



## Information and Resources

<b>Dudley Information Directory</b> 	An online information directory to search for local groups, clubs, activities, services, and events across the Dudley borough.  <a href="http://www.dudleyci.co.uk">www.dudleyci.co.uk</a>
<b>Public Health website</b> 	Information and resources for all ages on healthier lifestyles and looking after your health and wellbeing. Such as: <ul style="list-style-type: none"> <li>• <b>Lets-Get Moving</b> - Information on how to add more movement in your day</li> <li>• <b>Road to Wellbeing</b> – a resource to manage stress of everyday life</li> <li>• <b>Later Life Planning</b> – help you make plans and prepare for your own later life</li> <li>• <b>Vaccination</b> information</li> <li>• <b>Seasonal wellbeing</b> –advice on how to keep well over winter and summer</li> <li>• And much more</li> </ul> <a href="http://www.healthydudley.co.uk">www.healthydudley.co.uk</a>  <b>Stay updated:</b> sign up for the Dudley Council health and wellbeing e-bulletin: <a href="https://public.govdelivery.com/accounts/UKDUDLEYMBC/signup/26294">https://public.govdelivery.com/accounts/UKDUDLEYMBC/signup/26294</a>
<b>Libraries</b>	Local libraries in Dudley <a href="https://www.dudley.gov.uk/things-to-do/dudley-borough-libraries/">https://www.dudley.gov.uk/things-to-do/dudley-borough-libraries/</a>

## Health programmes

<b>Adult lifestyle services</b>	Support with weight management, stop smoking and more...contact a health coach at ABL to arrange an appointment. <a href="https://yourhealthdudley.co.uk">https://yourhealthdudley.co.uk</a> Call: <b>01384 732402</b>
<b>Self-Management Programme</b>	A free six-week course for adults with a long-term health condition, or adults who have a caring responsibility. Courses are face to face or virtual. Delivered by Dudley Empowerment Partnership. Email: <a href="mailto:smp@dudleycabx.org">smp@dudleycabx.org</a> or call: <b>07976 637404</b>
<b>Dudley Falls Prevention</b>	Falls advisors will help you to avoid falls, maintain your strength and balance as well as help you to regain your mobility, confidence and independence. Email: <a href="mailto:fallsspa@dudley.gov.uk">fallsspa@dudley.gov.uk</a> or call: <b>01384 814459</b>
<b>Falls strength and balance exercise classes</b>	A programme for older people who feel unsteady on their feet, or who have fallen, which helps you to improve strength and balance. The classes are weekly for an hour, for 13 weeks. After each class there is time for tea, coffee, biscuits, and a chat. Classes are free and held in the healthy hubs located in Dudley borough parks. Email <a href="mailto:fallspsi@dudley.gov.uk">fallspsi@dudley.gov.uk</a> or call: <b>01384 815190</b>
<b>Dance To Health</b>	For residents aged 50+, to reduce your risk of falling in later life. The Dance to Health programme which runs for 26-weeks, delivered across the borough by Aesop. Exercises, can be done seated or standing to build strength and balance. For more details visit: <a href="https://dancetohealth.org/dudley/">https://dancetohealth.org/dudley/</a> Book via: <a href="mailto:dudley@dancetohealth.org">dudley@dancetohealth.org</a> or call: <b>07470 799540</b>
<b>Healthy Hubs and walking</b>	Four healthy hubs across the borough to help you get more active <a href="https://lets-get.com/healthy-lifestyles/move-more/choose-healthy-hub/">https://lets-get.com/healthy-lifestyles/move-more/choose-healthy-hub/</a>
<b>Leisure Centres</b>	Four leisure centres in Dudley: <a href="https://www.dbleisure.co.uk/our-centres">https://www.dbleisure.co.uk/our-centres</a>

## Loneliness and Isolation

<b>Pleased To Meet You</b>	For people aged over 60 who may be feeling lonely or isolated, who would like support with getting out and about. Visit <a href="http://www.dudley.gov.uk">www.dudley.gov.uk</a> and search for 'Pleased To Meet You' or call: <b>01384 812761</b>
<b>Beacon Centre Befriending Service</b>	A befriending service for people aged 65+ living in the Dudley borough who might be feeling lonely. A volunteer, who will be matched with you based on common interests, will contact you. Visit: <a href="https://beaconvision.org/how-we-help/befriending/">https://beaconvision.org/how-we-help/befriending/</a> or call: <b>01902 880111</b>

### Learning a new skill and connecting with others

<b>Adult Community learning</b>	A wide range of courses are on offer, including English, maths, arts and crafts, health and wellbeing. Visit <a href="http://www.dudley.gov.uk">www.dudley.gov.uk</a> and search for 'Adult and Community Learning' or call: <b>01384 818143</b>
<b>Digi-Dudley</b>	If you want to feel more confident using tablets, laptops and smart phones, join the Digi Dudley project and pick up new skills such as sending emails, web browsing, video calls and much more. Email: <a href="mailto:jim2022.jst@gmail.com">jim2022.jst@gmail.com</a> or call: <b>07726 175532</b>
<b>Blackcountry Connected Programme</b>	This programme offers people who live in the Black Country the chance to borrow a Geobook laptop for three months with support to use it. This is a referral only service, please speak to a healthcare professional or for more information visit: <a href="http://www.blackcountryconnected.co.uk">www.blackcountryconnected.co.uk</a>

### Safety and security

<b>Telecare</b>	A range of telecare assistive technology can be installed in the home, linked to either a loved one, a carer, or directly to the Telecare monitoring centre. Call handlers are available 24 hours a day. Visit <a href="http://www.dudley.gov.uk">www.dudley.gov.uk</a> and search for 'Telecare' or call: <b>0300 555 2040</b>
<b>Scams</b>	Information, advice and support on how to avoid scams. Visit <a href="http://www.dudley.gov.uk">www.dudley.gov.uk</a> and search for 'Scams' or call: <b>01384 818871</b>
<b>Living Well Feeling Safe</b>	The service offers free home safety and security advice, equipment, and fire risk checks. Visit <a href="http://www.dudley.gov.uk">www.dudley.gov.uk</a> and search for 'Living Well Feeling Safe' where you can access an online self-assessment tool, or call: <b>01384 817743</b> .

### Adult support services

<b>Dudley Adults Portal</b>	Support for adults who require social care in Dudley borough. Visit <a href="http://www.dudley.gov.uk">www.dudley.gov.uk</a> and search for 'Dudley Adults Portal' or call: <b>0300 555 0055</b>
<b>Carers Hub</b>	Information, advice and support for unpaid carers. Visit <a href="http://www.dudley.gov.uk">www.dudley.gov.uk</a> and search for 'Carers', email <a href="mailto:dudleycarershub@dudley.gov.uk">dudleycarershub@dudley.gov.uk</a> or call: <b>01384 818723</b>
<b>Dudley Council Plus</b>	This single point of contact enables you to pay for and find information on any council service. Email: <a href="mailto:dudleycouncilplus@dudley.gov.uk">dudleycouncilplus@dudley.gov.uk</a> or call: <b>0300 555 2345</b>
<b>Cost of living</b>	If you are struggling with coping with the rising cost of living, there are services in Dudley borough that provide free advice, information, and support. Visit <a href="http://www.dudley.gov.uk">www.dudley.gov.uk</a> and search for 'cost of living'.
<b>Dementia gateway</b>	The Dementia Gateway service supports Dudley borough residents who are living with dementia, including support for carers and family members. Visit <a href="http://www.dudley.gov.uk">www.dudley.gov.uk</a> and search for 'Dementia Gateway' or call: <b>0300 555 0055</b>

### Mental Health Services

<b>Black Country Healthcare Foundation Trust</b>	Free 24/7 mental health support line for Black Country residents. Call: <b>0800 008 6516</b> or text: <b>07860 025281</b>
<b>Cranstoun</b>	Services and programmes for adults and young people who need support addressing their use of alcohol and other drugs, domestic abuse, housing and those in contact with criminal justice system. Visit: <a href="http://www.cranstoun.org/help-and-advice">www.cranstoun.org/help-and-advice</a>
<b>Dudley Talking Therapy Service</b>	If you are registered with a Dudley borough GP and are suffering from anxiety or depression. Visit: <a href="http://www.dihc.nhs.uk/talking-therapy">www.dihc.nhs.uk/talking-therapy</a>
<b>Reach Out Dudley</b>	A suicide prevention website offering support to people who are having thoughts of suicide and people who are bereaved by suicide. Visit: <a href="http://www.reachoutdudley.co.uk">www.reachoutdudley.co.uk</a>

