Birmingham Community Healthcare NHS Foundation Trust
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Dear parent / guardian,

Have you ever considered using an **app** to support you or your child to manage a health condition or general wellbeing? Maybe you have struggled to find one that's right for you or your family?

Birmingham Community Healthcare NHS Foundation Trust, in partnership with ORCHA, has launched a Health and Care Apps Library, which contains hundreds of independently reviewed apps to meet your needs. You can visit the library by typing bhamcommunity.orcha.co.uk into your internet browser.

With ownership of smartphones, tablets and apps increasing, there is a real opportunity for apps to effectively support families with managing health conditions or their general wellbeing. Unfortunately many health apps don't have any level of quality assurance or security, so it can be difficult to find an app that is appropriate, trustworthy and effective.

Our partner ORCHA has formed a team of people, including clinicians, to independently review and accredit health apps in areas such as clinical/professional assurance, data and privacy, and usability and accessibility; giving each app an easy to understand percentage score which will help people decide whether to download it or not. We have a collection of apps in the library that are dedicated to "Children, young people and families".

Please be assured we do not expect apps or the library to replace any services you may be using, but rather to provide additional support. For example, you may be waiting for an appointment to discuss a sleeping issue with a health care professional and could utilise an app to record sleeping patterns. You can then discuss those sleep patterns during the appointment to help with management plans.

Please take a look at the library and we hope you find an app that is useful for you. For any further information please do not hesitate to contact us.

Yours Sincerely

The app library team
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