

Your regular health champions email bulletin.

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E-bulletin - Autumn 2016

Welcome to the first of our quarterly health champion e-bulletins!

Keeping you up to date on:

- your fellow health champions
- health events/campaigns (and how you can get involved)
- useful resources
- local lifestyle services
- social/networking events
- changes to public health guidelines and more...

Want to share an item for a future bulletin?

Email us

Who are our Health Champions?

Our brilliant health champions include our healthy community volunteers, frontline council staff, pharmacy staff, optometry staff, community health champions, fire fighters and more.



Health Champions Diary - Claire Walker

I've been working as a Health Champion in Dudley for over 6 years both in a pharmacy and providing outreach work/activities.

I love my job, and the training gave me extra confidence in talking to the public about lifestyle issues, and I feel I have made a difference to the health of individuals across Dudley.



Volunteer Representative's Corner - Carole Evans

Carole recently stepped into Lin's shoes while she recovers from heart surgery, and will join May as one of your volunteer representatives.

You can contact your representatives by email mater30@live.com or by post FAO Volunteer Representatives, Public Health, Council House, Priory Road, DY1 1HF.

NEW networking event

We're planning a Health Champions networking event for early 2017 and would love you to join us. The event will celebrate the great work you all carry out and give you the chance to share ideas with your fellow Health Champions.

To register your interest and/or tell us what you'd like to see included at the event please click here:

<https://www.surveymonkey.co.uk/r/FFZ9R67>

We'll get back to you soon with the confirmed date, time and programme for the event.

Healthy Eating Guidelines

Earlier this year, Public Health England replaced the Eatwell Plate with the NEW Eatwell Guide.

Key changes include:

- **Segments resized to reflect current advice on a healthy balanced diet**
- **Updated segment names to emphasise certain food products**
- **Purple segment now only for 'oils and spreads'**
- **Further guidance around each segment**
- **Extra messages – hydration, food labels, energy requirements**



Our position on e-cigarettes

The Dudley Stop Smoking Service has provided support for smokers using e-Cigarettes to quit since 2012; however they do not supply e-Cigarettes and have no plans to do so in the future.

However, they would like you to note the following key changes:

- **Be positive when speaking about e-Cigarettes**; instead of saying 'we can't recommend them' (as this can send out a message that e-cigarettes are no good), we should be saying; 'we can't supply e-cigarettes, but they are a safer option than smoking'.
- **If a pregnant woman has chosen to use an e-cigarette to quit**; she should not be discouraged from using them.
- **E-cigarettes have been regulated from May 2016 under the EU Tobacco Products Directive**; this will mean that products should be;

- Child and tamper proof
- Limited to a nicotine strength of 20mg/ml (2%)
- Restricted to a volume of 10ml of e-liquid

For more information on e-cigarettes please visit

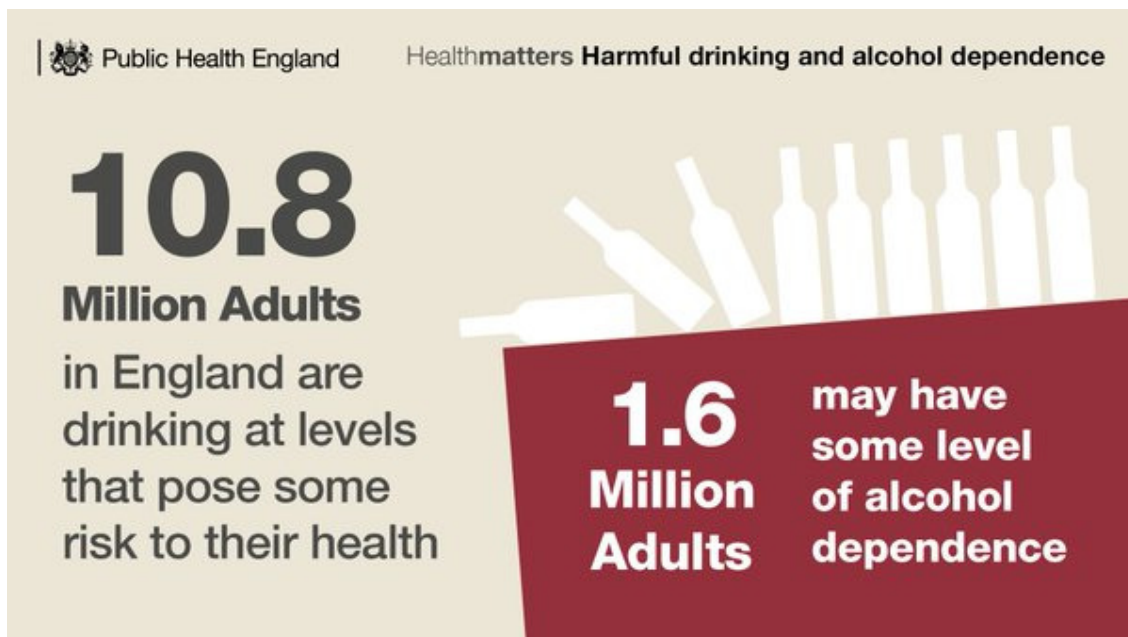
http://www.ncsct.co.uk/publication_electronic_cigarette_briefing.php

Alcohol Guidelines

The Chief Medical Officer has recently published updated alcohol guidelines.

A summary of the revised guidelines recommends that:

- **Men and women should not regularly drink more than 14 units of alcohol a week. Ideally, this should be spread evenly over three days or more**
- **Drinkers should limit the amount they consume on single occasions, and intersperse drinking alcohol with eating food and drinking water**
- **Pregnant women should avoid drinking altogether**



FREE Drug and Alcohol training for those living, working or volunteering in the Dudley borough

All training days are taking place at SWITCH, 1 Castle Street, Dudley. There are a range of dates available to book onto.

You will need to secure your place on the training via this link:

<http://waypoint-training.org.uk/dudley>

You will then be sent a booking form to ensure we capture all the information required to meet your needs and confirm your booking on the training. If you require further

information please contact Waypoint (training provider) from the contact form in the link.

Breastfeeding Buddy Service

If you are a volunteer Buddy, you will notice some changes happening over the next few months, as we support the breastfeeding service to move forward to charity status.

What will this mean to you as a Buddy?

Home Start Dudley has just appointed a Buddy Volunteer Coordinator. She will be keen to meet with you all soon, as she will be organising the day-to-day running of the Buddies, ensuring that groups run well and families are able to access the support they need in the community. Public Health will continue to support you as a volunteer while this process moves forward.

Home Start has also appointed an Organisational Development Worker, who will be taking the Volunteer Buddy Service and the Buddy Service Helpline forward to charity status. This will help to save these much needed and valued services for mums in Dudley.

We would like to celebrate the hard work you have done up to now and encourage you to get on board with this new stage of the service, as it will be from your passion and that of the mothers you support, that the service will grow.

Resource Section - for local service information and links to download national campaign materials

Local services

- **Get active and eat well:** www.lets-get.com
- **Stop smoking support:** www.dudleystopsmoking.co.uk
- **Join the conversation about drink:** <http://letstalkdrink.com/>
- **Weight management support:** <http://www.slimdowndudley.co.uk/>

National campaigns

- **Stoptober**
- **Stay Well This Winter**
- **Be Clear on Cancer**
- **Change4Life**

<https://campaignresources.phe.gov.uk/resources/>

We'd really like to know what you think of this new e-bulletin. Please share any thoughts with us publichealthvolunteers@dudley.gov.uk



Our mailing address is:

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