

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 Ready, Steady, Wean! sessions

Come and join the friendly and knowledgeable Community Nursery Nurses, who work as part of Sandwell's Health Visiting Team, to find out more about weaning your baby.

12/9/23, 10am-12pm - The Wesley Centre, Wednesbury, WS10 9AD. Book [here](#)
27/9/23, 12:30-2:30pm - Brasshouse Community Centre, Smethwick, B66 1BA. Book [here](#)
19/10/23, 10am - 12pm - Brook Street Community Centre, Tipton, DY4 9DD. 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 3-week antenatal courses
- In-person 3-week antenatal courses
- 4-week aquanatal courses
- Grandparent/supporter sessions
- New Bump & Beyond sessions

School uniform vouchers

If you live in Sandwell, receive either working tax credit or universal credit (eligibility criteria applies) and your child will be in reception class or Years 7 to 11 from September 2023 you may qualify for a voucher towards the cost of your child's school uniform.

Click here to find out [more](#)

Sandwell Family Hubs

September is here and our 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.

NSPCC Learning

The NSPCC has a recent blog post about online safety with helpful tips and training to help keep children safe online. The blog post can be found [here](#).

**Care leavers
medication
pre-payment
certificate**

Care leavers in Sandwell can now apply for a pre-payment certificate so they don't have to pay for prescribed medication.
A care leaver is an adult who has spent time in foster or residential care and leaves at the age of 18.

Click [here](#) for eligibility.

**The National
Literacy
Trust**

The National Literacy Trust has some fun activities you can do with your children to help them prepare to start school! Read all about them [here](#)

**Breastfeeding
Network
Sandwell**

The Breastfeeding Network Sandwell have spaces available on their FREE 2-hour virtual antenatal workshop.
Saturday 16th September, 10am-12pm. Book your space [here](#).
Friday 29th September, 7pm-9pm. Book your space [here](#).

Brook

Have your say
[here](#)

Brook would like your feedback! They would like to know parents and carers levels of confidence and comfortability around Relationships and Sex Education topics that are part of the curriculum. This will help to develop sessions to support you as parents/carers around these topics.

**Sandwell
Parents Voices
United**

Book your space [here](#)

SPVU are holding a parent/carer meeting with Paul Smith, Interim Assistant director Inclusion Learning Services.

Join us for outcomes of the recent Area SEND inspection, SEND updates, and information on new staff joining the Inclusion Learning Services.

When: Wednesday 13th September 2023, 1pm-3pm

Where: Connor Education Centre, West Bromwich.

**Citizens
advice
Sandwell**

Struggling with the cost of living crisis?
You may be able to claim benefits or increase your current benefits.
Click [here](#) for some helpful ways you can check what benefits and other financial help you may be able to get.



Good to Know News

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

heritage open days

Medieval Mayhem!
Medieval Encampment at
Bromwich Hall Museum
Hall Green Road, West Bromwich, B71 2EA
16th and 17th September 2023, 11am-4pm

Join Buckingham's Heritage Historical Interpretation group for a week-end diving into life in the 1400s at this amazing medieval Hall.

- *meet knights and ladies, and take part in knight school
- *see combat displays and meet the Lord's horse
- *learn about medieval food and medicine
- *have a medieval dance and take part yourself
- *play medieval games and enjoy the medieval play
- *Enjoy crafts and trails

Why not bring a picnic!

www.heritageopendays.org.uk

Monthly Art Walks
Friendly, free and open to all nature-loving budding artists!

Haden Hill and Congreaves Nature Reserve
Last Thursday of each month, 10am - 11.30am
Meeting at The Congreaves Nature Reserve Car Park, Congreaves Road, Cradley B64 7ND
or Haden Hill Car Park, Lee Road, B64 7HS

For further details on equipment and walk starting point, please telephone The Art Yard on 01384 910 968 and for general information on wellbeing walks call Healthy Sandwell on 0800 011 456.
(Please consider your own needs before you take part and if necessary, seek medical advice before attending)

HEALTHY SANDWELL **Sandwell STRIDE** **The Art Yard** **WELLBEING WALKS**

The Big Toddle

Our Just Giving Page: <https://www.justgiving.com/campaign/the-big-toddle>

Date: Weds 6th September
Time: 1-3pm
Location: Meet us on the grass area outside Sandwell Valley Farm

[QR Code](https://www.justgiving.com/campaign/the-big-toddle)

SPDC sandwell parents for disabled children

Parent Carer Newsletter September 2023

Breakfast Meet up!
Breakfast at Half Penny Farm!
Tuesday 19th September 2023 10:30am-11:30am
Half Penny Farm, Joseph St, Oldbury B64 2AQ

The summer holidays will soon be coming to an end so meet your young people at school we would like to give you the opportunity to enjoy some down time and to catch up with fellow parent carers and the SPDC team.

A full buffet breakfast at Half Penny Farm with delicious tea and coffee awaits you!
Please state when booking if you require the vegetarian option.

MoodMaster
All sessions will be from 10:00 AM - 12:00 PM every Wednesday
Grafton Valley Children's Centre, Great Arthur St, Sandwell B64 5HJ
Closed for Wednesday 19th October (Bank Holiday) will take place at Bromwich Community Centre, Bromwich Lane, Sandwell, B64 5BA

Is life losing its sparkle?
MoodMaster can help! We are planning weekly sessions in your area which will help you to make your life more enjoyable.

What is MoodMaster exactly?
MoodMaster provides weekly sessions lasting an hour or so, in which you can learn really good information about emotional and physical health to help you deal with troublesome emotions such as worry and stress. MoodMaster is an upbeat approach to physical and emotional well-being.

Topics that will be covered in the next six mood master sessions are shown below please choose which sessions you would like to attend.

Week 1	Week 2	Week 3
22nd September How to stay happy	23rd September Sleep	4th October Make a powerful natural drug
Many benefits of happy people to themselves when it gets out of hand, with a special focus on the role of the brain in staying happy.	Getting a good night's sleep is one of the most useful things you can do and a surprising number of people find it very difficult to do.	How to experience the best that life has to offer without being a slave to your emotions and how to make the most of it.
Week 4	Week 5	Week 6
11th October Coping down but thoughts	18th October Distraction	25th October Overcoming Depression
Many benefits of happy people to themselves when it gets out of hand, with a special focus on the role of the brain in staying happy.	Distraction is one of the best techniques for getting a good night's sleep and a surprising number of people find it very difficult to do.	Depression is referred to as the common cold of mental health. One of the most common in the world, there are great things you can do to help yourself.

We are sailing!
Monday 25th September 10:30am-12:30pm
Ikon Gallery, 1 Oxley Square, Birmingham, B1 2HS

Come and join us for a trip down the canal enjoying some crafts at the same time, and light refreshments on the Ikon Gallery's barge, we will be travelling through the canals of Birmingham and then back.

Crafty Morning
Thursday 26th September 10:00am-12:00pm
South Staffs Water Community Hub, Unit 17 Union St, Wednesbury, WS10

Are you feeling crafty? We have a great session arranged for you to learn some craft skills! Buses, you will be able to speak to a member of staff at South Staffs Water about accessing the priority register.

Dads Canoeing
Saturday 23rd September starting 4:00pm
Malthouse Stables, Horst Lane, Tipton, D14 9AB

Join Gary and the Malthouse team for a morning of Canoeing and a bite to eat at Malt & Tootles The Factory from 9am onwards, also on Horst Road.

SPDC Coffee Shop Tour!
Monday 11th September 10:00am-11:30am
J P Wetherspoons, 124 Halesowen St, Blackheath, B66 6ES

The SPDC Coffee Shop Tour continues to join us for a good old chat, some laughs and a coffee on us!

To book activities please email: spdparentcarerbookings@sp-dc.org
Bookings will close on Friday 1st September 2023 9am

Sandwell Parents for Disabled Children
Grafton Valley Children's Centre, Great Arthur St, Sandwell, B64 5HJ
Tel: 0121 365 2450
Email: spdp@sp-dc.org
On Day: 0121 365 2450
Website: www.sp-dc.org

Play BY NIGHT

FAMILY FUN
BOOK NOW FOR EARLY BIRD DISCOUNTS

FRIDAY 3 NOVEMBER
Dartmouth Park 5pm-9pm

SPLASH PAD FUN, GAMES, MUSIC, FAIR, FOOD, DRINK AND TASTY TREATS

SPECIAL VIP GUEST TO BE ANNOUNCED!

Sandwell **Visit Sandwell**

SANDWELL FIREWORKS
SATURDAY 4 NOVEMBER 2023
DARTMOUTH PARK, WEST BROMWICH

LIVE ENTERTAINMENT, MUSIC, FOOD, LICENSED BARS AND FUNFAIR

BOOK NOW FOR EARLY BIRD DISCOUNTS

Sandwell **Visit Sandwell**