

We're buzz... the new Manchester Health & Wellbeing Service.

Our aim is simple... to help improve the health and wellbeing of people and communities in Manchester... to help individuals and families live fuller, healthier, happier and longer lives.

Here at buzz, we're a hive of activity. As experts in health improvement and self-care, we have the knowledge and expertise to offer the right advice and guidance to help put a spring into people's lives.

Our Neighbourhood Health Workers will be busy working in the heart of the community. We'll also be offering one to one support, training and working alongside other key health initiatives and partners in the area.

We're buzz... your healthy buzz... your Manchester Health & Wellbeing Service.

Health and Wellbeing Advisors

The Health and Wellbeing Advisors offer a one to one support service.

Their aim is:

- To enable individuals to improve their physical, mental health and wellbeing by promoting self-care and personal resilience

Health and Wellbeing Advisors provide:

- A holistic assessment and support service that goes beyond health behaviours and addresses the wider determinants of health conditions
- Support to individuals to identify and work toward goals to improve their health and wellbeing

We can offer support with:

- Food (healthy eating) and physical activity (exercise)
- Smoking and alcohol
- Isolation and loneliness and friendship
- Promoting positive mental health and dental/oral health

We can make referrals for the following:

- Sexual health
- Debt advice
- Drugs/alcohol
- Housing
- Managing a long term health condition
- GM Fire and Rescue Service

Community Asset Building

Using community centred approaches to improve the health and wellbeing of communities in Manchester, by:

- Improving the intelligence on assets in communities
- Strengthening and increasing community assets and partnerships
- Increasing the number of people using community assets through connections established by the service
- Increasing the capacity of community assets to raise awareness of wellbeing and promote and enable self-care

- Having Neighbourhood Health Workers assigned to the One Team localities citywide
- Offering training to both the public and those working with members of the public in Manchester, covering mental health, self-care, resilience and healthy ageing
- Providing services that work in combination with the other areas of buzz to increase the effectiveness of the community asset offer

Physical Activity Referral Team

Delivering condition specific exercise classes in Manchester's Communities: The Physical Activity Referral Service (PARS) is Manchester's exercise referral scheme.

The service targets:

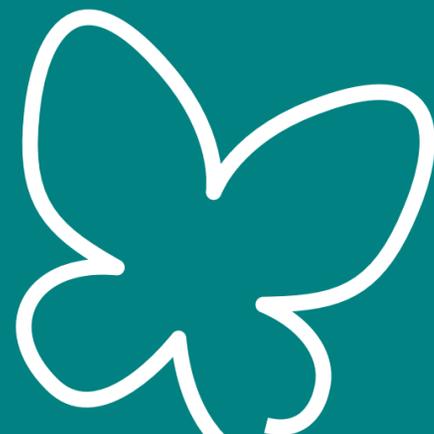
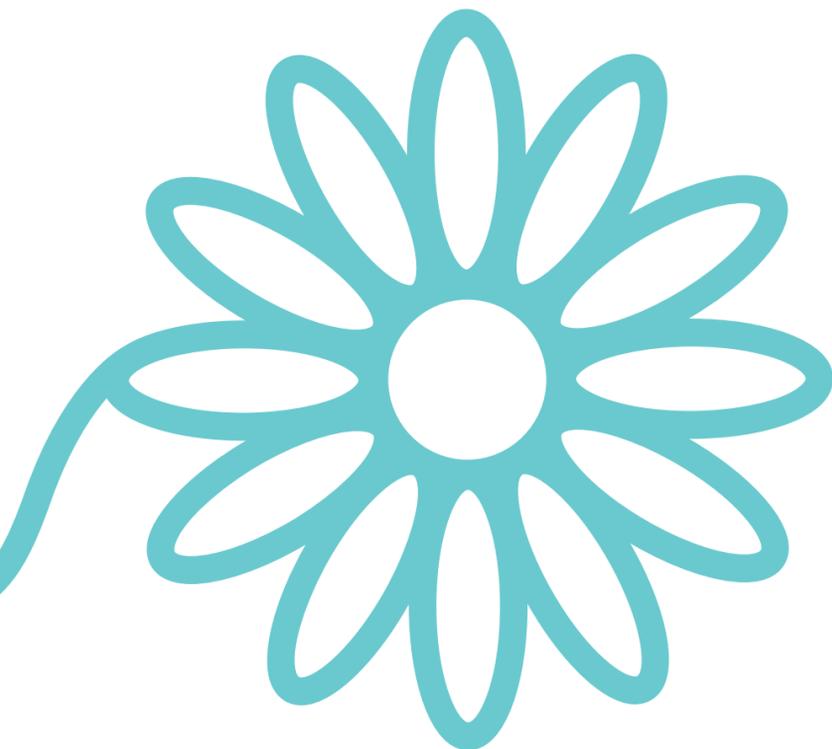
- Adults and older people that have chronic diseases and/or long term conditions whereby a structured exercise programme is an essential part of their rehabilitation and long term improvement programme
- Adults and older people who are suffering with a condition/injury for which bespoke and structured exercise and fitness are required for clinical rehabilitation and long term care improvement

The team will assess each individual in a one to one clinic setting where advice will be given on recommended activity and exercises that will benefit.

The service will then deliver bespoke condition specific exercise sessions lead by the service Exercise Tutors.

Service core focus:

- Cardiovascular diseases
- Cancers
- Chronic respiratory diseases
- Diabetes
- Neurological conditions
- Musculoskeletal
- Falls prevention



Training and Partnerships

We work across the city with key partners to strengthen the support and resources available to the local population.

We deliver training to build the skills and the confidence of the frontline workforce to support the health and wellbeing of Manchester people.

Partnerships and Training:

- The buzz service works with a range of partners in Manchester with the overall aim of improving the health of the Manchester population. This isn't something we can do alone and we work alongside individuals, communities and people working in the statutory and third sector to join up our skills and resources
- buzz aims to build the skills and the confidence of people living and working in the community to promote self-care and health improvement. We offer training for the public and the workforce

Workforce training:

- Connect 5 Mental Health Training and Healthy Ageing Training is a 3 part course for people working in a frontline role that want to build their skills and confidence in having wellbeing conversations in their day to day work

- Healthy Ageing Training is a 2 day course which links place and health in considering the role our communities can have in promoting a healthier ageing population

Training for the public:

- Boost is an 8 week course which offers the opportunity to learn skills and build awareness of the importance of emotional resilience in keeping us well
- Self-care – a programme of sessions designed around the needs of the groups and communities buzz works with
- If you are interested in discussing training for your staff or a community group then please go the buzz website buzzmanchester.co.uk

Oral Health Improvement Team

The service aims to improve oral health by working with individuals, partners and communities to deliver oral health improvement programmes that meet local needs and have a positive impact on improving oral health, general health and reducing health inequalities.

- The Oral Health Improvement Team (OHIT) lead on the implementation and maintenance of a range of evidence based programmes to reduce both the levels of oral disease and inequalities of oral health in Manchester

- OHIT works to enable oral health improvement across the life course by giving every child the best start in life and laying solid foundations for good oral health throughout life
- OHIT contributes to the reduction of tooth decay in young children and young people by increasing exposure to fluorides, improving diet and feeding habits
- OHIT undertakes activity to ensure that the habits of long term bottle use, night time bottle use and exposure to sugared drinks are challenged and alternative habits are adopted by families in communities where tooth decay in the front teeth is known to be high

Knowledge Service

The Knowledge Service underpins the work of the wider service.

It supports access to a range of books, journals, public health promotion models and leaflets. If you are working or volunteering in a health role in Manchester, get in touch with the Knowledge Service to see how we can support you.

The Knowledge Service also manages the communications function within buzz. If you are interested in connecting with your local Neighbourhood Health Worker or you have an event which you would like buzz to attend then please contact library.services@mhsc.nhs.uk

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For help and advice

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