

2024

BE WELL MAGAZINE



The BigLife group

↑ THE PICTURE ABOVE IS FROM THE AMAZING STAFF AWAY DAY - AUG 2024

📅 EDITION, OCTOBER 2024

📍 Zion Centre, 339 Stretford Rd, Manchester, M15 4ZY

📞 0161 4707120 🌐 www.thebiglifegroup.com

2024

BE WELL



BE WELL SERVICE STAFF SHINE AT THE STAFF AWARDS 2024

We are thrilled to announce that three members of the Be Well Service team have been shortlisted for awards this year:

- PIPPA KERR - COURAGEOUS AWARD
- GENNA SPITERI - CREATIVE AWARD
- NAZIK HAMID - CREATIVE AWARD

A special congratulations goes to Nazik Hamid, who is the winner of the Creative Award! This recognition is a testament to Nazik's incredible talent and innovation.

Well done to all our shortlisted staff! Your hard work and dedication have been truly inspiring, and we are so proud of your achievements.



CREATIVE WINNER

↓ In this magazine you will find:

Latest projects, news, free resources, and more. Keep Reading!

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2024



COMMUNITY ENGAGEMENT



Our lovely coaches, Stacey, Lauren and Nazik had an amazing time at Burnage Active Streets event on 06/08/2024 at Westcroft Community Centre. The event was well planned and organised, making it a fantastic opportunity for community engagement. We had a wonderful time connecting with everyone and celebrating the vibrant spirit of our community.



Joseph Campbell (CYP Team Leader) and Tim Martin (Coach) represented Be Well at the Men's M8 Social Day in Cheetham Hill and Crumpsall on 10.08.2024. The event was a fantastic day filled with sports, games, and opportunities to build connections within the community.



It was a great morning on 03.09.2024 at Crumpsall Medical Practice roadshow bringing the PCN and North Be Well Teams together. Coaches had some valuable conversations with patients. Shouts to Rozina Akhtar, Sally Higginbottom, Emma Boodle and Aisha Rani for organising.

WELCOME TO OUR QUARTERLY MAGAZINE

2024



COMMUNITY ENGAGEMENT



It was great to have our central coaches Adam Hodges and Claudette Hermitt at the launch of Gorton Sacred Heart Family Hub on 16.09.2024. It was a great collaboration. They have managed to speak to many people about the range of services that we offer at Be Well Service.



We are thrilled to share our dedicated staff Sam Naughton who took part in the Age Friendly event at Wythenshawe Forum on 24.09.2024. It was a fantastic opportunity to engage with the local community and talk about our Be Well Offer. Looking forward to further collaboration in the future.



It was a busy day at Acacia School event on 26.09.2024, with a fantastic turnout. Our senior coaches Suraj and Nazik managed to connect with many parents discussing the range of services we offer and how we can support their wellbeing. In addition to sharing information, we have performed blood pressure checks and connected with other local services.

WELCOME TO OUR QUARTERLY MAGAZINE

2024



COMMUNITY ENGAGEMENT



Our dedicated coaches, Andy, Colyn, Sophia, Shannon and Tim at the Men's Health Check event at Salahadeen Mosque with Big Life and Answer Cancer on 27.09.2024. It was a fantastic opportunity to connect with people in our community and spreading the word about Be Well offer.



Our wonderful coaches, Sam Naughton and Tim Martin, represented us at the N&B Partnership Meeting held on October 3rd, at the Wood House Park Lifestyle Centre. It was a valuable opportunity to strengthen connections and foster collaboration



Our Coaches Sally Higginbottom and Nazik Hamid had a great time attending the Surrey Lodge GP Practice event on Saturday 5th of October, connecting with patients, other Service's providers and Dr Selina Dunn from the Practice discussing Be Well offer and handing out leaflets.

WELCOME TO OUR QUARTERLY MAGAZINE

2024



COMMUNITY ENGAGEMENT



Our fantastic coaches—Linda, Paul, Andy, and Alistair Seaton, the Community Care Navigator for Withington, Fallowfield & Old Moat—shared positive feedback from the Black African & Men's Health Event held on 5.10.24. They thoroughly enjoyed engaging in meaningful conversations with people about the Be Well offer.



Our fantastic coaches, Stacey Bebbington and Lauren Dexter, attended the Barlow Hall Primary School event on 15.10.24 and shared positive feedback. They reported great engagement, spoke with many parents, and were pleased to see that many were already aware of our service.



Our dedicated team, Joe, Aliya, Emma, Mamoona and Rozina who attended Khizra Mosque event on 24.10.24 shared that it was a great community event attended by Dave Bradley and a care navigator, Cookson first aid (who did a great demo), RNIB, Greater Manchester Fire and Rescue Service, Sure Start, amongst others. Health checks were also available on the day. It was a very well attended event with lots of activities for young people too. They had many conversations with members of the public.

WELCOME TO OUR QUARTERLY MAGAZINE

**Spotlight
on Service
Excellence**

**A Strong Start for Our New
Diabetes Support Group**



This quarter, we are excited to spotlight the launch of our Diabetes Support Group, which started on the 24th of September. A huge shout-out to Linda Adaka for the incredible work she's doing in leading this group. Our new Diabetes Drop-in Group is a welcoming space for anyone living with Type 1, Type 2 diabetes, or prediabetes. It offers a unique opportunity to engage with health professionals, including Be Well coaches, dietitians, diabetes nurses, and talking therapy coaches, all dedicated to supporting you in managing your condition. Shout-out to Charlotte Cockman (Dietitian), Talking Therapies, and MCR Active for delivering excellent sessions to this group. Alongside expert advice, the group fosters peer connections, allowing participants to share experiences and gain support from others facing similar challenges. Whether you're looking for guidance on nutrition, emotional well-being, or strategies to live healthier, this group is here for you. Sessions take place every Tuesday from 11:00 am to 12:30 pm at Westcroft Community Centre, 26 Westcroft Rd, Burnage, M20 6EF. For more information, please contact: beyougroups@thebiglifegroup.com.



Real Food Real Health is a healthy living course running across three neighbourhoods;

- 🔥 Ardwick & Longsight,
 - 🔥 Chorlton, Whalley Range & Fallowfield
 - 🔥 Gorton & Levenshulme
- ✎ Do you need additional support in better managing your weight and (if applicable) diabetes?
 - ✎ Would you like to try a different approach in a safe and encouraging environment by using a whole food, strength-based approach, peer led tailored to your values and needs?
 - ✎ Would you like to learn how to maintain those changes to suit your life and environment and much more?

The course is run by a neighbourhood dietician and two health coaches and it is free.

If you are interested please ask your doctor or practice nurse to do this with you and we will contact you with more information.

- This course is open to anybody who...
- 🔥 ...is 18 years or older and registered with GP practice in one of the areas listed above.
 - 🔥 ...AND would like some extra support in healthy lifestyle change and weight loss
 - 🔥 ...AND has motivation to make the change happen with some support
 - 🔥 It will be particularly important for people with Type 2 diabetes, people at risk of diabetes (e.g. pre-diabetes, overweight or obese) and people struggling to keep their blood pressure under control and so priority will be given to you if this applies to you!



**Community NHS Health Checks
Why do them?**

The aim is to improve the health and wellbeing of adults aged 40-74 years through the promotion of early awareness, assessment, and management of the major risk factors for cardiovascular disease (CVD)

What happens at the health checks? The health checks are delivered by our fantastic team of health care assistants from Northenden Group Practice. The check includes:

- Blood pressure check
- Cholesterol blood test
- Type 2 diabetes blood test
- Height and weight measurements



Plus, some lifestyle questions on smoking, alcohol intake, physical activity levels and dementia awareness. You will then receive a Q Risk score, which is the risk of a person having a heart attack or stroke in the next 10 years. This is based on the information gathered at the health check. The health care assistant will explain all the results and give advice on how to improve results and reduce CVD risk. The patient will receive a copy of all results on the day and the GP practice will also be sent a record of the health check.

🔥 What happens after the check? Following the health check, there is the opportunity to speak to one of our Be Well coaches on the day, to discuss any support to help make some positive lifestyle changes and reduce the risk of CVD. We can also signpost and refer into services for smoking cessation and alcohol. For more information please call Ben on 0770 287 2861 or Suraj on 07901 133971



BeWell NORTH TEAM

BeWell
Find your own happy

BeWell CENTRAL TEAM

BeWell
Find your own happy

Excellent Community Engagement



3.9.24
Crumpsall Medical Practice Road Show

19.9.24
Clayton Beswick and Openshaw partnership meeting



5.10.24
Surrey Lodge GP practice



4th October 2024



Welcome Sally Higginbottom to the Be Well North team!

Sally has got off to a flying start, attending NHS health checks, community events, partnership meetings and building up her client case load. What a brilliant addition to the Be Well North team. Well done Sally, excellent coaching.



3rd August 2024

Dam Head, Harpurhey Community fun day. Joseph Barrett and Carol Price attended this brilliant community event spreading the word about Be Well. There was lots of information about health and wellbeing and activities available on the day. We also connected with Gurdeep Thiara, the Health Development coordinator for Harpurhey, Charlestown and Blackley on the day.

Relax Rewild train the trainer day – Aliya Shah and Joseph Barrett attended a day of nature therapy training in Heaton Park with other support workers and health care professionals. It was an excellent day spend mainly outdoors, learning about the benefits of connecting with nature and how we might share these approaches with our clients. The trainers were incredibly knowledgeable and there was a steady stream of fascinating activities and mind-blowing facts throughout the day. It was a really grounding and humbling experience for us all.



Shannon Shufflebottom, Sophia Farago, Adam Hodges, Claudette Hermitt, Stacie Deans and Salma Nasreen

We recently welcomed two new starters to our team: Shannon and Sophia. Shannon is supporting Stacie in Chorlton and Whalley Range and Sophia is working in Hulme and City Centre South. Adam and Claudette work across Gorton and Levenshulme and Salma is covering Ardwick and Longsight. In the last few weeks, all our central coaches visited our local GP practices to say hi and drop off some more service leaflets and you may have seen us at local community events or community venues we work from, like Gorton Central, Zion Centre, Ashville Surgery or Ardwick Children's Centre.



This week, our team had the pleasure of visiting Gorton Monastery, which was a truly wholesome experience for all of us. We received a very warm welcome from the lovely team at the Monastery, who share our vision for holistic and person-centred work and our passion for Social Prescribing. We love to explore the spaces in our community to get a true "feel" for what it's like for the people we work with to access them, and the Monastery offers calm and nurturing spaces in the heart of Gorton, where people can find peace, participate in different creative activities, connect to others, access mental and physical health support or simply let their minds wander and get lost in the beautiful architecture of the building.



South TEAM

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EMPLOYMENT TEAM

Be Well South Staffing Update



Fallowfield & Withington

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MEET OUR BE WELL CENTRAL EMPLOYMENT COACHES FROM ONE MANCHESTER



ADRIENNE MYRICK

I started to work in mental health as I was passionate to support and advocate for people who were going through a hard time, especially those without a strong support network as sadly not everyone has that. Due to my background in both recruitment and mental health, I decided a job as an employment coach where I could combine all of these skills together would be perfect. Having a job, volunteering, starting a hobby or being more connected can change someone's perspective of life and I am grateful to have the opportunity to help people do that.



ALESSANDRA CRISTOFOLI-GORRI MCGAHAN

Since 2016, I have been dedicated to supporting individuals through challenging circumstances, working alongside them to break down barriers and enhance their quality of life. In my current role, I help people secure meaningful employment while offering crucial support to improve overall well-being. Empowering individuals to build confidence, develop new skills, and take control of their future is at the core of my work. Witnessing their resilience and growth as they move towards greater independence is both inspiring and deeply fulfilling.

PCN TEAM



We are thrilled to welcome Mamoon Akhtar to the PCN team! Mamoon has settled in wonderfully and has had a busy first few weeks with induction sessions and getting out an about visiting GP practices. It's great to have you onboard Mamoon.

The City Centre PCN coaches Ian and Stacey are supporting to improve health and wellbeing within their neighbourhood by actively supporting clients through a walking group. Recently, Ian and Stacey participated in the Recovery Day event at Phoenix Mill, strengthening connections within the community and sharing information about the Be Well Service.

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Over in Miles Platting & Newton Heath and Moston PCN & Clayton, Beswick & Openshaw PCN, the team has been working closely with HDC's and the Community Mental Health Teams (CMHT). Stacy and Maria have also been delivering cardiac rehabilitation talks at East Manchester Leisure Centre, engaging various services at each session to discuss wellbeing and available health services. The Northenden and Brooklands PCN welcomes PCN Coach Sam Naughton, who is taking on a part-time caseload while supporting population health initiatives. Sam will contribute to the Pro-Active Care Programme, led by Dr Peter Jordan at Northenden Group Practice and Dr. Priyanka Vaidya at Park Medical, as they work to improve patient outcomes across the community - focusing on diabetes, hypertension and obesity.

Welcome

Hi my name is Mamoon and I am a British Pakistani. I am a PCN Coach for Cheetham Hill and Crumpsall and have historically worked in schools. I have made the jump to supporting adults and loving it! I am passionate about empowering residents in my local community to reach their goals and supporting them to reduce barriers to look after themselves. I enjoy spending time with family and discovering new coffee spots!



Beswick COMMUNITY GROWERS

On a Wednesday and Thursday, Beswick Urban growers offers the opportunity for adults in the community to head down to the community garden which is located behind Beswick library. Maria (social prescriber in Clayton, Openshaw and Beswick) really enjoys meeting clients in an environment which is uplifting and welcoming. She feels that the community garden encourages people out of their homes and can introduce clients to something new. When supporting people with mental health conditions getting outdoors and engaging with nature has been proven to be beneficial. Maria has witnessed clients communicating differently when they are digging up soil or admiring flowers compared to talking on the phone. Steve Lalley, who runs the community garden, ensures that he has some interesting jobs for volunteers to partake in or clients can simply sit with a brew and have a chat. Gardening is a great way to get fitter and build confidence. Whether it's learning the name of a new plant or making a new friend, you're sure to leave Beswick community garden feeling happier and healthier.

PCN TEAM

Early Help FOR ADULTS PARTNERSHIP

The Early Help for Adults Partnership is a collaboration between Big Life Group, Back on Track and Shelter (Lead provider). There are now seven MAPS forums up and running city wide, and two Navigators allocated to each MAPS neighbourhood. Rushanara Ali, the Parliamentary Under-Secretary of State at the Ministry of Housing, Communities, and Local Government, recently visited Shelter for a ministerial event; we were able to talk about the Early Help for Adults offer, MAPS and the need for early help and prevention across services. We have been out meeting with organisations, including Adult early Support Team (AEST), the GMP Prevention Hub, the Fire Service, and Reablement services. We will have opportunities to shadow the Homelessness prevention hub. A special thanks to Joe Campbell and the CYP team for referring clients to MAPS for Early Help for Adults support. This work feeds into our prevention efforts with a younger cohort of adults, which helps drive the prevention work forward. I would like to thank our partners and colleagues at Back on Track, Shelter, Manchester City Council and the MAPS coordinators - It's a fantastic Partnership to be a part of! Our teams are working hard across the PCN and Early Help for Adults Partnership, building connections and supporting our communities—thank you to everyone for your continued dedication and hard work!

CYP TEAM



Our CYP pathway continues to develop new partnerships and support more young people across the city. We've had lot of new exciting pieces of work coming through including the opportunity to deliver workshops with Manchester Youth Zone, and a new formal partnership with Natural England. Our Central CYP coach Genna is leading on this and share more below:

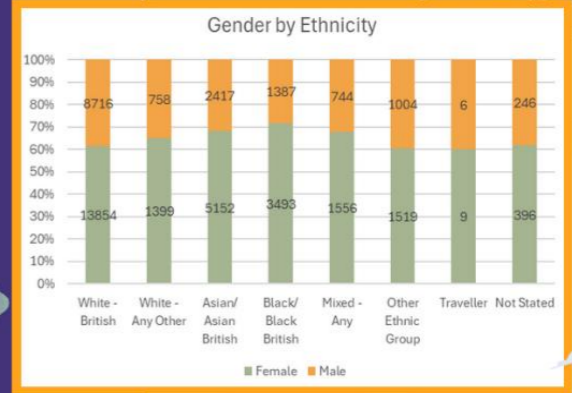
We have an exciting collaboration on the horizon with Natural England! I will be leading on a research piece on their behalf, looking in to barriers which young people (aged 13-25) face in accessing high quality green spaces in Hulme, Moss Side and Longsight. This project will be running until June 2025 with a view to be repeatable for other areas of England. We will be collecting data from various sources such as our clients, Youth centres, Schools and others green projects with a view to find out why young people may not use green spaces, and whether we can help boost green space usage. We aim to start putting on taster sessions by Spring 2025 for our young participants with the help of Sow the City, and aim to produce a research document by June 2025! Please reach out to genna.spiteri@thebiglifegroup.com if you have a group of young people that would like to share their voice and get involved.

The team also really benefited from their time with 42nd Street ath the Horsfall for their 'creative training'. Lots of valuable skills for us to utilise directly in sessions to engage young people and support their wellbeing !



Be Well are continue to champion our work around male engagement across the city, including visits to local GP surgeries in recent months to speak to clinicians directly about the barriers and offer alternative ways for men to engage e.g. local drop ins. We have also been doing a deeper dive into our data to greater understand potential barriers. Please see example around gender split by ethnicity that we are looking into as a working group:

Male ENGAGEMENT



Our work in recent months, has included visits to Cheetham Hill PCN, Ashville Surgery and Princess Road Surgery/The Alexandra Practice. Most notably in the South, coach Andy Macsparran has been working with local HDC Yasmin Holgeth to set up a monthly men's drop in at Withington Library. This is advertised across local GP surgery websites and various online forums and has attracted some really positive interest during the first few months of its launch. Andy hopes to use this as a model to roll out in other parts of Manchester so please get in touch if you are based in the South and would like to connect (joseph.campbell@thebiglifegroup.com is our male engagement lead to contact in the first instance).

We have also developed a weblink of our male poster for clinicians, so that this can be easily sent via SMS to interested male patients who aren't quite ready to sign up – https://www.thebiglifegroup.com/wp-content/uploads/2024/09/BW-Here-for-Men_V3WebSMSlink_Aug24.pdf

Here for Men
Men's health drop in & advice sessions

If you are looking for advice, call in to see Andy at our monthly drop-in sessions on the following dates (no appointment required):

- Friday 27th September 2024
- Friday 25th October 2024
- Friday 29th November 2024
- Friday 20th December 2024

All dates are 9am till 12pm, at Withington library 410 Wilmslow Road, Manchester M20 3BN

Finally, we just wanted to share this excellent article from MLCO and the fantastic Mandem Meet Up, if you would like to hear more about their excellent work. Our Be Well coaches have an extensive range of local assets that they can connect to, including the talking circles and activity sessions that Mandem put on - <https://www.manchesterlco.org/meet-the-mandem>



Our social media comms have been filled with an array of great content the last few months from programme stats, client feedback, case studies and testimonials whilst also exploring key topics and themes such as National Fitness week, Self-care week and National Savings week. A personal thank you to Ruben, Kirsten, Shannon and Debbie who have created and shared their pieces this month. Please take a look at their hints, tips and advice on our social media platforms. It was also great to hear that Debbie's National Savings piece had been reshared by Be Well and The New Collegiate Medical Practice who have over 1.4k followers.

 **National Fitness Week**

Our Be Well Manchester In Work Service Physical Health Lead, Ruben, shares an important reminder, "exercise doesn't have to mean going to the gym! It can be as simple as moving your body in ways that work for you. Whether it's a walk in the park, dancing in your living room, or finding small goals to keep you active, fitness is personal and achievable for everyone"! Please visit our Pathways Facebook, X or Instagram account to view this video.

Self-care September

"Put yourself on your to do list. Don't feel that you have to do everything and your own care and needs can wait until there is time, there never will be. Reward doesn't have to be huge, expensive, or elaborate, a nice brew and a decent movie, or TV programme, with no interruptions can be enough, or a walk in the park, or a catch up with a friend. Regardless of what it is, allow yourself time to do something you want to do for your own self-care".

Debbie Gillett Team Lead

"My top tip would be to listen to your body and heart, listen for what it is craving in that moment. Are you craving a delicious meal, a hot warm bath, alone time, socialising with friends, doing your hobbies, staying in and watching a movie, having a rest, doing some exercise, doing meditation, getting yourself all dolled up. Do what makes you feel happy, rested and revitalised. Self-care is not about being selfish or just looking after your mind but also looking after your body, soul and heart".

Shannon Hitchen Counsellor and Mental Health Coach

**PATHWAYS
TEAM**

Self-care September

"My top tip for self-care is to move your body! Whether it is gardening, yoga, a walk or strength training in the gym, an hour a day keeps the doctor away".

Kirsten Wright Linkworker

"Taking time for yourself and prioritising well-being helps me personally to reduce stress, increase resilience, and improve my overall mood. I love being around friends and family, but I also look forward to that time alone, whether it's for a walk, reading, cleaning and organising at home, getting my hair or nails done. Having something to look forward to keeps me motivated. I also know that it's an ongoing process that requires attention and adherence".

Jenna Goodall Service Lead

Hi my name is Clare, I've joined Pathways CIC as a Linkworker. Outside of work, I'm currently undertaking a conversion masters in psychology. My hobbies and interests include ceroc dancing, balloon art, going to the gym and spending time with friends and family. I also adore my fur-baby Rupert.



Client's feedback

"I benefited from the non-judgmental support received. I needed someone who would understand and simply listen to what I was experiencing. Stephanie (Counsellor) did just that and it eased my suffering. I just needed to talk to another human being. I was provided with a space to just 'jam' and it helped me during a difficult time. Stephanie had a non-judgmental attitude and offered regular pre-arranged contact. Having Stephanie on the other end of the phone who had no plans, strategies to 'fix' me but was simply another receptive human being willing to listen to me speak and understand. Stephanie was a true tonic. And was exactly what I needed at the time. I just needed a friendly, understanding human to talk through things. Steph was there when she said she would be. The calls helped and I didn't need to fill out a bunch of questionnaires or assessment forms which can be disconcerting when you're feeling bad. Personable & hassle free".

welcome

welcome

HOW TO CONTACT US



If you would like to reach out to any of our teams across the Be Well Service please contact the relevant team leader below:

Be Well North Team:

joe.barrett@thebiglifegroup.com

Be Well Central Team:

eva.berwing@thebiglifegroup.com

Be Well South Team:

martin.commonson@thebiglifegroup.com

PCN: calum.awcock@thebiglifegroup.com

Healthy Lifestyles Team Co-Ordinator:

ben.rydings@thebiglifegroup.com

Out of Work Employment Pathway:

kevin.taylor@thebiglifegroup.com

Pathways (in Work Support):

jenna.goodall@pathwayscic.co.uk

Young Persons Pathway:

joseph.campbell@thebiglifegroup.com

SOCIAL MEDIA

Did you know? Be Well are active on social media sharing regular service updates, client stories and pictures from out and about in the community. Please give us a follow on the following platforms:



@BeWellMcr



@bewellmcr



@bewellmanchester



EXPERT BY EXPERIENCE



On the back of our equality impact assessments, we are undertaking a piece of work within Big Life called 'Experts by Experience'. These conversations will be crucial to hear from more men about what supports their mental health and any barriers they may be facing, particularly hearing from those who have struggled to access services or are unaware of what support is out there.

Here is the flyer that has been designed by our brilliant Comms team, but I just wanted to comment on the importance of this work. The 'Man Up?' Mental Health Charity recently shared in a promotional video that 90% of men who take their own life reached out for support in some capacity. This raises the question: is the barrier just stigma around men talking, or are there difficulties with the support available when men do seek help?

In 2021, the University of Manchester completed a study around 'Suicide by Middle-aged Men' and commented that 'Rates of contact with services among middle-aged men were higher than expected; almost all had been in contact with a front-line service or agency at some time. It is therefore too simplistic to say that men do not seek help'. They continue by sharing that 'Middle-aged men who seek help for their mental health sometimes remain untreated. In particular, psychological therapies suited to their needs should be offered'. This therefore emphasises the importance of work such as this and why I would ask that you encourage any men that you work with to put their voice forward for this piece of work. Please contact joseph.campbell@thebiglifegroup.com with any interest or for further information.

