



NEWSLETTER

Welcome to the **Staffordshire and Stoke-on-Trent Integrated Care System Summer Newsletter**. In this issue, you'll find updates, news, and resources from across our local health and care system. Articles in this edition:

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Help shape support for pregnant people and families with babies

Are you currently pregnant, or do you have a child under the age of one in your family? Feedback is welcomed from mums, dads, nans, grandads, aunts, uncles and anyone who helps care for a baby. Families across Staffordshire and Stoke-

on-Trent are being asked to share their experiences of pregnancy, birth and/or caring for a baby.

Every family's journey is different, and your views will help identify what is working well and where improvements could be made, helping to shape support for parents, caregivers and babies across Staffordshire and Stoke-on-Trent.

The survey only takes 5–10 minutes to complete and all responses are confidential. [You can complete the survey here](#). The survey has been developed in partnership with Staffordshire County Council, Stoke-on-Trent City Council and the Staffordshire and Stoke-on-Trent Integrated Care Board (ICB). The survey closes on **Friday 17th July at 5pm**

Air pollution affects health

Air pollution can affect people at every stage of life and is linked to a range of health conditions, including childhood asthma, heart and lung disease, diabetes and stroke. Some groups, such as children, older people and those with existing health conditions, can be particularly vulnerable to the effects of poor air quality.



Staffordshire and Stoke-on-Trent Integrated Care System has developed an [information leaflet](#) to help raise awareness of how air pollution affects health and to provide practical advice on reducing exposure both at home and when out and about. The leaflet includes information on common sources of air pollution, the health risks associated with poor air quality, and simple steps individuals can take to protect themselves and their families. Learn more about air pollution via [this link](#).

Amparo - suicide bereavement support service

Amparo is a suicide bereavement support service to support individuals and families affected by suicide across the locality. Losing someone to suicide can have a profound and lasting impact, and timely access to appropriate support can make a significant difference in helping people navigate their grief, reduce isolation, and access both emotional and practical support. Amparo offers free and confidential support to anyone affected by suicide, including family members, friends, colleagues, and wider communities. Referrals can be made by professionals or via self-referral, ensuring flexibility and accessibility for those in need. [Read more](#).

Consultation on Midwife-Led Birthing Services

Staffordshire and Stoke-on-Trent Integrated Care Board (ICB) has published the [Report of Findings](#) following the public consultation on midwife-led birthing services at County Hospital, Stafford, and Samuel Johnson Community Hospital, Lichfield. The feedback gathered through consultation and engagement activities has informed the Report of Findings, which will support the development of a Decision-Making Business Case.



This will progress through the ICB's governance process before being considered by the ICB Board. No decision has yet been made regarding the future of midwife-led birthing services at County Hospital or Samuel Johnson Community Hospital. [Read more.](#)

Couple's quit smoking success shows power of UHNM support

A couple from Stoke-on-Trent have successfully quit smoking after decades of addiction, thanks to specialist support from University Hospitals of North Midlands (UHNM). The couple decided to quit together, using varenicline medication alongside support from UHNM's Tobacco Dependency Service. Varenicline works by blocking nicotine receptors in the brain, helping to reduce cravings and withdrawal symptoms while allowing patients to focus on breaking habitual smoking behaviours. You can self-refer for smoking cessation support by texting "QUIT" to 07768 926537 for free support. [Read more.](#)

Five Year Plan summary published

A [summary](#) of the [Staffordshire and Stoke-on-Trent Integrated Care Board \(ICB\) Five Year Plan](#) is now available to read. The Five Year Plan sets out how health and care services will work together to improve outcomes for the 1.18 million people who live in Staffordshire and Stoke-on-Trent. It outlines the key challenges facing our communities, the priorities for the coming years, and how the NHS and its partners will work together to deliver better, more joined-up and sustainable services. Read the summary [here](#).

Helping residents to stay steady on their feet

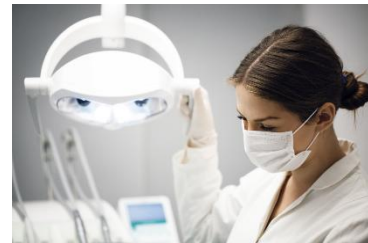
Falls are one of the most common causes of injury in later life, but many can be prevented with the right advice, support and early action. The [Staffordshire and Stoke-on-Trent Steady On Your Feet website](#) is a new online platform to help people reduce their risk of falling.



The website offers free, trusted advice and personalised support for older adults, their families and carers. Whether you want to improve your balance, make your home safer, or learn more about local support, the website is here to help. Find out more [here](#) and the [trailer film](#) for the website is also available.

How often should you go to the dentist?

Did you know that if you're aged 18 and over, have healthy teeth and gums and are at low risk of dental disease, you may only have to go for a dental check-up once every two years? For children and young people with healthy teeth and gums who are at low risk of dental disease, this will be once a year. [Read more.](#)



MyActive Leek - new state-of-the-art health & wellbeing centre

Leek's new state-of-the-art health and wellbeing centre in Brough Park is set to open to the public in August 2026. The redevelopment includes a new 25-metre, six-lane swimming pool and a larger teaching pool, a larger gym and second group exercise studio, dedicated indoor cycling studio, an indoor/soft adventure play area and a community wellness suite. [Read more.](#)



New Carers' Corner offering support at St. George's Hospital

Loved ones involved in the care of patients at Midlands Partnership Foundation Trust are being offered a space to connect with others. Carers' Corner has been created for people supporting those receiving care at St George's Hospital in Stafford.



Sessions, offering a chance to ask questions, share experiences, find reassurance, or simply listen and feel less alone, are held weekly. Attendees can join online if they prefer. [Read more.](#)

New Crisis Cafe opens in Stafford

People struggling with their mental health and wellbeing in Stafford are being offered support at a new community-based Crisis Café. [Connection Point @ Café 43](#) in Browning Street provides a welcoming and supportive environment for individuals who are in crisis, feeling distressed, or simply need someone to talk to. It is open to people aged 18 and over and is staffed by Turning Point Recovery Workers trained in mental health support, working alongside Midlands Partnership University NHS Foundation Trust's (MPFT's) Crisis Resolution and Home Treatment Team and House of Bread Volunteers. It provides a safe, inclusive and non-judgemental environment, offering practical help, and signposting to further support if needed. The Café is open Monday to Friday, 4pm-10pm, and Saturday to Sunday, 12noon-8pm and can be contacted on 07889 010921.

Squared Away Veterans Club - Stoke-on-Trent

Squared Away Veterans Club is a dedicated support community for Armed Forces and Blue Light service personnel, based at Base Body Fitness Gym in Stoke-on-Trent.

Their mission is to provide a supportive and inclusive environment focused on wellbeing, fitness, camaraderie, and mental health support for those who have served, or continue to serve, within the military and emergency services communities. The group currently meets on the third Sunday of each month. [Find out more.](#)



Staffordshire's Special Education Needs and Disabilities plan

A regularly reviewed, three-year plan to improve the Special Education Needs and Disabilities (SEND) provision in Staffordshire has been submitted to the Government. The plan is the official response to Government proposals to reform the SEND system. Follow the link below to see the plans already in place to improve provision in Staffordshire. [Read more.](#)

UHDB - keeping in touch about outpatient appointments

If you're waiting for an outpatient appointment with University Hospitals of Derby and Burton (UHDB), you may be contacted by text message, phone call or letter to confirm that you still need to be on the waiting list for an appointment, remind you about your appointment, offer options to manage your slot, or notify you if an earlier appointment becomes available. Using secure text messages and phone calls gives patients more control over their appointments while helping reduce delays and missed appointments. A system called Patient Hub has been introduced to help you manage your appointments easier. [Read more.](#)

Tamworth Hygiene Bank - supporting families

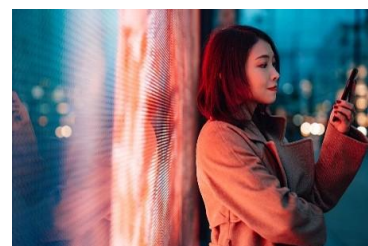
A community project can support more families facing hygiene poverty in Tamworth after raising almost £7,000 through a recent campaign. This boost to the charity means more local families in financial hardship can receive essential toiletries and washing supplies that many take for granted.



The boost will also support the development of The Hygiene Bank's first dedicated premises, where it hopes to be able to receive more donations to meet the growing demand and attract more volunteers. [Read more.](#)

WalkSafe Safety App

A new safety app to help people feel more confident when travelling at night is being rolled out across Stoke-on-Trent and Newcastle-under-Lyme. The app provides a range of safety and reassurance tools that are simple to use.



This includes sharing your live location with trusted people, planning and tracking journeys and accessing a map of accredited safe spaces and venues. The rollout of the app builds on existing community safety measures to make communities safer and strengthen confidence in towns and city centres. [Read more.](#)

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