

Your regular health champion email bulletin.

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E-bulletin - Summer 2018

Welcome to your quarterly health champion e-bulletin!

Featured in this issue:

- Public survey - accessing community information online
- The impact of effective signposting - local case studies
- Upcoming events
- Vitamins scam - local case study
- Have your say - green spaces/parks and community safety
- Resources section

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

Do you access community information online?

People across the borough are being asked to help shape the way they access information about local activities and services online.

To find out more and take the short survey please visit <https://www.dudley.gov.uk/news/combined-information-directory-survey/>

The survey will close at 5pm on Friday 28th September 2018.

Effective Signposting

Effective signposting can have a significant impact on the outcome of a conversation. Below are a couple of case studies demonstrating how simple it can be to share information and the impact it can have on improving a person's health.

"Health Check Prompts Healthier Lifestyle".

In January 2018 my workplace offered me a free health check which was carried out by the Public Health Team. The health check calculated my metabolic age as 54, which was a shock as I was only 39 years old. The results of the health check provided me with the incentive to try and lose weight for good.

The Public Health team told me about [Slimming World](#) and said they could offer me a free 12 week referral, which I accepted. I set myself the aim of losing weight in time for my 40th birthday in October 2018.

At my first class I weighed 16 stones and 7 pounds.

Through the support of the group and a determination to succeed I now weigh 13 stones and 6 pounds. I have also won Man of the Year for our Slimming World club.

I can't remember being this weight since I was a teenager and I feel absolutely amazing. I am really grateful for the support of the Slimming World and for our Public Health team who told me about the support available.

"Practice Nurse Suggested I Gave Them a Call"

When my practice nurse informed me that my BMI was over 37 I knew I had to do something to reduce my weight. The nurse suggested that [Solutions for Health](#) might be able to offer some support and that I should give them a call.

I contacted Solutions for Health and made an appointment to see a Wellness Coach. At the appointment I discussed my lifestyle and was told about an opportunity to attend [Slimming World](#) for 12 weeks for free. As it was almost New Year I decided that this would be the perfect time to get some support with my weight loss, my wife also decided to join me for some moral support.

Between January 2018 and June 2018 I had dropped from 18 stone 9 pounds to 14 stone 12 pounds. Having seen the results happening within 3-4 weeks I paid for a second 12 week programme at the conclusion of the first 12 weeks.

Over recent months I have noticed that my knees don't ache anymore. I'm now running on a regular basis and have now started taking part in the Dudley Park Run at The Dell Stadium every Saturday morning. The only down side is the cost of new clothes for me and my wife, but the benefits far, far 'outweigh' the cost to my health.

If you would like to speak to a member of the Workplace Wellbeing team about arranging health checks in your workplace, or to talk about other aspects of workplace wellbeing, please email healthywork@dudley.gov.uk



Mental Health - Walking Out of Darkness Event

Date: Sunday 7th October

Where: Birmingham

For more information and to sign up follow this link

<https://www.eventbrite.co.uk/o/walking-out-of-darkness-2018-10883871498>

Mental Health - World Mental Health Day

Date: Wednesday 10th October

Mental health problems can affect anyone, any day of the year, but 10th October is a great day to show your support for better mental health and start looking after your own wellbeing.

Trading standards boss warns about dangers of buying vitamins

Dudley Council's Trading Standards boss is warning about the dangers of buying vitamins online after a number of financial scams have come to light.

Dudley Council's scam unit, managed by Trading Standards, is currently investigating a number of cases where local people have been duped into buying an unnecessary supply of vitamins online or over the phone.

In one case, 11 different companies targeted a victim and over a three year period they paid in excess of £8,000 for a large quantity of

vitamin tablets that would never be used before the sell by date was reached.

In many cases, officers have found that once someone has bought from the companies they will continue to take regular payments and send more tablets, even if they haven't been requested.

Many companies mislead people into thinking they are working on behalf of the NHS or that the vitamins they supply are better than those prescribed by the doctor.

One of their tactics is to keep people on the phone for prolonged periods until they get a sale.

[Please click here to download Dudley's factsheet on scams](#)

Public Open Spaces Survey

A new survey has been launched asking the public to rate local parks and open spaces in Dudley Borough, in a bid to identify improvements. It only a few minutes to complete and asks people how much they value open spaces, which areas they visit most often and how they rate certain facilities.

Read the full news release and take the survey on the Dudley MBC website: <https://www.dudley.gov.uk/news/public-open-space-survey/>



Local people are being invited to have their say on community safety, via a new survey that has been launched. Borough residents are being asked to tell safe & sound Dudley's community safety partnership - which incorporates the borough's local police and crime board - what their main community safety concerns are both in their local area and in the borough as a whole.

Find out more and take the survey on the safe & sound website:
<https://www.dudleysafeandsound.org/single-post/2018/09/17/Have-your-say-on-community-safety-online>



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

For local service information please visit:

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

Current national campaigns include:

- **Every Mind Matters - launching October 10th in the Midlands**
- **STOPTOBER**
- **Stay Well This Winter**

Visit the resource centre to download free national campaign resources:
<https://campaignresources.phe.gov.uk/resources/>

Our mailing address is:

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

