

Your regular health champions email bulletin.

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E-bulletin - Autumn 2017

Welcome to your quarterly health champions e-bulletin!

Featured in this issue:

- Health champions drop in
- Public Health Volunteers Christmas event
- Making Every Contact Count (MECC) training
- Mental Health training
- New resources available

Want to share an item for a future bulletin? [Click here to email us.](#)

Health champions drop in event

- Meet Wellness Coaches from the Let's Get Healthy Dudley service (www.lets-get.com)
- Find out about Dudley's Winter Warmth service
- Pick up resources to help you start healthy conversations
- Have a mini health check
- Enjoy a hot drink and a chat with Public Health staff and other health champions

Time: 12:00 to 13:45 pm

Date: Wednesday 29th November 2017

Venue: Conference Room, 3-5 St James Road, Dudley, DY1 1HZ



Public Health Volunteers Christmas event

Dudley Public Health would like to invite all our volunteers to join us for a Christmas get-together. You'll be able to catch up with other volunteers and enjoy some Christmas crafts and festive treats!

Date: Thursday 14th December 2017

Time: 9:30am and 12:30pm (drop in anytime)

Venue: Conference Room, 3-5 St James Road, Dudley, DY1 1HZ

Email publichealthvolunteers@dudley.gov.uk for more details.

Making Every Contact Count (MECC) Training

MECC is about taking suitable opportunities to have short conversations with residents, friends, family and colleagues about health and wellbeing.

A half day MECC training course is available for frontline staff and volunteers across Dudley borough. The training aims to increase confidence to have brief conversations and to provide key messages and local signposting information.

MECC has the greatest impact when lots of people are having healthy conversations and sharing the same messages.

So far during 2017, 241 staff and volunteers have attended MECC training.

To further increase the number of people having healthy conversations across the borough, additional courses are available from December 2017 - February 2018.

For more information, or to request an invitation to the training, please email Public Health.

Do you know someone with a long term health condition?

As a health champion you can tell people about the benefits of the self management programme, what it involves and how to join a course.

The self management programme can help adults living with a long term condition (such as high blood pressure, heart disease, cancer, depression, dementia, diabetes and arthritis). They will gain skills and knowledge to manage their health condition through relaxation techniques, coping with different emotions and pain management. They will develop more confidence and feel more in control of their lives by understanding the symptom cycle and setting personal goals.

One of the unique features of the self management programme is that they are tutored by volunteers who have their own personal experience of

living with a long term health condition. Courses are also available in community languages including Urdu, Punjabi, Hindi, Arabic and Bengali.

For more info or to make a referral, contact Public Health, Dudley Council on 01384 816437 or email smp@dudley.gov.uk or visit <https://lets-get.com/ageing-well/self-management/>.

n.b. Some November dates are still available - please see the website for details.

Mental Health Training

"Poor mental health and wellbeing is a significant problem for the West Midlands. It impacts on individuals and families, and more widely on communities and the economy, costing our region over £12 billion per year" (West Midlands Combined Authority Mental Health Action Plan, 2017).

Chatting to people about their mental health and wellbeing is just as important as talking to them about their physical health.

Five Ways to Wellbeing

The Five Ways to Wellbeing framework is a set of evidence-based actions to improve people's wellbeing. A new e-learning module is now available to support anyone using Making Every Contact Count (MECC) to understand how the Five Ways to Wellbeing can be used in a MECC conversation. The training can be accessed for free at www.e-lfh.org.uk/programmes/making-every-contact-count/.

Mental Health First Aid (lite)

From January 2018, a half day Mental Health First Aid (lite) course will be offered to frontline staff and volunteers who are in contact with people who may need some support with their mental health and wellbeing. The aim is to increase confidence to have conversations about mental health and wellbeing and provide local signposting information. If you are interested in attending a course please email [Public Health](#).

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

A new Making Every Contact Count **factsheet on Drugs** has been added to the Health Champions website:

- www.dudleyhealthchampions.co.uk/resources

A new national **sexual health website** has been launched to help the public make healthy, safe and informed choices about sexual and reproductive health and wellbeing:

- <https://sexwise.fpa.org.uk>

For local service information please visit:

- **Let's Get Healthy Dudley:** www.lets-get.com
- **iZone:** www.izone.org.uk

Current national campaigns include:

- **Stay Well This Winter**
- **One You Active 10**

Visit the resource centre to download free resources:

<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



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