

Good To Know Newsletter



Sam Barber, Parenting Partnership Manager

Some of you may be aware that Sam Barber has been struggling with her health since 2020. She has now made the extremely difficult decision to take early retirement through ill health. This is a loss, personally for the Parent Support Team, and for the work she supported across the Council.

If you would like to send her your best wishes please sign our e-card: [Sign here](#)

If you wish to contribute to her collection pot you can do so here: [Contribute here](#)

Sam's message to you all is below.

It is with a heavy heart that after nearly 19 years at Sandwell Council my ill health means I am taking Early Retirement. My retirement means I can focus on keeping as well as I can so I can look after my family and enjoy good times with them.

I am really sorry that I won't be able to say goodbye personally to everyone but I hope you understand how difficult this is for me. I really appreciate and cherish all your support and the friendships I have made along the way.

I was just 29 when I moved from London and my job in Whitehall to Wednesbury and began serving the families of Sandwell....quite the culture shock...but that was the reason for the change in career. To learn about a community and actually see the difference I could make.

And I hope I've done that.

From the development of extended schools and the vision for communities accessing our newly built high schools to gaining funding and services for our Special schools it was all fulfilling. But I think I am most proud of our work to support families through parenting programmes and especially our antenatal support. Nikki and I built it from scratch and to personally see the programme develop and to meet and support parents at an exciting time in their lives has been an honour. We will never know how our messages on safer sleeping or safer feeding changed the future actions of new parents but if we have contributed in preventing just one accident or illness then that makes me very happy.

My final thank you is for my team (and everyone I've worked with). Thank you for all the laughter, love and support. The last 19 years wouldn't have been the same working anywhere else.

Take care, look after yourselves

Much love, Sam Barber xx

Canal & River Trust

Water Safety for Little Explorers

As part of the Water Safety for Little Explorers campaign the Canal & River Trust has created a film reminding children and parents to 'take two steps back' from the waterside to stay safe, as well as a number of resources aimed at children under the age of five, for use at nursery and at home.

Find more information [here](#)

SCVO

Creating safer communities - Serious violence briefing

Join SCVO for their fourth Creating Safe Communities session aimed at volunteers and community groups. This session we will be focussing on serious violence and what it looks like right here in our community. We'll share the latest on government changes and Sandwell's plans to stop violence and hear real stories from local services.

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

UK Safer internet Centre

The UK safer internet centre has a fun and information filled "Primary Zone" aimed to help educate children aged 3 - 11 years old and to help keep them safe online.

The Primary Zone can be found [here](#)

NSPCC

Safeguarding young apprentices

The NSPCC have released an online article with helpful information and tips for safeguarding young apprentices within your business or work setting.

This article encourages managers to think about their needs as young people and not just work colleagues

Read the article [here](#)

Beep Beep! Day

24th April 2024

This year Beep Beep! Day will be held on Wednesday 24th April. Beep Beep day is to raise awareness of road safety for 2-7 year olds.

Brake the road safety charity have lots of resources for professionals, these can be found [here](#)

Samaritans

The internet, suicide and self-harm.

Free webinar

Samaritans are running webinars on how to have safe conversations about online use, what is the new Online Safety Act means for self harm and suicide content online and how you can support your service users.

5th March, 12:30pm - 2pm - register [here](#)

7th March, 10:30am - 12pm - register [here](#)

Sandwell Family Hubs

Parent's and Carer's of Sandwell are invited to take part in a short survey to share their views on family hubs.

By entering the survey, they will be entered into a prize draw to be in with a chance of winning a £100 shopping voucher.

The survey can be found [here](#)



Good to Know News

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

SPDC Family Club February-March 2024

West Bromwich Leisure Centre, Moor Street,
West Bromwich B70 7AZ

(Parking is available to the rear of the leisure centre. The cost of parking is refundable at the centre's reception)

Spring Term!

SPDC's Family Club returns Monday 19th February 5:00-6:30pm.

Our sessions offer families the chance to take part in a variety of active/sporting and creative opportunities each week, during term time with an emphasis on FUN!

We have a different creative theme and different active opportunities each week. It may not be possible to offer you a place at the club every week, so please take a look at the information overleaf and make sure you let us know which sessions appeal to you most when booking.

Important booking information

Please email your expressions of interest to spdcbookings@spdc.org

Your email should clearly state:

- *Your name
- *Which date (s) you would like to attend
- *How many people (adults and children) will be taking part in the session
- *Educate on the booking if you specifically want soft play dates or/and Zumba

It is important that you provide this information in full, as without it we may not be able to process your booking.

If you are booked on to a particular session and can no longer attend, we would ask that the team be notified as soon as possible by calling

Phone 07544 406430
Garry 07765 943071

SPDC have waiting lists for Family Club and would therefore be able to offer another family the opportunity.

Bookings will close Tuesday 13th February 5:00pm

Club Activities 5:00pm-6:30pm

Sporting Activities Each Week!

Our active programme offers a mixture of opportunities each week. Over the next 5 weeks sporting activities will be an offer including Badminton, Table Tennis, Tai Chi, Football, Hockey, Swing ball, Zumba and much more!

Monday 19th February 2024

Random Acts of Kindness with Tilly!

To celebrate Random Acts of Kindness Day, we will be decorating cricket hearts, making kindness trees and using rainbow coloured Puffa for our sensory activity. We will be decorating kindness rocks which can be left outside in public places for other people to find.

Let's share the love!

For our younger visitors (under 5's) and those with specific sensory needs we have exclusive use of the soft play area situated on the ground floor from 5:30-6:30pm.

Monday 26th February 2024

International Polar Bear Day!

The polar bear symbolises strength, power, leadership and a symbol of family and togetherness.

An opportunity to learn more about our Arctic friends and the effects climate change is having on their survival.

Polar bear themed crafts and ice cold sensory too.

Due to popular demand, Vince will also be coming 5:15pm-5:45pm for ZUMBA!

Monday 4th March 2024

Mothers Day Crafts!

Ahead of Mothers Day, we will be offering the opportunity to design a card and plant flowers to say Thank-you to that special person in your life.

A sensory activity will also be on offer.

For our younger visitors (under 5's) and those with specific sensory needs we have exclusive use of the soft play area situated on the ground floor from 5:30-6:30pm.

Monday 11th March 2024

Comic Relief

In celebration of Comic Relief, we would encourage everyone to wear RED (although not essential) to design your own red nose, make magnets and enjoy a red-themed sensory table.

Monday 18th March 2024

Easter Eggsstravaganza!

Join us for an Easter themed eggsstravaganza, packed with Easter Egg hunt, Easter themed crafts and an Easter tale.

You will be guaranteed a cracking time!

For our younger visitors (under 5's) and those with specific sensory needs we have exclusive use of the soft play area.

Contact us!

Sandwell Parents for Shikhal Children,
Gulston Valley Childrens Centre, Great Arthur St,
Smethwick B66 1PH

Tel: 0121 966 2400
Or Text: 1125578

[Facebook](https://www.facebook.com/sandwellparentsforshikhalchildren) [Instagram](https://www.instagram.com/sandwellparentsforshikhalchildren) [TikTok](https://www.tiktok.com/@sandwellparentsforshikhalchildren)

Sandwell Children's Trust

Recognised by ITV's The Voice Kids

SHAPE YOUR TALENT 2024

A talent competition for young people aged 8-19 (up to 25 with SEND) who live, work or study in Sandwell.

Apply online to audition at one of the following heats:

Oldbury	Wednesbury	Smethwick
Tuesday 5 March 8:30pm - 8:00pm Royal Albert Hall, Oldbury, Walsall B71 3JH	Thursday 7 March 8:30pm - 8:00pm Royal Albert Hall, Wednesbury, B79 4JH	Saturday 9 March 3:30pm - 8:00pm Birmingham Hippodrome, Edgbaston, B15 2TA
Rowley Regis	West Bromwich	Tipton
Tuesday 12 March 8:30pm - 8:00pm Birmingham Hippodrome, Edgbaston, B15 2TA	Thursday 14 March 3:30pm - 8:00pm Royal Albert Hall, Wednesbury, B79 4JH	Saturday 16 March 3:30pm - 8:00pm Glenageary Hotel, Tipton, B83 8JH

Scan the QR code
Apply online at www.justyouth.org.uk
or submit a paper application at your local library!

£500 PRIZE!

LOW RENT FOR WORKING YOUNG PEOPLE

OPEN DAY 22 FEB

The Live and Work Scheme gives young people aged 18-24 somewhere affordable and secure to live, as well as a huge opportunity to save for the future.

LOW RENT

HUGE OPPORTUNITY TO SAVE FOR THE FUTURE

GREAT TRANSPORT LINKS TO SANDWELL AND THE WHOLE OF THE BLACK COUNTRY ALONG WITH WALSALL AND BIRMINGHAM

WALKING DISTANCE TO ALL LOCAL AMENITIES

COULD THIS WORK FOR YOU?

STABLES.DIG.LIVE-AND-WORK

St Basils
Birmingham
Works with young people

Out of School Arts

Arts, crafts and creative fun!

Mondays, 1pm - 3pm

26 February
11 March

The Pavilion,
West Smethwick Park, B67 7JJ

BOOST YOUR CLUB

3 DAYS TO GO

GET UP TO £5K FUNDING FOR SPORTS GROUPS IN SANDWELL

WWW.SANDWELL.GOV.UK/SPORTSGRANT

SANDWELL SCVO
SANDWELL VOLUNTARY COUNCIL

Sandwell
SANDWELL VOLUNTARY COUNCIL

Immunisation
Protecting everyone, at every age

Have you had your doses of MMR vaccine?

Two injections:
protect you against three diseases measles, mumps and rubella

Check your Redbook or ask at your GP surgery if you are not sure.

#StopTheSpread