

Watch a Rugby game for free!

During this rugby world cup year Stourbridge Rugby Club are offering a warm welcome to all children in Dudley. All children aged 16 and under are eligible for a free ticket to see a game of high quality rugby at Stourton Park (DY7 6QZ).

There will be no charge for entry for the child, their parent/carer to accompany them or for car parking. Simply show the ticket below upon entry. For full details you can read the letter from SRFC management by clicking the link or scanning this QR code.



SCAN ME

I'm from

School



YOUTH STOP

A new youth support hub has opened at next to the Bus Station at Merry Hill Shopping Centre, offering young people NHS mental health support, counselling, mentoring, help with substance misuse, LGBTQ+ youth support and more. Open Monday - Friday. Visit [Dudley CI](#) or scan the QR code for more information and opening times.



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Later Life Planning Resource

Helps you to make changes and prioritise what is important for you to focus on now, to prepare for your future.

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www.lets-get.com

Visit Dudley Council's Let's Get Healthy website and click on the 'Starting Well' tab to access lots of health and wellbeing support for your family.



Supporting you to make healthy lifestyle changes

Borrow books, balls, bean bags and bats from your local library



Dudley's libraries will be doing more than lending books this autumn. They will also be lending 150 activity sacks to children living within the borough. The activity sacks can be borrowed, just like a library book, for a period of up to four weeks from any of Dudley's 13 libraries.

There is no limit per household and no deposit required.

The sacks, which have been funded by the Commonwealth Games Legacy Funding, are aimed at children aged between 6yrs-11yrs and contain a skipping rope, bean bags, a frisbee/flying disc, an ankle skip set, soft foam balls, a mini play bat and floor dot markers. They also include an activity sheet packed with fun creative ideas to encourage children to move more.

Your Home Your Forum Meetings

These meetings are an opportunity to share the great things which are happening in the local area. Discuss and collectively address local issues and concerns with local councillors, police, local organisations and residents. They also support you to be actively involved in your community through connecting you to other people and groups, enable you to share ideas, and provide access to support and funding.



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Happier Minds Website

A new website has been launched to help young people, parents/carers and school-based staff find information about mental health in Dudley borough. The website has been developed to ensure that both national and local mental health support is accessible all in one place at the click of a button. Whether you are a young person or a parent/carer this site will provide you with links to useful information and sources of support.

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happierminds.org.uk

Recipe of the term!



Cheats' pizza calzone recipe. Use a warm wrap to make a delicious lighter version of an Italian style folded pizza. Preparation time: 10 minutes. Cook time: 10 minutes. Visit **Better Health** for the recipe. For more family friendly recipes visit: **Better Health's step-by-step recipes** or scan here >



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Free healthy lifestyle support for your family



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Arrange a free one-to-one appointment with a Dudley Family Wellness Coach, who will help you and your kids create healthier diet and physical activity habits you can all stick to

For further information, scan the QR code below

To make an appointment with the Family Healthy Lifestyle Service contact letsget.healthydudley@nhs.net or call **01384 732402**

You can also check out the Let's Get Dudley Healthy website www.lets-get.com where you will find lots of information and tips on how to make lifestyle changes for the whole family



Want a happier, healthier family? Worried about your family's sugar intake? Concerned about eating well on a budget? Is it hard getting the kids to eat their 5 A Day?

Take a short quiz to find out which one of the 8-week email journeys is right for you. Whether it's healthier snacking, cutting back sugar, meal planning, or upping your 5 A Day, you'll get easy tips from nutrition experts and other parents, Disney-themed games, fun challenges and budget-friendly recipes delivered to your inbox.



PHASES FREE gym-based physical activity programme*

- For young people aged 11 - 16 in Dudley
- 12-week programme
- Saturday mornings at Action Heart Gym, Russell's Hall Hospital
- Sessions led by qualified instructors
- Free of charge

How to book a place

Ask your GP or school nurse to make a referral. Alternatively, contact Phases at action.heart@nhs.net

**the following eligibility criteria applies*

- must live in Dudley, attend an education setting in Dudley, or be registered with a Dudley GP surgery
- must be inactive (undertaking less than 30 minutes of activity a day) or be overweight



Dudley's five family centres have been transformed into new local family hubs, as part of Dudley's Family Hub Network. The hubs were officially launched in August 2023. A range of agencies and organisations work together across the family hub network to support families, with the aim of providing access to support and advice. The local hubs offer the following support for children and young people from birth to 19 years (or to 25 years for those with learning difficulties or disabilities):

- Parenting Groups
- Baby Clinics
- Citizens' Advice
- Pre-Natal Support
- Signposting to Services and Groups
- Family Support Work



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Visit the **Dudley Council website** or scan the QR code for more information.

