Autumn 2025

Health & Wellbeing Update for children and families in Dudley

Dudley Metropolitan Borough Council

Healthy families

HENRY supports parents and carers to change family lifestyle habits and behaviours and provides a healthy start in life for children.

In Dudley, a range of free HENRY programmes are available for parents and carers with children aged 0-12 and for those expecting a baby.

Scan the QR code to visit the **Dudley parenting website** for information about available courses and how to book your place.

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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

Dudley Metropolitan Borough Council

sign up today!

Upcoming Sessions:

Preparation for Parenthood (6 week course)
Starts 3rd November 2025, 10am - 12pm at Halesowen Leisure Centre

Healthy Families Right from the Start (9 week course)
Starts 16th October 2025, 12:30pm - 2.30pm at Brierley Hill Family Hub

Healthy Families Growing Up (8 week course)
Starts 1st October 2025, 6pm - 8pm Online

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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.**

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Longer, safer, healthier lives

Dudley Healthy Lunchbox Resources

Smart lunches for every stage. Our new site makes it simple and fun for parents and carers to pack healthy, tooth-friendly lunchboxes for children from 2 years old to teens, with easy portion guides and balanced meal ideas tailored to each age group.

Scan the QR code to visit **Dudley Healthy Lunchboxes.**

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ParentLine

Confidential text messaging advice service for parents / carers of children aged 0-19 living in Dudley, or attending an education / childcare setting in the borough.

The service, delivered by Dudley health visitors and school nurses, can provide advice and support on many topics, including: emotional health and wellbeing, parenting, healthy lifestyles, infant feeding, sleep and behaviour.

For more information, scan the QR code or visit Healthy Dudley.

ChatHealth

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CRANSTOUN

Empowering People, Empowering Change

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 provide help when they need it. For more information, scan the QR code to visit Cranstoun Dudley.

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Children & Young People's Public Health Team, Health & Wellbeing, Dudley Council

Wysa - Emotional wellbeing support for secondary school pupils in Dudley. For more information about Wysa and to download the leaflet scan the QR code to visit **Healthy Dudley.**

Happier Minds website

Happier Minds provides mental wellbeing information and sources of support for young people, parents/carers and school-based staff in Dudley borough.

For more information scan the QR code to visit the Happier Minds website.

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Food for thought resource for young people

The Dudley Young Health Champions have worked with Black Country Foodbank to create the "Food for Thought" resource.

The practical and vibrant booklet includes budgeting, low-cost cooking, mental health and navigating life's pressures as a young person. To view the resource scan the QR code to visit **Healthy Dudley.**

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Keeping up-to-date with vaccinations

Information on immunisations including flu, MMR and vaccinations during pregnancy, which help to protect everyone, at every age.
To read the full update, scan the QR code to visit **Healthy Dudley.**

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Glycerol slush ice drinks

Did you know that children under 7 should not consume slush ice drinks or 'slushies' with glycerol?
In young children glycerol can cause:

- Sickness
- Headaches
- Hypoglycaemia (low sugar in blood)
- Shock
- Loss of consciousness

The latest advice from the Food Standards Agency is that slush ice drinks that contain glycerol shouldn't be consumed by children under 7, and under 10s should only be given one 350ml drink – that's about the size of a fizzy drink can. Check with the seller about the drink's glycerol content – don't buy if in doubt.
For more guidance on slush ice drinks, scan the QR code to visit the **Food Standards Agency.**

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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.

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