

Good To Know Newsletter



Free Changes Programme for Parents courses

Book your space
[here](#)

Come and join our team and other local parents/carers for a friendly and informal discussion about all aspects of parenting.

Our changes courses are held at Sandwell soft play venues so your children can play for free while you take part in the sessions.

Early Years

Monday; 9:30am-11:30am. Spacehoppas play-zone, West Bromwich

Wednesday; 9:30am-11:30am. Junglebugs Indoor Play Centre and Party Zone, Rowley Regis

Primary Years

Tuesday; 4pm-6pm. Spacehoppas play-zone, West Bromwich

Free Changes activity sessions

We are excited to offer our latest FREE Changes activity sessions to families living in Sandwell with children aged 0-5 years old.

Courses start week commencing 18th September and will run for 6 weeks!

Book your free space [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

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.

The Children's commissioner

A plan to ensure no child ever goes missing from education

The Children's Commissioner for England has published a blog post on children missing from education. The blog looks at measures to earlier identify children who are missing from education and prevent children from dropping out of the education system.

The DoE has also released further guidance on working together to improve school attendance [here](#)

The Breastfeeding Network Sandwell

Book your space
[here](#)

The Breastfeeding Network Sandwell team have added new dates for their walking group at Sandwell Valley. Accessible for pushchairs, parents can attend by themselves or bring a supportive family member/friend.

- Thursday 5th October, 10.30am
- Thursday 2nd November, 10.30am
- Thursday 30th November, 10.30am

SCVO

Creating safe communities

SCVO and the Safer Sandwell Partnership would like to invite you to a collaborative session for your organisation to find out more about how we can work together to keep communities safe in Sandwell.

Thursday 9th November 2023, 9.30am – 12.30pm
Brasshouse Community Centre, Brasshouse Lane, Smethwick, B66 1BA

Book your space [here](#)

Tommy's

Baby Loss Awareness Week
9th – 15th October

9th-15th October is baby loss awareness week, an emotional subject with an important message.

For more information how to spread awareness or to support the wellness of those who need it click [here](#).

ABA

Anti Bullying week
13th - 17th November
Odd socks day
Monday 13th November

Make A Noise About Bullying

ABA are official organisers of Anti-Bullying Week and Odd Socks Day in England, Wales and Northern Ireland.

For more information on anti-bullying week, click [here](#)

For more information on odd socks day, click [here](#)

Suicide Prevention VCSE Grant Fund

DHSC has launched a £10m Suicide Prevention VCSE Grant Fund for 2023/24 and 2024/25, to support suicide prevention activities delivered in England by non-profit organisations.

The application period remains open until 1st October 2023.

For more information or to apply, click [here](#)

NSPCC learning

NSPCC Learning has launched a safeguarding in sport package of eLearning courses aimed at professionals with a lead role in running a sport or physical activity involving children.

The training package can be found [here](#) and provides one individual with access to four online courses which include: child protection in sport and physical activity settings; running safer sports events; recruiting the right staff and volunteers; and, online safety.

Perinatal mental health

The Royal College of Midwives (RCM) has published a report on perinatal mental health which discusses provision of support for new and expectant mothers in the UK.

The report can be found [here](#) and NSPCC have recorded a podcast for you to listen to [here](#)

FGM conference

What all professionals need to know.

Bilston Soroptimist club invite you to attend their conference:
Female Genital Mutilation - What all professionals need to know.

- Saturday 7th October 2023, 9am – 1pm
- Coven Memorial Hall, 64-68 Brewood Road Coven, Wolverhampton, WV9 5DL

Book your space [here](#)



Good to Know News

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

NHS Health Checks

Available at the following venues for those who are eligible:

- 20 September, 10:30am - 3:30pm**
Haden Hill Leisure Centre, Barrs Road, Cradley Heath, West Midlands, B64 7HA
- 21 September, 10:30am - 3:30pm**
Dorothy Parkes Centre, Church Road, Smethwick B67 6EH
- 26 September, 10:30am - 3:30pm**
West Bromwich Leisure Centre, Moor Street, West Bromwich, B70 7AZ
- 27 September, 10:30am - 3:30pm**
Tipton Library, Unity Walk, Owen Street, Tipton, West Midlands, DY4 8QL

IT'S 10 WEEKS THAT WILL CHANGE YOUR LIFESTYLE.

FIT BAGGIES

Sandwell
HEALTH SANDWELL
Better Health LET'S DO THIS
LOTTERY FUNDED



Don't let Measles, Mumps and Rubella into your child's world

Protect your child with both doses of the MMR vaccine. Book with your GP or find out more at nhs.uk/MMR



SPDC sandwell parents for disabled children

Parent Carer Newsletter September 2023

Breakfast Meet-up!
Breakfast at Half Penny Farm!
Tuesday 19th September 2023 @ 9:30am-11:30am
Half Penny Farm, Joseph St, Oldbury B64 2AQ

MoodMaster®
All sessions will be from 10:00 AM - 12:00 PM every Wednesday
Gates Valley Children's Centre, Great Arthur St, Sandwell B66 5SB

Week 1	Week 2	Week 3
22nd September How to stop worry	23rd September Sleep	4th October Make a powerful natural drug
Week 4 10th October Coping down best thoughts	Week 5 16th October Distraction	Week 6 23rd October Overcoming Depression

We are sailing!

Monday 25th September 10:30am-12:30pm
Ikon Gallery, 1 Coacels Square, Birmingham, B1 2HS

Crafty Morning

Thursday 28th September 10:00am-12:00pm
South Staffs Water Community Hub, Unit 17 Union St, Wednesbury, W51D

Dads Canoeing

Saturday 23rd September starting 4:00pm
Malthouse Stables, Hurst Lane, Tipton, DY4 9AB

SPDC Coffee Shop Tour!

Monday 11th September 10:00am-11:30am
J P Weatherspoons, 124 Halesowen St, Blackheath, B65 0ES

To book activities please email: spdcparentcarerbooking@spdc.org

Family Club

NOW THE SUMMER IS COMING TO A CLOSE WE ARE CAN WELCOME YOU BACK TO FAMILY CLUB!

THE FIRST TWO WEEKS OF CLUB WILL BE TAKING PLACE AT

SYCAMORE ADVENTURE CENTRE

OLD PARK FARM ESTATE, DUDLEY DY1 3QE

WEDNESDAY 20TH SEPTEMBER 6.00PM-7.00PM
MONDAY 25TH SEPTEMBER 5.00PM-6.30PM

THE TEAM ARE WANT TO MAKE THE MOST OF THE LIGHTER NIGHTS BEFORE WE REVERT TO OUR INDOOR SPACE.

IF YOU WOULD LIKE TO BOOK PLEASE EMAIL: SPDCBOOKING@SP-DC.ORG

CONFIRMATIONS WILL BE SENT ON TUESDAY 19TH SEPTEMBER BUT REST ASSURED THERE ARE PLENTY OF SPACES!

TRAIN TIME

Father's and male carers session

Come and join us for our fun (and train) filled stay & play event.

Book your free space by visiting www.bookwhen.com/book4changes

Saturday 14th October 2023
10am-11am

A great start in life

Do you have a child under 5?

Would you like to:

- feel more confident as a parent?
- reduce mealtime stress?
- enjoy being active as a family more often?
- encourage your child away from screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

"I will be recommending this course to everyone. Thank you for this life changing opportunity."

Free HENRY programme starting soon:

Starting September 2023 on Thursday mornings 8:30-11:30am
West Bromwich Community Centre, Guyton Rd, West Bromwich, B71 1QS

To register your interest call: 0121 588 5431

Please note, a crèche is not provided, so parents/carers will need to find alternative childcare to attend the course.

Believe in children | Sandwell Family Hubs | Barnardo's

henry www.henry.org.uk

Helpful Staff, Proven Future | Pick up a leaflet for more information