

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 run a series of free programmes to help support families in Sandwell.

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 Changes Practitioner training

To find out more information or book your space click [here](#)

Would you like to become a Changes Parenting Practitioner and support local families in Sandwell?

Book a place and receive high quality resources to support you to run your own Changes programme for parents course.

We have spaces available on our September courses for Early years (26th September) and Primary years (28th September) and the training is currently free to staff working with families in Sandwell.

Free Changes antenatal offer

Find out more [here](#)

Sandwell Changes offers free antenatal courses for parents who live in or have a GP in Sandwell.

Services include:

- Virtual 3-week antenatal courses
- In-person 3-week antenatal courses
- 4-week aquanatal courses
- Grandparent/supporter sessions

The Breastfeeding Network Sandwell

Book your space [here](#)

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

- Thursday 6th July, 7pm-9pm
- Tuesday 18th July, 7pm-9pm
- Saturday 8th July 2023, 10am - 12pm
- Wednesday 26th July, 7pm-9pm

NSPCC Learning

Safer summer activities and events

Summer is just around the corner! Our guidance will help you to plan and run safe activities for children and young people including recruiting volunteers and staff, supervision and transport.

Read the guidance, tips and information [here](#).

NSPCC Learning

Safeguarding in education webinar: 2023 update

Half day webinars on current safeguarding issues and legislation for teachers and school staff, they will be held on zoom on either 4th (AM or PM) or 5th September 2023 (AM or PM)

Ensure your school is up-to-date with all the latest best practice and guidance in safeguarding and child protection, with our whole school update webinar.

Book your space [here](#).

Sandwell Shared Lives

Our Shared Lives service offers both short and longer term placements to enable people with learning disabilities and autism to live as independently as they are able to. It works by matching individuals and carers who are willing to share their homes, for a few hours, an evening or weekend, or longer. If you think you could be a Shared Lives carer or would like some support from the Shared Lives service click [here](#) or call 0121 569 4467.

Sandwell Borough of Sanctuary Public consultation

Have your say and let us know how Sandwell can be a more welcoming place for individuals and families who are migrants, refugees and asylum seekers. Find out more and share your views [here](#).

Sandwell libraries Summer Reading Challenge

Our [#SummerReadingChallenge2023](#) will be launching in all of our libraries on Saturday 8 July! From this date families can come in, sign up for free and start choosing books to read as part of the challenge. Every time a child returns books they can then collect stickers and other free incentives as a reward! After they have made 3 visits they will receive a Summer Reading Challenge medal and personalised certificate

SCVO

Early Help Partnership Town Events

Working or volunteering with children, young people and families in Sandwell? If so, we would like to invite you to our upcoming Early Help Partnership town events.

Our events will give you the opportunity to network and link in with local partners. Share information and help to increase awareness of local activities. Booking is essential, find more information [here](#).

Sandwell Family Information Service

The new Sandwell Family Information service website is now live, click [here](#) to access information and support.

The Safe Spaces Scheme

Find a map of our safe spaces [here](#)

The Safe Spaces Scheme provides a safe place indoors for anyone who may feel vulnerable, distressed or worried while out and about in West Bromwich town centre.

When you see this sticker, you know you can go into the Safe Space and ask for help if you need to.



SPDC Coffee Shop Tour

A chance for parent carers to meet the team and have a coffee and chat. No need to book.

Wednesday 12th July
10am-12pm
IKEA Coffee Shop,
Park lane,
WS10 9SF

Monday 17th July
10am-12pm
Costa Coffee,
Oldbury Green Retail Park,
B69 3DD

Saturday 22nd July
10am-12pm
Costa Coffee, New Square,
West Bromwich,
B70 7PP



Good to Know News

SPDC sandwell parents for disabled children
Parent Carer Newsletter
June 2023

Spa Day!
WEDNESDAY 19TH JULY
10:00AM-2:00PM
Village Hotel Dudley, Castlegate Park
Birmingham Bld, Dudley DY1 4TB

Enjoy a day of relaxation at the Village Hotel before the busy school holidays!
Take the opportunity to have a dip in the pool, relax in the sauna or access the gym.
A light lunch will be provided.

Email spdcparentcarerbooking@spdc.org to show your interest

There is no charge for this event.

VILLAGE SPDC

WALK & TALK WITH SPDC

MONDAY 10TH JULY
Warley Woods, The Pavilion, 101 Lightwoods Hill, B47 5ED
Meeting at the Pavilion at 10am

THURSDAY 20TH JULY
Sandwell Valley Park Farm, West Bromwich B71 4BG
Meet at the visitors centre at 10am

Let's walk and talk whilst taking in some fresh air, we will finish off with a hot drink in the cafe.

THURSDAY 20TH JULY
Sandwell Valley Park Farm, West Bromwich B71 4BG
Meet at the visitors centre at 10am
Parking is pay & display so please bring change.

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

To book activities please email spdcparentcarerbooking@spdc.org
Bookings will close on Wednesday 25th June 21:00pm

SPDC
0121 661 2400
www.spdc.org.uk

Do you have a spare couple of evenings per week? Have you ever thought of being of Youth Worker?

Sandwell Youth Service is recruiting for Part Time Youth Workers!
Vacancies are available in youth clubs, detached youth work, SEND youth work and at Coneygre Arts Centre.

Come along to an information session on Tuesday 4 July from 5pm-8pm at Coneygre Arts Centre, Sedgley Rd East, Tipton, DY4 8XA

For more information, email: youngpeople_services@sandwell.gov.uk



Places Leisure
Part of Places for People

Whatever place you're into

West Bromwich Leisure Centre
Aqua Natal Classes

Four-week free courses provided in partnership with Sandwell Metropolitan Borough Council

- Targets specific muscles, improving your core stability, posture and balance
- Low impact exercises while you experience feeling weightless in the water
- Increased resistance in the water improves your flexibility and fitness

These classes are catered for mums-to-be, providing a safe haven for you to workout and socialise. The programme is expertly designed and take a holistic approach to an expectant mums physical and mental well-being, combining relaxation with cardiovascular exercises to help prepare the body for birth.

www.bookwhen.com/changes

Sandwell Metropolitan Borough Council
Built and operated by Places for People Leisure Ltd in partnership with Sandwell Metropolitan Borough Council

Items for donation

- Moses Baskets
- Newborn Nappies (sizes 1 & 2)
- Nappy Bags
- Baby Wipes
- Baby Shampoo
- Baby Lotion
- Liquid Baby Soap
- Baby Sponges
- Shampoo for Mum
- Shower Gel for Mum
- Toothbrush for Mum
- Toothpaste for Mum
- Deodorant
- Breast Pads
- Maternity Pads
- Baby Towels
- Muslin Cloths
- Small Baby Blankets
- Moses Basket Baby Sheets
- Newborn - 6 mths Baby Clothes
- Small Baby Toys
- Cotton Wool
- Gifts for Mum

Drop off point

New Beginnings Community
St Marks Church Londonderry
Thimblemill Road, Smethwick B67 6LP

check our website for opening times

NEW BEGINNINGS COMMUNITY

All your generosity enables us to make our bundles a beautiful gifts for mums and babies who experiencing hard times. Thank you so much!

New Beginnings Baby Bundles - Contact Details
Telephone: 07762303374
Email: babybundles@newbeginningscommunity.co.uk
Facebook: New Beginnings Baby Bundles

New Beginnings

What does New Beginnings do?

We provide, through registered referral agencies, 'Newborn Bundles' for the most vulnerable mothers in our communities. These generally consist of a Moses Basket filled with toiletries and clothing for the first six weeks or so of a new baby's life, gifted to families in need. We operate on donations from the public, and are volunteer led.

What can you do to help?

Giving Time
We are grateful for all help offered, so if you can spare an hour a year, an hour a week or anything in between we would love to have you join us! Our volunteers are a really friendly group and always happy to welcome new people. We are also happy to make use of any specific skills you might have to offer. Please speak to a member of the team for more information.

Giving Supplies
Everything we give away is donated by our amazingly generous community. If you are in a position to purchase toiletries while shopping or pass on good quality second hand 0-6 mths baby clothes they will always be put to very good use.

Giving Financially
We are very careful with our funds and have fundraising events, because we do on occasion need to purchase items. Every basket has a brand new mattress which we purchase from a supplier.

IMPROVED MENTAL HEALTH IS SEEN WITHIN 6 WEEKS OF QUITTING SMOKING

QUIT SMOKING

Get In Touch Today
0121 740 0040
smokefreesandwell.co.uk

smokefree
Sandwell

Active Greenspaces Hubs

OLDBURY
Wellbeing Hub
Monday's
13:30-14:30pm

ALL SESSIONS ARE FREE!

WELLBEING HUB	LOCATION
Various activities both indoor and outdoor to improve participants' physical & mental wellbeing.	Every Monday 13:30pm - 14:30pm Barnford Hill Park, Moat Road, Oldbury, B68 8ED

FOR MORE INFORMATION AND TO BOOK, CONTACT
devid.jones@albionfoundation.co.uk 07538 871324

SHAPE YOUTH SUMMER FEST
SATURDAY 15 JULY 2023
12NOON - 8PM
SANDWELL VALLEY, WEST BROMWICH, B71 4BG

YOUTH ZONE
Featuring an outdoor youth club, a mini netball, badminton, football, table tennis, pool, and more!

FAMILY ZONE
Featuring family games, crafts, outdoor activities, and more!

MUSIC ZONE
BHANORA SHASH UP
CREZON
FLINTS & FLYER
REYES CLEARLY
SHAKAN PITTERS

SPORTS ZONE
Featuring table tennis, badminton, pool, and more!

BLIND DAVE'S COLOUR RUN

FOR MORE INFORMATION VISIT:
WWW.JUSTYOUTH.ORG.UK

Sandwell

Family Hubs

Helping Families Thrive



What is a Family Hub?

**Children's Centres
are growing to
include more
support and services
and will become
Sandwell Family
Hubs.**

Our mission is to help all families in Sandwell thrive

Family Hubs will offer the right help, in the right place, at the right time by offering services and support for all families with children aged 0 – 19 (or 25 with SEND) and extra support is available for families during pregnancy and in your baby's first years.

To see how Family Hubs can support you and your family, head over to our Sandwell Family Hubs website where we offer support and guidance. You can also use our session finder to see what support is available.

www.sandwellfamilyhubs.com

