

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@nhs.net
www.yourhealthdudley.co.uk/your-wellness-journey

Phases physical activity programme

“Great opportunity for the family to improve fitness and wellbeing” - Phases parent / carer.
“I really enjoy PHASES Programme and I look forward to coming every Saturday” - Phases participant.

Find out more about the free gym-based physical activity programme for 11 – 16 year olds by scanning the QR code to visit [Healthy Dudley](#).

PHASES

FREE gym-based physical activity programme*

Keeping up-to-date with vaccinations

Find information on immunisations including flu, MMR and vaccinations during pregnancy, which help to protect everyone, at every age. Scan the QR code to visit [Healthy Dudley](#).

FUSION

The Fusion Project

Through this project, we offer individual counselling, group support, and family support to people living in the Dudley borough, aged 13–18 from;

Ethnically diverse backgrounds
Or
Identify as part of the LGBTQ+ community

Support available

- ★ One-to-one counselling
- ★ Self-referral
- ★ Online Support
- ★ LGBTQ+ Groups
- ★ Asian women's group
- ★ Youth advocacy
- ★ Family Support
- ★ Support for other Professionals

For more Information, contact us:

The What? Centre
Tel: 01384 379992 (S)
Address: 23 Coventry Street, Stourbridge DY8 1EP
Website: thewhatcentre.co.uk

Zeera Ethnically diverse counsellor
Tel: 01384 885488 (D)
Address: 31 Priory Street Dudley DY1 1HA
Email: whatcentrefusion@gmail.com

Coffee Morning

ARE YOU CONCERNED ABOUT YOUR CHILD'S ALCOHOL/SUBSTANCE USE?

- GREAT OPPORTUNITY TO MEET OTHER PARENTS AND CARERS, SHARE EXPERIENCES AND BUILD CONNECTIONS.
- HAVE AN INFORMAL CHAT WITH A TEAM MEMBER AND OTHER PROFESSIONALS ABOUT PRACTICAL APPROACHES TO SUPPORT YOUR CHILD.
- EXPERIENCE A SUPPORTIVE, NON-JUDGMENTAL SPACE TO ASK QUESTIONS AND FIND HELPFUL RESOURCES.

EVERY MONDAY BETWEEN 9:30 - 10:30AM
HERE4YOUTH, 1 CASTLE STREET, DY1 1LA

FOR MORE INFO ABOUT OUR SERVICE SCAN OR CODE OR CONTACT DAWN ON 01384 241440

NHS Healthy Choices Quiz

Get your score in just 5 minutes. Take the free NHS Healthy Choices Quiz to find where you could make some changes to live a healthier life and receive support and guidance to get going. Scan the QR code to visit the [NHS website](#) and start the quiz!

Free street cricket

Sessions take place in Brierley Hill, Lye, Central Dudley and Bromley Pensnett. Scan the QR code to visit [Worcestershire Cricket Foundation](#) for more information.



Dudley FREE Swimming

Did you know that there is free swimming for children aged 16 and under during Dudley borough school holidays?

The free-swimming scheme will take place during February half-term, from Saturday 14 to Sunday 22 February.

For more details scan the QR code to visit [Free swim Dudley](#).



SCAN ME

Starting Well

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

Scan the QR code to visit [Healthy Dudley](#).



Longer, safer, healthier lives



SCAN ME

Winter wellbeing for families

Winter can bring extra challenges, especially for young children, older relatives, and those with health conditions. Dudley Council's Winter Wellbeing campaign helps families stay warm, active, and healthy. Here are five simple tips:


- 1. Eat well together**
Warm, nourishing meals like soups and stews are great for the whole family. Add seasonal vegetables to keep costs down and make meals fun by involving children in cooking. Remember to drink plenty of fluids, 6–8 glasses a day.
- 2. Keep moving**
Wrap up and enjoy fresh air when the weather allows, family walks can be fun! Indoors, try dancing, stretching, or gentle exercises together to stay active.
- 3. Stay connected**
Plan family activities or join local groups for crafts, play sessions, or sports. Regular chats with friends and relatives can lift everyone's mood.
- 4. Keep warm at home**
Aim for at least 18°C (64°F) in rooms you use most. Layer up with several thin layers instead of one thick one. Use draught excluders to keep the heat in.
- 5. Look out for each other**
Check in on grandparents, neighbours, and friends, especially during bad weather. Sign up for weather alerts at www.metoffice.gov.uk

For more information on winter wellbeing and useful contacts and services, scan the QR code to visit [Healthy Dudley](#)



SCAN ME

STRONGER FOR LONGER



Women can be stronger for longer


Ladies, did you know that one in two of us over 50 will break a bone due to osteoporosis? This is because after the menopause low levels of oestrogen can make bones weak. Bone health is important for us all, but especially for women going through hormonal changes.

The good news is, you can take action now to protect your bones and boost your strength. Stronger For Longer is a programme with practical tips and 10 expert-designed exercises to build strength, protect bones, improve balance, and boost mood. Just do these exercises two or three times a week - whether you have 30, 10, or even 5 minutes.

Get involved in three ways:

- FREE exercise videos to follow at home
- FREE downloadable sheets
- FREE women-only classes at four park activity centres

Scan the QR code to visit [Healthy Dudley](#) for more information.



SCAN ME

FREE SUPPORT FOR LOCAL FAMILIES



PROGRAMMES & WORKSHOPS FOR PARENTS & CARERS

WANT MORE INFORMATION OR TO BOOK A PLACE? visit www.dudleyparents.co.uk



Preparation for Parenthood

Feel more confident and supported as you prepare for life with your new baby:

- Explore emotional wellbeing, relationships and the changes a new baby brings.
- Build healthy habits from the very beginning, for both you and your baby.



Healthy Families: Right from the Start (0-5 years)

Support for parents and carers to give young children the best start in life:

- Learn how everyday routines, mealtimes, sleep and screen time shape your child's health.
- Discover small, practical changes that make a big difference to family life.



Healthy Families: Growing Up (5-12 years)

Support for families as children become more independent and start school:

- Build healthy habits around food, activity, screen time and emotional wellbeing.
- Find new ways to strengthen family relationships and support your child's development.



In partnership with



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Preparation for Parenthood (6 sessions)
Starts 9 February 2026, 10am - 12pm @ The Source Youth Centre, Kingswinford

Healthy Families Right from the Start (9 sessions)
Starts 20 January 2026, 9.45 - 11.45am @ Lye Family Hub

Healthy Families Right from the Start (9 sessions)
Starts 22 January 2026, 9.45 - 11.45am @ Stourbridge Family Hub

Healthy Families Growing Up (8 sessions)
Starts 28 January 2026, 9.30am - 11.30am @ Brierley Hill Family Hub

Starting Solids

Free local workshops




Come along!

Introducing solid foods is the start of a whole new chapter for you and your baby

Workshops are taking place throughout January, February, March 2026

Visit www.dudleyparents.co.uk or scan the QR code and click on the HENRY tile to book your place

Introducing solid foods at 6 months
Come to a Starting Solids workshop to help you get your baby off to a great start. The workshop will help you decide:

- When your baby is ready to try solid food
- What foods to start with
- When your baby is hungry and when they've had enough
- How to make mealtimes an enjoyable experience for both of you

