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Newsletter for the Birmingham & Solihull Community Care Collaborative

June 2026

Free Health Checks Help Save Lives in the West

A recent community event held by health, care and community partners in West Birmingham has delivered immediate, life-saving results by uncovering hidden heart conditions in dozens of local residents.

More than 150 people attended the day-long event, which was held to raise awareness of cardiovascular disease, at The Carpenter's Road Hub, home to community organisation Aspire & Succeed.

The day also served as a tribute to the late Cllr Waseem Zaffar, who dedicated his life to improving the well-being of local people.

Local residents had access to a wide range of free activities and support throughout the day. This included professional diabetes and blood pressure checks, expert heart health advice, healthy living guidance, smoking cessation support, and training on basic life support.

As a result of these checks, health partners identified 31 people with significantly raised blood pressure, 16 people with elevated blood glucose levels, and five individuals with abnormal pulse rhythms. The event's positive impact was reinforced when one local woman required urgent, onward assessment at a hospital due to the extreme severity of her blood pressure readings.

Local resident Kiran Zaman, 36, said: "Attending this local event has given me a much better understanding of the different risk factors linked to heart conditions, not just being overweight or having high cholesterol. It's been reassuring to have the opportunity to ask questions and learn more about heart health. I hope to see more awareness events like this in the future."

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Kiran Zaman

Local Resident,
West Birmingham



A Lozells-based cycling group took part in the event held to raise awareness of cardiovascular disease and recruited 12 new members with more people still coming forward to sign up. Its latest ride was to Kingsbury Water Park and for more than half of them it was only their third ride out. Read more on page 3.



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Everybody who took part did so under the banner of the West Birmingham Locality Delivery Partnership (LDP), a partnership uniting health, care, and voluntary sector bodies to help deliver the government's vision of a neighbourhood health service.

Dr Stephanie Dawe, Chair of West Birmingham LDP, added: "This event was the first of a number of locality-led prevention events and marks an important step in strengthening our neighbourhood approach to health and wellbeing. It was a fantastic example of what can be achieved when partners, professionals, community organisations and volunteers come together with a shared purpose. Encouragingly, a number of people who attended earlier in the day returned later with family members so that they too could access checks and advice, which really reflected the positive response from the local community and the trust placed in the event."

Professor Derek Connolly, a leading cardiologist from Sandwell and West Birmingham (SWB) NHS Trust, who was on hand to give local residents advice explained: "Cardiovascular disease remains one of the biggest health challenges facing our communities, but together we can make a real difference. This event reflects the huge collective effort of partners across West Birmingham from community organisations and the voluntary sector to primary care, Trust colleagues and volunteers. It was also a privilege to have been part of a day that honoured Cllr Waseem Zaffar's legacy and continue the work he cared so deeply about."

Following this successful launch, the West Birmingham LDP plans to roll out further locality-led health and prevention events across West Birmingham.

LDP partners include the Sandwell and West Birmingham (SWB) NHS Trust, Aspire & Succeed, Aston Villa Foundation, Birmingham City Council, Birmingham Community Healthcare NHS Foundation Trust, Modality GP Partnership, Legacy West Midlands, BeeZees, Perry Barr Neighbourhood Network Scheme, Flourish, Birmingham City University, Pharmastrat, Birmingham and Solihull ICB – Pharmacy and YPEC CIC.



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Professor Derek Connolly

Cardiologist, Sandwell and West Birmingham NHS Trust



Lozells Cyclists Inspire Community at West B'ham Health Event

A Lozells-based cycling group struck gold at the recent West Birmingham community health event inspiring a fresh wave of new and returning cyclists to ditch the sofa and hop into the saddle to improve their health.

The group recruited 12 new members during the event with more people still coming forward to sign up.

We know that regular cycling is clinically proven to reduce the risk of chronic illnesses such as heart disease, type 2 diabetes, and stroke, while actively helping to lower blood pressure and cholesterol so as well as having some fun, you can get healthier too!

Shale Ahmed
Aspire & Succeed

Operating out of the Aspire & Succeed offices, the grassroots cycling group meets two to three times a week—depending on the British weather—to support individuals dealing with diabetes, coronary heart disease, high cholesterol, and weight management issues. Over the years, the project has built a dedicated team of more than 40 riders.

Initial sessions begin with a flat 10km route from the Aspire & Succeed offices out to Handsworth Park. However, the progression is swift. Within just a few weeks, most participants are able to conquer a 20km ride and move up to greater distances.

Shale Ahmed, project manager for the group said: "We are delighted that we attracted some new members to our fun group at the event. We specialise in taking complete beginners or those returning to the saddle after years away and building their physical endurance.

"We know that regular cycling is clinically proven to reduce the risk of chronic illnesses



such as heart disease, type 2 diabetes, and stroke, while actively helping to lower blood pressure and cholesterol so as well as having some fun, you can get healthier too!"

Weekly "learn to ride" sessions are hosted on weekday evenings to help people get back onto a bike and regain their confidence.

➔ For more information
email shale@aspireandsucceed.org
or visit www.aspireandsucceed.org

Central Team Nurse Commended for Outstanding Compassion

A Birmingham Community Healthcare NHS Foundation Trust nurse, based at the Central Neighbourhood Health Centre in Moseley, has been commended for her outstanding compassion after stopping to rescue a distressed motorist on her morning commute.

At 6.30am, on her way to work, Keitu Nyamutora-Tigere (pictured right) noticed a woman in significant distress, hunched over the bonnet of her car on a busy road. Whilst many people passed by, Keitu immediately stopped to help.

A gentleman had also pulled over and from speaking with him, Keitu learned that the woman was experiencing a severe panic attack and had abandoned her car in a dangerous position.

Without hesitation, Keitu sat with her, spoke calmly and guided her through breathing

exercises until she began to settle. It was clear that the woman was going through a great deal emotionally and Keitu's presence provided reassurance, safety and dignity at a moment when she desperately needed it.

Although an ambulance had already been called, Keitu stayed with the woman until it arrived, continuing to support her. Even after the paramedics took over, Keitu went one step further by safely parking the woman's car and returning to the keys to her, preventing additional complications for both the patient and ambulance crew. She then carried on into work to start her shift.

As a result of her actions, Keitu has been nominated for a BCHC Learning from Excellence Award.

Sam Tullett, Central Principal Neighbourhood Health Centre Group Manager said: "Keitu's actions that morning were compassionate,



thoughtful and deeply aligned with our professional values. She demonstrated care, integrity and accountability before her shift had even begun. She is a credit to her colleagues, the Central Neighbourhood Centre team, the nursing profession and Birmingham Community Healthcare NHS Foundation Trust. She is truly deserving of the Award nomination."

New South Birmingham Diabetes Clinic Improves Patient Health

A new diabetes clinic that launched last month (May) in South Birmingham is improving patient health and reducing the demand on local health services.

The clinic, being delivered by the South Birmingham Principal Neighbourhood Health Centre (SBNC), the new name for the Locality Hub at West Heath Hospital, reviews local GP patients who are insulin dependent to ensure they continue to receive the best treatment for the condition.

Local care home residents were the first to benefit from the new clinic. Out of 22 patients reviewed, 10 were able to either reduce their medication, switch from injecting themselves to taking oral medication, need fewer district nurse visits and GP appointments. The assessment included medication review, bloods and a lifestyle analysis.

The second phase is now underway and is reviewing more than 75 patients with diabetes being cared for by the South Birmingham district nurse teams.

The clinic is a collaboration between Birmingham Community Healthcare NHS Foundation Trust and SDS GP Federation.

Dr Imm Gandhi, one of the GPs involved in the new service said: "Care home residents living with diabetes require specialised, proactive attention that fits into their daily routines. By better supporting this group and collaborating with our local health and care colleagues, our goal is to work to improve long-term health outcomes, prevent crises before they happen and reduce pressure on urgent and emergency services."

Following the implementation of the second phase, the clinic aims to expand its services across other parts of Birmingham.

Tina Jarrett, Group Manager for the SBNC, said: 'This is a welcomed collaboration for the neighbourhood health centre. Ensuring that our patients are receiving regular reviews is imperative to ensuring patient safety. The added benefit is not only do our patients receive a



Pictured Tina Jarrett, Group Manager for the South Birmingham Neighbourhood Centre and Dr Immi Ghandi, GP at the Centre who are both helping to deliver the new clinic service



This is a welcomed collaboration for the neighbourhood health centre. Ensuring that our patients are receiving regular reviews is imperative to ensuring patient safety. The added benefit is not only do our patients receive a holistic assessment, but that District Nurses are assured that their patients are receiving treatment that is in their best interest.

Tina Jarrett

Group Manager for the SBNC

holistic assessment, but that District Nurses are assured that their patients are receiving treatment that is in their best interest."

Health and care partners involved are part of the South Birmingham Locality Development Partnership which brings together GPs, social care, mental health services, acute and community care and the voluntary sector. The new diabetes service launches as part of a South Birmingham initiative to improve healthcare access for chronic conditions, alongside new CVRM and respiratory pathways. These align with the government's nationwide Neighbourhood Health Service rollout, which targets enhanced care for patients with complex, multiple long-term illnesses.



Dr Amar Puttanna, Diabetes and Endocrine Consultant, also involved in the new clinic work

INTs Expand Teams to Support Local Families Living with Dementia

As part of their ongoing journey to meet the needs of the local population they care for, Integrated Neighbourhood Teams continue to expand their workforce make up to welcome more professionals into the team.

One recent example is the Alzheimer's Association which supports individuals both awaiting a diagnosis and post-diagnosis. The Association accepts self-referrals and professional referrals, offer drop-in clinics, and provide personalised, ongoing support. The team have kindly shared a recent case study with us to

highlight how they can support people with this condition.

A Community Dementia Adviser supported Mr A*, who is living with Alzheimer's disease, and his wife, Mrs A, following their move to Birmingham. The relocation disrupted their established support network, leaving Mrs A unsure how to access local services while managing increasing care needs at home. After the move, Mr A experienced disorientation, continence difficulties, and behavioural changes. The home environment had not yet been adapted, adding to daily challenges.



At the point of referral, there was no care package in place, a Care Needs Assessment had been delayed, and Mrs A had limited awareness of available support. The Dementia Adviser provided practical, joined-up support, liaising with Adult Social Care to progress the delayed assessment and supporting referrals for continence and Occupational Therapy services.

Alongside this, tailored advice was provided on managing continence, establishing routines and responding to behavioural changes. Emotional support and guidance around future planning, including respite options, were also offered. As a result, Mrs A felt more confident and better equipped to manage day-to-day care, with appropriate services put in place.

➔ To refer: <https://www.alzheimers.org.uk/dementia-professionals/make-a-referral> or call 0333 150 3456

➔ For more information, please contact Charlotte Rowley: BirminghamAndSolihull@alzheimers.org.uk

**Names anonymised*



Central Birmingham Welcomes Third INT

Pictured is the latest Integrated Neighbourhood Team to go live in Central Birmingham.

Based at Kingsfield Medical Centre in Kings Heath, this is the third INT to launch in this part of the city. Integrated Neighbourhood Teams (INTs) are multi-disciplinary groups of health, social care, and voluntary sector professionals who work collaboratively as a single unit to support a specific local community. Typically serving a population footprint of 30,000 to 50,000 people, their core goal is to shift healthcare away from reactive hospital treatments and toward proactive, preventative care closer to home.



West Birmingham Team shortlisted for TWO HSJ Awards

Congratulations to our West Birmingham Neighbourhood Health Centre team which has been shortlisted for both the Neighbourhood and Community Health Safety Initiative Award and the Primary Care Safety Initiative of the Year Award for their 'Little Lungs - Shaping Healthier Futures' (Paediatric Spirometry) project.

Traditionally, asthma diagnosis has been delivered through a reactive, hospital-led pathway characterised by fragmented referrals, long outpatient waiting times, and limited ability to proactively identify high-risk children.

The Pharmacist-led Children and Young People's Asthma Diagnostic Hub, being delivered out of the West NHC, is a neighbourhood-based model that shifts asthma diagnosis and management from fragmented hospital pathways into GP practices through pharmacist-led specialist assessment, population health risk stratification, and proactive outreach to high-risk children.

Developed in response to significant health inequalities in West Birmingham, the service combines culturally competent care, multidisciplinary collaboration, and proactive engagement to improve access and trust among underserved communities.

Referral-to-treatment times reduced from over 26 weeks to under four weeks, 82% of children received a confirmed diagnosis, and families reported significantly improved confidence managing asthma at home.

The new model aligns directly with national NHS priorities to shift care out of hospital, reduce unwarranted variation, improve early diagnosis and prevention, and address health inequalities. It also supports the NHS neighbourhood health agenda by embedding specialist capability within primary care and expanding advanced pharmacist roles.

Effectiveness is assessed across access, clinical outcomes, patient/carer experience, and equity,



supported by real time population health analytics and continuous improvement cycles.

The event celebrates the outstanding teams and individuals making a significant difference to patient safety across health and care services.

The 2026 judging panel includes some of the most influential figures in healthcare and

winners will be announced at the awards ceremony on 28 September 2026 at the Telford International Centre.

➔ For more information about the 2026 HSJ Patient Safety Awards shortlist, visit the [HSJ Patient Safety Awards shortlist](#)

Get in touch

If you have any news or stories you want to share, or you'd like to give a shout out to your team, get in touch with jenny.chatham@nhs.net with a few details. We will do the rest!