

Spring 2025

# Health & Wellbeing Update



## for children and families in Dudley

 Funded by  
UK Government

### Household Support Fund

The Household Support Fund is available in Dudley borough

#### Who?

Anyone who is struggling to pay for food, fuel, or other household essentials *(subject to eligibility criteria)*

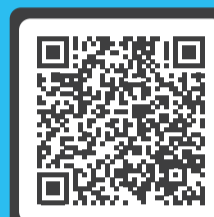
#### How?

Find out who can get help and how to apply at [www.dudley.gov.uk/householdsupportfund](http://www.dudley.gov.uk/householdsupportfund)



### Dudley's Community Toothbrush Scheme

Dudley's Community Toothbrush Scheme provides free toothbrush packs to children and families in need in Dudley borough. For more information about the scheme scan the QR code to visit [Healthy Dudley](http://HealthyDudley).

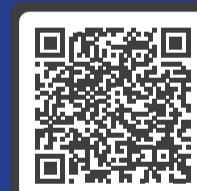


SCAN ME



### PHASES FREE gym-based physical activity programme\*

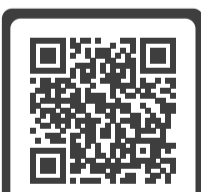
"Once my Dad started doing exercise with me at Phases, Action Heart, I gained confidence in the gym and started to try my hardest to get back to the sports and activities I enjoyed before. The environment of the gym was very welcoming and pleasant, unlike other gyms. Phases has really boosted my confidence and allowed me to do activities I couldn't do before with my friends." – Phases participant, age 15. Find out more about the free gym-based physical activity programme for 11 – 16 year olds by scanning the QR code to visit [Healthy Dudley](http://HealthyDudley).



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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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Longer, safer, healthier lives

### Park Active and Healthy Hubs – winter 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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### Managing winter illnesses and keeping up-to-date with vaccinations

Get advice on when to keep your child off school if they are unwell and information on immunisations which help to protect everyone, at every age.

To read the full update scan the QR code to visit [Healthy Dudley](http://HealthyDudley).



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# NOT EVEN FOR A SECOND!

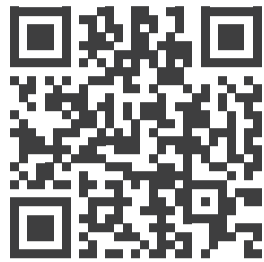
**NEVER step on ice on a pond, lake, canal, reservoir, or any other open water**

**Keep yourself and your loved ones safe.**



## Water safety

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



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## How can you prevent a stroke?

Parents, did you know that up to 90% of strokes are preventable through healthy lifestyle choices and managing medical conditions?



Two of the most important things to do are to:

- Manage your blood pressure, high blood pressure is the leading cause of stroke. Get it checked at least every five years
- Check your pulse for an irregular rhythm. An irregular rhythm could indicate a major risk factor for a heavy stroke and can easily be treated to prevent a stroke from happening.

You can get your blood pressure and pulse checked for free at a local pharmacy. You can also contact your local GP practice.

To check your own pulse, search YouTube for a 'How to check your pulse' video by the British Heart Foundation.

For more details on strokes and how to prevent them, scan the QR code to visit the [Healthy Dudley website](#).



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# SYCAMORE ADVENTURE



Discover the magic of Sycamore Adventure during the public access sessions, where children of all abilities can drop in with their families to enjoy a day of fun, exploration, and play. Designed to be safe, inclusive, and full of excitement, the adventure centre features climbing frames, creative play areas, and swings that captivate children's imaginations.

Whether it's climbing, exploring, or simply enjoying the sensory-rich activities, Sycamore Adventure offers something for everyone.

Public access term time sessions

Saturday, 11am-2pm Family Play

Tuesday, 4.30pm-6.30pm Inclusive Play for children who have disabilities and their families

Wednesday, 1pm-2.30pm Toddler Stay and Play (for children who are younger than school starting age only)

Wednesday, 2.30pm-6pm Family Play

Thursday, 3.30pm-5.30pm Go Karts at Family Play

Suggested £2.50 donation for term time sessions

Scan the QR code to visit [Sycamore Adventure](#)



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Commissioned by Dudley Council

**Arrange free one-to-one support with a Dudley Family Wellness Coach who will help you and your kids eat well and move more**



Ready for a healthier lifestyle? Talk to the Your Health Dudley team today

**Your Health Dudley**

**01384 732 402**

[yourhealth.dudley@ablhealth.co.uk](mailto:yourhealth.dudley@ablhealth.co.uk)

[www.yourhealthdudley.co.uk/your-wellness-journey](http://www.yourhealthdudley.co.uk/your-wellness-journey)



## CRANSTOUN ROUTES - DUDLEY

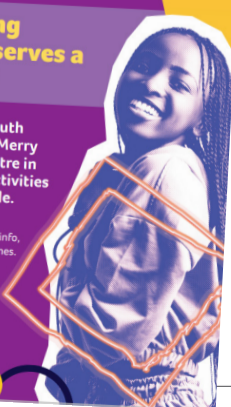
**Every young person deserves a safe space**

Easy to access, youth friendly space at Merry Hill Shopping Centre in Dudley. Advice, activities & support available.

Scan the QR Code for more info, timetable & our opening times.



[cranstoun.org](http://cranstoun.org)



# 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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