

Good to Know

1st April 2022

Working with Families News

News:	For more info:
<p>Do you work with families in Sandwell and are interested in being trained to deliver the Changes parenting programme? The Parent Support Team is offering FREE online training and resources to staff. Changes supports parents through key transition points in their child's life and their own life. It includes a range of topics including, wellbeing, rules and routines, behaviour, communication, online safety and more. Sessions are available in Early Years, Primary Years and Secondary School Years.</p>	<p>To book: https://bookwhen.com/parentsupport</p> <p>Bookings now being taken for May. Please book onto the mandatory session and then choose one or more specialism.</p>
<p>Due to popular demand the Parent Support Team and Sandwell Adult and Family Learning Service are offering expectant and new parents living in Sandwell a free 2 hour Paediatric First Aid Awareness Course. Places available in, May, June and July.</p>	<p>If you wish to book a place, please go to https://bookwhen.com/book4changes</p>
<p>Funded through Public Health England Better Mental Health, the Parent Support Team are also inviting Sandwell parents to join them for FREE Changes Play and Stay Sessions at Soft Play Centres. While the kids play and enjoy something to eat, parents/carers can join the structured group chat on topics like rules and routines, getting ready to start school, supporting learning and the challenges of being a parent. There are sessions for parents with pre-school children and those with primary aged children too. More dates /venues to follow.</p>	<p>For more information and to book: https://bookwhen.com/book4changes</p>
<p>Papyrus are offering FREE suicide prevention training on Tuesday 12th April. To book a place, follow the link.</p>	<p>https://www.papyrus-uk.org/training/sp-eak-aim-funded-3/</p>
<p>Kooth.com is a free, safe and anonymous website for young people aged 11-25 yrs in Sandwell. Kooth can be accessed on any web enabled device 24 hours a day and is a safe and trusted place for young people to go to seek support with their mental health. They provide a range of services to support young people's wellbeing. Trained and qualified counsellors are available until 10pm each night, 365 days per year. Kooth provides much needed out of hours service advice and support.</p>	<p>Young people can sign up directly at www.kooth.com and there are no professional referrals required.</p>

<p>From 1st April, Sandwell Children’s Centres will be managed by Barnardos. For Family Support referrals: e-mail FamilySupportReferralSandwellCC@barnardos.org.uk.</p>	<p>For all other services/enquiries: FamilyOfferReferralSandwellCC@barnardos.org.uk</p>
<p>Sandwell Parents for Disabled Children have published their Easter and April newsletters.</p>	<p>https://www.sp-dc.org/ look in events</p>
<p>CEOP has created a new website for children aged 11-18 that has information on online safety and relationships. The Internet, Relationships and You is a set of resources for 11-18 year olds and includes information on online identity, relationships, and socialising online.</p>	<p>https://www.thinkuknow.co.uk/11-18/</p>
<p>Baby charity The Lullaby Trust is warning families that some popular baby sleeping products promoted on social media do not conform to safer sleep advice and could potentially put babies at risk. Worryingly, over 1 in 3 parents (37%) have bought a baby sleep product which doesn’t fit with safer sleep advice, including cot bumpers and baby pillows after seeing them on their Instagram and Facebook feeds.</p>	<p>https://www.lullabytrust.org.uk/not-so-picture-perfect-many-sleep-images-of-babies-on-social-media-could-put-them-at-risk-warns-charity/</p>
<p>Men are being urged to join a mental health peer-to-peer support group that runs on Wednesdays at Wednesbury Museum and Art Gallery. Tough Enough To Care is free to join for men in Sandwell aged 18 and over. The group meets every Wednesday evening, from 7pm-9pm, for a sit down, a cuppa and a biscuit while men discuss their mental health and support one another.</p>	<p>https://www.sandwell.gov.uk/news/article/6400/men-urged-to-join-mental-health-support-group-in-wednesbury</p>
<p>The official launch of the Shine Centre in Oldbury is taking place on Wednesday 20th April (11pm – 3pm) with a Fun Day! There will be the animal man, stalls, rides, entertainment and goody bags for all.</p>	<p>shinecentre@christchurchsandwell.org or call 0121 552 3625. The Fun Day is at the Shine Centre, Christ Church School, Albert Street, Oldbury B69 4DE</p>
<p>Visit Sandwell Valley Visitor Centre this Easter and meet the Easter Bunny, take part in an exciting Easter trail and also get exclusive access to the all new Rabbit Village!</p>	<p>https://www.ticketsource.co.uk/sandwell</p>
<p>If you would like to promote services or information in this newsletter or share a good news story, please contact the team.</p>	<p>Parent Support Team parent_support@sandwell.gov.uk</p>