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| An email banner for public health's newsletter called Bolder Healthier Updates. |

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| **Giving Young Families Healthy Start in Life**“The healthy start programme offers support to mothers and pregnant women by giving them and their children a healthy start in life. It is really important for all of us to take advantage of this scheme, especially at this time of rising costs of living. I would encourage everyone to visit the [Birmingham City Council Healthy Start website](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy5iaXJtaW5naGFtLmdvdi51ay9pbmZvLzUwMjYzL3N1cHBvcnRpbmdfaGVhbHRoaWVyX2xpdmVzLzI1NDEvaGVhbHRoeV9zdGFydD91dG1fY29udGVudD0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fbmFtZT0mdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSZ1dG1fdGVybT0ifQ.rWIRXarAldLKAi1oyKBN5AvrWh6zXk4diwzAFA7WuxQ%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2Cq8sTUk0SzmdMIX3UE6lPSybIZa7RtzfuAql69vGhIXGmEQsL7y1iKwAuLZiHvkQW1pFXAhtQQoD9iyiQmPPk9ZEE4Rq8091pz-xM0wkw0UqD5Mud%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706518025%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=LA8%2BEFBwBNSPrzEQzBqIwLO%2FvmZGOjAExACfbr82IkU%3D&reserved=0) for eligibility and more details on how to apply."**Councillor Mariam Khan, Cabinet Member for Health and Social Care.** |  | Councillor Miriam Khan |

**Contents**1. [**Birmingham City Council support**](#BCCS)
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	* [Warm welcome spaces](#BWS)
	* [Help in short-term crisis](#HSC)
	* [Food support](#FoodSupport)
2. [**Healthy Start**](#HealthyStart)
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**Birmingham City Council support****Cost-of-living support**Are you worried about the rising cost of energy bills, food and transport? You are not alone. The cost-of-living crisis is affecting many of us. Have a look at [Help in Brum cost of living support](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy5iaXJtaW5naGFtLmdvdi51ay9saXZpbmdzdXBwb3J0P3V0bV9jb250ZW50PSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9uYW1lPSZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV90ZXJtPSJ9.R_I6W42fulOCBI9wOO2khcj4HZWGfdWmn1WDNuH6T2s%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2CCjVqnKoDpnS8dNeluKvhAHXNercpeuxosQt9QgxMd03jdu9cTDK_q78z3sZfEaanKOGtdMYuRKH5Bxp38NE68tWGnx7ldFVUh4ogo2yAaYRE1zXRVGc%2C%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706518025%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=2tBIujfh6mXeDP9o0li25HoC5B3Exbkvf%2BqEi9GCTgM%3D&reserved=0) for help accessing grants, debt advice, support getting all the money you are entitled to or finding out more about the government's recent support measures.**Birmingham warm welcome spaces** A network of free-to-use Warm Welcome sites is being made available across Birmingham to provide free, warm, and welcoming spaces where people can come to take part in activities, access services and get practical advice and support, as well as meet members of their community. You can find out more at [warm welcome spaces](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy5iaXJtaW5naGFtLmdvdi51ay9pbmZvLzUwMjc0L2Nvc3Rfb2ZfbGl2aW5nX3N1cHBvcnQvMjYzNy9iaXJtaW5naGFtX3dhcm1fd2VsY29tZV9zcGFjZXM_dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.0u1vcP3FD6N2FEVgyW8D7QbcmwTqoJHUyl5cGYzIk9U%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2CmSIk8n0pLEN-P9tJPwV54WoDOul0F_Imn2Q9axeHrHQfPFn8ZO3RK3zDbdscXQS71wHefLZ9IQoxQFHtqpfSJti2SJZqsQEW3-y4l3EBqw%2C%2C%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706518025%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=NbReEDdBWaQ1zVUQQMc3UViqa0zThrccf7SC%2F65%2BaRg%3D&reserved=0).**Help in a short-term crisis** Birmingham's Local Welfare Provision (LWP) scheme helps vulnerable people in short-term crisis with food and essential items. It is grant-based, which means people who receive help from it will not have to repay anything. Find out more at [short-term crisis help](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy5iaXJtaW5naGFtLmdvdi51ay9pbmZvLzIwMDE3L2JlbmVmaXRzX2FuZF9zdXBwb3J0LzMwOC9oZWxwX2luX2Ffc2hvcnQtdGVybV9jcmlzaXM_dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.vynauorr9CT16lo08AKhc-zK3Sst-CNsKdBmiSKU9YY%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2CpTu9ZoM4x2zcKcY_FUaFiW3YO4GpgPdfI95iCXHA5tYvTjLUNJbWgxvUQllW3BrR7LzAXegvbyJhBbqrJney6gfDx8CUBba5g4vpJQza12_I_4M3G5ie%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706518025%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ylFiskXt%2BN20RTUxjMZ1loE%2FxZXw7gyqaqeGgmzRTjk%3D&reserved=0).**Food Support** The cost-of-living crisis has made it much more difficult for many people to afford food. To find a foodbank -or other food support please visit [food help](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy5iaXJtaW5naGFtLmdvdi51ay9mb29kaGVscD91dG1fY29udGVudD0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fbmFtZT0mdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSZ1dG1fdGVybT0ifQ.M0YnJK0AFTrB2f1bW5eBqTorcA1l821rIyC_o5bM3lY%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2CgsigNBUcHYbbVTrTjk07Dl_hEjpueNWTgjghgMqv3p3VkRfNeNpTfvrd0vgX3wcklerLnccSPJp7MFtoiQ8Bk7CVorth-nf0i7Ia6Hqz%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706518025%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=uN%2B3jzdunTcpx6GRqG6MUaHXZEPS6sqwY7KeGFQAWu8%3D&reserved=0). You can check if your child can get free school meals at [school meals](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy5iaXJtaW5naGFtLmdvdi51ay9zY2hvb2wtbWVhbHM_dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.m1ZDBK9oMuNEnbDOx5SPMdWbNG5MFU25Y7JDVujqhhw%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2Cc8M_nhSkFgYR_5YJQak9engJ38jBlB9eDyFCGoG5BoQUbmq8KQVss-VolIaSaBbF4JjARhP_4z2dgrNp-oZywE6PtyU_ffZ0r61liPkeSlVX7FqQb43KNzg%2C%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706518025%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=feTeGQbovxSFnxzKnNbfZ1%2F2NvVkAFzbcJ6HYk%2FNFlU%3D&reserved=0) This will also automatically register you for the Holidays, Activities and Food Programme.

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| **Healthy Start Image****Healthy Start**Healthy Start supports pregnant women and their families to eat well and get the vitamins they need for healthy development. If you are 10+ weeks pregnant or have a family with children under 4 years old, you might be able to get help to buy healthy food and milk with a Healthy Start card that has money on it. The card gets topped up automatically every 4 weeks. You can use your card in many shops across Birmingham. To find out if you qualify for Healthy Start and how and where to use your card, visit the [website](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy5oZWFsdGh5c3RhcnQubmhzLnVrL2hvdy10by1hcHBseS8_dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.ohUHDEgrCQUzGsr2OpF1zJjiHd8hWOLZCYbGuKAKyXA%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2CsrxafOm-X5B4Q49vQPAspor8m1MLe30P-6u2BKIzqZS3M03ZHIt1dWBHEgym03PmGXOFrjpNvtoLmk-RIcJgdAi0JF09UGy0LoG1y_3S%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706518025%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=r6CHKwfuPp%2FCVCvYdQHlWCBZWMYrwUmRsxX%2FywK6UyE%3D&reserved=0) for more details. |

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| **Beezee****BeeZee Bodies****BeeZee Bodies** run free healthy lifestyle services for children and families in Birmingham. They offer support to children, who are above their ideal weight for their age, and their families to learn about healthy eating, enjoyable exercises, cooking sessions, top tips, and healthy habits for life. Here’s a link to the website – [beezeebodies.com](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL2JlZXplZWJvZGllcy5jb20vP3V0bV9jYW1wYWlnbj1iaXJtaW5naGFtJnV0bV9jb250ZW50PSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9uYW1lPSZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV90ZXJtPSJ9.agpVlACkr_-Xo82OPI6uoLnS7bOROsLogaQb93gD2D8%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2CmaAjT91OcRSHUuYkCvFK9bch9UqtssiIxLXLk8BoA5HjWNkT9guQEjQFNfgBDY7hZdZVWvvSqHWGgmZX857AR89MttW_aBLExl73BOxiusY4%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706518025%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=e1mOoptAvoc5EKkusW8hJIeFJGlfhdUmOwPm7j4uSLE%3D&reserved=0) or simply scan the QR code. |

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| **BFS****Birmingham Forward Steps (BFS) Children Centres, and Food Clubs**With people facing increasing rises in the cost of food and other essentials, it is important that families across Birmingham can access healthy food choices to give their babies and children the best possible start in life. Birmingham Forward Steps low-cost food clubs can be found on their [website](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL2JoYW1mb3J3YXJkc3RlcHMuY28udWsvZm9vZC1jbHVicy8_dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.O7jbMwGLSkiiNhnDhYkQvdhEM-CdZrWcttvVgsrUmH8%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2CTziAG-zETXsMgOkWDu2nQLrVTTp5qbvllzQjpUI24grF74GXaZb8Fumg-85ZRep5SIppUa6r8mmlSpT5crQgkdGWrn9Oitug-bRVxxOtfIHNmPL73awSvg%2C%2C%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706518025%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=sOU%2BDXz3JehYdtW%2Ff3AJxqt6KtH%2BTDquDWmKmWLb09Y%3D&reserved=0). |

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| Pause2**Pause**Pause supports anyone under 25 years old with a Birmingham GP, and:* provide **brief, therapeutic support for emotional wellbeing**
* **give practical support** and suggestions in 1:1 session,
* **take time to listen** to ensure you feel heard
* **let you choose** – to see them when you want to and talk about whatever you like – it’s up to you if you come back and when.

You can:* [Register online](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL2ZvcndhcmR0aGlua2luZ2Jpcm1pbmdoYW0ubmhzLnVrL3BhdXNlP3V0bV9jb250ZW50PSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9uYW1lPSZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV90ZXJtPSJ9.JFSm9Sbg3A_QPgfrWAYXr6h9pNqmD4hEqcWwJ_fogIU%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2CMne7DN5tHHegR8t5lCeaFjsIsj4de_WSjsmzrE-Jz4f_iwMM0yMBx6NXIzHYvN2jha3dC_JXeXteUvx2SEtacwxB-2O3QhSK-dvfQCsA5g%2C%2C%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706518025%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ccFCNV%2Bn9Tu77C3Z9TrpIwo%2BclIAmkfhxl08RGggdOo%3D&reserved=0)
* Drop-in to talk - check out the [website](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL2ZvcndhcmR0aGlua2luZ2Jpcm1pbmdoYW0ubmhzLnVrL3BhdXNlP3V0bV9jb250ZW50PSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9uYW1lPSZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV90ZXJtPSJ9.zhsv87iHPOrZB_3oIuVPsIFJlFFuonDS94DQsImo63E%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2C0eiyruJJRD_8yRjlh_9pG4_qwVyB5VP9OFyNHvLKwbF7Qu4u0-P9MleMYedxD0gET7dsSogOObEJPHf6M-M3P_XewyElGf7d3cuI_xpM6wL7QSPy6Q%2C%2C%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706518025%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=t5ZiXtt3e5h3M5ARN%2F6N2E%2FHuMkM73I463Hnq%2BafuO4%3D&reserved=0) for times and locations each week.
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**Birmingham Mind Helpline**The Birmingham Mind Helpline can offer support, advice, information and signposting if you’re feeling low, anxious, worried or in crisis. The helpline can support anyone living in Birmingham and welcomes calls from friends, family and neighbours who are concerned for others.The Helpline is open every day, 24hrs a day. Call 0121 262 3555. You can also email them directly at help@birminghammind.org.**Current Work In Birmingham**

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| FFF2 |  | **Fizz Free Feb**It's that time of the year when you get a chance to continue your new year diet plans with Fizz Free February! Replace fizzy drinks with healthy alternatives, save some money with the opportunity to also raise money for your preferred charity.Why not get involved, make a pledge, go the entire month without fizzy drinks and improve your health. Visit the [website](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy5iaXJtaW5naGFtLmdvdi51ay9GaXp6RnJlZUZlYnJ1YXJ5P3V0bV9jb250ZW50PSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9uYW1lPSZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV90ZXJtPSJ9.vgcVp459PZN5Y1nbMHNNRJ0jhtcje5_-DOXDuwykUXg%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2CNS6Kb00FdTR8rOEdcdVWN8lTWZhduMiAYCato4mhyijeAZsjPjaHQW72IBIHZ_w1wWuhC_I5kURG1S_a9qBfBp4NzJRix8JDu3jKFSquQKJ0EV2Zy_XpTA%2C%2C%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706674239%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=r2nSbdibvqv5n9Jy1W1foR2Og4tKH5DjaDVWxu9QU1Q%3D&reserved=0) to download resources and for more exciting details about the campaign. Take the step and let’s #GoFizzFree! |

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| **Free HealthTrainingFree Training for Healthcare Professionals**This is calling all healthcare professionals for a free training session on physical activity for the prevention and management of long-term conditions. It is a two-hour long session, being facilitated by Birmingham Public Health with an expert panel of Physical Activity Clinical Champions to help initiate conversations with patients about the benefits of physical activity. An invitation link to the webinar will be sent when you sign up for one of the sessions below.* [Thursday 2 February at 3pm](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy5ldmVudGJyaXRlLmNvLnVrL2UvcGh5c2ljYWwtYWN0aXZpdHktZm9yLXRoZS1wcmV2ZW50aW9uLWFuZC1tYW5hZ2VtZW50LW9mLWxvbmctdGVybS1jb25kaXRpb25zLXRpY2tldHMtNDk2MzE3Njc4NTM3P3V0bV9jb250ZW50PSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9uYW1lPSZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV90ZXJtPSJ9.qLX10YQdg-RFkITNTTAwrzRmTwjqkkaGhzO2F52ZQCY%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2C1wVVz-gpMs5bungm2P_meawPy8-KcU06w7gmOhWLtgqYbXnawvxLVWwJyL2WYxLCbGr2cEvSaZPHzlV-H3mJ6ShfInXjGkLwoXNs_mErN44WDEtBx31_74I0uNQ%2C%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706674239%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=nttcEesX5wT5E0sWy7Xd68fm7Fg0deddiYHCkMdQW6g%3D&reserved=0)
* [Monday 13 February at 10am](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy5ldmVudGJyaXRlLmNvLnVrL2UvcGh5c2ljYWwtYWN0aXZpdHktZm9yLXRoZS1wcmV2ZW50aW9uLWFuZC1tYW5hZ2VtZW50LW9mLWxvbmctdGVybS1jb25kaXRpb25zLXRpY2tldHMtNDk2MzI3MjY3MjE3P3V0bV9jb250ZW50PSZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9uYW1lPSZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5JnV0bV90ZXJtPSJ9.1jWCAXrMNg5qeFw4Kdp_Mjmgzn0lk-UM2wApXZNBUsI%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2Cb0mDjOs3qOyOWWWx-tAD2pZAB9bwb3RZwUFgIwHVmcT6E8WZdDq2NgZf6-WR-XG7nSl0ahncV1DYRqA8jNPm0rETGi2kzZeEeNOKVS6SrC95%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706674239%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=i%2FOd7goHnSP5Zj0GhjhUDYy0S93l3b3V3JnzZM7tmeE%3D&reserved=0)
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| **Fast Track CitiesFast Track Cities Plus Initiative *(“I test because…”)***Birmingham is now a [Fast-Track City](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy5iaXJtaW5naGFtLmdvdi51ay9pbmZvLzUwMjY2L290aGVyX3B1YmxpY19oZWFsdGhfcHJvamVjdHMvMjQwOS9mYXN0X3RyYWNrX2NpdGllc19wbHVzX2luaXRpYXRpdmU_dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.kgw5ySElpcFGopOQWQrjEPegrnNJddhLus9EsXRwmSo%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2C8ip-aLpqQfAoo0ksqQJqAZWLIss4aaJJIllYpomvblP07qcvgB6p8Ov0tUvCJeYFpta1WuinSpj7GSGl9DQsZtXhu9hBwjoj7m7HyoqZSw37muAhWpJiuJLbdpA%2C%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706674239%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=PAcLBagxpY%2BvM81aA0lnn3%2F1bdaYBeKIYytWLIET0kw%3D&reserved=0) which means it commits to eliminating HIV and HIV-related stigma by 2030. The National HIV Testing week runs Monday 6 – Sunday 12 February 2023 with a theme tagged ***“I test because…”.***Getting tested is quick and easy and it is important because:* 1 in 16 people with HIV are unaware they have it.
* In Birmingham, in 2021, 43% of people diagnosed with HIV are diagnosed late which means an increased risk of passing it onto sexual partners and poorer health outcomes.
* In Birmingham, since 2016, more HIV diagnoses have been in heterosexuals than gay men and men who have sex with men showing that anyone and everyone can catch HIV and pass it on.

You can either get the test done test at an Umbrella sexual health clinic or  [order a test kit online](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3VtYnJlbGxhaGVhbHRoLmNvLnVrL3NlbGYtc2FtcGxpbmcta2l0cy8_dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.bSc6zrCelnAqIhYntV2s4Ycftt9nnq_HsOXUg1rzqHk%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2CAVsxJpxGPWON6aumgRWrKs44gc6E8K8O7YslTIbXRhUfJzBkFpp355SS5kvWAKiiBCKlwCnRO9Qh21kELylEaBlGg976lhFlHyWy54fS-PAFRQ%2C%2C%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706674239%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=5nbbdcYDQgfjHlMPpes2rzaEfxDtUU7WPA04ifvRcxU%3D&reserved=0).  For more information on testing, visit the [Terrence Higgins Trust website.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy50aHQub3JnLnVrL2hpdi1hbmQtc2V4dWFsLWhlYWx0aC90ZXN0aW5nLWhpdj91dG1fY29udGVudD0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fbmFtZT0mdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSZ1dG1fdGVybT0ifQ.IoLGLi6z1Yk2CFUnd5ytCV4E7tpgJBAoIbpZyHG2Sc8%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2CfAIotRuSHjO82wcJbck4TXIxJhJ_NSgNwY5jV_j64NASvzRvbZxmMOOSFTPEilcrOo73Ivhi_qrvSajLJ1_gAXTTNlfunh8CTMdKqIoMMn0a-J3_QrWnXSUzfxjQ%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706674239%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=3npBYM0zOCP6VCgEwgWkjbfhIACqDn1HfKrnGlNQ%2FzQ%3D&reserved=0) |

**Brain Health Webinar**It can be easy to only think of the brain in terms of emotions and mental health and not as a physical organ that is in control of our bodily functions. It is never too early or too late to start thinking about keeping your brain healthy.  If you would like to find out how to take care of your brain, join us on a [‘Brain Health Webinar’](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy5ldmVudGJyaXRlLmNvLnVrL2UvYnJhaW4taGVhbHRoLXdlYmluYXItdGlja2V0cy00Nzk4Mzk2MDIxNjc_dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.ManRyCf2TwteuV98XpAa52zNN0Gl69nPYJbSyUiwclM%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2CrQZNpAMBMBmd3LyPiOBo2ob5afR6rT7dmC5pQ6Qdi6x8-gQmx467Pi61L4fJNTZk21m3MtqBQFwoKEFz5p5B1trz1rxJcD4bOBS9T9TjO0WLsbXY4BgYDqk%2C%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706674239%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=uvTVHUMwY4mVnEmkibUaSAulGU8a7utjyiI8O5yTmkY%3D&reserved=0).There will be lots of useful information, tips, and advice on the brain and what we can all do to help keep it as healthy as possible. The webinar is taking place on Wednesday 15 February 2023 at 12 noon, [register on Eventbrite to attend.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy5ldmVudGJyaXRlLmNvLnVrL2UvYnJhaW4taGVhbHRoLXdlYmluYXItdGlja2V0cy00Nzk4Mzk2MDIxNjc_dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09In0.uc88bzrhlNIZE9b5DZxo90wif4t2U5d9BCQubhb1mic%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2C-BqQrMEnOQMGXAvnR_HXKM5UcbBAxapDvZAq4UsRjAaiUJlHbupZYe1W5_FtHWuVd0zCAL6v8KtIL1qRf8yKEf1jmxAdWYQOlFv_T5v3ZOmnJk-7%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706674239%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=j%2FHmE6XrPsfsDGkMB%2FuofMKXIf%2B8Kw1C32SPx80vHRc%3D&reserved=0)

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| An image of Dr Justin Varney smiling |  | **Message from Dr Justin Varney, Director of Public Health**“The current rising cost of living has made it crucial for residents to be informed about and take advantage of the various support at their disposal. The healthy start scheme can help with the cost of feeding young families and provide access to healthy start vitamins for all pregnant women and their children up until their first birthday.Visit the [Healthy Start website](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flinkprotect.cudasvc.com%2Furl%3Fa%3Dhttps%253a%252f%252flnks.gd%252fl%252feyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMzAxMjcuNzA1NDE3NTEiLCJ1cmwiOiJodHRwczovL3d3dy5iaXJtaW5naGFtLmdvdi51ay9pbmZvLzUwMjYzL3N1cHBvcnRpbmdfaGVhbHRoaWVyX2xpdmVzLzI1NDEvaGVhbHRoeV9zdGFydD91dG1fY29udGVudD0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fbmFtZT0mdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSZ1dG1fdGVybT0ifQ.fc7ge6rUVQ5CwnT0N0_4k_YaGRzyvmKhOpfuUXRnUns%252fs%252f955798702%252fbr%252f153564561666-l%26c%3DE%2C1%2CFh8ihfAb-I7mrLQeskprtjLXpCr2CUQj2ImBd8d_6WBBIvW5mRIyZZAy6ToYYE74iHfxwlyudXV5ZbYkKErWGcDPv_YgR1SAUzh-KI0xmliw%26typo%3D1&data=05%7C01%7Ckkaila%40astonmanoracademy.com%7Cc011c577cd1747e4c0bd08db0220b471%7Cb6b60b6736de410ba87b92158fc08a4f%7C0%7C0%7C638106111706674239%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ToweH%2BmS9JVSedIV33lrK29r7aukQgjif0LZdqD4pTw%3D&reserved=0) for all the details.” |

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