

Summer 2025

# Health & Wellbeing Update



## for children and families in Dudley

### HENRY

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

#### Healthy Families Group Programme

Give your child a great start in life.  
Free programme.

Scan the QR code or visit [www.dudleyparents.co.uk](http://www.dudleyparents.co.uk) and click on the HENRY tile for information about available courses and how to book your place.



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### under 5s day

featuring the famous **Himley Beach**



**Himley Hall • Friday 27 June 10am - 3pm**

This popular fun-filled event is jam-packed with activities and entertainment specifically designed for children under 5 years old. It includes a small petting zoo, miniature railway, giant tortoises, Punch & Judy shows, arts and crafts, funfair, sandpit and main stage with interactive singing and dancing with Funtime Theatre. **Find out more and book tickets.**



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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](http://HealthyDudley).



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Kooth is a safe online space offering NHS-commissioned mental health support for children and young people aged 11+. FREE resources for families are available.

To explore their service and how they can help support the children in your care, scan the QR code to visit the Kooth [website](http://website).

### Dudley FREE Swimming

Free swimming for children aged 16 and under during Dudley borough school holidays.

The free-swimming scheme takes place Saturday 24 May to Sunday 1 June and again from Tuesday 22 July to Sunday 31 August.

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



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### Park Active and Healthy Hubs Summer programmes

Scan the QR code to visit [Healthy Dudley](http://HealthyDudley) to find out about free local activities to help you move more and get active.



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## Summer water safety

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 to visit [Healthy Dudley](#).

For more information on water safety, scan the QR code to visit [Healthy Dudley](#).



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## Happier Minds website

This website provides mental health 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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## Are you a parent or carer?



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Sign up to our children and young people e-bulletin for the latest news, resources and things to do and regular updates for parents and carers.

Scan the QR code to visit the Dudley Council email bulletins page and [sign up now](#).



wysa  
Use Wysa, Feel Better

**NHS**  
Black Country Healthcare  
NHS Foundation Trust

## Emotional Wellbeing Support for Secondary School Pupils in: Dudley

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](#).



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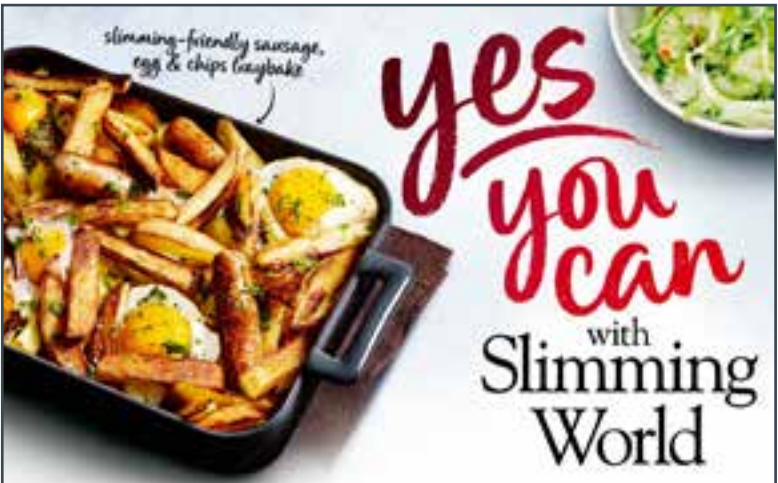


## Dudley Holiday Activities (HAF)

Dudley Holiday Activities provides free school holiday activities and food for children aged 5-16 who are eligible for benefits-related free school meals, plus other vulnerable groups. Scan the QR code to find out more about [HAF](#).



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If you are aged 16 or 17, live in Dudley, or attend a school or college in Dudley and would like some support to maintain a healthy weight you may be eligible to attend Slimming World FREE for 12-weeks.

Your parent / carer can make an appointment with a Healthy Lifestyle Advisor from Your Health Dudley to find out more. Call 01384 732402 or email [yourhealth.dudley@nhs.net](mailto:yourhealth.dudley@nhs.net)

Scan the QR code to visit the [Your Health Dudley website](#)



find our recipe here  
[slimmingworld.co.uk](http://slimmingworld.co.uk)

Healthy Dudley  
Localities: Dudley, Walsley, Sedgley

Slimming World  
Partnerships



# CRANSTOUN

## Empowering People, Empowering Change

### Routes Dudley

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 seek help when they need it. For more information scan the QR code to visit the [Cranstoun website](#).



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