

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.

Stress awareness month

April is Stress awareness month and this years theme is **Little by Little**. Taking small yet achievable steps taken each day towards self-care and stress reduction can add up to big improvements in mental health.

For more tips for supporting your wellbeing visit Sandwell's 5 ways to wellbeing page [here](#).

SCVO

Funding for community organisations to support children and young people.

Do you know of children and young people in your community who would benefit from extra professional support to help with their emotional health and wellbeing? Grants are available of a minimum of £15,000 and a maximum of £30,000 to be awarded to deliver projects up to the end of May 2025.

For more information click [here](#).

The Loft Project

The Loft Project in Walsall is a new youth space and music studio for Walsall and Sandwell children. The aim is to encourage young people who have challenging behaviours in schools, homes or life in general to learn how to express emotions through music, poetry and arts.

Click [here](#) for more information.

NSPCC Learn

Protecting children's privacy online

The Information Commissioner's Office (ICO) has published its strategy for protecting children's privacy online. The strategy sets out areas that social media and video-sharing platforms need to improve on and the ICO's priorities.

Read more [here](#).

NSPCC

Emotional abuse

NSPCC Learning has updated its briefing looking at data and statistics about emotional abuse in the UK to help professionals make evidence-based decisions.

It covers the scale of the issue and what data tells us about children who have been emotionally abused.

Read more [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](#).

Anti-bullying alliance

Does banning smart phones in schools prevent online bullying?

The anti-bullying alliance explores this important question in their new article, read it [here](#).

Healthy Sandwell MMR

Stay proactive about your child's health.

- Check their red book or contact your GP practice to confirm MMR vaccination status.
- Missed doses? It's never too late! Schedule an appointment at your practice to catch up and keep your child protected

Check the [Healthy Sandwell Facebook page](#) for pop up clinics in your area



Good to Know News

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



**QUIT FOR YOU
QUIT FOR TWO**

QUIT SMOKING

Get In Touch Today
0121 740 0040
smokefreesandwell.co.uk

smokefree
Sandwell



**ST GEORGE'S DAY
FAMILY FUN**

Sunday 21 April 2024

Sandwell Valley Visitor Centre



**GIVING CHILDREN
AND YOUNG PEOPLE
THE BEST START
IN LIFE**

Saturday 11 May 2024
10am-12midday

Sandwell Council House,
Council Chambers,
Freeth St, Oldbury, B69 3DB

Join us for a coffee and a discussion about how we are improving lives and giving children and young people the best start in life. Everyone is welcome.

FREE ENTRY
NO BOOKING REQUIRED

Governor Sandwell Sandwell Metropolitan Borough Council

Are you a carer?

Does your job include supporting informal carers?

Come to one of our Carers support drop-in sessions. YOU can influence decisions about the service and help to improve carer's lives.

The current dates of our drop-ins will be:

Portway Lifestyle Centre: 11 April, 10.30am - 12Noon	Brasshouse Centre, Smethwick: 24 April, 2pm - 3.30pm
South Staffs Water Company, Wednesbury: 16 April, 10.30am - 12Noon	Cradley Heath Community Centre: 30 April, 12.30pm - 2.30pm
Oldbury Library: 18 April, 10am - 12Noon	Sandwell Aquatics Centre: 2 May, 10.30am - 12Noon
Wednesbury Library: Thursday 22 April, 2pm - 4pm	Portway Lifestyle Centre: 9 May, 10.30am - 12Noon
Harvest View, Rowley Regis: 23 April, 3pm - 5pm	Jubilee Community Centre, Tipton: 10 May, 10am - 12Noon

Join us at our community hubs

We now have community hubs where you can speak to someone face-to-face in West Bromwich and Blackheath

WELCOMING SPACES

Sandwell Metropolitan Borough Council



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Meet the Beekeeper

SATURDAY & SUNDAY
27 - 28 APRIL 2024

Meet the people who make Sandwell Valley's own honey

HIGHLIGHTS

- Beekeeping Talk
- Beekeeping Demonstration
- Honey tasting
- Stock up on honey, mead, honeycomb and beeswax products

SANDWELL VALLEY VISITOR CENTRE

April is Autism Awareness Month!

Autism is a spectrum condition and affects people in different ways

More than one in 100 people are on the autism spectrum

Autism is a life long condition that can affect communication, social interaction, and behaviour

Young Carers
Tackling loneliness together



FREE Saturday Sessions
AT THE CHILD DEVELOPMENT CENTRE

Sandwell Family Hubs
Helping Families Thrive

Family Hubs have partnered with the Child Development Centre to bring families free sessions and services on the first Saturday of every month.

Sandwell Family Hubs
Helping Families Thrive

Family Hubs have partnered with the Child Development Centre in Tipton to offer **FREE** services and sessions to families on the **first Saturday of every month**.

The Child Development Centre will be **open from 9.30am - 11.30am** and will offer the below services for free to all families that live in Sandwell:



Drop in baby clinics with the health visiting team, stay and play sessions, play sessions for primary school children, free advice and support for families.

Scan QR Code for more information

SCAN HERE

Child Development Centre
Sedgley Road East, Tipton, DY4 8UH

www.sandwellfamilyhubs.com