

Good To Know Newsletter



Free Changes Programme for Parents & Carers

Would you like to meet other parent/carers in similar parenting stages to you in a judgement-free and friendly environment?

Did you know our Changes Early and Primary years courses are held at soft play sessions? This means the children can play and make new friends while you relax and talk to other parents!

Summer taster sessions will be available to book [here](#) soon!

Free Changes activity sessions

Coming Soon! Summer taster courses

This summer Sandwell parents and carers with preschool children (under 5) can book spaces on free taster activity sessions.

Sessions will be available to book soon [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
- 4-week aquanatal courses
- Grandparent/supporter sessions
- New Bump & Beyond sessions
- New Bump to Baby sessions

Sandwell Family Hubs

Your local family hubs have so much to offer and share with you!

Sign up to our FREE newsletter ([here](#)) to receive the latest information on what Sandwell Family Hubs has to offer you and your family.

Sandwell Family information service

Visit the hub [here](#)

Has anything changed?

Don't forget to update the FIS Hub and keep families up to date with your information.

Log on and check your record now.

Place2Be

Free Mental health Champions programme

Place2Be is a National children and young people's mental health charity providing counselling, mental health support, and training in UK schools and for those working with children and young people.

To access this free mental health training or find out more information click [here](#).

SCVO

Funding for organisations which support the emotional wellbeing of children and young people

Do you work with children and young people who would benefit from extra professional support to help with their emotional health and wellbeing?

Through Sandwell Council's Covid Recovery Funds, SCVO are launching a Schools Based Support Grant Programme. Find out more information [here](#).

The closing date for applications is 10.00 am on Tuesday 9th July.

Sandwell Parents for disabled children

SPDC seeks to ensure that all disabled children, young people and their families shall have access to a range of positive play and leisure opportunities enabling them to be safe, healthy and happy and that focus on enjoyment and achievement.

SPDC run regular activities for Sandwell families, you can find out more from their newsletter [here](#).

NSPCC Learn

Online safety

Putting children's voices at the heart of online safety regulation.

NSPCC learn has published a report explores how children's voices can be represented and play a meaningful role in online safety regulation. Read their recommendations [here](#).

Healthy Sandwell

For more information click [here](#)

If you or your family are missing any of your childhood vaccinations, there are now pop up clinics in Sandwell every Saturday!

Linkway Medical Practice, Lodge Road Surgery and Tame Valley Medical Centre.

Breastfeeding Network Sandwell

The Breastfeeding Network Sandwell team offer in-person, virtual and telephone support to parents across Sandwell.

Book your antenatal session [here](#) or your space on one of their regular walking groups [here](#).

Sandwell Libraries

Did you know you can attend events at your local library?

Sandwell libraries run regular events such as book readings, comedy and even line dancing! Check out their Facebook page ([here](#)) for up to date information.

Child Accident Prevention Trust

Help children to stay safe this summer

The Child Accident Prevention Trust has launched a new summer safety page has top tips to keep children safe this summer.

Find out more [here](#).



Good to Know News

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

Sandwell Talking Therapies



A service for people who are feeling Stressed, anxious, low in mood or depressed.

- Talk about your concerns.
- Feel listened to without prejudice.
- Learn skills and strategies to help you make positive changes in your life.



Changes antenatal grandparent session

Are you a new grandparent-to-be?
Are you another family-member welcoming a new baby into your family?

Join us on this free virtual session

Date: 16th July 2024
Time: 6pm-8pm



For more information or to book your space here



SHAPE YOUTH SUMMER FEST
SATURDAY 13 JULY 2024
12NOON - 8PM
SANDWELL VALLEY, WEST BROMWICH, B71 4BG

FREE Entry!

YOUTH ZONE
Featuring Music Workshops, Youth Bus, UV Bave Tent and Mini Stage with Open Mic performances

FAMILY ZONE
Featuring Arts and Crafts, Face Painting, Sports, Lego, Bunting and Bunting, Outdoor Games, Soft Antlers, Disco Drumming Workshops and a Bouncy Castle

MUSIC ZONE
DJ Remo Sparks, DJ Nathan, Mely, Nu Vibe Entertainment, DJ Austin Allen, and BRITZ Your Talent 2024 winners

SPORTS ZONE
Featuring activities in Boxing, Cycling, Cricket, MFL, Flag Football, a Climbing Wall, mini Gym and Zorb Football

AND LOTS MORE...
• Bend Dave's Colour Run*
• A Careers Expo for 14-18 year olds
• Junior and Senior Foreground roles
• Cultural Education Zone & DESBRO Art Bus
• A Young Traders Market*
• Various Food Stalls

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

*There is a cost associated with these activities. PLEASE NOTE SOME ACTIVITIES AND PERFORMANCES MAY BE SUBJECT TO CHANGE

WWW.GOPAYSANDWELL.CO.UK

NATIONAL PLAY DAY Summer Tour

JOIN OUR GO PLAY SUMMER ROAD TRIP
ALL EVENTS ARE FREE TO ATTEND AND WILL TAKE PLACE FROM 12MIDDAY-4PM

24 JULY	LIGHTWOODS HOUSE
26 JULY	WEDNESBURY RUGBY CLUB
31 JULY	HADEN HILL HOUSE
7 AUG	CONYGRE ARTS CENTRE
14 AUG	DARTMOUTH PARK PAVILION
21 AUG	WEST SMETHWICK PAVILION

WEST SMETHWICK PARK SUMMER ACTIVITY PROGRAMME 2024

JUL 20&21	BIG FOOD WEEKEND & JAZZ FESTIVAL 12PM-5PM	AUG 10&11	BIG CHILDREN'S THEATRE WEEKEND 1PM-5PM
JUL 27&28	PIRATE WEEKEND 12PM-3PM	AUG 17&18	BIG BUG WEEKEND 12PM-3PM
JUL 28	ANNIVERSARY OF PLANE CRASH AT WSP 10AM	AUG 19	STEEL PAN WORKSHOP 12PM-2PM
AUG 3&4	SCIENCE WEEKEND 12PM-2PM	AUG 26	BANK HOLIDAY FUN DAY 2PM-6PM
AUG 7	Teddy Bear Picnic 12PM-3PM	AUG 27&29	BACK TO SCHOOL CRAFTS 1PM - 2PM & 4PM - 5PM

More Info
wsp_pavilion@sandwell.gov.uk
 03331882229
 west smethwick park

Single Session Therapy+

Help at point of need. Beyond Blue provides single session therapy, offering walk-in or same week appointments. Working with clients on what they want to work on in that moment. Single Session Therapy+ is £60 for up to 1 hour of counselling. Using the Windy Dryden, Ph.D Intense CBT (Cognitive Behaviour Therapy) method.

For more information, please contact: 0121 269 5990 / 07813 125 443
info@beyond-blue.co.uk www.break-thru.co.uk
 or drop in for an immediate therapy session at our shop Beyond Blue, 19a Spring Head, Wadnesbury WS10 9AD.



Black Country Early Years Festival

Monday 8 July 10am - 11.30am	Uncle Brow Browns Author/Storytelling session Cradley Heath Library, Upper High St, Cradley Heath B64 5JU
Tuesday 9 July 10am - 11.30am	Bec Tonks Illustrator session Central Library, 316 High St, West Bromwich B70 8DZ
Wednesday 10 July 10am - 11.30am	Uncle Brow Browns Author/Storytelling session Langley Library, Barrs St, Oldbury B68 8QT
Thursday 11 July 10am - 11.30am	Bec Tonks Illustrator session Wednesbury Library, Walsall St, Wednesbury WS10 9EH
Friday 12 July 10am - 11.30am	Early Years party hosted by our Literacy Champion Superheroes Smethwick Library, 100 High St, Smethwick B66 1AA

*This event is suitable for children to attend with their parent or carer.

In partnership with

FORGE MILL FARM

HAF at Forge Mill Farm
A different theme each week!

22nd - 26th July Forest Adventure	2nd August - The Great Outdoor Challenge	9th - 16th August - Farmer Ranger for a day
12th - 16th August - Stop Motion Making	19th - 23rd August - Camp out for a night	27th - 30th August - Free Farm Farm

Book your FREE space here...
holidayactivities.sandwell.gov.uk/