

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 taster courses are available to book now, click [here](#)

Free Changes activity sessions

Spring 1 courses now available to book

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 are available to book [here](#) now!

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](#)

Healthy Sandwell MMR Vaccinations

The NHS is raising awareness about the importance of MMR vaccinations.
Measles is highly contagious, and even one unvaccinated child can infect nine others!
Let's keep our classrooms and communities safe.
Click [here](#) for updates on pop-up vaccination clinics.

SCVO SOCIAL ENTERPRISE BOOST FUND

The Social Enterprise Boost Fund was launched earlier this year with the objective of growing the social enterprise sector in targeted areas, by supporting the creation of new social enterprises and boosting early-stage organisations.
For more information and deadline dates please click [here](#)

UK safer internet day 6th Feb 2024 Click [here](#) for more information

The UK Safer Internet Centre has created a new advice page to support parents and carers ahead of Safer Internet Day on 06 February 2024. It addresses online safety concerns around: online games; new devices; and the content children engage with online.

NSPCC Learn Online safety

The Children's Commissioner for England has published a report looking at children's views on video gaming. Findings from a survey of 8- to 17-year-olds in England show around two thirds of children viewed video games as beneficial to children's health and wellbeing. Read the report [here](#)

Breastfeeding Network Sandwell

The Breastfeeding Network Sandwell team offer in-person, virtual and telephone support to parents across Sandwell.
For information on their service click [here](#).
You can find their social media updates [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](#)

Sandwell Parents Voices United

Sandwell Parents Voices United are holding a parents meeting on Thursday 25th January 2024 1pm-2.30pm.
Special guests will be Sandwell Children's Trust, Children with Disability Team.
To book your place, please click [here](#)



Good to Know News

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



Cook Together Eat Together at Langley Park Lodge

Six FREE Cooking sessions for over 55's
Starting 2nd February 10:30-12:30
Email or call to sign up

cookandeatwell@groundwork.org.uk 07821975847

Our Cook together programme is a 2 hour cooking session each week for six weeks. In each session you will learn new healthy eating habits and get stuck in cooking easy three course meals you can replicate at home. We bring all equipment and resources with us.
Contact us on the details above for more information

Location: Langley Park Lodge,
Langley Hight Street, Oldbury,
B69, 4SL



Cook Together Eat Together at Windmill Community Centre

Six FREE Cooking sessions for over 55's
Starting 1st February 1:30-3:30pm
Email or call to sign up

cookandeatwell@groundwork.org.uk 07821975847

Our Cook together programme is a 2 hour cooking session each week for six weeks. In each session you will learn new healthy eating habits and get stuck in cooking easy three course meals you can replicate at home. We bring all equipment and resources with us.
Contact us on the details above for more information

Location: Windmill Community Centre,
Messenger Road, Smethwick,
B66 3DX

DIGITAL SKILLS WORKSHOPS

IMPROVE YOUR DIGITAL SKILLS

9:30AM - 3PM

Do you want to improve your skills when using Microsoft Word or Excel? If so, why not join our 5 hour workshops, where you will learn how to make the most of these popular software apps

Tipton College, Tipton	Wednesday
Microsoft Word	31/01/2024
Microsoft Excel	07/02/2024
Ron Davis Centre, Smethwick	Tuesday
Microsoft Word	13/02/2024
Microsoft Excel	20/02/2024

safel
Sandwell Adult and Family Learning Service

matrix
West Midlands Combined Authority

@SandwellAdultEd
@learnsafel

Sandwell
Metropolitan Borough Council

For information call
0121 557 0837 or
0121 555 6255



IS YOUR 12 - 16 YEAR OLD UP TO DATE WITH THEIR MMR VACCINE?

A pop-up vaccine clinic has been set up at Wood Lane Community Centre, West Bromwich, for children aged 12 to 16 years to get their measles, mumps & rubella (MMR) vaccine.

Saturday 27 January

9am - 1:30pm

Call 0121 592 1110 to book

We find the support you need

PLUS (Positive Lives Using Skills)

This free programme will give you a deeper understanding of emotions and give you coping strategies to allow you to make positive changes in your life.

Each module links to the next, so it's important you attend as many sessions as possible.

Hope Place, 321 High Street, West Bromwich, B70 8LU

10am - 12pm

Every Friday until the 15 March 2024

To book a place and find out more about the different sessions, email Training@kaleidoscopeplus.org.uk



ST ALBANS COMMUNITY ASSOCIATION PRESENTS

PUBLIC HEALTH HEALTHWATCH

HELPING HANDS

SOUTH STAFFS WATER
WARMER HOMES
BACHES SOLICITORS

JANUARY 30TH 2024
12.30PM - 2.30PM

HURST ROAD COMMUNITY CENTRE SMETHWICK B67 6ND

FREE PRIZE DRAW FREE REFRESHMENTS
FREE TREE GIVEAWAY

KEEP SANDWELL WARM THIS WINTER

DONATE YOUR OLD WINTER COAT

SUPPORTING SANDWELL WITH THE COST OF LIVING

The Westminster School

Parent and Carer Community Marketplace

Monday 29th January 2024 1:30pm-2:45pm

After the success of our last Parent/ Carer Marketplace in May, we are hosting this event again on the 29th January, inviting parents and carers to join us for coffee and a catch up with representatives from all over Sandwell. In attendance, we have visitors who offer clubs, activities, support (including mental health support) and guidance for children and young people with SEND and their families.

Here are just a few of the amazing representatives we have attending



Reserve your free space now!

Simply Scan the QR Code with your phone camera.

