Summer 2026

Health & Wellbeing Update for children and families in Dudley

Dudley Metropolitan Borough Council

Summer water safety

As the weather gets warmer, consider the dangers of open water to keep your family safe.

Top tips from the Royal Life Saving Society UK:

- Stop and think – assess your surroundings to look for signs giving advice and look out for dangers.
- Stay together with friends or family and only swim at a lifeguarded venue.
- Float to live – float on your back, stay calm and call for help.

To view and download the summer water safety poster scan the QR code or visit **Healthy Dudley.**

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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 May half-term, from Saturday 23 to Sunday 31 May.

For more details scan the QR code or visit Free Swim Dudley.

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Family Wellness Team

Your local Family Wellness Team can help your family start new healthy habits that are both realistic and enjoyable.

Topics include portion sizes, fussy eating, healthy lunchboxes, keeping active and more.

Sessions are flexible to suit your family needs and even just a few sessions can get you on your way to a healthier future.

Get in touch to find out more by scanning the QR code or visit **Healthy Dudley.**

Parenting drop-in sessions

Parenting information drop-in sessions at Cable Plaza, Waterfront West, Brierley Hill, DY5 1LW.

Meet the Dudley Parenting team at Cable Plaza in the breakout room for parenting information drop-in sessions 2026 to 2027.

Find out what programmes are available for parents/carers in Dudley, from pregnancy to adolescence. No need to book, just pop in.

Scan the QR code or visit **Healthy Dudley** for upcoming session dates.

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Keeping up-to-date with vaccinations

Find information on immunisations including meningitis vaccines for **babies** and **children in year 9.**

To **read the update** from the Dudley Health Protection team for families, which includes details on the MMR and MMRV vaccines, scan the QR code.

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HealthyDudley
Longer, safer, healthier lives

Babies, children and young people team, Public Health, Health & Wellbeing, Dudley Council

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 or visit **Healthy Dudley.**

PHASES

FREE gym-based physical activity programme*

Dudley's Local Offer

Dudley's SEND Local Offer, has been redesigned and is now on the Dudley Council website to make it easier for parents, carers, children, and young people (aged 0–25) with additional needs or disabilities to find the right information and support.

The new site **www.dudley.gov.uk/localoffer** brings together advice and guidance on education, health, social care, and community services across the borough, all in one easy-to-navigate place.

The offer has been co-produced with local partners and parent carers, working together to shape the directory. It will continue to grow and improve in response to feedback.

Dudley is committed to making sure the Local Offer remains relevant, clear, and useful for everyone.

Parents, carers, young people and professionals can also get involved in shaping the directory by completing the feedback form **here,** or scan the QR code

Dudley Metropolitan Borough Council **www.dudley.gov.uk/localoffer**

CRANSTOUN Here4YOUth

Are you a parent/carer concerned about a young persons alcohol and/or other drug use?

You are not alone...We are here to help.

Come along to our parent/carer support group at our warm and friendly Dudley service

Mondays 10-11am

- 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
- Find out more about harm reduction advice
- Signposting to other services

Contact Dawn for more information:

Here4YOUth,
1 Castle Street, Dudley, West Midlands, DY11LA
Tel: 01384 241440
email: here4youth@cranstoun.org.uk

cranstoun.org

Super 1s

WORCESTERSHIRE CRICKET FOUNDATION

DUDLEY

ALL DISABILITIES WELCOME

AGES 8+

FREE INCLUSIVE CRICKET SESSIONS

ALL EQUIPMENT PROVIDED

GET ACTIVE AND MAKE NEW FRIENDS!

WHEN:

EVERY THURSDAY 5-6pm

26th February to 26th March INDOORS

23rd April to 27th August OUTDOORS - Russells Hall Park

WHERE:

PEGASUS ACADEMY DUDLEY

Scotts Green Close

Dudley

DY1 2DU

CONTACT:

NIC BUCKLE

07741 272502

nicolas.buckle@worcestershirecricketfoundation.co.uk

LORD'S TAVERNERS
Empowering young people through cricket

www.lordstaverners.org/super1s
Registered Charity No. 306054 | OSCR No. SCO46238

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 or visit **Healthy Dudley.**

HealthyDudley
Longer, safer, healthier lives

SCAN ME

Talking to children about their developing bodies and feelings

As a parent or carer, how confident do you feel talking to your primary-aged children about their body, puberty and development?

Hear from Brook specialists in this free webinar to learn how to take a positive, age-appropriate approach, by helping you feel more confident having those important (and sometimes awkward) conversations.

- Understand why a positive approach to children's bodies and development matters
- Feel empowered to have clear, factual conversations about bodies and puberty
- Manage awkwardness with confidence
- Adapt conversations to meet your child's individual needs (only include the yellow highlighted text if there is room)

The webinar includes a Q&A where specialists had lots of interaction with parents and carers.

A recording of the session is available on the **parent/carer section of the Brook website** or scan the QR code to view the video on YouTube.

brook

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Free street cricket

Sessions take place in Brierley Hill, Lye, Central Dudley and Bromley Pensnett. Scan the QR code or visit **Worcestershire Cricket Foundation** for more information.

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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 or visit the **NHS website** and start the quiz!

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Babies, children and young people team, Public Health, Health & Wellbeing, Dudley Council