

Good To Know Newsletter



Free Changes training for professionals in Sandwell

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.

Training is currently free to those working with families in Sandwell!

If you would like to be notified of new dates email the team [here](#).

Free Changes activity sessions

Sandwell Changes have free courses for baby and toddler stages and our newly developed pre and postnatal courses too! Sandwell families with preschool children (0-4 years) can book spaces on up to 3 free activity courses per half-term.

New free preschool activity courses are now available to book!

- 0-4 year old activity courses are now available to book [here](#).
- Prenatal activity courses are now available to book [here](#).

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 and in-person 3-week antenatal courses
- Prenatal activity sessions
- Grandparent/supporter sessions
- Bump & Beyond (early communication) sessions
- Bump to Baby (have a healthy pregnancy) sessions

Sandwell Family Hubs

Sandwell Family Hubs have so much to offer and share with you!

Sign up to the FREE Family Hub newsletter [here](#).

Sign up to the FREE Healthy Pregnancy newsletter [here](#).

Sandwell Public Health

Bringing Everyday Inclusion to Life training

Free virtual workshops for staff and volunteers working in the voluntary and community sector in Sandwell funded by Sandwell Council Public Health.

The workshops will be informative, engaging and create a safe place for participants to ask curious questions and expand their inclusion knowledge.

Book your space [here](#).

Healthy Sandwell

Help children to be body positive

It's Eating Disorders Awareness Week and we're sharing advice and guidance for parents and carers on how to help their children build self-esteem and embrace a positive body image.

Every body is great. Let's teach our children that differences are beautiful and every body is uniquely perfect just the way it is.

Find out more [here](#).

SCVO

Funding for youth-led projects

Grants are available for youth-led projects that celebrate UK native wildflowers, plants and fungi in exciting and engaging ways.

The funding is made available to individuals and groups of young people through Grow Wild's Youth Grants programme.

Find out more information [here](#).

NSPCC Learn

AI and children's safety

NSPCC have released a new research report looking at how Generative AI is impacting children's safety and wellbeing. Some of the risks include sexual grooming, sexual extortion and exposure to harmful content.

Read the report [here](#).

NSPCC PODCAST

Mental health first aid kits

Mental health is an important issue for children and young people.

This episode provides information about mental health first aid kits, a tool you can use to help young people with their mental health.

Listen to the podcast [here](#).

Child Accident Prevention Trust

An urgent warning about water beads

An alert has been issued warning parents and childcare settings to keep water beads away from children under 5 years old.

As the beads bathe in stomach fluids, some can expand to 400 times their original size, posing a serious risk of blockage in a child's bowel.

Read more about the warning [here](#).

Find out more information [here](#).

Anti-Bullying Alliance

Information toolkit

The Anti-Bullying Alliance have updated their Information Toolkit for Parents and Carers on Bullying. This provides advice on what bullying is, what schools' responsibilities are, how to know if your child is being bullied, what action you can take, sources of advice and support, and more!

Click [here](#) to access the toolkit.

National Literacy Trust

Free translated resources

These early years resources, which form part of the Start for Life campaign, are available to read and listen to in 19 languages! They're great to help all families support their children's early language development at home.

Walk and Talk trail cards. Click [here](#).

Chat, Play, Read booklet, click [here](#).

Little Moments Together cards, click [here](#).



Good to Know News

Please click on the photographs for access to links for booking or further information

Choices

Making family memories!
For families in Sandwell with children aged 5 - 12.

Physical Activity

Emotional Health and Wellbeing

Food and Nutrition

Growing Your Own

Quality fun family time together whilst discovering new activities.
Bring your family together and book onto one of our activities using the website or QR code:
Choices_Sandwell@sandwell.gov.uk
www.bookwhen.com/choices
0121 569 5100

Sandwell Metropolitan Borough Council
HEALTHY SANDWELL We find the support you need

Understanding Terrorism

Community Workshop

FREE samosas and refreshments

Would you like to know more about tackling terrorism?

This workshop will support members of the community in Sandwell (including parents/carers) and community groups/leaders to understand issues relating to al-Qa'ida/ISIS 'inspired' terrorism and Extreme Right-Wing Terrorism. It will also cover other emerging concerns and how vulnerable people in Sandwell may be affected.

PLUS

- Speak with specialist training providers and network
- Receive free resources
- Look at local case studies
- Understand the Sandwell referral process

DETAILS
Tuesday 25th February 2025
1PM - 3PM
Ileys Community Association, Corbett Street, Smethwick, B66 3PU

To reserve your space, email: prevent_inbox@sandwell.gov.uk

Sandwell Metropolitan Borough Council
SANDWELL PREVENT SUPPORTING RESILIENT COMMUNITIES
Sandwell Children's Trust
Ileys Community Association

Cochlear Implant Support Group

For children aged 8 - 10 years old

Date: 18 February
Time: 4:30pm - 6:30pm

Friar Park Millennium Centre, WS10 0JS

HEALTHY SANDWELL We find the support you need
SANDWELL BETTER MENTAL HEALTH Better mental health for all

Funded by UK Government

Sandwell Metropolitan Borough Council

TIPTON TOWN CENTRE CONSULTATION

Wednesday 26 February 5-7pm & Thursday 27 February 9am-2pm
St Paul's Community Centre, Brick Kiln Street, Tipton DY4 9BP

SHAPE YOUR TALENT 2025

A talent competition for young people aged 8-19 (up to 25 with SEND) who are in education, live or work in Sandwell.

Apply to audition at one of the following heats:

| Heat | Date | Time |
|---------------|---------------|--------------|
| Rowley Regis | 4 March 2025 | 5:30pm - 8pm |
| Oldbury | 6 March 2025 | 5:30pm - 8pm |
| Smethwick | 8 March 2025 | 5:30pm - 8pm |
| West Bromwich | 13 March 2025 | 5:30pm - 8pm |
| Wednesbury | 13 March 2025 | 5:30pm - 8pm |
| Tipton | 13 March 2025 | 5:30pm - 8pm |

Apply at www.justyouth.org.uk or in your local library!
APPLICATIONS CLOSE ON FRIDAY 14 MARCH 2025

nsdt National Student Dance Troupe
Sandwell College
Sandwell Metropolitan Borough Council

SEE WHAT THEY COULD BECOME

MISS SCHOOL, MISS OUT

Attend school for the best start in life

www.sandwell.gov.uk/attendance

Sandwell Metropolitan Borough Council

SPDC Parent Carer March 2025 Newsletter

March at a glance!

- Monday 3rd March: Honest Lives Performance
- Saturday 8th March: Weekend Line Dancing with PJ
- Monday 10th March: Sandwell Children's Trust & Sandwell Young Adults Team
- Thursday 20th March: Digital Workshop
- Tuesday 25th February: Coffee Shop
- Tuesdays throughout March: Cost of Living Team

Hello Spring

SPDC parent carer activities in March promises to have informative and social opportunities available for parent carers in Sandwell SEND community.

I look forward to catching up with you and welcoming new families.

I am contactable on:
0121 565 2410, 07969 519701 or email admin@sp-dc.org

Take Care
Claire x

Bookings must be sent to spdcparentcarerbookings@sp-dc.org before Wednesday 5th March to allow for planning.

Feedback is important

SPDC wanted to ask if you would be willing to spare a couple of minutes to share some feedback about how SPDC parent carer activities have helped you in your caring role, that we could share with the funder who funds this project please?

It really helps us to have some feedback when we apply to funders for more grants, so that we can support more people like you who are in the same situation.

For example, it could be about what encourages you to attend the sessions and how the sessions have benefited your wellbeing.

If you can help, please email with your comments to spdcparentcarerbookings@sp-dc.org or call 0121 565 2410 and we can write your comments down.

March Activities for Parent Carers

Weekend Line Dancing

Saturday 8th March 2:00-3:00pm
Studio 1 at West Bromwich Leisure Centre, Moor Street, West Bromwich B70 7AZ

Following the success of the weekend line dancing session, SPDC wanted to offer this opportunity on a weekend. PJ will demonstrate easy routines to modern classics for you to attempt with the group and enjoy. This session is just about fun, you do not have to be an expert!

Bottled water available

Please email spdcparentcarerbookings@sp-dc.org to book your place.

Childrens Trust & Young Adults Team

Monday 10th March 10:00-11:30am
Galton Valley Children's Centre, Great Arthur Street, Smethwick B66 1DH

As promised, Natalie Sanders from Sandwell Children's Trust is returning to SPDC with an update on Short Breaks and progress with accessing Carers Assessments, also answering any questions you may have.

Sandwell Young Adults Team (YAT) will also be joining the session who work alongside young people aged 14 to 25, and their families, carrying out outcome focused assessments.

They develop support plans to meet the needs of the young adults who are eligible in order to promote independence and meet identified outcomes and aspirations.

Refreshments available

Please email spdcparentcarerbookings@sp-dc.org to book your place.

Digital Workshop

Thursday 20th March 10:00 - 11:30am
Galton Valley Children's Centre, Great Arthur Street, Smethwick B66 1DH

Following on from Bobbie & Gail attending SPDC's Coffee Morning, Digital Dynasty at Black Country Housing Group have tailored a Internet Safety Session.

This is a chance for you to learn how your family can access the Internet with the correct privacy settings on their devices to avoid unwanted attention or scammers.

Bring along your own devices but don't worry if you can't as we will be able to demonstrate.

Refreshments available

Please email spdcparentcarerbookings@sp-dc.org to book your place.

Sandwell Children's Trust
Black Country Housing Group

Coffee Stop Shop

Tuesday 25th March 10:00 - 11:30am
Caffe Carluccio's, Sainsbury's Supermarket, Halesowen Street, Blackheath B65 0HG

Join us for the next stop of SPDC Coffee Shop Tour and enjoy a good old chat with fellow parent carers, some laughs and a coffee on us!

Julie Thompson, Patient Experience Manager at Sandwell & West Birmingham NHS Trust will be joining this session to introduce the all new NHS Essential Companion Card which will allow parent carers many benefits if your young person is admitted to hospital, to make the stay less stressful for all.

Cost of Living Team

Tuesdays throughout March
Galton Valley Children's Centre, Great Arthur Street, Smethwick, B66 1DH

The cost of living Team are continuing with services on Tuesdays at SPDC HQ for the time being!

Don't worry if you have not received your migration letter for universal credit... get ahead of the game and beat the queues!

Please call 0121 565 2410 to book your place.

Contact us!

Sandwell Parents for Disabled Children
Galton Valley Childrens Centre, Great Arthur Street, Smethwick, B66 1DH
Tel 0121 565 2410
Email info@sp-dc.org
Charity Number 1125576

SCAN ME