

# Programmes and Services for Children & Young People as Part of the Covid Recovery Plan

- Children & Young Peoples Team
- Dudley MBC
- Public Health



Introduction by Jill Edwards –  
Public Health Manager - Children and Young Peoples Team - Dudley MBC -  
Public Health

We have never in our lifetime experienced a pandemic on a global scale, nor have we known Government measures like the national lockdown. The impact of the measures taken to keep us all safe from COVID-19 have had a profound effect on the population, some more than others. However, as we move to a “living with COVID-19” agenda, the focus for us is how best to support; children and young people, their families and the settings that support them as they may have missed much needed contact with friends, family and education opportunities.

As we re-establish the services and support systems for children & young people and in order to develop a Covid-19 recovery plan, a survey was recently conducted with primary and secondary age students to hear from them the impact of measures and what areas of support they feel they need.

Please find attached a collection of support and services available to schools, children, families and communities for you to use and share with your school population. Your school nurse will also be able to help with steering you to support available. If you should identify gaps in provision or unmet need please contact [CYPTeam@dudley.gov.uk](mailto:CYPTeam@dudley.gov.uk) we will then work collaboratively to close gaps by either identifying existing provision or where necessary, procuring additional support / services.

We want to take this opportunity to thank you for all the hard work and tireless support you have given to our young population during the pandemic and hope you find this document useful, listing sources of support for you to be aware of and share.

Regards,  
Jill Edwards  
Public Health Manager



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# Healthy Weight Family Resource Pack

A free healthy weight resource pack for your child and family to use, available for children up to 10 years old and provides a range of resources and information on:

- Food and Nutrition
- How to become more active
- Tips and strategies to make sustainable/permanent changes
- signposting to links with further information and support

Cost – Free, Please see your school nurse or GP surgery for a referral to access this service.

Criteria – Child needs to be overweight, and must either live in the Dudley Borough, attend a School in the Dudley Borough or be registered with a GP in the Dudley Borough



# Park Activator Support

Free 1-1 family sessions in the local park with our fully trained park activators for children aged 5-10.

1 to 1 family consultation with a qualified Park Activator who will work with families to create a programme of activity that fits into their family lifestyle. They will also provide some information and signpost to reliable sources of information about food and nutrition.

Cost – Free, Please see your school nurse or GP surgery for a referral to access this service

Where – At your local park's healthy hub

Criteria – Child needs to be overweight, and must either live in the Dudley Borough, attend a School in the Dudley Borough or be registered with a GP in the Dudley Borough



# School Nurse Weight Management Support

Free support in school from your school nurse

for ages 5-17 this service can help with weight management, exercise and nutrition from your school nurse. Free confidential 1-1 sessions

Cost – Free

Where – at the child's school. Please see your school nurse or GP surgery for a referral to access this service

Criteria – Child needs to be overweight, and must either live in the Dudley Borough, attend a School in the Dudley Borough or be registered with a GP in the Dudley Borough



# Phases

Phases is a tailored exercise programme for overweight and very overweight children aged 11-15. Children get free exclusive access to the Action Heart Gym and all its equipment, located at Russells Hall Hospital.

To refer a child to Phases, please make an appointment with your school nurse or GP surgery and ask them to send us a referral and we will do the rest.

Cost – Free

When – Saturday Mornings

Where – Action Heart Gym Russells Hall Hospital

Qualifying Criteria – Child needs to be overweight or very overweight, and must either live in the Dudley Borough, attend a School in the Dudley Borough or be registered with a GP in the Dudley Borough



# Slimming World

A free 12-week programme at a Slimming World for children aged 11-17. It is tailored to children's needs and includes online access, an app, and 12 sessions in a local group. The focus for young members is well and truly on healthy eating – not weight loss. There's absolutely no pressure to lose weight – just lots of praise as they take on board healthy lifestyle changes, step-by-step

To refer a child to Slimming World, please make an appointment with your school nurse or GP surgery and ask them to send us a referral and we will do the rest.

Cost – Free

When – At a local group of your choice

Where – At a local group of your choice

Criteria – Child needs to be very overweight, and must either live in the Dudley Borough, attend a School in the Dudley Borough or be registered with a GP in the Dudley Borough





# Leisure Centres

There are 3 Leisure Centres in the borough, Dudley, Halesowen and Crystal in Stourbridge, with the new Dudley Leisure Centre currently scheduled to open in January 2022. there is also refurb work taking place at both Halesowen and Crystal to make the centres more modern

They all have many activities and clubs going for children and young people. The latest times, dates and prices can be found @

<https://www.dudley.gov.uk/things-to-do/leisure-centres/>



# Parks and Open Spaces

There are many parks, nature reserves and green spaces in borough.

They all have many activities and events for children and young people. The latest times, dates and prices can be found @

<https://www.dudley.gov.uk/things-to-do/parks-and-open-spaces/>



# Triple P

Triple P is a parenting programme, but it doesn't tell you how to be a parent. It's a toolbox of ideas and strategies for you to choose from as you know your children best and it's all about making Triple P work for you and your family.

It has a strong evidence base, with parents/carers worldwide reporting improved mental health and better relationships with children/partners.

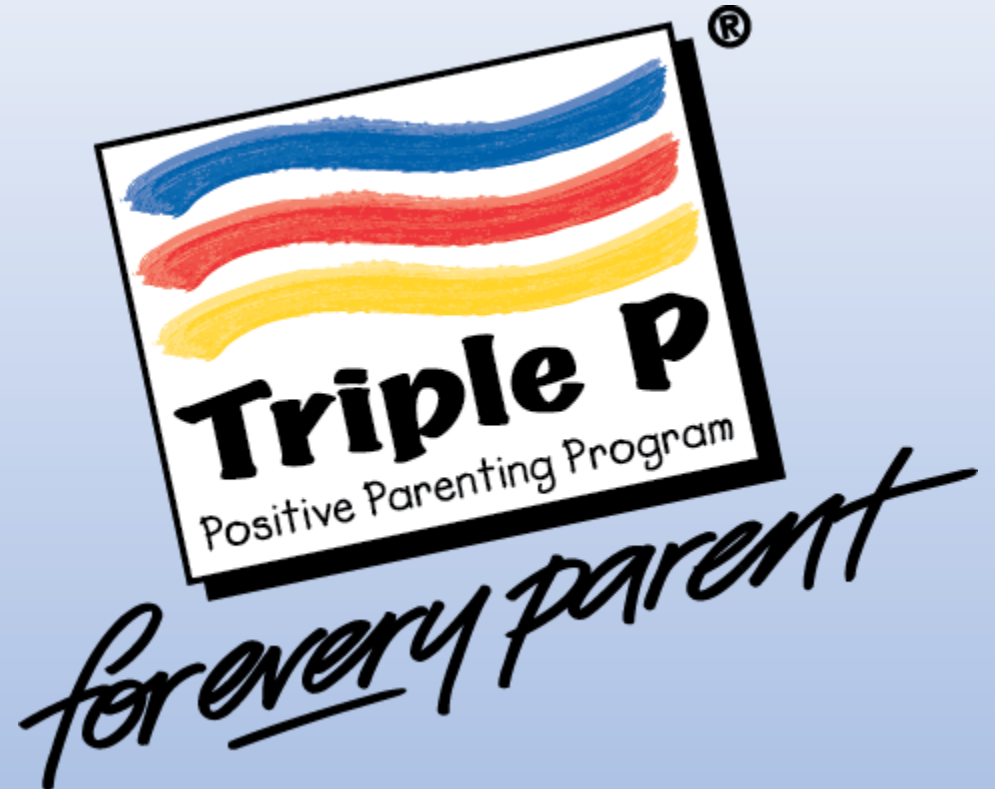
You can access the FREE programme for children aged 2-10 years or the TEEN programme if you have children aged 11-16 years

Triple P helps you: Raise happy, confident kids - Manage misbehaviour so everyone in the family enjoys life more - Set rules and routines that everyone respects and follows - Encourage behaviour you like - Take care of yourself as a parent - Feel confident and less stressed

Cost – Free

Qualifying Criteria – Child/Family must either live in the Dudley Borough, attend a School in the Dudley Borough or be registered with a GP in the Dudley Borough

To get your free access code, go to [www.dudleyparents.co.uk](http://www.dudleyparents.co.uk)



# The Solihull Approach

The Solihull Approach online course is a well-established and trusted way of understanding more about your child. These courses cover from conception up to 19 years. It is for mums, dads, grandparents, or anyone around your child. Parents often say they feel calmer, more confident and have a better relationship with their child/ren. The courses were developed in partnership with the NHS, front line workers and parents.

There is a different course for a variety of needs. Please see the list below:

The antenatal course 'Understanding pregnancy, labour, birth and your baby'; The postnatal course 'Understanding your baby'  
Courses for parents 'Understanding your child' (0-19 years, main course) 'Understanding your child with additional needs' (0-19 years, main course) and short courses 'Understanding your teenager's brain' and 'Understanding your brain. For teenagers only!'

Cost – Free

Qualifying Criteria – Child/Family must either live in the Dudley Borough, attend a School in the Dudley Borough or be registered with a GP in the Dudley Borough

To get your free access code, go to [www.dudleyparents.co.uk](http://www.dudleyparents.co.uk)



# Five to Thrive

The five to thrive model is a way of understanding how connected relationships are fundamental to human wellbeing and help us to build resilient communities.

The **five to thrive** building blocks describe a sequence of relational activities that build healthy brains in young children and maintain healthy brain function throughout life. The simple key words offer a bridge between professional understanding of neuroscience and everyday experience.

Cost – Free

Qualifying Criteria – Child/Family must either live in the Dudley Borough, attend a School in the Dudley Borough or be registered with a GP in the Dudley Borough

To get your free access code, go to [www.dudleyparents.co.uk](http://www.dudleyparents.co.uk) available from August 2021



# DMBC – Early Help – Family Solutions

For Children aged 0-18 or 25 with a disability. Early Help is acting early to provide support where problems are emerging for children, young people, and their families. Early help support may be provided at any point in a child or young person's life. Family Centres work alongside partners and families to provide support including Early Help Assessments and Family Support Plans. Parents/Carers will also be offered parenting programmes which they can access online or in a virtual group setting delivered by parenting practitioners throughout the family centres.

Examples of work that can be offered through Early Help is as follows: Direct work with Children and Young people- anger management, self-esteem online safety etc, budgeting work, rules/boundaries/consequences work, routines, home conditions etc.

To support families to overcome rising problems they may be experiencing and to be given the tools to overcome these and move forward in a more positive way which will support Children and Young People's welfare going forward.



# DMBC – Early Help – Family Solutions

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Our borough Family Centre's are now open, but with limited walk-in services due to COVID-19 restrictions. However, information and support can be offered via calling the centres below between 9am-5pm, Monday to Friday:

- Stourbridge Family Centre - Forge Rd, Stourbridge, DY8 1XF, 01384 818780
- Halesowen Family Centre - Lye By-Pass, Stourbridge, DY9 8HT, 01384 813954
- Brierley Hill Family Centre - 18 Parkes Street, Brierley Hill, DY5 3DY, 01384 813322
- Dudley North Family Centre - Bayer Street, Bilston, WV14 9DS, 01384 813096
- Dudley Central Family Centre - Selbourne Road, Dudley DY2 8LJ, 01384 812440

Qualifying Criteria: Families need to be living in the Dudley area.  
Referral can be received directly from Families or by partner agencies.  
Cost - Free and Schools can contact Family Centres direct for support.



# The What? Centre

The What? Centre offers free one to one Counselling and Psychotherapy for children of Dudley aged 9 – 17 ¾s appointments are currently scheduled online via telephone or video chat

There is also a BAME therapeutic group offering mental health support for children of Dudley

There is a LBGTQ+ offering mental health support for children of Dudley

There is a family therapeutic work group for children and their families

There is a Bereavement Hub support group for children of Dudley

Criteria – Have a Dudley GP or live/study in the Dudley Borough.

Referrals must be made online via the website

<http://thewhatcentre.co.uk> and only accepted as Self-referrals, GP, CAMHS, other medical setting or any other voluntary sector (social services/children's services are not included in this) Cost - Free





# Champions Church

To support during difficult times and to educate in financial management and mentor in wise choices for a healthier future as well as offer practical support for now.

Weekly meal and shopping every Tuesday evening – more frequent if required dependent on situation.

family support, clothing support, non-term time meal support, education on self help health – signposting to children, youth and young adult as well as family support groups, financial help and counselling. Baby support – new born plus – clothing, food, baby equipment for new moms.

Age Range - 0-18 (and adults)

Cost of Programme - Charitable Trust , Free

Qualifying Criteria - Dudley borough / situation based assessment

Contact – via <https://www.championschurch.org.uk/> or call 01384 242455



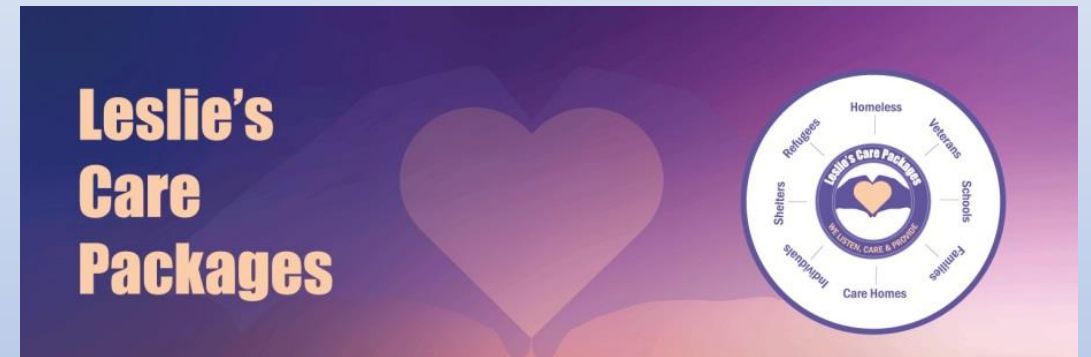
# Leslie's Care Packages

Leslie's Care Packages offers free food parcels containing both perishable and non-perishable foods to aid disadvantaged children and families with healthy and nutritious eating.

Referrals can be made via professionals in the borough and via Dudley Council

<https://www.lesliescarepackages.org>

Cost – Free for families living in Poverty



# Kooth

A free, safe and anonymous online mental health & wellbeing community for ages 11 to 18. Provides CYP with free counselling from qualified practitioners, alongside self-help and peer to peer support.

Offers a range of support around mental health and wellbeing for CYP. All support is accessed at [www.kooth.com](http://www.kooth.com) digitally so CYP have the autonomy to access free and safe support at the point of need, with no criteria or thresholds to meet. CYP can access support on their terms in the privacy and comfort of their own space.

Cost – Free for all users

Where – Online at [www.kooth.com](http://www.kooth.com) (children can refer themselves if required)

Criteria – Kooth is available all over the Black Country



# Phase Trust

ID Plus – for Ages 16-18 (24 with a disability) a Personalised 10 week programme to help students re-engage with learning, by exploring their personal barriers to progress and challenging them to consider appropriate future next steps.

Cost of Programme - Providing appropriate evidence and confirmation of qualifying criteria below, course is funded.

Qualifying Criteria - must be NEET

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1 to 1 support (Personal Development) for Ages 7-18 (24 with a disability )

Emotional well-being support, encouragement and reflection. To help challenge and guide C & YP in exploring their own perspectives, see how they can be more equipped to achieve and instilling belief that can see them overcome barriers and obstacles to progress and make positive life change.

Cost of Programme - £33 per session

Qualifying Criteria - Subject to completed referral form and agreed outcomes  
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# Phase Trust

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To find out more about getting referred to Phases Trust please contact the team via 0121 585 9419 or [info@phasetrust.org.uk](mailto:info@phasetrust.org.uk)

Boost – For ages 16+ To provide additional support through the summer holidays for students who are apprehensive about making the transition to further education.

Cost of Programme - Providing appropriate evidence and confirmation of qualifying criteria below, course is funded.

Qualifying Criteria - Must be a school leaver, referred through Connexions Dudley.



# Loudmouth – Education & Training – Talking Heads & The Wellbeing Team

Talking Heads is a Drama film & live-streamed in school via an interactive workshop (via Teams). To promote young people's mental wellbeing through the pandemic, for ages 11-18

Cost – From £132.50+VAT\*

Where – online via MS Teams

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The Wellbeing Team is a Drama film & live-streamed interactive workshop in school (via Teams). To promote young people's mental wellbeing through the pandemic, for ages 9-11

Cost – From £132.50+VAT\*

Where – online via MS Teams

\* There may be some funding from Public Health towards these programmes for your school, contact us @ [cypsteam@dudley.gov.uk](mailto:cypsteam@dudley.gov.uk) to find out more



# Dog, Duck & Cat

PSHE materials, aligned to the RSHE curriculum, covering a wide variety of topics. All resources also available for use by Parents, Carers and anyone interested to helping a child develop new skills

For children to learn about staying safe, in a way that is fun and age appropriate, in their day to day lives and in their local community, To address, and educate on, subjects that affect a child's physical health and emotional well-being, To promote 'safety first' thinking, both inside the home and in the community, To ensure children receive consistent safeguarding messages to prevent household accidents and incidents, To assist Parents, Carers and Guardians (PCG) in building rapport with their children, To promote Quality Time, between PCGs and their children, to build a child's resilience, To provide resources to facilitate Quality time taking place, To ensure children know, and they believe, that they have a person in their life, that they trust and can talk to, if they are ever worried or scared about anything, no matter how awful or small their concern may be.

Age Range - Early Years and 4 – 9 years , Cost – Free, Qualifying Criteria Any provider who works with children in Dudley, particularly appropriate for early years and primary providers . This support is available in school only.



# Here4Youth - Cranstoun

Here4YOUth – A young people’s wellbeing service empowering young people to make positive changes. We offer support and interventions around healthy lifestyles, emotional health and substance misuse. The Here4YOUth team are providing open access, remote support and face to face planned appointments at the centre in Dudley, or where the young person feels most comfortable. Referrals can be made by the phone, website or by attending our open access during these times: -

A - 1 Castle Street, Dudley, DY1 1LA, T - 01384 241440

W - [www.cranstoun.org/services/young-people/here4youth-dudley/](http://www.cranstoun.org/services/young-people/here4youth-dudley/)

E - Here4YOUth@cranstoun.org.uk

Walk-in support, A safe space for young people age 13-18 to drop in and see us, or to talk about what’s on their mind.

Cost – Free,

When – Mondays 3.00pm - 6.30pm, Wednesdays 3.00pm - 6.30pm, Fridays 1.00pm - 4.00pm

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Substance misuse interventions, A tailored package of interventions for ages 13-18 including advice, information and interventions to make changes Cost – Free, Qualifying Criteria – School, GP or reside in Dudley. Young people need to consent to a referral and work with us

The logo for Here4Youth features the text 'Here4Youth' in a stylized, hand-drawn font. The letters are filled with a blue and purple gradient and have a textured, sketch-like appearance. The 'O' in 'Youth' is replaced by a simple smiley face.The Cranstoun logo consists of the word 'cranstoun' in a bold, lowercase, orange sans-serif font. To the right of the text is a graphic element made of a grid of orange dots, arranged in a pattern that tapers to the right, resembling a stylized arrow or a cluster of people.



# Brook

A Clinical service is still available with remote access options also available. Telephone consultations are done initially, face to face consultations are available Monday, Tuesday, Wednesday, Thursday, Friday and Saturday for clients who require a treatment service not able to be done remotely, i.e.. Coil and Implant fitting or injection. A postal medication service is also available and an online testing and condom service.

The service from the centre Dudley site is currently and temporarily suspended but service is available at High oak surgery in Brierley Hill health and social care centre. We are offering face to face services at our Tipton site and supporting young people to get to us.

We are able to attend college sites across the borough.

Here 4YOUth staff are able to offer Chlamydia screening (including Gonorrhoea) and C- card on their duty days.

Please call 07810 701134 for a telephone consultation.

Email: [dudley@brook.org.uk](mailto:dudley@brook.org.uk) [www.brook.org.uk](http://www.brook.org.uk)



# Dudley Young Health Champions - DYHC

DYHC is a youth empowerment project based around health and well-being. The project aims to promote positive health and well-being through peer to peer approaches that promote accurate information and resilience, as well as informed choice. Young people that sign up will be able to:

- Complete an online 'European Health Champion' certificated training course that is endorsed by the Royal Society of Public Health and Street games
- Gain valuable volunteering experience which has been limited over the Pandemic
- Be supported to develop their own project that will be based on personal interest or their own life experience. This will support young people's own recovery and benefit their peers
- Join the Covid Young Health Champions programme which promotes up to date information through the use of social and digital media
- Join the newly established 'Future Voices' young Health Forum which aims to connect young people on health based issues

Cost – Free for all users

Criteria – To become a Dudley Young Health Champion you need to be between the ages of 11 and 25 and live in the Dudley borough. Young people who sign up ideally need to be based within an existing setting such as a school, youth group or a service provided by the voluntary / statutory sector.

Contact – To find out more or join us please contact Nicki via email @ [nicki@dudleycvs.org.uk](mailto:nicki@dudleycvs.org.uk)

<http://www.dudleyhealthchampions.co.uk/youth-health-champions/>



# Web links

I zone - Information for children and young people around Mental Health, Safety, Family, relationships and lots more

<https://izone.org.uk>

Holiday activity fund website

<https://holidayactivitiesindudley.com>

Support with a healthy lifestyle <https://lets-get.com>

[www.dudleyfnponline.com](http://www.dudleyfnponline.com) A team of specially trained nurses who work with first time moms and dads who are 19 or under



# Contact the Team

Email:

[CYPteam@Dudley.gov.uk](mailto:CYPteam@Dudley.gov.uk)

Telephone:

[07825 175190](tel:07825175190)

Secure Email for referrals:

[Weight.Management@nhs.net](mailto:Weight.Management@nhs.net)

