

Sparkbrook

**Children's
Zone**



Top Tips for Healthy Habits

Supporting children and families to live happy, healthy lives.

LOCAL SERVICES



Parks

Visiting a local park promotes health and wellbeing by providing activity, reducing stress, and allowing community members to connect. Accessing local parks is free and can be done with the whole family.



Leisure Centres

Apply for a Passport To Leisure (PTL) card on www.birmingham.gov.uk and gain yourself up to 20% off most activities at council-run leisure centres!

Warm Welcome Spaces

Local spaces to bring communities together.

Offering useful information, support, free internet access, computers and charging points, and hot food and drinks.

Visit www.tinyurl.com/2a3wjm92 to find a local warm welcome space.

Dentists

Please take your child to the dentist when their first milk teeth appear. The dentist can advise you on how to best care for your child's teeth and identify any oral health problems at an early age.

For a list of local NHS dentists visit www.nhs.uk.

(Remember to brush your teeth twice a day every day!)

Family Hubs



Support and advice for families.

Nearest Family Hub:

- St Pauls Trust
- The Springfield Project.

Find out more at:

www.birmingham.gov.uk/info/50295/family_hubs.



Narthex

Provides a food bank, food pantry, and money + debt advice in Sparkhill.

Find out more at:

narthex.org.uk/





RESOURCES



Hall Green
Families

Hall Green Families

Offer Early Help support and connect local people of all ages to activities, support, and services they need.

www.hallgreencommunities.org.uk/familysupport



Better Health 'healthier families'

Includes resources such as recipes and activities and much more to help the whole family.

www.nhs.uk/healthier-families

Pause.

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A wellbeing drop-in service for 0-25 year olds, who are registered with a Birmingham GP.

www.childrensociety.org.uk/information/young-people/well-being/services/pause



The Active Wellbeing Society

Deliver a wide range of free activities and services aimed at improving wellbeing at an individual and community level.

www.theaws.co.uk



NHS Healthier Together App

App is designed for parents to have easy access to NHS healthcare advice regarding children and young people.

www.what0-18.nhs.uk



beeze
in Birmingham

Beezee Bodies

Offer a 12 week online or face to face course to help support families in their health and wellness journeys.

www.bhx.maximusuk.co.uk



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Email: scz@greensquareaccord.co.uk
Website: www.sparkbrookchildrenszone.org.uk



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