

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 running a series of FREE programmes to help support families in Sandwell.

We offer an amazing antenatal offer at www.bookwhen.com/changes (including a session for Grandparents-to-be too!!)

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
activities for
Sandwell
Parents/Carers

Do you know a Sandwell parent or carer would benefit from FREE activities promoting bonding and positive mental wellbeing.

Our new Changes activities are now available to book [here](#)

Healthy Sandwell

Free Covid -19 & Flu Vaccines available;

- **Thursday 27th April, 10am-3pm**
Tipton Muslim Community Centre, Wellington Road, DY4 8RS
- **Friday 28th April, 10am-3pm**
Jubilee Park Community Centre, Powis Avenue, DY4 0RJ
- **Sunday 30th April, 12pm-4pm**
Sainsburys Car Park, Freeth Street, B69 3DS

The Breastfeeding Network Sandwell

Book your
space [here](#)

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

- Monday 24th April 2023, 10am - 12pm
- Thursday 18th May 2023, 7pm - 9pm
- Wednesday 3rd May 2023, 12:30pm - 2:30pm
- Saturday 20th May 2023, 10am - 12pm
- Tuesday 9th May 2023, 7pm - 9pm

NSPCC

Health Visiting Podcast

<https://www.nspcc.org.uk/>

The Institute of Health Visiting (iHV) has published a podcast episode on the importance and purpose of the health visitor baby clinic.

It discusses the difficulties of balancing efficiency with the need for health visitors to be able to work with families effectively to spot health needs and any safeguarding concerns.

Listen to the podcast [here](#)

Black Country Healthcare NHS Foundation Trust

Book your space [here](#)

Join Black Country Healthcare NHS Foundation Trust's Community Inclusion Team during Mental Health Awareness Week to discuss and learn more about this year's theme which is around the topic of anxiety.

The event will take place via Microsoft Teams and will provide an opportunity to hear from guest speakers and experts in the field, take part in a range of interactive activities and ask any questions you may have about mental health and anxiety.

Schools Attendance Support Service

With the start of a new school term this week brings the need to support some families with achieving good school attendance.

The Schools Attendance Support Service has a lot of information and tips that can be found [here](#)

Anti-Bullying Alliance CPD Training

Book a place on one of our highly recommended anti-bullying CPD training sessions to develop your understanding of bullying, and how to effectively prevent and respond to bullying.

Click [here](#) to book your tickets



Who we are & how we help?

'Sandwell Stop Smoking Service' is specialist stop smoking service provided by ABL Health. We offer a free 12-week stop smoking programme of behavioural support and medication for anyone who lives or works within Sandwell. Drop in sessions, one-to-one appointments and phone support available.

More information available [here](#)

SCVO

WANTED.....YOUR HELP TO DEVELOP DIGITAL SUPPORT IN SANDWELL

Voluntary and Community organisations in Sandwell are being invited to support partnership efforts to tackle digital exclusion in the borough – helping the Council and VCS leaders to better understand what support Sandwell residents need to get online.

In order to facilitate the gathering of resident input and feedback, a new SCVO microgrant programme has been launched that helps groups to cover some of the costs that might be involved. More information can be found [here](#)



The EHP and Sandwell Children's Safeguarding Partnership (SCSP) would like to hear about your experiences and ideas around what changes could be made to help children, young people and families get the right support, in the right place, at the right time.

For more information and to access all the links you need, click [here](#)

Rent First

Are you a Sandwell Council tenant and claiming Universal Credit housing costs?

Don't forget to log into your journal and complete your actions:

- Confirm that your rent increased on 3 April 2023
- Confirm the amount of your new rent
- Confirm whether you have any service charges

You will need to complete these actions to enable your housing costs to be paid at the correct rate following your rent increase. Remember, you must complete the to-do regardless of whether your rent is paid by yourself or directly to the Council.

Sandwell Valley Visitor Centre

Book your tickets [here](#)

Kite weekend

Join us to make your own kite, learn all about how they fly, follow our family kite trail and then head out into the park to test your creations!

April 29 and 30 at Sandwell Valley Visitor Centre.

Workshops are suitable for all ages however please note that children under 5 will need the assistance of an adult to attend the workshop.



Good to Know News

Please click on the images below to access links to more information

Sandwell Metropolitan Borough Council | **Believe in children** Barnardo's | **NHS**

HEALTH AND WELLBEING: ENGAGING WITH DIVERSE COMMUNITIES

Our services are for you. We need your help to make sure they do what you need them to do.

Join our research group to tell us what you think of the mental health and well-being screening tool which is used during and after pregnancy. We will use what you say to make improvements to our service.

In particular we would like to hear from individuals who meet any of the following criteria:
 Currently pregnant or caring for a child under the age of 3.
 From a background of Arab, Indian, Pakistani, Bangladeshi, Chinese, or any other Asian ethnicity.
 From a Black or mixed ethnic background, including Black British, Caribbean, African, White and Black Caribbean, White and Black African, White and Asian, or any other multiple ethnic groups.

To book a space, scan the QR code or email:
 ayodele_adebi@sandwell.gov.uk or jane_hemuka@sandwell.gov.uk

Refreshments will be provided on the day.
 Arrangements can be made for childcare on the day.

Date: 4 May 2023
 Time: 11am - 1pm
 Venue: Barnardo's - Cape Hill Children's Centre, Corbett Street, Smethwick, B66 3PX

Club Activities

Monday 17th April
Recycle Week Part One!
 Creative Opportunity

Learn more about how we can play our parts and recycle in our home. We will be making bubble blowers with socks, making recycle collages, play dough and kinetic sand creations with recycled objects, and much more!

Active Opportunities
 A variety of sports including hockey, basket ball and badminton.

Monday 24th April
Recycle Week Part Two!
 Creative Opportunity

This week we will make use of recycled items by making roller ball activities, bottle top pictures, floor maps using large leaves...the possibilities are endless!

Active Opportunities
 A special visitor to leave few words. Sir'Bam' dancing fitness...Not one to be missed!

Monday 15th May
National Sandwich Day!
 Creative Opportunity

To celebrate National Sandwichs Day we will be designing a sandwich, the whackiest sauce will be recreated and taste tested by Linda the following week. Make a sandwich of your choice (Cheese, Ham, Jam) and food sensory activities.

Active Opportunities
 A variety of sports including hockey, basket ball and badminton.

Monday 22nd May
It's all about paint!
 Creative Opportunity

This week we will be creating paint by members, canvas painting, logo painting and pipe cleaner painting.

Active Opportunities
 A Basketball taster session with coach Ziggy and various other sports with the team.

Sandwell Parents for Disabled Children
 Gayton Valley Children's Centre, Gayton Avenue, St. Swinnow's 106 101
 Tel: 0121 566 2480
 10 Bay 1123976
 Website: www.co.uk.org

safs Supporting Family Support

JOIN US FOR OUR DOUBLE CELEBRATION

Garden Party

FREE ENTRY
 CHILDREN UNDER 16 MUST BE ACCOMPANIED BY AN ADULT

SATURDAY 29TH APRIL 12PM TO 4PM

Celebrate the Coronation of King Charles III

Commemorate the 40th Anniversary of the Windmill Community Centre

Lots of fun including:
 • bouncy castle • face painting • food and drinks • table top sale • sports activities • entertainment • bake off competition and much much more!

WINDMILL COMMUNITY CENTRE
 MESSENGER ROAD, SMETHWICK
 WEST MIDLANDS, B66 3DX

0121 558 2198
 info@safscare.org
 safs.org
 @safscare

SDCA 20th Anniversary!

DEAF AWARENESS WEEK!

2nd-5th May 2023

2ND MAY: BSL TASTER WORKSHOP 7-8PM.
 ADDRESS: WEST BROMWICH COMMUNITY CENTRE, GAYTON ROAD, WEST BROMWICH, B71 1QS
 LIMITED SPACES. BOOKING REQUIRED. MUST MEET CRITERIA TO ATTEND

3RD MAY: BSL TASTER WORKSHOP 7-8PM.
 ADDRESS: WEST BROMWICH COMMUNITY CENTRE, GAYTON ROAD, WEST BROMWICH, B71 1QS
 LIMITED SPACES. BOOKING REQUIRED. MUST MEET CRITERIA TO ATTEND

4TH MAY: COFFEE MORNING 11AM - 1PM
 ADDRESS: WEST BROMWICH COMMUNITY CENTRE, GAYTON ROAD, WEST BROMWICH, B71 1QS

5TH MAY: SDCA FESTIVAL 10AM-3PM
 ADDRESS: TIPTON COMMUNITY ASSOCIATION, 1 BROOK STREET, TIPTON, DY4 9DD

WITH SPECIAL GUESTS:

Yvonne Cobbs

Coco Briden

For more details please contact
 Kirsty/Ruth: training@sdca.co.uk

SDCA

HARD OF HEARING GROUP

2023 Wednesdays 10am-12pm

West Bromwich Community Centre, Gayton Road, West Bromwich, B71 1QS

Jan 11th 25th	Feb 8th 22nd	Mar 8th 22nd	Apr 5th 19th	May 3rd 17th 31st	Jun 14th 28th	July 12th 26th	Aug 9th 23rd	Sept 6th 20th	Oct 4th 18th	Nov 1st 15th 29th	Dec 12th
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SDCA Sandwell Deaf Community Association
 Registered charity 1120384

Email: info@sdca.co.uk
 SMS/Text/Facetime: 0121 566 93223
 www.sdca.co.uk

SCHOOLS SCARECROW COMPETITION AND FESTIVAL

27th May to 4th June 2023

Build Your Own Scarecrow as a class and display it at the farm! This years theme is...

Sustainable Sandwell

Enter to be in for the chance win a **Free School Visit** to Forge Mill Farm for your class!

Key Dates:
 Register By- 5th May
 Drop Off by- 25th May
 Prize Giving- 3rd June

Email to Register:
 Learn_Well@sandwell.gov.uk

FORGE MILL FARM

Let's Chat

Meet new friends, get advice, or find out more about local services and support groups. Everyone's welcome, so pop in for a cuppa and a chat!

Find out more at tfwm.org.uk/loneliness

West Midlands Combined Authority | Department for Transport