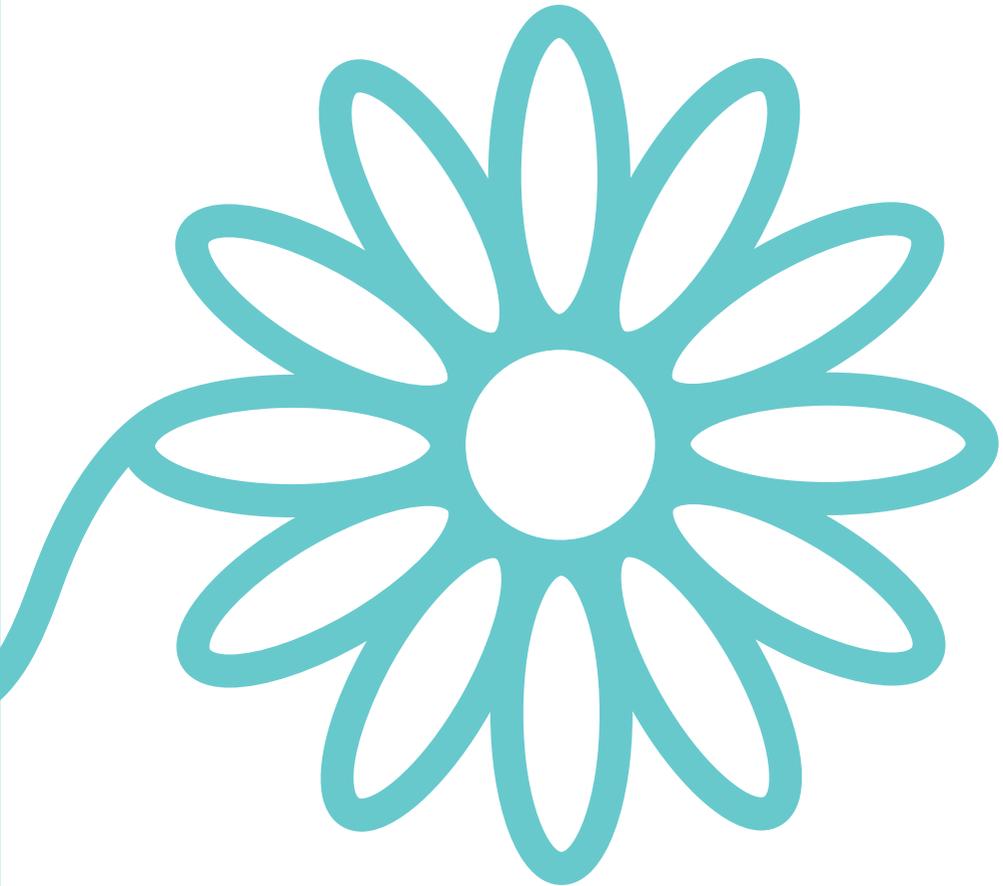


buzz

Manchester  
Health & Wellbeing  
Service



# Information for Partners and Stakeholders



[www.buzzmanchester.co.uk](http://www.buzzmanchester.co.uk)

buzz Health  
& Wellbeing  
Service supports  
Manchester  
residents to  
improve their  
wellbeing.

# We're buzz... Manchester's Health & Wellbeing Service

buzz uses a community development approach to improve health and wellbeing in neighbourhoods and communities by involving residents.

buzz Health and Wellbeing Service has four key priorities:

- Community development: Increase the involvement of local people in local solutions around health and wellbeing.
- Networks and partnerships: Participate in a range of networks and partnerships including Age Friendly and Early Help networks.
- Outreach projects: Give communities the chance to meet and talk about projects that matter to them.
- Knowledge and information: Share health information, research and knowledge across the city.

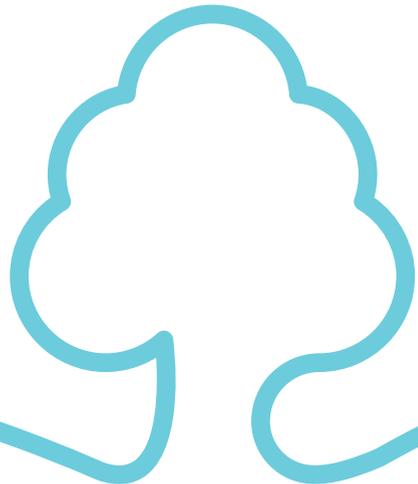


# Neighbourhood Health Workers

There are 12 Neighbourhood Health Workers, one in each neighbourhood in Manchester plus specialist Neighbourhood Health Workers who work with Age Friendly Manchester and Starting Well Developing Well teams.

Neighbourhood Health Workers focus on community development to increase the involvement of local people in improving their own wellbeing. By talking to local residents and getting to know them, they are able to find out what health and wellbeing initiatives people would like to see in their neighbourhoods and to support them in making them happen.

Neighbourhood Health Workers also support existing networks, partnerships and outreach projects focussing on health and wellbeing. Examples of some of these networks and partnerships include Age Friendly Manchester, Starting Well Developing Well, and a wide range of neighbourhood workers including those from Manchester City Council. Neighbourhood Health Workers also help to facilitate conversations with trusted people within communities. For example, identifying opportunities for early detection cancer screenings or flu immunisations in popular locations already naturally used by residents.



# Knowledge and Information Services

## buzz Health and Wellbeing Service has a team of information professionals.

The team within the Knowledge Service offers training to community, health, social care and third sector organisations around access to health information.

Access to health information has never been greater. Communities in Manchester can access a wide range of health information from a variety of sources, but how do we decide if this information is any good?

The Better Information Programme aims to:

- Increase awareness about the range of health information available.
- Develop skills in being able to spot poor quality health information.
- Highlight the issue of health information literacy.
- Signpost to resources that can help in producing good health information.

To find out more about this programme, visit [www.buzzmanchester.co.uk](http://www.buzzmanchester.co.uk)

The Knowledge Service team also monitor and support the communication and social media channels of buzz Health and Wellbeing Service, ensuring health and wellbeing information reaches a diverse range of audiences.



# Age Friendly and Starting Well Developing Well Champions

buzz Health and Wellbeing Service has established specialist Neighbourhood Health Workers based in communities working to improve the lives of older people, children and families.

These specialists work closely with local communities to develop networks and activities tailored to individual areas.

These Neighbourhood Health Workers build strong relationships with residents, partners and those already working in each neighbourhood. They work to identify local needs and the most appropriate approach for improving health and wellbeing in each neighbourhood.

## Age Friendly Champions

These individuals focus on working with older people to develop ways to make their neighbourhoods as age-friendly as possible.

## Starting Well Developing Well Champions

Starting Well Developing Well specialists work closely with families, young people and children to progress initiatives that give every child their best chance of a healthy, happy life.



# Physical Activity Referral Service (PARS)

Delivering condition specific exercise classes in Manchester's communities, the Physical Activity Referral Service (PARS) is Manchester's exercise referral scheme.

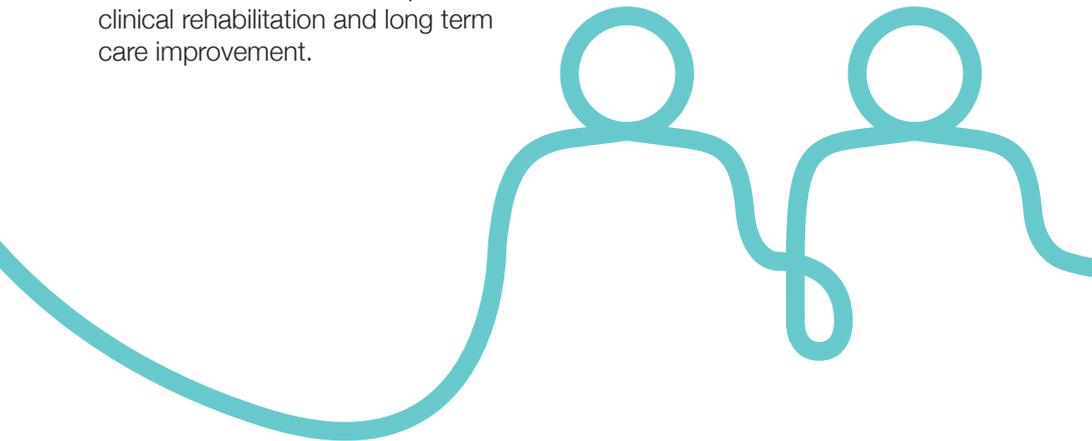
The service targets:

- Adults and older people with chronic diseases 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 or injury for which bespoke and structured exercise and fitness are required for clinical rehabilitation and long term care improvement.

The team assesses each individual in a one to one clinic setting and offers advice on recommended activity and exercises that will help. Following this assessment, the individual takes part in bespoke condition specific exercise sessions led by PARS Exercise Tutors.

PARS specialises in helping people with:

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



Communities  
are at the  
heart of buzz,  
informing and  
inspiring local  
wellbeing  
initiatives.

buzz Manchester Health  
& Wellbeing Service

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