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Your regular health champions email bulletin.

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E-bulletin - Spring 2017

Welcome to your quarterly health champions e-bulletin!

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? [Click here to email us.](#)



SERVICES

Let's Get Healthy Dudley!

Let's Get Healthy Dudley is a new service delivered by Solutions4Health. It provides a single point of access to lifestyle services for people who either live or work in the borough. This allows easy access for people who want to make lifestyle changes in areas such as smoking, drinking, eating and moving more, or who want a free NHS Health Check.

As health champions, you can refer individuals into the service, or people can self refer, by:

Calling 0800 061 4982

Emailing letsget.healthydudley@nhs.net

Visiting www.lets-get.com

In future e-bulletins, look out for information on a new logo, website updates and self help resources.

GET INVOLVED!

Health champions diary - Carole-Ann Rushton

My journey as a volunteer began some years ago when my sons were young and I volunteered in their local primary school. Some years later I had the opportunity to train as a Breastfeeding Buddy, supporting Moms and their babies with breastfeeding. It was a wonderful, fulfilling experience to be able to provide Moms with support and guidance at a very special and personal time in their lives.

While volunteering an opportunity arose for a paid post on the new Breastfeeding Support Helpline and two years on the helpline is now fully established and offering guidance for Moms who request support. My journey as a volunteer has allowed me to enjoy a career I'm passionate about and I would thoroughly recommend volunteering to all.

Breastfeeding Support Helpline

Monday to Friday 9:45am - 1:45pm

01384 814545

For more inspiring stories please visit:

www.dudleyhealthchampions.co.uk/amazing-stories/



EVENTS

Health champions networking event - June 2017

We're planning a health champions networking event for June 2017 and would love you to join us - everyone is welcome. The event will celebrate the great work you all carry out and give you the chance to share ideas with health champions across the borough.

To register your interest and/or tell us what you'd like to see included at the event please visit www.surveymonkey.co.uk/r/FFZ9R67.

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



TRAINING

Making Every Contact Count

In the last issue we reported that the Dudley Public Health team is rolling out **'Making Every Contact Count' (MECC)** training.

During February and March 2017 over 170 frontline staff and volunteers working for Dudley Council, the NHS or the voluntary sector received the training and continue to be supported to Make Every Contact Count. More details can be found at www.dudleyhealthchampions.co.uk/training-events/.

Here are some of the things people said about the training:

"really useful to explore"

"hoping to be able to incorporate MECC into daily work and encourage change"

"very practical and useful"

If you are interested in attending this training please contact publichealth.events@dudley.gov.uk to be added to the waiting list. New dates for 2017 will be confirmed shortly.

If you are unable to attend the face-to-face training, or just want to learn more about MECC, there is a free e-learning course available here www.e-lfh.org.uk/programmes/making-every-contact-count/open-access-sessions. There are 4 modules available, taking approximately 20 minutes each.

GET INVOLVED!

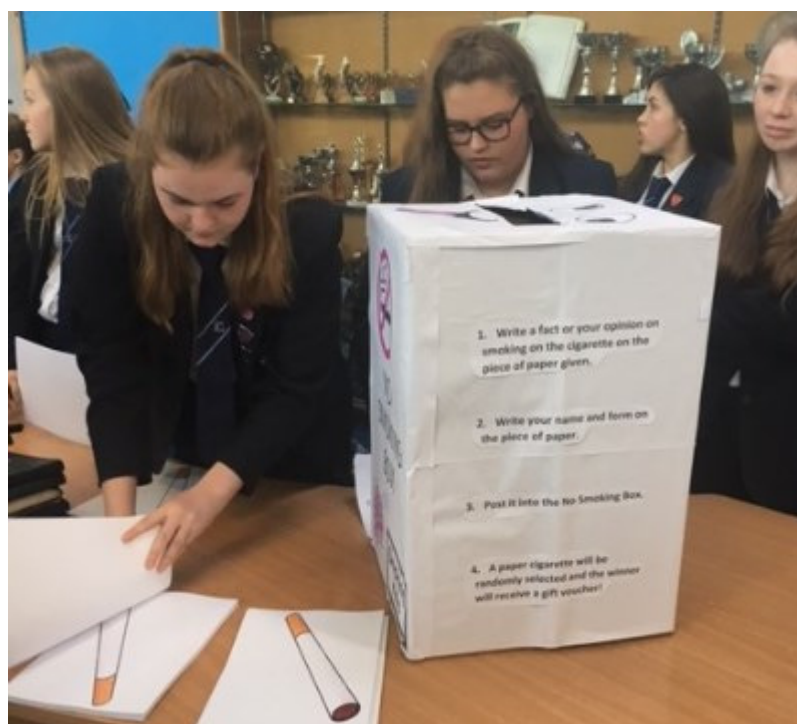
Young health champions from High Arcal School plan and deliver Enrichment Day

In April, several Year 11 students from High Arcal School took responsibility for the planning of lessons, as part of their school's Enrichment Day. The students, who had signed up as young health champions, researched 'what mental health means', 'gender differences in mental health' and 'stereotypes associated with mental health conditions'. They then wrote lesson plans for teachers to deliver to Year 7-10 pupils, including a PowerPoint presentation, videos from Professor Green and Panorama, and life stories.

They also highlighted the dangers of smoking and invited other students to share their views on the subject (see image below).

Young health champions design smoking video

During the Easter holidays a group of young health champions and CHADD Foyer came together with Creative Health to make a film highlighting what young people think about smoking near community and public buildings. This resulted in a short film asking people who smoke to 'Take it Away from the Door'. Watch the film at <https://vimeo.com/216682815>.



RESOURCES

For information on national campaigns and where to download campaign materials

Be Clear on Cancer - Respiratory Symptom Awareness (from 18th May 2017)

- Pharmacy toolkit available
- Free resources available to download online

Change4Life (ongoing)

- Look out for the '10 Minute Shake Up' summer campaign for Primary Schools

One You Active 10 (ongoing)

- Supported by a Active 10 app - why not give it a try yourself?
 - Available via iTunes or Google Play

Visit <https://campaignresources.phe.gov.uk/resources> for more information and resources for all of the above campaigns.

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



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