

Autumn 2024

Health & Wellbeing Update



for children and families in Dudley



FREE

HEALTHY LIFESTYLE SUPPORT FOR YOUR FAMILY

Commissioned by Dudley Council

Arrange free one-to-one support with a Dudley Family Wellness Coach who will help you and your kids eat well and move more

Ready for a healthier lifestyle? Talk to the Your Health Dudley team today

Your Health Dudley
01384 732 402
yourhealth.dudley@ablhealth.co.uk
www.yourhealthdudley.co.uk/your-wellness-journey



Dudley's Community Toothbrush Scheme

For more information scan the QR code





Dudley's community toothbrush scheme will relaunch in October. The scheme provides toothbrush packs to children and families in need. For more information about this scheme click [here](#) or scan the QR code



SCAN ME

WRAPAROUND CHILDCARE in Dudley borough

Did you know, if your child is aged 4 to 11 years old, they could go to a wraparound childcare service near or at their school during term time?



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New health and wellbeing website for Dudley residents has launched!

Visit the Starting Well section of the NEW **Healthy Dudley** website for lots of information to support healthy pregnancy, infancy, childhood and adolescent health, up to age 19.

www.healthydudley.co.uk





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Longer, safer, healthier lives

Happier Minds Website

This website provides mental health information and sources of support for young people, parents/carers and school-based staff in Dudley borough. For more information click [here](#) or scan the QR code.



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Family information services

Family Information Service (FIS) can provide information on early years and childcare provision. FIS also offers information on 'stay and play' groups, out of school clubs (for children aged up to 16 or 25 with SEN) or other family support where necessary. Please click [here](#) or scan the QR code.

For further information please email Fis.CS@dudley.gov.uk



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Childcare Choices

Apply for 15 or 30 hours' childcare to start a place in September.

If you are an eligible working parent in England, you can now apply for:

- 15 hours' childcare for your child aged 9 months old until they turn 3 years old
- 30 hours' childcare for your 3 or 4 year old.

For further information please click [here](#) or scan the QR code



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Water safety

It's so tempting to jump into open water (rivers, lakes, reservoirs). But please share these messages to help keep people safe:

- Look out for warning signs or hidden dangers like shallow water or ledges to get stuck under
- The water is still cold and the shock can be deadly
- Check the depth – it can be deceptive
- Don't go alone
- If you fall in or become tired in the water, stay calm, float on your back and call for help
- If there's no lifeguard - don't go in!
- If there is a life-threatening situation, call 999

For more information on water safety click [here](#) or scan the QR code.



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CRANSTOUN

Empowering People, Empowering Change

Routes Dudley

A safe and accessible space open to young people aged 13 to 25 to drop in and access information, advice, and guidance to support their wellbeing and seek help when they need it. For more information click [here](#) or scan the QR code.



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FREE Five to Thrive online sessions for parents, carers and grandparents

Tuesday 8 October (6pm – 8pm) online

Calling all parents, carers, and grandparents! Did you know that your relationship with your baby or child plays an important role in how their brain develops? That's right – strong, positive connections with you help their brains grow and thrive.

Come join us and discover how simple, everyday interactions can make a big difference in your child's development. Places are limited. To book your place click [here](#) or scan the QR code.

For further information please email Fis.CS@dudley.gov.uk

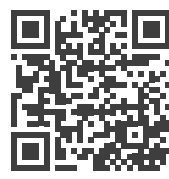


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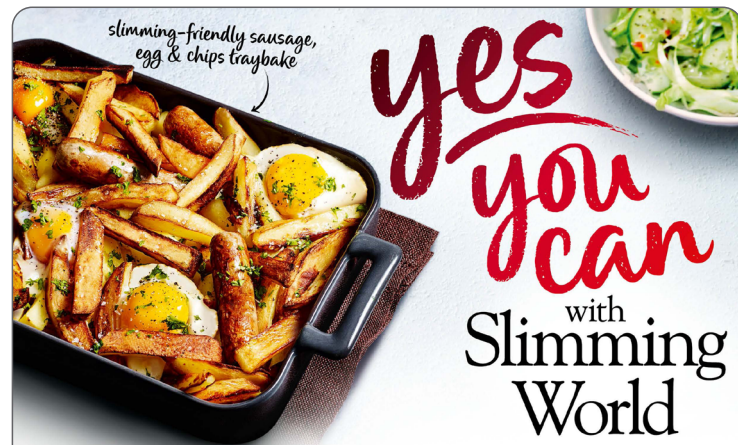
DudleyParents

Dudley parenting services

A range of parenting programmes are available for parents and carers in Dudley. For further details click [here](#) or scan the QR code. Any queries please contact parenting@dudley.gov.uk



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If you are aged 16 or 17, live in Dudley or attend a school or college in Dudley and would like some support to maintain a healthy weight you may be eligible to attend Slimming World FREE for 12-weeks.

Make an appointment with a Family Wellness Coach from Your Health Dudley to find out more.
01384 732402
yourhealth.dudley@nhs.net
Click [here](#) or scan the QR code



find our recipe here
slimmingworld.co.uk

Healthy Dudley
Longer, safer, healthier lives

Slimming
WORLD
Partnerships

Flu vaccination

From September the people invited to have their flu vaccination include:

- Pregnant women
- Children aged two and three
- School children from reception to year 11
- Children with clinical risk

From October the invite will extend to:

- Those aged 65 and over
- Care home residents
- Front line health and social care workers

Look out for invites from your GP surgery and consent forms from your children's schools.

For information on Flu click [here](#) or scan the QR code.



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