# Health & Wellbeing Update



# for children and families in Dudley



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





### **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





# **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





### **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.



#### Recipe of the term

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

### Chicken fajitas

#### **Ingredients Equipment** Measuring spoon • 1 chicken breast or 1 large handful of quorn pieces or other meat Chopping board Sharp Knife • 1/2 onion, sliced Frying pan • 1 pepper, sliced • 5 mushrooms, sliced 2 teaspoons of fajita seasoning Vegetable oil 2 tortilla wraps **Method** Cut the chicken breast and vegetables into strips STEP 1 Heat a tablespoon of oil in a frying pan on a high heat. As soon as the oil begins to STEP 2 smoke add the chicken or meat substitute to the pan Let the chicken cook undisturbed for 2 to 3 minutes, then turn it over and cook for STEP 3 another 2 to 3 minutes until the outside is cooked well Add the vegetables and fajita seasoning and cook for another 15 minutes, stirring STEP 4 well. Check the chicken is cooked through - cut through a piece and check the meat 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 <u>Dudley Parenting</u> website or scanning the QR code.





### 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





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 <u>click here.</u>