Good To Know Newsletter

Welcome to this issue of the Good to Know newsletter.
This update brings together key information, news, and opportunities from our partners, voluntary and community organisations to support parenting across Sandwell.

Best Start in Life Family Hubs

Sandwell Best Start in Life 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.

NSPCC

Crime and online safety

The Office for National Statistics (ONS) Centre for Crime and Justice has published estimates of children's experiences and perceptions of safety online and in their daily lives.

This report uses data from the redesigned Children's Crime Survey for England and Wales.

Read the report here.

Anti-Bullying Alliance

Anti-Bullying Week 2026

Anti-bullying week 2026 runs from 16th to 20th November with the theme "Break the Silence" this year.

A brand new free Anti-Bullying Week pack is now available to download here to support schools with their planned activities.

SCVO

Digital Focus Group

SCVO invite you to attend their next free to attend informal, peer-led digital focus group. In this session organisations from around Sandwell will come together to share ideas and plan this important and exciting final phase of the project.

Find out more or book your place here.

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.

The National Literacy Trust

Storytelling routines

The National Literacy Trust have released a new resource aimed at parents and carers to support storytelling routines with their children.

This resource provides practical and accessible tips from experts, authors and families.

Download the free resource here.

CBeebies Parenting

Ready for school podcast

CBeebies parenting have released a new episode of their podcast on BBC sounds discussing how parents and carers can support 'starting school' through play and routines.

Listen to the podcast here.

Department of Education

Have your say - EOTAS Consultation

The Department of Education wants to hear real experiences from families to shape future national policy on EOTAS (Education Other Than at School).

The deadline is 18th September 2026 - have your say here.

Sandwell Museums

Heritage Open Days

11th - 20th September 2026

Join Sandwell Museums this September for Heritage Open Days, the country's largest festival of heritage and discover the rich history, stories and hidden treasures of Sandwell.

Find out more about this exciting programme of FREE events and activities here.

The Parent Support Team is here to support you every step of the way, with the latest parenting information in Sandwell.

Changes Programmes for Parents & Carers

The Changes programme for parents and carers is a fantastic, free opportunity for families living within the borough to gain valuable support and skills.

We also offer Changes training free of charge to organisations working with Sandwell families. This enables teams to confidently deliver the Changes programme within their own settings, helping to extend its positive impact across the community.

If you would like to learn more or be notified when new training dates become available, please get in touch with the team by email here.

Changes preschool activities

Sandwell families with preschool children (aged 0–4 years) can book up to four free activity courses each half-term, offering plenty of opportunities for fun, learning and development.

Our Sandwell Changes courses are designed to support families through the prenatal, baby and toddler stages. They are grouped into exciting categories including Busy Minds, Busy Hands, Busy Bodies, and Busy Babies.

Our autumn courses are now available to book here!

Changes antenatal

Sandwell Changes offers free antenatal courses for parents-to-be living in Sandwell, providing valuable support as they prepare for their new arrival(s).

Our antenatal courses run over three weeks and cover key topics including having a healthy pregnancy, understanding labour and birth, and caring for your newborn.

Sessions are now available to book now here at new community venues, along with convenient one-day courses on Saturdays!

Good to Know News

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

MoodMaster®

A Wellbeing Course Designed For You!

Caring for a disabled child can be rewarding, but it can also be exhausting, isolating, and emotionally heavy.
Moodmasters is a gentle, practical wellbeing course created to help parent carers feel more balanced, more confident, and more in control of their day-to-day mood.

It's a friendly, down-to-earth space where you can breathe, reset, and learn simple tools that actually fit into real life.

What Moodmasters offers Parent Carers

A calmer, more positive outlook
Practical strategies for managing stress, overwhelm and low mood
Confidence boosts that help you feel more capable and grounded
A safe, understanding space to talk, laugh and connect with others who "get it"
Weekly moments just for you, away from appointments, forms and caring pressures

Why Parent Carers feel supported

The group atmosphere is supportive, relaxed and full of shared understanding
no judgement, no pressure.

If you've been feeling...

Drained
Stressed
Stuck in a rut
Like you've lost a bit of yourself
Or simply ready for a boost
Moodmasters is a gentle, welcoming place to start!

Join Us for a 6 week programme starting Thursday 17th September at Galton Valley Children's Centre, Great Arthur Street, Smethwick B66 1DH

Spaces are limited because we keep groups small, comfortable and personal.

If you are ready to invest a little time in your wellbeing, SPDC would love to welcome you.

Email **spdcparentcarerbooking@sp-dc.org** to book your place!

SPDC sandwell parents for disabled children

BARNARDO'S Changing childhoods. Changing lives.

Sandwell Family Hubs