



Useful Links



Healthy eating/recipes'

- [Startwell_2020 \(startwellbirmingham.co.uk\)](http://startwellbirmingham.co.uk)
- www.nhs.uk/change4life/recipes
- <https://my.whisk.com/feed>
- [Healthy eating on a budget | BHF](#)
- [Diabetes-UK-African_Caribbean-Guide.pdf \(nhsforthvalley.com\)](http://nhsforthvalley.com)
- [FINAL A5_Healthyeating_SAsian7.qxd \(diabetes.org.uk\)](http://diabetes.org.uk)
- www.tomkerridge.com/full-time-meals/
- [https://www.youtube.com/watch?v=c-2gPJUOiqM&list=PLb1P0NWdnLLMAWayc9Iblm-8abQ8oHcG8 - healthy eating webinars](https://www.youtube.com/watch?v=c-2gPJUOiqM&list=PLb1P0NWdnLLMAWayc9Iblm-8abQ8oHcG8)



Keeping Active

- [Disney Shake Up Games | 10 Minute Shake Up | Change4Life \(www.nhs.uk\)](#)
- Startwell being active - [180 Katie - Startwell_2020 \(startwellbirmingham.co.uk\)](#)
- [PE With Joe | 2021 - YouTube](#)



Useful websites

- **Pregnancy start4life:** www.nhs.uk/start4life/
- **Birmingham Safeguarding Children Partnership:** [Home - Birmingham Safeguarding Children Partnership \(lscpbirmingham.org.uk\)](http://Home - Birmingham Safeguarding Children Partnership (lscpbirmingham.org.uk))
- **Birmingham Forward Steps:** [Birmingham Forward Steps – The best start for our children \(bhamforwardsteps.co.uk\)](http://Birmingham Forward Steps – The best start for our children (bhamforwardsteps.co.uk))
- **Supporting children’s mental health:** [Coronavirus: wellbeing activity ideas for families \(place2be.org.uk\)](http://Coronavirus: wellbeing activity ideas for families (place2be.org.uk))
- **Mental wellbeing:** Home - Kooth
- **ICON:** [ICON - Babies cry you can cope - Advice and Support | ICON \(iconcope.org\)](http://ICON - Babies cry you can cope - Advice and Support | ICON (iconcope.org))
- **Food Banks:** All Food Banks | Find FoodBanks Brum
- **Healthy Start webinar:** <https://www.youtube.com/watch?v=ko3TPO7EurE>