

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

Free swimming

Children who live in Dudley borough can benefit from **free swimming** during the school holidays at:

- The new Duncan Edwards Leisure Centre in Dudley
- The newly refurbished Crystal Leisure Centre in Stourbridge
- Halesowen Leisure Centre.

Registration must be completed in advance at

www.freeswimindudley.co.uk



Dudley Play Week

Save the date! Dudley Play Week takes place across the borough from Tuesday 6 August – Saturday 10 August. Look out for more details soon on the [Dudley CI What's On page](#).



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

HealthyDudley
Longer, safer, healthier lives

Dudley family hub network

Dudley family hub network provides families living in Dudley borough with easy access to the support they need, at the right time, in the right place.

The network is made up of five local family hubs, along with online resources and community services which support children and families.

The five local family hubs are located in Stourbridge, Dudley, Brierley Hill, Coseley and Lye.

Go to <https://www.dudley.gov.uk/media/nco44q3/family-hub-information-leaflet.pdf> or scan the QR code to download an information leaflet.



Young people's mental health website

Take a look at Dudley's **Happier Minds** mental wellbeing website for guidance and support on how to cope with exam stress and moving up to secondary school. There is a section for young people aged 11 and over and a section for parents and carers.

www.happierminds.org.uk



Love your smile

National Smile Month is a charity campaign that champions the benefits of having good oral health and the value of a healthy smile. **Between 13 May and 13 June 2024**, the Oral Health Foundation will raise awareness of important health issues and help people be ready to put a smile on their face. This year's theme is 'Love Your Smile'. Dudley Council will be sharing oral health advice to help Dudley's residents love their smiles! More information to follow soon.

www.dentalhealth.org/national-smile-month-2024



SCAN ME



Whooping cough and pregnancy

Help protect your baby

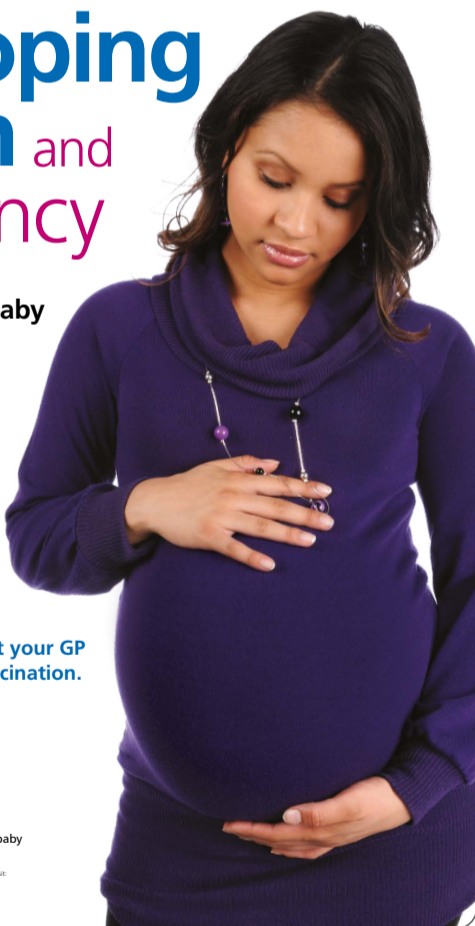
There is a lot of whooping cough around at the moment. Babies are at most risk, especially in their first weeks of life.

Expectant mothers can help protect their baby by getting themselves vaccinated against whooping cough, from 16 weeks of pregnancy.

Don't take the risk. Act now to protect your baby from whooping cough from birth. Contact your GP or midwife to get the vaccination.

Immunisation
the safest way to protect yourself and your baby

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To order more copies of this poster or any other immunisation publication please visit
www.healthpublications.gov.uk

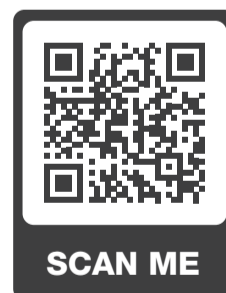


Bereavement awareness for parents and carers

Bereavement awareness sessions are taking place for parents and carers.

- Aimed at: parents and carers of bereaved children.
- FREE monthly session dates available at different times
- For more details go to www.childbereavementuk.org/Event/bereavement-awareness-support-for-parents-and-carers-not-professionals

There are lots of resources, guides and support on offer from **Child Bereavement UK**



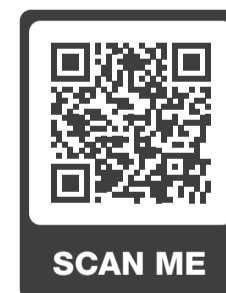
Cost of living support

It can be difficult to afford everything your family needs.

The Cost of Living pages on Dudley Council's website have lots of useful information about support with household costs, everyday essentials, national initiatives and more.

Go to www.dudley.gov.uk/cost-of-living

or scan the QR code to find out more information.



Junior parkrun

Do you want to get your kids active at the weekend? **Junior parkrun** is a free, fun and friendly weekly two kilometre event for four to 14-year-olds. It is held every Sunday at 9am at Stevens Park, Wollescote Road, Stourbridge, DY9 7JG. You can walk, jog, run or volunteer!

www.parkrun.org.uk/stevenspark-juniors

