

Good To Know Newsletter



Parent Support Team

parent_support@sandwell.gov.uk

www.bookwhen.com/changes
www.bookwhen.com/book4changes

The Parent Support Team are running a series of FREE programmes to help support families in Sandwell.

We offer an amazing antenatal offer at www.bookwhen.com/changes (including a session for Grandparents-to-be too!!)

Our Changes programme for parents is also offered to support parents and families on their parenting journey. The sessions are split into three age ranges - Early Years, Primary Years and Secondary Years to support families at key stages of change.

<https://bookwhen.com/book4changes>

Free virtual "Grandparents" antenatal session

Book your
space [here](#)

Are you a Grandparent-to-be, friend or another supportive family member?

This fun and informal information session 2-hour "Grandparent" antenatal session is led by a trained health visitor and FREE for Sandwell residents!

Free "Ready, Steady, Wean" sessions

Book your
space [here](#)

Come and join the friendly and knowledgeable community Nursery Nurses, who work as part of Sandwell's Health Visiting Team, to find out more about weaning your baby.

Each family who attends will receive a weaning pack full of information and support,

The Breastfeeding Network Sandwell

Book your
space [here](#)

BfN Sandwell offer FREE virtual antenatal sessions held on Zoom and run by trained peer supporters

- Tuesday 13th June, 7pm-9pm
- Wednesday 28th June, 7pm-9pm
- Thursday 6th July, 7pm-9pm
- Saturday 8th July 2023, 10am - 12pm
- Tuesday 18th July, 7pm-9pm

NSPCC

Why language matters: domestic abuse is broader than domestic violence and how this can impact services.

Read the blog [here](#)

NSPCC

How Safe 2023
conference, click [here](#)
to purchase tickets

Join us for the NSPCC's leading child safeguarding event
Wednesday 28 June 2023

Event online on 28 June 2023, or catch up on demand (all
sessions available for 4 weeks after the event).

Carers Week

5th -10th
June 2023

It's Carers Week from Monday 5 June to Saturday 10 June, and there's lots happening across Sandwell to recognise and support our local carers.

Find out about all the local events [here](#)

child accident
prevention trust



This week is Child Safety Week and this year's theme: Safety Made Simple.

Resources to support you with this week:

Practitioners resource centre available [here](#)

Or click [here](#) for more information on this year's campaign.

Play their way

Find out more
[here](#)

The Children's Coaching Collaborative (CCC) have created a resource hub to support children's coaching and help prioritise the rights and needs of all children.

The hub includes resources for coaches and other sports roles to guide them with delivering child-first coaching and championing every child's voice.

SCVO

Small Charity
Week 2023

Small Charity Week 2023, from 19th to 23 June, celebrates and raises awareness of the essential work of the UK's small charity sector which make an invaluable contribution to the lives of millions of individuals.

This year's campaign is brought to you by NCVO and Lloyds Bank Foundation. To read the more about Small Charity Week, click [here](#).

Barnardo's in Sandwell

This year's Big Toddle is here! We will be getting involved with a sponsored walk so we can help transform the lives of vulnerable children across the UK.

It will be taking place on the 15th June 2023 between 1-3pm with the meeting point being outside Sandwell Valley Farm. Visit our Facebook page [here](#) for more information.

smokefree
Sandwell

We are here to support you on your journey to a smoke-free pregnancy.

We know that quitting smoking can be challenging, especially during pregnancy.

If you need help quitting smoking, contact us on 0121 740 0040 or by visiting our website [here](#).

Extra funding for schools

Victoria Academies Trust: Extra funding for schools

There is now extra funding directly given to schools to support the release costs of staff attending NPQ courses. At a time when budgets are so tight, this is an offer too good to miss. Contact us [here](#) for more details or to have a further conversation.



Good to Know News

Please click on the images or use the QR codes below to access links to more information

MONDAY 10TH JULY

TEDDY BEAR'S PICNIC

Under 5's Day

SOFT PLAY SESSIONS

FOLLOW OUR TEDDY TRAIL

ARTS AND CRAFTS

LIMITED SPACES AVAILABLE

SANDWELL VALLEY VISITOR CENTRE

CELEBRATE FATHER'S DAY

AT SANDWELL VALLEY VISITOR CENTRE
SUNDAY 18TH JUNE 2023

Full English Breakfasts and Ploughman's Lunch Afternoon Teas

Father's Day Family Trail and Crafts

Locally Brewed Ale Bar

SANDWELL VALLEY VISITOR CENTRE

Wednesbury Day

Free Family Festival.

Sat 10 & Sat 17 June 2023

10.00 to 14.00

theatre performances

face painting for 3+

interactive street games with live music

art exhibitions & demonstrations

a community parade featuring Eko, a giant sea monster puppet

Market Place & venues across Wednesbury town centre

Visit this web-link or scan the QR code with your smart phone for the full programme.

www.bit.ly/wednesburyday

Programmes are in local venues and high street shops.

YARN BOMBING WEEKEND

WORKSHOPS NOW LIVE!

JUMBO CROCHET / CROCHET / FINGER BRAIDING 1 HOUR WORKSHOPS - PERFECT FOR LITTLE HANDS (AND BIGGER ONES!) USING CHUNKY YARN AND HUGE CROCHET HOOKS.

10-11 JUNE

YARN TRAIL WORKSHOPS FAMILY ACTIVITIES

DECORATE A TREE TO ENTER OUR COMPETITION TO WIN AN AFTERNOON TEA FOR TWO!

SANDWELL VALLEY VISITOR CENTRE

HARD OF HEARING GROUP

2023 Wednesdays 10am-12pm

West Bromwich Community Centre, Gayton Road, West Bromwich, B71 1QS

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec
11th 25th	8th 22nd	8th 22nd	5th 19th	14th 28th	3rd 17th 31st	12th 26th	9th 23rd	6th 20th	4th 18th	1st 15th 29th	13th

Sandwell Deaf Community Association
Email: info@sdca.co.uk
SMS/Text/Facetime: 07885 933225
www.sdca.co.uk

Carers Fun Day

Saturday 10th June
11am - 5pm

St Michael's CE High School,
Curral Rd, Rowley Regis,
B65 9AN

FREE entry & refreshments!
No booking required

To celebrate Carers Week, join us for a day of fun for all the family and find out how we can support unpaid carers

- Inflatables
- Hot food & cakes
- Carnival games
- And much more!

www.crossroads-caringforcarers.org
0121 803 6830

SPDC sandwell parents for disabled children

Parent Carer Newsletter June 2023

SANDWELL PARENTS FOR DISABLED CHILDREN WORKING IN PARTNERSHIP WITH SANDWELL CHILDRENS CENTRES

MoodMaster®

Is life losing its sparkle? MoodMaster can help!

Group Support

Tuesday mornings for 6 weeks starting

6TH JUNE 2023
10am-12pm

GALTON VALLEY CHILDRENS CENTRE
GREAT ARTHUR STREET, SMETHWICK
B66 1DH

Light refreshments will be provided. Sessions will have limited numbers and would be preferable to attend each week.

If you are interested or would like any further information please contact: Jayne Ford on 07956 744644 or email spdcparentcarerbooking@sp-dc.org

MoodMaster covers topics include:
*Understanding your emotions.
*Problem solving.
*Eating Well.
*Resolving conflict and gaining support.
*Dealing with situations that stress you out.
*Breathing and relaxation.

VENUE wheelchair accessible

Carers Week Celebration!

Thursday 8th June 10.00am-2.00pm

Portway Lifestyle Centre, Newbury Lane, Oldbury B69 1HE

We have a bumper carers day event for you to look forward to. Activities will include the chance to have a session with:

- A Tai Chi practitioner.
- A range of beauty treatments.
- Craft activities including silk card printing, crochet and other craft activities that you be able to take home, hosted by two lovely parent carers Paula and Jo.

*Refreshments and a light lunch will also be available at this event so do come along and have a coffee and a bite to eat while enjoying some activities, relaxation and beauty treatment.

See you there!
Booking is essential

SPDC Coffee Shop Tour!

Our Coffee Shop Tour continues so we have attached details of some new dates and new venues to this newsletter. Join us for a good old chat, some laughs and a coffee on us!

To book activities please email: spdcparentcarerbooking@sp-dc.org
Bookings will close on Friday 26th May 20 9am

Sandwell Parents for Disabled Children, Galton Valley Childrens Centre, Great Arthur St, Smethwick, B66 1DH
Tel: 0121 566 2480
Email: spdc@spdc.org 1444644
Or Text: 07956 744644
www.sp-dc.org