

Dudley Early Help and Family Centres

What is Early Help?

Early Help is a range of agencies and organisations that work together to provide the right support for children, young people and their families at the right time.

Early Help recognises that families may need additional help at various times of their lives, they will

Dudley Help Strategy 2021-24

The refreshed Early Help Strategy for Dudley borough was formally launched at a virtual engagement event on 21 March 2022. Nearly 150 attendees heard from live speakers and videos with representation from across the Early Help partnership. Attendees also heard from parent carers and families across the borough who shared their stories. Find out more about the [Dudley Early Help Strategy](#)



Can Early Help support you and your family?

We can support you with:

- Worries about your child's health development or behaviour
 - Worries about how your child is doing at school
- Worries about money or housing and how that is affecting you
- If your child and family may be affected by domestic abuse, drugs, alcohol, ill health or crime

[find out more](#)

Solihull approach online courses

From bump to 19 years the FREE online Solihull Approach courses help parents and care givers to understand their child.

The courses are a framework which helps you decide what's best for you and your family.

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

[find out more](#)

Triple P online parenting programme

Dudley parents/carers with children aged up to 16 years, can access a free online parenting programme which includes a new module with tips and strategies to help while we're staying at home more.



[find out more](#)

NEW - Triple P FEARLESS

This is a programme for parents of children aged 6-14 years old who are experiencing significant anxiety difficulties which affects their everyday life.

Parents and carers will be able to easily access this online and work through the programme independently, attend face to face or Microsoft Teams sessions, please email parenting@dudley.gov.uk for more information.

Triple P TRANSITIONS

This programme is for parents who have divorced or separated and are experiencing difficulties that they are worried will affect their children. It offers stress relief, support and practical ways to adapt to a new way of life



Challenging Behaviour Foundation

As part of the Getting It Right project the Challenging Behaviour Foundation are organising virtual family carer focus groups and a stakeholder engagement event in the Black Country.

Family Carer Focus Groups

The aim of the focus groups is to bring together families supporting a child or young person with learning disabilities to hear their views on current and possible future support and services in the Black Country on **11th May 10am-2.30pm** - for families supporting a relative with a learning disability aged 0-18

[find out more](#)

Stakeholder Engagement Event

The aim of this is to share our project findings, allow family carers, professionals and third sector organisations to share their views on existing support and services in the Black Country, discuss ideas and hopes for the future, and develop actions to improve local support.

[find out more](#)

Questionnaire for Dads

Are you a new dad or birth partner? Or, are you about to become one? If so Dudley Public Health wants to hear from you to find out how to support you more. Please fill in this questionnaire <https://forms.gle/zdJaxo3VBVPV4M9T8> by **31 March 2022**.



Dudley Borough Family Centres

The Family Centres are a service within Dudley that work together with a range of other agencies to provide support to you and your family.

Our Family Centres are now open:
9am-5pm, Monday - Friday.

There is space available in each family centre for families to drop in if they need some support, you can also call our centres on the details below.

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

[Watch the video about Dudley borough Family Centres](#)

[find out more](#)