



Parent Carer Activities



January 2021 Happy New Year!



Jump into January with SPDC Parent Activity, wellbeing, and information programme for Parent Carers

Pamper Packs

Pamper yourself with our mystery packs consisting of treats to help you carve out some much needed me time to relax after the Christmas rush.

Book to receive one of these packs by emailing spdc_parentcarerbooking@yahoo.com

We will not be able to take orders for this activity after Wednesday 13th January 9am and Deliveries will take place Wednesday 20th January



Catch up with Autism West Midlands and Sandwell Autism Group

You are invited to an informal chat to learn more about services and resources that are available to you with

Autism West Midlands and Sandwell Autism Group on **14th January at 11:00am**

Join Zoom Meeting

Meeting ID: **883 7663 6866**

Passcode: **hA6kg8**

If you would prefer the link to the zoom meeting, please email admin@sp-dc.org



Relax and Learn Tai chi



You are invited to join our zoom chat with expert practitioner explaining the extremely beneficial art of Tai Chi

21st January at 13:30 -14:10

We will provide a candle & holder to set a relaxing atmosphere whilst you take part.

emailing spdc_parentcarerbooking@yahoo.com to book your place.

We will not be able to take orders for this activity after Wednesday 13th January 9am and Deliveries will take place Wednesday 20th January



Monthly Zoom Chat Café

On **Tuesday 26th January at 10am** why don't you grab a cuppa and tell us how you are, what is going on in your area and meet some old friends and welcome some new ones everyone is welcome. No need to book in just join us if you can, pop in at any point if you cannot stay for the whole of the time pop in for a quick chat.

Join Zoom Meeting

Meeting ID: **831 2885 3706**

Passcode: **5m1pM0**

If you would prefer the link to the zoom meeting, please email admin@sp-dc.org





Parent Carer Activities

February 2021



Love is in the Hair! join our SPDC Parent Carer Activity, wellbeing, and information programme for February.

Catch up with Melanie from Inclusion Support

On **Wednesday 3rd February at 10.00am** Melanie will be meeting parent carers for an informal chat on what the Sandwell local offer is and what organisations are able to help and assist parent carers. Melanie is trying to raise the voice of Parent Carers and is trying to do everything possible to make sure that the services in our area meet the needs



Join Zoom Meeting

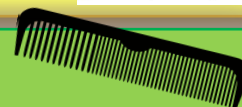
Meeting ID: **835 7958 6334**

Passcode: **342axi**

If you would prefer the link to the zoom meeting, please email admin@sp-dc.org



Love is in the hair!



You are invited to join our expert hair practitioner on **Thursday 11th February @ 7pm** via live zoom link showing us how to do three amazing hair styles for valentines or any other special occasion. We will be providing a goodie bag with all of the things you need to use to achieve the three different styles, on yourself or someone else. Please email spdc_parentcarerbooking@yahoo.com to book. **We will not be able to take orders for this activity after Wednesday 13th January @ 9am and Deliveries will take place Thursday 11th February.**

Monthly Zoom Chat Café

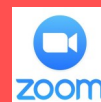
On **Wednesday 17th February at 11am** why don't you grab a cuppa and tell us how you are, what is going on in your area and meet some old friends and welcome some new ones everyone is welcome. No need to book in just join us if you can, pop in at any point if you cannot stay for the whole of the time pop in for a quick chat.

Join Zoom Meeting

Meeting ID: **828 0910 2317**

Passcode: **CPXJ4s**

If you would prefer the link to the zoom meeting, please email admin@sp-dc.org



Zoom Wednesday

Don't forget our weekly Evening Zoom chat every Wednesday 7.30pm.

Please email admin@sp-dc.org if you would like to join our weekly informal Zoom chat with other parent carers.



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

B66 1DH

Tel: 0121 565 2410 **Mob:** 07852843470 **Ch Reg:** 1125576



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