

Public Health Division  
Place & Wellbeing

# Faith and Health Resources

Last updated 29 July 2019

## INTRODUCTION

These pages gather together useful resources for faith leaders who are seeking to take more action to support the health and wellbeing of their congregation members by supporting:

- encouraging local action including advice on funding for local health projects
- awareness raising through training and education
- health promotion services that offer campaign and educational materials, helplines or support

We hope these contacts for both local and national community health providers are useful, and are happy to hear if there are others that you think should be mentioned. Please contact: [rosie.dalton-lucas@southwark.gov.uk](mailto:rosie.dalton-lucas@southwark.gov.uk)

## INSPIRATION, IDEAS AND RESEARCH:

Faith Action: <http://www.faithaction.net/resources/>

Resources including:

- Working with Faith Groups to promote Health and Wellbeing  
<https://www.local.gov.uk/sites/default/files/documents/working-faith-groups-prom-6ff.pdf>
- Keeping pressure off hospitals  
<http://www.faithaction.net/portal/wp-content/uploads/fa-keeping-pressure-off-hospitals.pdf>

Southwark Faith and Health Challenge: <http://communitysouthwark.org/news-jobs-and-events/news/thank-you-all-who-attended-faith-and-health-summit>

- A report is downloadable here detailing what we did in Southwark to start a conversation, a network and to test some different ways of addressing health in faith communities.

## FREE OR LOW-COST TRAINING

- RSPH level 2 health promotion courses : <https://www.rsph.org.uk/qualification/level-2-award-in-understanding-health-improvement-2017.html>
- Diabetes champions training : [https://www.diabetes.org.uk/Get\\_involved/Volunteer/Community-champions](https://www.diabetes.org.uk/Get_involved/Volunteer/Community-champions)
- Restart a heart training / kits: <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/cpr-training-videos>
- SLaM Mental health promotion for spiritual and pastoral care  
[http://www.slamrecoverycollege.co.uk/uploads/2/6/5/2/26525995/spirituality\\_and\\_mental\\_illness\\_factsheet.pdf](http://www.slamrecoverycollege.co.uk/uploads/2/6/5/2/26525995/spirituality_and_mental_illness_factsheet.pdf)
- Walk leader training  
<https://www.walkingforhealth.org.uk/volunteer-roles/walk-leader>
- Healthy weight training  
<https://southwarkhealthyweight.com/>
- NHS England online MECC training  
<https://www.makingeverycontactcount.co.uk/training/>

## FUNDING:

- The Cinnamon Trust: <https://www.cinnamonnetwork.co.uk/> email: [victorialawrence@cinnamonnetwork.co.uk](mailto:victorialawrence@cinnamonnetwork.co.uk)
- Near Neighbours: <https://www.near-neighbours.org.uk/>
- Church Urban Fund: <https://www.cuf.org.uk/>
- Community Southwark [www.communitysouthwark.org](http://www.communitysouthwark.org) email: [Alison@communitysouthwark.org](mailto:Alison@communitysouthwark.org)

## SERVICES THAT CAN SUPPORT EVENTS

- Healthwatch Southwark – <https://healthwatchsouthwark.co.uk/>

## GROUPS AND SERVICES THAT SUPPORT KEY HEALTH TOPICS

### Cardiovascular Disease

- BHF have a range of good resources here on diet, physical activity and condition management:  
Website: <https://www.bhf.org.uk/informationsupport/publications/preventing-heart-disease>

### Diabetes

- Diabetes UK a leading UK charity that cares for, connects with and campaigns on behalf of all people affected by Diabetes –  
Website: <https://www.diabetes.org.uk/>
- National Diabetes Prevention Programme ICS Health -  
Telephone: 0333 577 3010  
Website: <https://preventingdiabetes.co.uk/referrers/south-london/>

### Food Insecurity

- Southwark Food Action Alliance are a network working together to tackle food poverty, new members welcome.  
Website: <https://casouthwark.org.uk/get-involved/southwark-food-action-alliance-southwark-food-security-plan>  
Email: [sfaa@communitysouthwark.org](mailto:sfaa@communitysouthwark.org)
- PECAN operate the Southwark Food Bank which runs several services across the borough  
Website: <https://www.pecan.org.uk>  
Telephone: 020 7732 0007
- Central Southwark Community Hub also operates food banks from four locations through the week  
Website: <https://www.cschub.co.uk>
- Southwark Food Cycle, combines volunteers, surplus food and spare kitchen spaces to nutritious meals for people at risk of food poverty and social isolation.  
Website: <https://www.foodcycle.org.uk/> ;  
Email: [phylmay08@gmail.com](mailto:phylmay08@gmail.com)

### Healthy eating and weight management

- HEAL-D (Lifestyle for Diabetes in African and Caribbean Communities): <https://www.heal-d.co.uk/>
- Food for purpose specialise in supporting faith groups in supporting healthy eating, physical and spiritual health: <http://www.foodforpurpose.org/>
- Change4Life is a public health programme in England; it is a national social marketing campaign to tackle the causes of obesity:  
Email: <https://change4life.service.nhs.uk/change4life>
- For children and young people aged 4-17, Alive N Kicking is a healthy lifestyles programme to support whole families to make small, easy changes to benefit health.  
Email: [EH.AliveNKickingSouthwark@nhs.net](mailto:EH.AliveNKickingSouthwark@nhs.net)

Website: <http://www.ank.uk.com/ank-26>

## Mental Health

- Southwark Association for Mental Health charity aiming to promote independent development and campaigning in the field.  
Website: <https://communitysouthwark.org/organisations-venues/organisations/southwark-association-mental-health>
- Together Southwark Wellbeing Hub "A national mental health charity working alongside people with mental health issues on their journey towards independent and fulfilling lives.  
Website: <http://www.together-uk.org/southwark-wellbeing-hub/the-directory/>  
Email: [southwark-yourway@together-uk.org](mailto:southwark-yourway@together-uk.org)
- South London NHS Mental Health team providing consultation and advice courses, workshops and groups guided self-help, individual counselling and psychological therapy  
Website: <https://slam-iapt.nhs.uk/southwark/welcome-to-southwark-psychological-therapies-service/>
- Mind - a charity that provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.  
Website: <http://www.mind.org.uk/>  
Email: [info@lambethandsouthwarkmind.org.uk](mailto:info@lambethandsouthwarkmind.org.uk)

## Sexual Health

- Rise Partnership a Sexual health promotion for BAME and MSM  
Email: <http://www.risepartnership.co.uk/>

## Smoking

Find your local stop smoking service through the Stop Smoking London Portal

<https://stopsmokinglondon.com/> . If you just want to speak to a specially trained advisor, you can call the helpline on 0300 123 1044.

- You can also talk to your pharmacy. They have specialist stop smoking advisors who can help you plan how to quit and support you through the first few difficult weeks after you stop smoking.