

Free healthy lifestyle support for your family



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 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



Qualified volunteer instructors deliver free outdoor activity sessions in 5 parks across the borough. Everyone can work at their own level and enjoy the benefits of exercising outdoors. These circuit-based 45-minute sessions are family-friendly, fun and suit all ages and abilities.

Stevens Park, Quarry Bank
Mondays 10:00 – 10:45

Buffery Park, Kates Hill
Wednesdays 09:30 – 10:15

Abbey Street Park, Gornal
Saturdays 09:00 – 09:45

Stevens Park, Wollescote
Saturdays 09:45 – 10:30

Grange Park, Dudley
Sundays 10:00 – 10:45

Book your place:
www.lets-get.com/explore/healthy-hubs/park-active



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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

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, newly refurbished Crystal Leisure Centre in Stourbridge and Halesowen Leisure Centre. Registration must be completed in advance at:

www.freeswimindudley.co.uk/home

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

Cost of Living Support

If you are struggling financially, Dudley Council can signpost you to a range of support and advice available to you. Visit:

www.dudley.gov.uk/council-community/cost-of-living



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junior parkrun

Junior parkrun is a free, fun, and friendly weekly 2K event for juniors (4 to 14 year olds) held every Sunday at 9am at Stevens Park Wollescote, Wollescote Road, Stourbridge, DY9 7JG. The event is delivered by volunteers. Visit:

www.parkrun.org.uk/stevenspark-juniors/

Alcohol Guidance



The 'Talking About Alcohol: A guide for parents and carers' was written by the Alcohol Education Trust and helps parents and carers to talk to their children about alcohol.

Talking About Alcohol
A guide for parents and carers



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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 Community Information Directory

Search the directory for thousands of activities, services and events across the Dudley Borough
Visit: www.dudleyci.co.uk



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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.



SCAN ME



FREE online programmes for parents, and carers in Dudley at: www.dudleyparents.co.uk

Triple P

A programme for parent/carers of children aged 2 to 11 years, teenagers and a new "Fear-less programme" for children aged 6 to 14 who suffer with anxiety.



Solihull approach

Courses from bump to baby to teenager, courses for additional needs and available in alternative languages. Our new relationships course is funded for all Dudley couples.

For general enquiries and to find out more about parent/carer activities and groups in Dudley, email: parenting@dudley.gov.uk

