



# PARENT CARER NEWSLETTER JULY 2021



Here at SPDC we are as keen as you are to return to some face to face activities and we are making a start by offering some outdoor opportunities. We hope that you understand that to make sure these opportunities are as safe as possible and that they follow current guidelines, places are limited. If we are unable to offer you a chance to take part this time we will make sure that you are given priority next time. If your booking is successful, it will be confirmed via telephone/email and an Eventbrite confirmation will follow.

Please be assured that SPDC are continuing to work hard to ensure that activities return as quickly and safely as possible but in the meantime, we will continue to offer a mixture of delivered and virtual opportunities alongside the gradual re-introduction of face to face activities.

Should you have any questions please do not hesitate to contact the team on [admin@sp-dc.org](mailto:admin@sp-dc.org)



## Yoga Session for beginners

Wednesday 14th July 2021 @ 11am-12pm

Portway Lifestyle Centre, Newbury Lane, Oldbury B69 1HE

Join us for a relaxing outdoor Yoga session for beginners.

Fitness Mats will be provided if necessary and bottled water.

£2 per parent carer (Eventbrite payment link will be sent once places confirmed)

To book on to this session, please email [spdc\\_parentcarerbooking@yahoo.com](mailto:spdc_parentcarerbooking@yahoo.com)



## Pilates Session for beginners

Monday 19th July 2021 @ 7pm-8pm

Portway Lifestyle Centre, Newbury Lane, Oldbury B69 1HE

Join us for outdoor evening Pilates session for beginners.

Fitness mats will be provided if necessary and bottled water.

£2 per parent carer (Eventbrite link will be sent once places confirmed)

To book on to this session, please email [spdc\\_parentcarerbooking@yahoo.com](mailto:spdc_parentcarerbooking@yahoo.com)



## Child Continence Information Session

Thursday 29th July 2021 @ 11am

Gaynor Innet from Sandwell Community Continence Service will be available via Zoom to provide professional advice and support on managing incontinence.

To book your place, please email  
[spdc\\_parentcarerbooking@yahoo.com](mailto:spdc_parentcarerbooking@yahoo.com)



Please do not attend sessions if you or any family members have Covid-19 symptoms & refunds will be issued.

Deadline for booking these activities will be Friday 9th July @ 9am

Contact us: Sandwell Parents for Disabled Children, Galton Valley Childrens Centre, Great Arthur St, Smethwick

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