

for children and families in Dudley



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



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

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



Lunchbox

Ideas

Top tips & ideas for a yummy, healthy lunchbox



Includes **EASY RECIPES & WEEKLY PLANNER**



INCLUDES **TOOTH FRIENDLY FOOD SWAPS THROUGHOUT**

Parents and carers can take advantage of a new **online resource** to help them create healthy and tooth-friendly children's lunchboxes.



SCAN ME

NEW recipe book for young people

With support from Dudley Council, a group of Young Commissioners have produced their own recipe book full of quick and easy meal ideas for young people living on their own.

[Download the recipe book here](#)



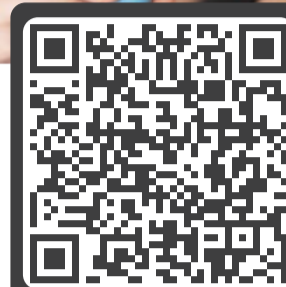
SCAN ME



Youth Vaping

To help respond to growing concerns about the number of young people choosing to vape, Dudley Council has produced a set of Frequently Asked Questions to support parents and carers to have a conversation about vaping with their children.

[Download the FAQ's here](#)



SCAN ME



Dudley iZONE www.izone.org.uk

A new website has been launched for children and young people living in Dudley. The website provides information and links to services and resources on important health and wellbeing topics, such as mental wellbeing and sexual health.

A great start in life

Do you have a child under 5?

Would you like to:

- feel more confident as a parent?
- reduce mealtime stress?
- enjoy being active as a family more often?
- encourage your child away from screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

"I will be recommending this course to everyone. Thank you for this life changing opportunity."

Free HENRY programme starting soon:

If you are interested in joining a group, please email Dudley's Parenting Team cypteam@dudley.gov.uk for more information



www.henry.org.uk

Pick up a leaflet for more information

Recipe of the term

This term's recipe has been taken from the new recipe book for young people.

Chicken fajitas

Equipment

- Measuring spoon
- Chopping board
- Sharp Knife
- Frying pan

Ingredients

- 1 chicken breast or 1 large handful of quorn pieces or other meat substitute
- 1/2 onion, sliced
- 1 pepper, sliced
- 5 mushrooms, sliced
- 2 teaspoons of fajita seasoning
- Vegetable oil
- 2 tortilla wraps

Method

- STEP 1** Cut the chicken breast and vegetables into strips
- STEP 2** Heat a tablespoon of oil in a frying pan on a high heat. As soon as the oil begins to smoke add the chicken or meat substitute to the pan
- STEP 3** Let the chicken cook undisturbed for 2 to 3 minutes, then turn it over and cook for another 2 to 3 minutes until the outside is cooked well
- STEP 4** Add the vegetables and fajita seasoning and cook for another 15 minutes, stirring well. Check the chicken is cooked through - cut through a piece and check the meat is not pink
- STEP 5** Add some fajita chicken mix to a wrap and fold following the steps on page 40

Expecting a baby?

Having a baby can be an amazing and joyful time, but at the same time, it might feel overwhelming and perhaps even scary. It can also be a confusing time, with contradictory advice from family members, friends and online. To support you on your parenthood journey Dudley Council has produced a Guide for Expectant Parents. From conception until your baby's second birthday, this can be your go-to source of information. It provides lots of practical advice, hints, and tips to help support you. It should be used together with the [NHS Choices website](#).

Download the guide by visiting the [Dudley Parenting website](#) or scanning the QR code.



A guide for expectant parents

Our first 1001 days together



The health-related behaviour questionnaire

Every two years this survey is offered to primary and secondary schools for certain year groups to complete. In 2024 the survey will be completed during January and February. The survey helps schools and the council to have a better understanding of the health & wellbeing needs of young people in Dudley, to inform the curriculum and target resources. If your child's school is participating, you will receive a letter with more information about this.

Dudley's Community Toothbrush Scheme

Tooth decay is the most common oral issue affecting children and young people in England, yet it is largely preventable. Brushing your teeth twice a day with fluoride toothpaste is important to protect both children and adult's teeth.

Dudley's Community Toothbrush Scheme is helping to support families to take care of their teeth from as soon as a child has their first tooth. Organisations across the borough have been giving out toothbrush packs to families in financial need.

Also, all Key Stage 1 pupils (aged between 5-7 years old) should have received a toothbrush pack from their school. If your child has not received a pack yet, please speak to your child's school.

For more information about Dudley's Community Toothbrush Scheme [click here](#)



YOUTH STOP

The Youth Stop at Merry Hill Shopping Centre brings together local services for young people including mental health support, counselling and mentoring.

For more information and opening times [click here](#).