

Equality and diversity

The Telford Health Improvement Team offers a wide range of services to promote health and wellbeing and to reduce health inequalities. All our services aim to meet the needs of the nine groups highlighted in the Equality Act.

Some examples of the services we offer include:

- Breastfeeding Encouragement Support Team (BEST) and Why Weight? Mums support pregnant and new parents of all ages to breastfeed and have a healthy lifestyle.
- Physical Activity team offers generic and specific programmes which meet the needs of different age groups, gender and those with disabilities which include the Extend project for the 55 plus, Walkabout Wrekin, Access to Nature, Women in Motion and Fit for Men.
- Health Champion volunteer programme which works with local communities of all backgrounds to help improve health particularly the hard to reach groups i.e. people with a disability or people from different ethnic backgrounds.

For further information on the full range of services we offer please see our website <http://www.healthytelford.nhs.uk>.