

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!

Taster Primary Year sessions are available to book [here](#) now!

Free Changes activity sessions

Summer 1 courses are available to book now

This term Sandwell parents and carers with children under 5 can still book spaces on courses in our movement, music and development categories!

To see our free Changes activity courses click [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.
- Please complete the online Provider Survey. Your input to the Childcare Sufficiency Report is invaluable.

Ground works

HuB Programme

The Hear u Buddy (HuB) Programme is a new service for families in Oldbury, Rowley Regis & Smethwick. Please complete this form (click [here](#)) to register your interest.

For more information email [here](#)

SCVO

Working Together to Support Young People's Mental and Emotional Wellbeing

SCVO, in partnership with Sandwell's CAMHS service, are inviting local practitioners to an event which will showcase local support for children and young people.

The event will be held on Thursday 23rd May 2024 at Portway Lifestyle Centre. To book your ticket click [here](#)

ABA

Anti-Bullying CPD Training

ABA's CPD Training aims to develop your understanding of bullying and those most at risk, and improve confidence in preventing and responding to bullying.

To find out more or to book your ticket click [here](#)

NSPCC Learn

School absences

NSPCC Learning has published a new podcast episode looking at why children miss school. Experts from the NSPCC and Childline discuss this topic.

Listen to the Podcast [here](#)

Listen on YouTube [here](#)

NSPCC

Maternal mental health

This Maternal Mental Health Awareness Week, NSPCC Learning has collated a range of resources to help professionals support parents with mental health problems. This includes the Pregnancy in Mind NSPCC support service and a podcast on perinatal mental health.

For resources click [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](#).

First Steps Nutrition Trust

First Steps Nutrition Trust have updated their packed lunches **Eating Well Guide** for 1-5 year olds. This contains practical guidance for early years settings who want to support their families with how to provide a nutritious, cost-effective and practical packed lunch for children.

Free resources are available [here](#) or you can buy hard copy resources [here](#)

Autism West Midlands

Rising To The Challenge

AWM have a free series of 6 webinars designed to empower parents and carers in understanding autism.

Topics include; Understanding Autism, Autism and Communication, Autism and Social Interaction, Autism and Sensory Differences, and more!

For more information or to book click [here](#).



Good to Know News

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

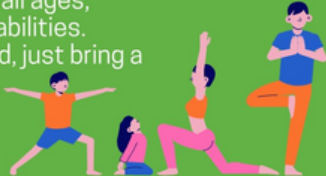
Park Yoga

Free outdoor yoga sessions every Sunday

West Smethwick Park (Look out for the Park Yoga flag)

Every Sunday from the 5 May to the 15 September
9:30-10:30am

Open to people of all ages, backgrounds and abilities. No booking needed, just bring a mat or towel!



NHS

The whooping cough vaccine is highly effective at protecting babies from developing whooping cough in the first few weeks of their life.

YOUNG TRADERS' MARKET 2024

FOR MARKET TRADERS AGED 16-30 YEARS IN THE WEST MIDLANDS

SATURDAY 13 JULY 2024
12PM - 8PM

SANDWELL VALLEY, WEST BROMWICH, B71 4BG
PART OF **SHAPE** YOUTH SUMMER FEST

FOR MORE INFORMATION AND TO REGISTER FOR A STALL GO TO:
WWW.JUSTYOUTH.ORG.UK/YTM-INFO

LAST DAY TO REGISTER FOR A STALL IS WEDNESDAY 31ST MAY 2024

The HuB Programme

ROWLEY REGIS COUNCIL
SMETHWICK - ROWLEY REGIS - OLD BURY

Family Walks

Come along, meet other families and explore your local greenspaces, canals & parks!

Launching May 2024 - no booking needed!!

Our buggy-friendly walks for parents/caregivers (little ones also welcome) offer an opportunity to get active, explore local greenspaces, meet other families and have a chat. There will also be quick & engaging activities, providing fun ideas for your children.

Monday 13th May, 10:30am-12pm
Meet at Smethwick Family Hub
(Corbett St, Smethwick, B66 3PX)

Friday 17th May, 10:30am-12pm
Meet at Rowley Regis Family Hub
(Dudley Rd, Rowley Regis, B65 8JY)

Monday 20th May, 10:30am-12pm
Tividale Park
(Meet at end of Tividale Ave., Oldbury, B29 2JX)

The Hear a Buddy (HuB) Programme is here to support you.

hubprogramme@groundwork.org.uk
Craig: 07970725435
Abi: 07811523828
Johnny: 07872857437

The HuB Programme
Supported by:
Sandwell Family Hub
Sandwell
Delivered by:
Groundwork

APRIL/MAY 2024

DONATIONS NEEDED

New Beginnings provides Moses Basket packs for the most vulnerable mothers and their new babies in our community.

MOST NEEDED ITEMS THIS MONTH:

- Moses Baskets
- All baby clothes 0/6 mths
- Baby toiletries
- Ladies toiletries
- Chocolates for mum
- Size 1 & 2 nappies
- Baby wipes
- Muslin squares
- Baby hooded towels
- Maternity pads

Monday to Thursday
9.30am till 1pm
St Marks Church
Thimblemill Road,
Smethwick B67 6LP

Contact Us:
07762303374
newbeginningscommunity.co.uk

50 YEARS 1974-2024

GET READY TO GO WILD!

SANDWELL CHILDREN'S FESTIVAL

1 & 2 JUNE 2024

Visit Sandwell
SANDWELL VALLEY

YOU COULD MAKE THE DIFFERENCE TO A SCHOOL NEAR YOU

WWW.SANDWELL.GOV.UK/SCHOOLGOVERNORS

FREE Storytelling and Nursery Rhyme Sessions at your Local Library

Black Country National Literacy Trust
IT'S YOUR STORY

<p>Cradley Heath Library</p> <p>8 May - 2pm-3pm Upper High Street, Cradley Heath, West Midlands, B64 5JU</p>	<p>Rounds Green Library</p> <p>10 May - 10:30 - 11:30 Martley Rd, Oldbury B69 1DZ</p>	<p>Black Heath Library</p> <p>13 May - 09:45 - 10:45 145 High St, Blackheath, Rowley Regis B65 0EA</p>
<p>Oldbury Library</p> <p>16 May - 10:00 - 11:00 Sandwell Council House, Freeth St, Oldbury B69 3DE</p>	<p>Glebefields Library</p> <p>16 May - 11:30 - 12:30 Glebefields Estate, St Mark's Rd, Tipton DY4 0SZ</p>	<p>Tipton Library</p> <p>21 May - 10:30 - 11:30 Mayfair Gardens, Tipton DY4 8SR</p>

literacytrust.org.uk/black-country
fb.com/BlackCountryLiteracyTrust

*Events are perfect for under 4'd



Welcome Natalie!

I'm sure you will join us in welcoming Natalie to the team as the Parent Carer Engagement Officer.

Natalie is keen to meet everyone in her new role and would welcome any feedback or ideas of activities that you may like to see at SPDC for parent carers.

Welcome aboard!

Walk & Talk!



Thursday 2nd May 2024 @ 10:00am-11:30am

West Smethwick Park Pavillion, Park Road, Smethwick B67 7JH



Meet at the front of the pavillion, by the clock.

Come and enjoy the gentle woodland, grassland and wetland walks, before finishing with a cuppa.

This is a bookable activity.



SPDC Coffee Morning

Friday 10th May 2024 @ 10:00-11:30am

Buttons Community Café, Tame Road, Oldbury B68 0JP

We're trying out a new venue for our café social. Buttons is a friendly, volunteer-led café, with a proper coffee machine and parking round the back of the centre.

This is a bookable activity.



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Art in Bloom!

Monday 13th May 2024 & Monday 20th May

10.00am-1.00pm

A creative arts project led by local artists, poets and horticulturalists.

We'll be joining a small newly established creative group.

Each session is gently and expertly led.

Nature prompts are given but you decide what and how you create!

No creative experience required.

This is a bookable event with SPDC

ARTS COUNCIL ENGLAND
Funded by UK Government
Creative Lives
This is a Creative Lives Know Your Neighbourhood Project funded by UK Government and Arts Council England.

ART IN BLOOM

Mondays
10am - 1pm

FREE Creative Arts Project, combining:

- Community
- Gardening
- Art
- Poetry

If you would like to explore nature, learn new skills and work with local artists, poets, and horticulturalists then why not come along to our creative sessions.

There will also be volunteering opportunities and access to free training.

FOLLOW US ON TWITTER @DOROTHYPARKS
DOROTHY PARKS CENTRE, CHURCH ROAD, SMETHWICK, WEST MIDLANDS, B67 6EN
0121 558 2998
EMAIL: ADMIN@DOROTHYPARKS.ORG
WWW.DOROTHYPARKS.ORG
Charity no. 1093189

FOLLOW US ON FACEBOOK @DOROTHYPARKSCENTRE

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Mini Golf!

Saturday 18th May 2024 @ 10:00am-12:00pm

Golden Putter Mini Golf, Cannon Hill Park, 2 Russell Rd, Moseley, Birmingham, B13 8RD

Join us for spot of Mini golf, tackling an 18 tricky hole course but watch out for the water, although nets are provided!



This is a bookable event!



Park Meet up

for parent carers who have children at home!

Wednesday 22nd May 2024 @ 10:00am-12:00pm

Sandwell Valley Country Park, Salters Lane, West Bromwich B71 4BG

A flexible meet up, allowing the children to play and feed the ducks and you to have an alfresco cuppa and hopefully a conversation or two!

Light refreshments provided.

This is a bookable event



Craft and Games Café!

Thursday 23rd May 2024 @ 10:00am-12:00pm

Galton Valley Childrens Centre, Great Arthur St, Smethwick B66 1DH

The craft session continues to be popular, so we'll be keeping it's monthly slot at SPDC HQ. However, we'll be throwing a few board games into the mix in case you're not feeling crafty.

Drinks & Toast Provided.

This is a bookable event



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To book activities please email

spdcparentcarerbooking@sp-dc.org

Stating the name of each parent carer and which event you want to book for bookings will close on

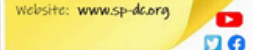
Wednesday 1st May @ 12pm

Sandwell Parents for Disabled Children, Galton Valley Childrens Centre, Great Arthur St, Smethwick, B66 1DH

Tel: 0121 565 2410

Ch Reg: 1125576

website: www.sp-dc.org



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