

HEALTH TRAINERS



NORTH & CENTRAL HEALTH EXCHANGE

Tel: 0800 158 35 35 or complete referral form

www.healthexchange.org.uk

SOUTH GATEWAY FAMILY SERVICES

Tel: 0121 456 7821 or complete referral form

www.gateway.org

Health Trainers provide 1-2-1 support to help people make healthier lifestyle choices. Clients can self-refer.

ALCOHOL & DRUG SERVICES

Tel: 0300 5555 999
www.mylife4me.co.uk
or complete referral form

CLIENTS CAN SELF-REFER.



STOP SMOKING SERVICE

CALL TO QUIT
Tel: 0800 052 5855
Text: QUIT to 80800

www.smokefree.nhs.uk
or complete referral form
CLIENTS CAN SELF-REFER.



WELCOME TO THE NEW YOU!



FOR MORE INFO VISIT:
WWW.BIRMINGHAMPUBLICHEALTH.CO.UK



ARE **YOU** UP FOR A HEALTHY LIFESTYLE?

WEIGHT MANAGEMENT



BMI > 25
WEIGHT LOSS PLAN FOR WOMEN
www.choose2bslim.co.uk

WEIGHT LOSS PLAN FOR MEN
www.commit2bfit.co.uk

BMI > 30
LIGHTEN UP
Tel: 0800 5999 880 or complete referral form

BMI > 40
SPECIALIST OBESITY SERVICE (GP referral only)

Telephone or complete referral form
BCHC: 0121 465 2785
Heartlands: 0121 424 0177

ARE **YOU** UP FOR THE CHALLENGE?

'Healthy Lifestyle services, Quick Guide'



PHYSICAL ACTIVITY

BE ACTIVE
CITY-WIDE FREE GYM, SWIM AND ACTIVITIES
Sign-up at your local council leisure centre
www.beactivebirmingham.co.uk

BE ACTIVE PLUS (GP REFERRAL ONLY)
SUPPORTED EXERCISE PROGRAMME FOR PEOPLE WITH VARIOUS CHRONIC CONDITIONS
Fax referral form to: 0121 464 6035
Email: bhambeactiveplus@nhs.net

PREGNANCY SERVICES

BMI 25-30
BIRTHFIT: ANTE-NATAL EXERCISE
Tel: 07921 803863
or complete referral form

BMI > 30 OR < 18.5
MATERNAL LIGHTEN UP
Tel: 0800 599 880
or complete referral form

SOCIAL RISK
PREGNANCY OUTREACH WORKER
Tel: 0121 456 7820 or complete referral form

FOR ALL
HEALTHY START VITAMINS

General:
www.birminghampublichealth.co.uk

Local distribution point:
www.nhs.uk/healthystart

