

## Dudley Young Health Champions

Dudley Young Health Champions is a youth-led project committed to providing accurate peer to peer information which promotes resilience and positive health and wellbeing.

During this unique situation of self-isolation and social distancing we are putting all of our efforts into developing our website blog. It will be full of useful information and ideas about how to keep yourself safe.

We are looking for young people to share their stories and if you would like to write a blog or share any useful information please email me. In return you will be given the opportunity to complete an online certificated Health Champion course which will take a maximum of an hour.

To see and follow our blog please go to [www.dudleyyhwc.wordpress.com](http://www.dudleyyhwc.wordpress.com)

If you need any support during this time please go to [www.izone.org.uk](http://www.izone.org.uk) where you will find a variety of local / national services that can support you.

If you would like any more information please email me [fayehall@dudleycvs.org.uk](mailto:fayehall@dudleycvs.org.uk)

Stay safe and keep washing your hands!