy Sandwell service, together with other programmes such as school uniform banks, the Holiday Activities and Food Programme, the Go Play after school provision etc. 4. Support schools to become food bank voucher holders.</p>			
	<p>E3; Increase attendances at HAF Holiday activities</p>	<p>1. Supporting the Holiday Activities and Food (HAF) team with takeover sessions in primary schools, providing children with an opportunity to experience what activities they can access in the school holidays. This is also useful to showcase to staff the HAF offer and enables them to promote and discuss the programme with fellow staff and parents. 2. Attend parents evenings and events to promote the programme and host</p>	<p>All primary and secondary schools and community organisations.</p>	<p>HAF_sandwell@sandwell.gov.uk</p>	<p>Current trend of low HAF attendance relative to eligible children in primary schools.</p>

		information sessions for schools to understand how the programme works. 3. Promote opportunities to organisations to deliver as part of the HAF programme.			
Community	C1; Reduce Social Isolation amongst older adults	1. Keeping the network regularly updated on what is going on across Tipton. 2. Developing new relations with community groups and faith settings and supporting on ideas to deliver services for the local community.	Community organisations and professionals across Tipton	irandeep_mann@sandwell.gov.uk	Great Bridge and Princes End are both within the bottom seven out of all Sandwell wards in terms of lone pensioner households
	C2; Increase Health & Wellbeing opportunities in Tipton	1. 2 Weekly Sandwell Stride walks at Sheepwash Nature Reserve and St Pauls Community Centre. An evening walking group has also been recently established from St Johns Church. 2. Weekly cycling sessions for beginners looking to improve their cycling ability and confidence, taking place from Victoria Park, Tipton.	Community organisations	irandeep_mann@sandwell.gov.uk	Princes End ward is relatively high in terms of those stating their level of health is bad or very bad – at 7.7% this is the third highest of all Sandwell wards.

	C3; Build Community groups capacity and capability to support and signpost residents	1. Offering Suicide Prevention training to all organisations staff and volunteers. 2. Offering a wider range of training opportunities such as walk leader training. 3. Attending community events to promote the Healthy Sandwell service. 4. Supporting groups with funding opportunities and wider support available to the sector to build their capacity to deliver services.	Community organisations	irandeep_mann@sandwell.gov.uk	Princes End ward is relatively high in terms of those stating their level of health is bad or very bad – at 7.7% this is the third highest of all Sandwell wards.
Primary Care	P1; Offer Health Checks to all eligible residents	1. Ensure all GP Practises are signed up. 2. Support with identifying suitable community clinics. 3. Promote Health Checks to eligible groups.	1. All town GP practices. 2. Public Health Network communications and direct contact with community groups.	irandeep_mann@sandwell.gov.uk and Healthy Sandwell 0800 011 4655	Life expectancy at birth is 75.5 years for men and 80.4 for women, lower than the England figures of 78.7 years for males and 82.8 years for females. (OHID Local Authority Health Profile, Sandwell 2022)
	P2; Increase Healthy Sandwell Referrals	1. Continue GP engagement work, ensuring all GP practises are aware of the Healthy Sandwell service and all the available referral pathways.	All town GP practises	irandeep_mann@sandwell.gov.uk and Healthy Sandwell 0800 011 4656	69.7% of Sandwell adults (18+) are overweight or obese. 56.3% of Sandwell adults (18+) are physically active and 18.1% smoking prevalence in Sandwell adults (18+). (OHID Local Authority Health Profile, Sandwell 2022)

	P3; Provide access to Weigh2Go Programme in GP Practices and Pharmacies	1. Setting up Weigh2Go programme at all interested GP surgeries.	All town GP practises	irandeep_mann@sandwell.gov.uk	
Workplaces	W1; Create a workplace offer for town workplaces	1. Visit workplaces to understand needs, challenges and aspirations. 2. Create pilot programme based on identified need. 3. Evaluate pilot programmes and improve accordingly.	Selected town workplaces	irandeep_mann@sandwell.gov.uk	69.7% of Sandwell adults (18+) are overweight or obese. 56.3% of Sandwell adults (18+) are physically active and 18.1% smoking prevalence in Sandwell adults (18+). (OHID Local Authority Health Profile, Sandwell 2022)
	W2; Increase Healthy Sandwell referrals from workplaces	1. Promote Healthy Sandwell on workplace visits. Monitor referral rates and follow-up low referrers.	Selected town workplaces	irandeep_mann@sandwell.gov.uk and Healthy Sandwell 0800 011 4656	

Wednesbury					
Setting	Priorities	Actions/Activities	Where	Contact	Data/Rationale
Education	E1; Increase physical activity levels of pupils	1. Encourage all primaries to host lunchtime supervisors and playground leaders training. 2. Encourage all primary schools to have Bikeability training. 3. encourage take up of initiatives - daily mile, Walking to school etc	All primary and secondary schools	mandy_williams@sandwell.gov.uk	14.9% prevalence of obesity (inc severe obesity) in reception children in Sandwell. 34% prevalence of obesity (inc severe obesity) in year 6 children in Sandwell. (OHID Child & Maternal Health Profile, Sandwell 2022)
	E2; Raise awareness of Cost of Living help and support available for families.	1. Hold Cost of Living Champions Training for Family Support Workers. 2. Support schools to become Foodbank voucher holders. 3. Visit parents evenings to distribute information and resources.	All schools & Childrens centres, foodbanks at Breaking Bread & New Life, Food Pantry at Open Heaven		28.1% of U16's living in absolute low income families and 35.3% children living in relative low income families in Sandwell. (OHID Child & Maternal Health Profile, Sandwell 2022)
	E3; Increase attendances at HAF Holiday activities	1. Support HAF takeovers at identified schools. 2. Target community providers to ensure provision in each ward. 3. Visit parents evenings and events to promote programme.	All primary schools, HAF providers	HAF_sandwell@sandwell.gov.uk	Current trend of low HAF attendance relative to eligible children in primary schools.

Community	C1; Reduce Social Isolation amongst older adults	1. Places of Welcome groups 2. Wednesbury Monthly Cinema. 3. Share community activity & group details with partners	1. weekly community POW, 2. Wesley Centre 3. Move More Webpages &	1. https://www.placesofwelcome.org.uk/ 2. Alison Hartshorne 3. Healthy Sandwell 0800 011 4656	Wednesbury has the highest rate of adults who identify as lonely or socially isolated
	C2; Increase Health & Wellbeing opportunities in Wednesbury	1. work with partners to start new and continue existing H&W sessions 2. Start 2 new walks. 3. Effectively promote local activity details.	Wednesbury community providers and venues	2. https://www.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-sandwell 3. Healthy Sandwell 0800 011 4656	Friar Park is the worst of all Sandwell wards for those stating their level of health is bad or very bad (8.1%)
	C3; Build Community groups capacity and capability to support and signpost residents	1. work with Community Offer to signpost residents 2. Offer Suicide Prevention Training to staff and volunteers. 3. Promote cancer champion opportunities	1. community provider 2. Virtual and in-person 3. community venues	1. 0121 726 3983 2. https://www.papyrus-uk.org/sandwell-training-sessions/ 3. lesley.fellows@nhs.net or kassandra.styche@nhs.net	Friar Park is the worst of all Sandwell wards for those stating their level of health is bad or very bad (8.1%)
Primary Care	P1; Offer Health Checks to all eligible residents	1. Ensure all GP practices are signed up. 2. Promote Health check opportunities to relevant groups.	1. All town GP practices. 2. Public Health Network communications and direct contact with community groups.	mandy_williams@sandwell.gov.uk and https://nhshealthcheck.randox.com/	Life expectancy at birth is 75.5 years for men and 80.4 for women, lower than the England figures of 78.7 years for males and 82.8 years for females. (OHID Local Authority Health Profile, Sandwell 2022)
	P2; Increase Healthy Sandwell Referrals	1. Visit GP practices and pharmacies and present Healthy Sandwell services. 2. Monitor referral rates and	All town GP practices and pharmacies	mandy_williams@sandwell.gov.uk and Healthy Sandwell 0800 011 4656	69.7% of Sandwell adults (18+) are overweight or obese. 56.3% of Sandwell adults (18+) are physically active and 18.1% smoking

		follow-up low level referrers. 3. Regular liaison with Social prescribing teams to identify gaps in provision.			prevalence in Sandwell adults (18+). (OHID Local Authority Health Profile, Sandwell 2022)
	P3; Provide access to Weigh2Go Programme in GP Practices and Pharmacies	1. Encourage pharmacies and GP practices to host Weigh2Go scales. 2. Promote Weigh2Go to patients and pharmacy customers. 3. Monitor usage and follow-up low levels of use.	All town GP practices and pharmacies	sandwell.gov.uk and Healthy Sandwell 0800 011 4656	
Workplaces	W1; Create a workplace offer for town workplaces	1. Visit workplaces to understand needs, challenges and aspirations. 2. Create pilot programme based on identified need. 3. Evaluate pilot programmes and improve accordingly.	Selected town workplaces	mandy_williams@sandwell.gov.uk	69.7% of Sandwell adults (18+) are overweight or obese. 56.3% of Sandwell adults (18+) are physically active and 18.1% smoking prevalence in Sandwell adults (18+). (OHID Local Authority Health Profile, Sandwell 2022)
	W2; Increase Healthy Sandwell referrals from workplaces	1. Promote Healthy Sandwell on workplace visits. Monitor referral rates and follow-up low referrers.	Selected town workplaces	mandy_williams@sandwell.gov.uk and Healthy Sandwell 0800 011 4656	

West Bromwich					
Setting	Priorities	Actions/Activities	Where	Contact	Data/Rationale
Education	E1; Increase physical activity levels of pupils	<ol style="list-style-type: none"> 1. Encourage all primaries to host lunchtime supervisors and playground leaders training. 2. Encourage all primary schools to have Bikeability training. 3. Promote activities such as daily mile, walk to school programme etc. 	All primary schools	erinn_beech@sandwell.gov.uk	14.9% prevalence of obesity (inc severe obesity) in reception children in Sandwell. 40% of children in year 6 are overweight or obese in West Bromwich - compared to 34% in England overall.
	E2; Raise awareness of Cost of Living help and support available for families.	<ol style="list-style-type: none"> 1. Hold Cost of Living Champions Training for Family Support Workers. 2. Attend learning community meetings to promote support available for staff and families 3. Visit parents evenings to distribute information and resources. 	All schools	erinn_beech@sandwell.gov.uk	28.1% of U16's living in absolute low income families and 35.3% children living in relative low income families in Sandwell. (OHID Child & Maternal Health Profile, Sandwell 2022)

	E3; Increase attendances at HAF Holiday activities	<ol style="list-style-type: none"> 1. Support HAF takeovers at identified schools. 2. Target community providers to ensure provision in each ward. 3. Visit parents evenings and events to promote programme. 	All primary schools & Community Organisations	erinn_beech@sandwell.gov.uk or HAF_Sandwell@sandwell.gov.uk	Current trend of low HAF attendance relative to eligible children in primary schools.
Community	C1; Reduce Social Isolation amongst older adults	<ol style="list-style-type: none"> 1. Promote FallsFree4Life classes. 2. Support Community organisation to access funding to run warm spaces during Winter. 3. Share activity details with relevant groups. 	<ol style="list-style-type: none"> 1. Community Venues 2. Community Organisations 3. Through West Bromwich Network Meetings & Health Sandwell 	<ol style="list-style-type: none"> 1. FallsFree4Life 0121 769 1327. 2. erinn_beech@sandwell.gov.uk 3. erinn_beech@sandwell.gov.uk or Healthy Sandwell 0800 011 4656 	At 13.7% Newton has the 3rd highest proportion of lone pensioners of all Sandwell wards. The three wards to the north of West Bromwich (Newton, Charlemont with Grove Vale and Great Barr with Yew Tree) all have a higher prevalence of those ages 75 and over than average and are among the top five of all Sandwell wards.
	C2; Increase Health & Wellbeing opportunities in Cradley Heath & Old Hill	<ol style="list-style-type: none"> 1. Provide support for inclusive activities. 2. Start new walks and led rides. 3. Set up Weigh2Go programme within local community groups. 4. Promote Activities through networks 	<ol style="list-style-type: none"> 1. Midland Mencap, Sikh Helpine, SVI, SDCA. 2. YCA, Priory Wood, Sandwell Valley, Sandwell Park Farm and Sots hole & 4 closed group walks 3. EWA CIC, SDCA, YCA, WB Library. 4. Face 	erinn_beech@sandwell.gov.uk	At 7.5% Greets Green and Lyng wards are amongst the worst four of all Sandwell wards for those stating their level of health is bad or very bad

			to face and virtual network meetings.		
	C3; Build Community groups capacity and capability to support and signpost residents	1. Offer Suicide Prevention Training to staff and volunteers. 2. Provide Mental Health & wellbeing workshops 3. Support the running of health and wellbeing mornings/ events with a range of partners in attendance	1. Virtual and in-person 2. community venues 3. In person at Community Venues (Tanhouse & Charlemont Community Centres have held these to date).	1. https://www.papyrus-uk.org/sandwell-training-sessions/ 2. Info@toughenoughtocare.org or 07572314953 3. erinn_beech@sandwell.gov.uk or marianne_kull@sandwell.gov.uk	
Primary Care	P1; Offer Health Checks to all eligible residents	1. Ensure all GP practices are signed up. 2. Establish Community Health Check clinics. 3. Promote Health check opportunities to relevant groups.	1. All town GP practices. 2. Community venues in each ward. 3. Public Health Network communications and direct contact with community groups.	erinn_beech@sandwell.gov.uk and https://nhshealthcheck.randox.com/	Life expectancy at birth is 75.5 years for men and 80.4 for women, lower than the England figures of 78.7 years for males and 82.8 years for females. (OHID Local Authority Health Profile, Sandwell 2022)

	P2; Increase Healthy Sandwell Referrals	<ol style="list-style-type: none"> 1. Visit GP practices and pharmacies and present Healthy Sandwell services. 2. Monitor referral rates and follow-up low level referrers. 3. Regular liaison with Social prescribing teams to identify gaps in provision. 	All town GP practices and pharmacies	erinn_beech@sandwell.gov.uk and Healthy Sandwell 0800 011 4656	69.7% of Sandwell adults (18+) are overweight or obese. 56.3% of Sandwell adults (18+) are physically active and 18.1% smoking prevalence in Sandwell adults (18+). (OHID Local Authority Health Profile, Sandwell 2022)
	P3; Provide access to Weigh2Go Programme in GP Practices and Pharmacies	<ol style="list-style-type: none"> 1. Encourage pharmacies and GP practices to host Weigh2Go scales. 2. Promote Weigh2Go to patients and pharmacy customers. 3. Monitor usage and follow-up low levels of use. 	All town GP practices and pharmacies	erinn_beech@sandwell.gov.uk and Healthy Sandwell 0800 011 4656	
Workplaces	W1; Create a workplace offer for town workplaces	<ol style="list-style-type: none"> 1. Visit workplaces to understand needs, challenges and aspirations. 2. Create pilot programme based on identified need. 3. Evaluate pilot programmes and improve accordingly. 	Selected town workplaces	erinn_beech@sandwell.gov.uk	69.7% of Sandwell adults (18+) are overweight or obese. 56.3% of Sandwell adults (18+) are physically active and 18.1% smoking prevalence in Sandwell adults (18+). (OHID Local Authority Health Profile, Sandwell 2022)
	W2; Increase Healthy Sandwell referrals from workplaces	<ol style="list-style-type: none"> 1. Promote Healthy Sandwell on workplace visits. Monitor referral rates and follow-up low referrers. 	Selected town workplaces	erinn_beech@sandwell.gov.uk and Healthy Sandwell 0800 011 4656	

Addictive Behaviours Service

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

For further information and to access a full copy of the Drugs and Alcohol Strategy and accompanying needs assessment, please visit:

www.healthysandwell.co.uk/drug-and-alcohol-strategy

The Office for Health Improvement & Disparities (OHID) highlight that Sandwell children, young people and adults have statistically significant better health outcomes than national averages for a number of indicators including:

- Deaths from drug misuse
- Adults with a substance misuse treatment need who successfully engage in community-based structured treatment following release from prison
- Hospital admission episodes for drug poisoning from drug misuse
- Hospital admission episodes for alcohol-related or alcohol-specific conditions – adults
- Hospital admission episodes for alcohol-specific conditions – under 18s
- Number of people accessing specialist treatment
- Number of people who have a dependency with an unmet substance misuse need

Service/ Project:	Cranstoun Sandwell
What:	<p>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 6 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 also for those affected by another's alcohol and/or drug use. Translation services are available if English is not the first language spoken.</p> <p>Cranstoun offers:</p> <ul style="list-style-type: none"> • 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:	<p>Referrals will not be accepted for individuals who:</p> <ul style="list-style-type: none"> • live outside the Sandwell area • are under 18
Who/ Contact/ Weblink:	<p>Website: Alcohol and Drug Support Addiction Services Cranstoun</p> <p>Cranstoun Alberta Building, 128b Oldbury Road Smethwick B66 1JE</p> <p>Telephone: 0121 553 1333</p> <ul style="list-style-type: none"> • 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 – August 2023 (Subject to Change)

	Monday	Tuesday	Wednesday	Thursday	Friday
Smethwick	<p>Smethwick Medical Centre</p> <ul style="list-style-type: none"> • Weekly • 9am to 5pm • Appt only 		<p>Smethwick Medical Centre</p> <ul style="list-style-type: none"> • Once a month • 9am to 12pm • Appt only 		
West Bromwich	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
Wednesbury	<p>Wednesbury Town Hall</p> <ul style="list-style-type: none"> • Weekly • 9.30am to 2pm • Appt only <p>Wednesbury Library</p> <ul style="list-style-type: none"> • Weekly • 2pm to 5.30pm • Appt only 	<p>Millennium Centre – Friar Park</p> <ul style="list-style-type: none"> • Weekly • 9am to 2pm • Appt only 	<p>Millennium Centre – Friar Park</p> <ul style="list-style-type: none"> • Weekly • 8.45am to 6.30pm <p>Open access/groups and 1:1</p>	None currently	<p>Millennium Centre – Friar Park</p> <ul style="list-style-type: none"> • Weekly • 9am to 1pm • Appt only
Tipton	<p>St Pauls</p> <ul style="list-style-type: none"> • Weekly • 9am to 5pm 				
Rowley				<p>Cradley Community Centre</p> <ul style="list-style-type: none"> • Weekly • 9.30am to 4.30pm • Appt 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

Service/ Project:	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
Tuesday 19.45-21.15	Tipton Big Book: St Paul's Community Centre, Brick Kiln St, DY4 9BP	
Wednesday 12.00-13.30	Tipton St Paul's Daytime: St Paul's Community Centre, Brick Kiln St, DY4 9BP	Open meeting
Thursday 11.00-12.30	Tipton Ladies: St Paul's Community Centre, Brick Kiln St, DY4 9BP	Women's meeting
Thursday 19.30-21.00	Tipton St Paul's: St Paul's Community Centre, Brick Kiln St, DY4 9BP	
Thursday 20.00-21.30	Blackheath: Sons of Rest, 135 Birmingham Rd, Rowley Regis, B65 9HH	
Saturday 16.00-17.30	West Bromwich Na Zdrowi: Wesley Methodist Church, 291 High St, B70 8ND	Polish Speaking
Sunday 17.00-18.00	West Bromwich Na Zdrowi: Wesley Methodist Church, 291 High St, B70 8ND	Polish Speaking

**Who/
Contact/
Weblink:**

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

Service/ Project:	DECCA (Drug Education, Counselling and Confidential Advice)
What:	<p>DECCA is Sandwell's young people's drug and alcohol service. The team work 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.</p> <p>DECCA offers:</p> <ul style="list-style-type: none"> • 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:	<p>Referrals will not be accepted for individuals who:</p> <ul style="list-style-type: none"> • live outside the Sandwell area • are over the age of 18
Who/ Contact/ Weblink:	<p>Website: https://www.ourguideto.co.uk/</p> <p>To make a referral to DECCA, or to get some guidance if you are concerned:</p>

	<ul style="list-style-type: none"> • 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 • Click here to download a referral form, complete in full and then email it to: Decca_Team@sandwellchildrenstrust.org <p>The young person being referred must be under the age of 19 and agree to at least meet with a worker in the first instance.</p>
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Service/ Project:	ABL Health Stop Smoking Service
What:	<p>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 and regular contact with a stop smoking advisor.</p> <p>Support is available in various locations across Sandwell and includes:</p> <ul style="list-style-type: none"> • One to one support - The stop smoking services provides individual support to help become smoke free. These can be face to face meetings or telephone chats. • 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. • 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 and sprays. These can be bought from pharmacies and may be 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. <p>By accessing support, ABL Health will be able to talk through what NRT might work best for the individual, and also discuss other prescription-only medications that support people to give up smoking.</p>

**Who/
Contact/
Weblink:**

<https://smokefreesandwell.co.uk/>

<https://www.healthysandwell.co.uk/our-services/stop-smoking/>

<https://www.healthysandwell.co.uk/contact-us/>

ABL Health Telephone: 0121 740 0040

ABL Health Email: abl.sandwell@nhs.net

Pharmacies which provide stop smoking services:

Tipton

[Great Bridge Pharmacy \(MSN Primary Healthcare Ltd\)](#)

0121 557 1957

Wednesbury

[Jubilee Pharmacy \(Upper Russell Street\)](#)

0121 502 5138

[Park Lane Pharmacy \(Park Lane\)](#)

0121 556 0973

West Bromwich

[Beaconview Chemist](#)

0121 588 3193

[Ingrams Chemist \(High Street West Bromwich\)](#)

0121 553 1081

[Lloyds Pharmacy \(Lodge Road\)](#)

0121 525 1038

Oldbury

[Hill Top Pharmacy \(Pottery Road\)](#)

0121 422 2164

[Langley Pharmacy \(Langley High Street\)](#)

0121 544 9111

[Lloyds Pharmacy \(Hagley Road West\)](#)



0121 422 2434

	<p>Oldbury Pharmacy (trading as BD Healthcare Ltd) 0121 552 3215</p> <p>Rowley Regis</p> <p>ChurchView Pharmacy 01384 638554</p> <p>Hingley M E J and Co Ltd (Regis Medical Centre) 0121 559 9995</p> <p>Lloyds Pharmacy in Sainsburys (Blackheath) 0121 559 8065</p>
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Service/ Project:	Aquarius Gambling Support
What:	<p>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.</p> <p>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.</p> <p>Aquarius services are delivered in the West Midlands and West Mercia.</p> <p>Individuals can self-refer to this service or be referred by a professional.</p>
Who/ Contact/ Weblink:	<p>Website: aquarius.org.uk/our-services/adult-services/gambling/</p> <p>Telephone: 0300 4564293</p> <p>Email: gambling@aquarius.org.uk</p>

Small Grant Recovery Projects 2023

The nine projects granted up to £10k to work with the recovery community in Sandwell from July 2023 to March 2024

	<p><u>AFSCS - Recovery Support Program</u></p> <p>This project aims at engaging service users into positive activities likely to divert them from relapsing. The following activities are designed to divert participants from drug or alcohol addiction and to engage them into healthy and positive activities:</p> <ul style="list-style-type: none"> • Employment support to become economically active • Welfare support to move on into independent accommodation, white goods, furniture, and benefits supports. • Volunteering opportunities on projects for to be more involved in the community.
<p>The Community Link  Recovery Project Mini Café</p>	<p><u>Cradley Heath Community Link - Recovery Café</u></p> <p>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.</p>



THE MILLENNIUM CENTRE
FRIAR PARK, WEDNESBURY

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 come up with 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 your ideas to cook at no expense to you.

**IDEAL
FOR ALL**

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.



Kaleidoscope+ Group - Personal Development & Wellbeing Programme

Weekly peer-led wellbeing support sessions guided by our training officer. People will be encouraged to share resources (I.T. will be provided by KPG) to support recovery.

Examples of themes can include (but not limited to): Personal presentation; Organisation, Problem solving & decision making, Teamwork, Interview skills, Presentation skills, Communication and social skills, Health and nutrition, Budgeting/Managing finances, Goal setting, Creative arts.

In addition, we will offer open meetings for friends/family who are affected by addiction. 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 Café

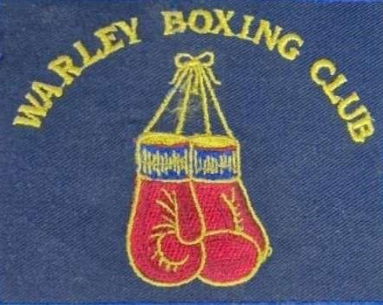


Sandwell Asian Development Association (SADA) - W.B.A Boxing Club

This is a no-contact boxing programme for men or women with activities including skipping, bag work and conditioning training. Members will attend two sessions each week for twelve weeks, with each two-hour session being one-hour of training followed by one-hour of group support and discussion with the coach.

Sessions will take place every Tuesday and Friday from 2pm-4pm, from the 12th September

After the programme, participants will be able to continue to use the gym and can go on to become trained as fitness trainers.



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.



**Places
Leisure**

Part of Places for People

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