

**Current activity in the West Midlands to improve physical health and well-being for people with mental health problems and/or learning disabilities.
April 2007**

Healthy lifestyle – courses/activity	
<p>Birmingham Have healthy lifestyle courses for people with LD, The aim of these sessions is to help clients & carers to access seminars in the community</p>	
<p>Community Recovery Team Established local football team for/with service users with mental health issues as part of healthy living groups</p>	LD
<p>Coventry P Trust we now run a 'Move on' Course – this includes sessions on self care, eating well & visits to the Sports Centre – for all Mental Health users in the city</p>	MH
<p>Hereford PCT - FACT Health promotion - managing MH symptoms, diet, exercise, and for substance users i.e. safer injecting</p>	MH
<p>Sandwell MHSCCH Trust Physical Health and wellbeing group with Client/ Service users</p>	
<p>Sandwell PCT Active Lifestyles Coordinator linking MH to EOD. Stand alone service or integrate?</p>	
<p>Shropshire County & Telford & Wrekin PCT</p> <ul style="list-style-type: none"> • Training for people with a LD paid – family course about Health, Teeth, Feet, epilepsy, Diabetes • Accessible information 	MH MH
<p>Solihull CT</p> <ul style="list-style-type: none"> • Physical Activity – Walking group, Tai Chi, Dog walking • Ward based health & well being 	LD
<p>Staffordshire University</p> <ul style="list-style-type: none"> • Healthy lifestyle groups in each locality • To liaise with nursing/social work colleagues to implement lifestyle change group for our service users 	
<p>Voices for Choices Healthy eating promotion on local road shows “A healthy body and healthy mind” and encouraging service users to start their own fitness groups</p>	
<p>Walsall LDT</p> <ul style="list-style-type: none"> • We are promoting health education. We have a CDrom in easy read “Our Health and a new website www.walsalltogether.net in easy read format. • We had a health fair 'Hope 4 Health' at Walsall Town Hall for all adults with LD and we are running Well Men's and Well Women's Health Promotion groups. 	

<p>Worcestershire Partnership MH Trust Healthy Lifestyle groups - Healthy lifestyle positive approach within group work, diet, exercise, making choice.</p> <p>Worcester – Creative Support Healthy lifestyle groups - walking group, swimming group, smoking cessation group soon to begin. Nutritional awareness, healthy menu's- a healthy cooking group. Speakers to come in to talk about health related issues. Signpost to advocacy</p> <p>Unknown area Accommodation gateway office introduced a move on Course to include:-</p> <ul style="list-style-type: none"> - Health- Nutritionist , sports centre - Police – security in own Accommodation - Fire station – safety 	LD
Training	
<p>W'ton ACCI Carers Group working on a DVD from a carers perspective for professional training</p> <p>Coventry P Trust Teaching/training into acute sector</p> <p>Dudley PCT</p> <ul style="list-style-type: none"> • Departmental Healthy Lifestyle & Wellbeing Group rolling out Nutrition, Physical Activity & Smoking Cessation Training to Professionals in MH teams • Train and support MH and LD staff to deliver health walks and to refer to the Exercise Referral programme <p>Herefordshire Mind Healthy Living group, Badminton group, Football group. Lottery fund application for 'Green Exercise Role'</p> <p>North Staffordshire Changes We have introduced Wellbeing workshops throughout North Staffs</p> <p>Sandwell PCT The team working on developing training issues for exercise professionals</p> <p>Shropshire PCT</p> <ul style="list-style-type: none"> • Taking part (Shropshire, Telford & Wrekin) have supported training in Men's health, Women's health, Access to health checks • In Shropshire we have suggested family carers, training hospital staff, facilitating National A2A – www.nuldn.org/a2a <p>Shropshire County & Telford & Wrekin PCT</p> <ul style="list-style-type: none"> • Training for Practice Staff receptionists and Practice nurses • National Women's, Men's Health conferences 	<p>MH</p> <p>LD</p> <p>MH</p> <p>MH/LD</p> <p>MH</p>

Mainstreaming	
<p>Herefordshire Mind Joining in with mainstream keep-fit classes</p> <p>Staffordshire University Social inclusion activities</p>	MH
Strategic Development	
<p>Birmingham Partnership working with BCC, B'ham sports partnership, Sport England, Physical Activity Network</p> <p>Dudley PCT LD and Physical activity reflected in MHP action plan 2006-9</p> <p>Sandwell MHSC Trust Trust setting up framework for pilot work with people with long term MH needs</p> <p>Shropshire PCT Recovery team setting up, promoting Physical health and social inclusion</p> <p>Solihull CT Physical Health strategy group</p> <p>Walsall LDT We are now involved in SHA 'Pacesetters' programme</p> <p>Worcestershire Partnership MH Trust</p> <ul style="list-style-type: none"> • Countywide PAC strategy • Standardised practice • Examination of good practice locally and nationally culminating in Physical Healthcare/ Improvement plan being implemented <p>SHA Established a short-life project to support commissioning of services for people with LD. It addresses health inequalities and how to commission services to improve health and promote choice</p> <p>Unknown Area Service User Advisory Group – sport & physical activity. Listen to what SU's want; help inform developments and service improvements</p>	<p>LD/MH</p> <p>MH</p> <p>MH</p> <p>LD</p> <p>MH</p>