

CHILDREN, YOUNG PEOPLE & FAMILIES TEAM



DUDLEY CVS

We support all sizes and types of voluntary and community groups, charities and social enterprises, however formal or informal, as long as they benefit the people of Dudley borough.

We also support people to get more involved in their community with support and encouragement. We work with people who access health and care services and those who would like a bit more support to help them link with services and possibly get more active in their communities.

CYPF TEAM

Supporting and working alongside people and organisations to enable Dudley Borough to be a place where Children, Young People and Families can thrive and reach their potential.



PROJECTS



Dudley Young Health Champions and iZONE

Health based youth empowerment project/website directory for young people

Cluster Connect

Place based networks bringing people together who are passionate about their local community



Dudley HAF

Government funded holiday activities and food programme, delivered at Easter, Summer and Christmas

CLUSTER CONNECT

Place Based working is all about people doing great things and nurturing strong connections rooted in communities. Our aim is to collaborate on the things the community has identified as priorities:

- Stourbridge - currently focused on Growing Up Green
- Halesowen - thriving networking sessions leading to lots of opportunities for young people and Moms
- Brierley Hill - busy planning free community events throughout the year
- Dudley Central - focusing on perinatal mental health and free physical activities
- Dudley North are newly formed and are starting to generate ideas
- All 5 Clusters will host or co-host a Summer Sorted! event in June/July



IZONE

- iZone is a website designed specifically for young people by young people
- Service directory and signposting tool for DYHCs
- DYHCs are currently involved in the redesign and relaunch
- One DYHC has developed recommendations around access for young people with a visual impairment



DUDLEY YOUNG HEALTH CHAMPIONS



- Youth empowerment, peer to peer project
- 48 students across 4 pilot schools completed their training
- Current projects include getting a better sleep, health wheel, find a friend, managing exam anxiety and Dudley Play Strategy.
- Plan for the year ahead is to recruit DYHCs in a minimum of 15 different settings, to include youth and community groups.

FIND A FRIEND

DO YOU FEEL LONELY?

WOULD YOU LIKE TO MAKE FRIENDS?

MON+THURS

Y7- 12:45-13:15

Y8- 12:15-12:45

Y9- 13:15-13:45

JOIN US TO:

Make New Friends

Design and Create

Enjoy a Free Biscuit and

PASTORAL PEGASUSACA



NAME (FIRST NAME) _____ prefer not to say

↳ this is to record progress for reward systems and won't be shared. If you don't want to give your name that is OK. However, it may affect your prizes.

HOW IS YOUR DAY?

HAPPY-

HAPPY	OK	CONFUSED/ JEALOUS	ANGRY	SAD	OTHER
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CONFIDENT-

ON TOP OF THE WORLD	CONFIDENT	NOT SURE	NOT VERY	NOT AT ALL	OTHER
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SOCIAL-

WITH A LOT OF FRIENDS	BUDDIED UP!	ALONE + HAPPY	ALONE + SAD	LONELY	OTHER
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ANY BUDDIES? IF SO, WHO WITH AND WHAT DID YOU DO?

HIGHLIGHT of the week

EMOTIONAL HEALTH

Emotional well-being refers to the awareness and understanding a person has about their emotions and how well they are able to manage through different life events.



Good wellbeing can give you confidence - allow you to have good relationships. Positive vibes only with others, isn't a thing humans have a wide range of emotions and those OK.

Your well-being is about how you are feeling right now. Having good well-being can help you to express and feel a range of emotions.

"A healthy outside starts from the INSIDE"

Physical health refers to understanding how your body works, developing habits that enhance your body's ability to function, and knowing where to seek help if your body is hurt or you're sick.

Physical health can also increase self-esteem, lower stress and help with sleep.



Physical health can come with many benefits. It can encourage healthy growth and development, improve your fitness whilst building a stronger heart and bones, plus healthier muscles.

MENTAL HEALTH

Emotional and mental health refers to understanding emotions, learning how to process and express feelings in a healthy way, and having the coping skills to deal with stress and the demands of life.

YOU ARE ENOUGH

Mental health is how we get on in life and feel. Our mental health can range from good to poor and just like physical health we need to take care of it.

Looking after our mental health can make us feel good whilst coping with the stresses they can have.



Environmental health links to being aware of and understanding the impact of your interactions with nature and your personal environment. It also connects to knowing how to take action to preserve and protect our planet.

The garden is buzzing all summer long!

Environmental health is designed to improve the public health and wellbeing by looking after the health and safety of our environment we can ensure our mental wellbeing and physical health remain in-tact.

ENVIRONMENTAL HEALTH



HOLIDAY ACTIVITY AND FUN PROGRAMME

HAF is a government funded programme that offers free activities during the Easter, Summer and Winter holidays for Children aged 5-16 who receive free school meals.

Here in Dudley we offer a range of different activities from days out, multi sports, dance, crafts, cooking and more!

Activities are delivered by a range of providers including community groups, sports clubs, private businesses, faith based organisations, museums and more...



**To find out more about HAF visit:
holidayactivitiesindudley.com**

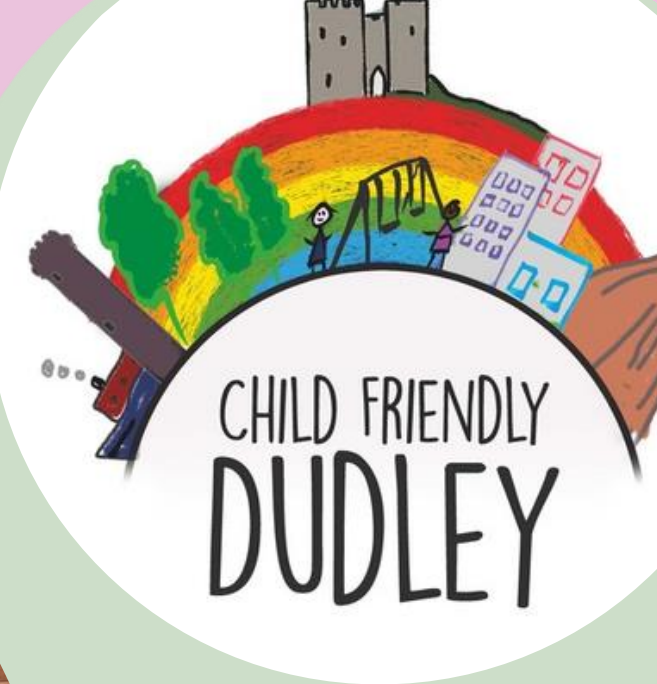
EASTER HAF HIGHLIGHTS

- Currently have over 7,000 FSM children registered for HAF, a 60% increase since October.
- 400 sessions commissioned offering over 10,000 spaces
- Worked with 72 providers
- Increased our SEND engagement since last year by 96%
- Increased our teenager engagement since last year by 88%
- Worked to improve the nutritional offer



OTHER KEY WORK AREAS

- Working collaboratively with our group development team to offer a variety of support, e.g. safeguarding, best practice, governance, set up etc.
- Ensuring the voluntary and community sector are informed about opportunities and can be involved in shaping local developments
- Facilitating CYPF network quarterly
- Working together with partners on Growing Up In Dudley Project, Family Hub Network/Start For Life, Family Safeguarding implementation, Child Friendly Dudley etc.
- Representing the voluntary and community sector at a wide range of different boards, steering and working groups.



ANY QUESTIONS?

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