

# 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!

New early and primary years courses will be available in January - for more information email [parent\\_support@sandwell.gov.uk](mailto:parent_support@sandwell.gov.uk)

## Free Changes activity sessions

### January courses coming soon!

We are excited to be able to continue offering our FREE Changes activity sessions to families living in Sandwell with children aged 0-5 years old in 2024!

January courses will be available to book [here](#) soon!

## 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

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.

## 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

## Supporting Sandwell Residents

Supporting Sandwell Information Hub has lots of support and advice for residents during this tough time, from energy bills to Welcoming Spaces there is help for families in the borough.

Visit the Supporting Sandwell Information Hub [here](#)

## Childcare support is expanding in 2024

Childcare support is expanding– even more working parents can get help to pay for their childcare.

Click [here](#) to find out more about the upcoming expansion starting April 2024.

**Please remember, if you currently use the 30 hours childcare offer you must renew your 30 hours code before the 31 December**

## Healthy Sandwell

### Helping you to improve your mental health and wellbeing

The festive period can be an emotional time for some, Healthy Sandwell has tips and information to support you, your family and friends this year and beyond.

For more information click [here](#)

## Child to parent abuse

Child to Parent Abuse: Supporting parents and professionals. PEGS aims to reduce the impact of child-to-parent abuse by helping parents, training frontline professionals, impacting policy and raising awareness.

Find out more [here](#)

## NSPCC Learn

Online safety

The NSPCC has opened applications for its Online Safety Youth Taskforce, for young people aged 13 to 16 across the UK, to help shape decisions about children's safety online.

The Taskforce allows young people to meet decision-makers, influence policies, and share their thoughts on how to help make the online world a safer place. Find out more [here](#)

## NSPCC Learn

Banter vs bullying in sport

The NSPCC's Child Protection in Sport Unit (CPSU) has released a webinar recording on bullying in sport. The webinar looks at the differences between banter and bullying and how to identify this in sports.

Find out more [here](#)

## Sandwell Winter Booklet

Sandwell Council has produced a new Winter Booklet to support residents.

This is the Guide to Living Well this Winter and is being delivered to all residents. It is full of useful information on how to keep well during these cold winter months.

For access to the virtual booklet is [here](#)

## SCVO

The community environment fund

SCVO has teamed up with The West Midlands Combined Authority to deliver an information session on The Community Environment Fund.

The session will be held on Tuesday 9th January 2024, 10 am via a Zoom

To register your space click [here](#)



# Good to Know News

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

**SPDC**  
sandwell parents for disabled children

Parent Carer Newsletter  
December 2023

**SPDC Coffee Shop Tour!**  
Friday 8th December, 10.00am-11.30am  
Court of Requests, Oldway Workshops, Wednesbury, W51D 9BE

A chance for parent carers to meet before the festivities get too busy. Enjoy a coffee and catch up with other parent carers.

Top along in your Christmas jumper for our last coffee stop of 2023!

**Well Wisher show by Rachel Sambrook**  
Thursday 14th December, 10.30am-12.30pm  
Branthorpe Community Centre, Branthorpe Lane, Smethwick, B66 1RA

Are you tired of all the pressure to be perfect? Rachel is here to remind you that it's okay not to have it all figured out. Join her for a word and wonderful journey through the world of wellbeing, self-care, and the hilarious mishaps that come with trying to be the best version of yourself. Join Rachel for an unforgettable morning of comedy and self-discovery. (Get ready to laugh your way to a happier, more authentic you!)

Light refreshments will be provided!

**Craft and Chat**  
Wednesday 20th December, 10.00am-12.00pm  
Gulston Valley Childrens Centre, Great Arthur St, Smethwick, B66 1WH

We are delighted to have another of our lovely parent carers offer to share her skills. This time we will be making decorative baubles using the craft of wood burning.

Join us for a relaxing coffee whilst trying out an original craft, making a handmade Christmas bauble or just come along for the chat.

**Dads Night out at Flights**  
We invite the Dads all the best for their night out. The Dads are off on Saturday 23rd December to Flights club in Birmingham, places have been allocated but if you would like to join the waiting list or can no longer make it, please contact Dave on 0121 969 2410.

**Co-op Local Community Fund!**  
We are delighted to have been chosen to raise funds for SPDC as one of Co-op Local Community Fund charities of the year!

If you shop at your local co-op and have downloaded the app, you will now be able to select Sandwell Charities for Disabled Children to receive a percentage of your spends in store.

If you would like to become a co-op member, there is a charge of £1, but as well as supporting our charity, you would be able to take advantage of the side card savings in store and earn 2p back for every £1 spent for yourself!

Please check out [www.coop.co.uk/communities](http://www.coop.co.uk/communities) for more information

**Christmas Office Closures**  
SPDC Offices will be closed from Friday 22nd December 2023 and will reopen on Monday 8th January 2024.

All messages, calls and social media will be processed as the teams return. We would like to make this opportunity to wish you all a Merry Christmas and a happy New Year. Look out for January 2024 activities coming soon!

To book activities please email [spdcparentcarerbooking@spdc.org](mailto:spdcparentcarerbooking@spdc.org)

Starting the name of each parent carer, and whilst event you want to book (for bookings will close on 8th December 21) then

SPDC Parent Carer Support Line: 0121 969 2410

**NHS**

**Measles cases are rising in England**

Make sure your child is up to date with their vaccinations

2 weeks left to **Sandwell** Metropolitan Borough Council

Tell us what you think about our...

**Local Plan**

## Would you like to become a Community Cancer Champion?

This training will take place over three sessions on Microsoft Teams and will focus on:

- Health and Wellbeing
- Cancer Prevention and Early Diagnosis
- Cancer Screening Programmes
- Signs and Symptoms
- Living Well and Beyond Cancer



If you are interested, book by going to [re-url.uk/WUUA](http://re-url.uk/WUUA) or contact [Kassandra.styche@nhs.net](mailto:Kassandra.styche@nhs.net) for more information

## Murray Hall Food Pantry

he Bridge St Marks Road Tipton DY4 0SL

Open Tuesdays 11am - 3pm  
Open Wednesdays 9.30am - 3pm

Membership is £6 per week. You receive up to £15 of food chosen by you!  
All welcome, whether unemployed, working or retired.

Phone: 0121 612 2934  
mail: [info@murrayhall.co.uk](mailto:info@murrayhall.co.uk)



**Sandwell** Metropolitan Borough Council

Don't let your rent snowball out of control this Winter

If you want to pay by Direct Debit or are struggling with your rent then we're here to help  
Call us on 0121 737 5148 for advice

**NHS**  
Black Country

Is my child too ill to go to nursery or school?

Get health advice for your child at [blackcountry0-18.nhs.uk](http://blackcountry0-18.nhs.uk)

**Sandwell** Metropolitan Borough Council

**Council Budget Consultation**

"Have **YOUR** Say!"

**FIND A WELCOMING SPACE IN SANDWELL**

**Sandwell** Metropolitan Borough Council

WELCOMING SPACES

WELCOMING COST

**ONE in FIVE CHILDREN ARE EXPOSED TO DOMESTIC ABUSE.**