

# 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!

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

## Free Changes activity sessions

### Summer taster sessions now available to book!

This summer Sandwell parents and carers with preschool children (under 5) can book spaces on free taster activity courses.

We have courses designed to support children's development in music, movement, crafts and arts and many more!

Summer taster sessions are now available to book [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

### 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.

## Tommy's

Free extra support for Black and Black-Mixed Heritage women.

Tommy's is releasing a specialist Midwives' Helpline in collaboration with Five X More, supports Black and Black Mixed-Heritage women and birthing people in the UK.

Click [here](#) to order contact cards for this free helpline to hand out to anyone in your care.

## SCVO

Additional financial support available for families with 16 to 19 year olds

Parents/carers currently claiming Child Benefit have until 31 August 2024 to inform HMRC if their child is continuing in non-advanced education or approved training to extend their payments.

HMRC have developed a pack of communication materials for you to share with the families you work with and support which can be downloaded [here](#).

## Citizens Advice

Cost of Living, Financial Capability & Budgeting Training Workshop.

Citizens Advice are delivering a FREE training workshop in Tipton on Thursday 19th September for staff or volunteers to attend.

The workshop is designed for Staff or Volunteers (Train the Trainer style) and is not for residents or clients to attend.

Pre-booking is required, so if you have any questions or would like to book a place you can click [here](#) or find out more information [here](#).

## NSPCC Learn

Talking to your child about online safety.

NSPCC have release a blog post all about how to talk to your child about online safety in age appropriate conversations.

Read more about it and access the free resources [here](#).

## Child accident prevention trust

The Child accident prevention trust has released a free downloadable summer safety pack for parents and carers this summer, you can access this [here](#).

They also have a free “watch out in water” factsheet, you can download this [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

New FREE online CPD training on banter or bullying!

This course will give you a good understanding of the difference between banter and bullying. It will also help to prepare you to take a whole-school anti-bullying approach to preventing the misuse of banter, identify bullying and harmful behaviours when they might be disguised as banter, and equip children and young people with the skills to navigate the line of acceptability between banter and intentional unkind behaviour.

Find out more information or book your space [here](#).

## Zero Suicide Alliance

Free training [here](#)

The zero suicide alliance have a number of free online training courses teach you the skills and confidence to have a potentially life-saving conversation with someone you're worried about.

Training varies from suicide awareness, autism and suicide awareness and social isolation.



# Good to Know News

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

**WHATEVER THE RESULT, WE'RE HERE TO HELP**

Have you had your exam results and you're not sure what to do next?

Get specialised information, advice and guidance up to Friday 1 September, 10am-4pm.

**GET IN TOUCH**

[www.connexionssandwell.co.uk](http://www.connexionssandwell.co.uk)  
0121 569 2955

connexions Sandwell

**SUMMER CAMPS**  
With West Brom Basketball

Free for FSM or £6 per day

**MultiSport Holiday Camp**  
7 - 16yrs

Limited spaces REGISTER NOW

23-26th July 13-16th Aug  
20-23rd Aug 27-30th Aug

West Bromwich Collegiate Academy  
Salford Way, B70 7LE  
07754990612  
anygirlnetball@hotmail.com

Sandwell

**Her Creative-tea**  
FEMALES INSPIRING WORKSHOP

GUEST SPEAKERS - INSPIRATIONAL STORIES  
HANDS ON CREATIVE ACTIVITIES  
TIME TO CONNECT

JOIN US ON A JOURNEY OF SELF-DISCOVERY AS WE EXPLORE THE INCREDIBLE BENEFITS THAT COME FROM ENGAGING IN CREATIVE ACTIVITIES.

WOOD LANE COMMUNITY CENTRE  
157 WOOD LANE  
WEST BROMWICH  
B70 9PT

**FREE**

Refreshments: RAFFLE, REFRESHMENTS AND MORE

SCVO VISION 2030 Sandwell

3rd August from 2pm till 6pm

**Free Summer Sessions**  
Parachute games, sensory outdoors, scavenger hunt, family games  
10am - 12pm

- Tuesday 23 July, West Smethwick Park
- Tuesday 30 July, Sandwell Valley Visitor Centre
- Tuesday 6 August, Brunswick Park
- Tuesday 13 August, Britannia Park
- Tuesday 27 August, Barnford Park

No booking needed- just come along!

**SMETHWICK SUMMER SPORTS FESTIVAL**  
SAT, 20TH JULY

11-3PM

Dance Music Food&Drink

Fun community activities  
Employability fair

MUCH MORE WITH:

HOLLY LODGE HIGH SCHOOL

07754990612  
AnyGirlNetball.co.uk  
AnyGirlNetball@hotmail.com

**Online Safety for Families**

Would you like to know more about keeping your family and yourself safe online?

This FREE and FUN drop-in event will support parents, carers and young people to understand issues relating to online safety.

Find out how to work together as a family to remain safe online and to consider how people may be affected by the online world.

**Wednesday 24 July, 1-3pm**  
Ileys Community Association, Corbett Street, Smethwick, B66 3PU

To reserve your space, email: [prevent\\_inbox@sandwell.gov.uk](mailto:prevent_inbox@sandwell.gov.uk)

**FREE** samosas & refreshments

**Summer Sessions Let's Get Active**  
Come and join our FREE summer sessions

When?	When?	When?
Tuesday 30th July 1pm-3pm	Wednesday 24th July 1pm-3pm	Friday 9th August 10am-12pm
Where? West Bromwich Central Family Hub off Claypit Ln, Wattle Road B70 9EZ	Where? Great Bridge Library Sheepwash Lane, Tipton DY4 7JF	Where? Oldbury Family Hub Tivdale Street Tipton DY4 7SD

LET'S GET ACTIVE TOGETHER  
Activities for children under 5  
\*First come, first served\*

Sandwell Family Hub Barnardo's

**CATCH UP ON YOUR VACCINATIONS!**  
TO ENCOURAGE EVERYONE TO GET UP TO DATE WITH THEIR INJECTIONS, WE ARE OFFERING CATCH UP CLINICS IN SANDWELL.

Dates: Every Saturday until August 2024  
Time: 10am – 1pm  
Venues:

- Linkway Medical Practice, Frank Fisher Way, West Bromwich, B70 7AW
- Lodge Road Surgery, Lodge Road, Smethwick, B67 7LU
- Tame Valley Medical Centre, Friar Park Road, Wednesbury, WS10 0JS

Are you happy with your parks and open spaces?

Share your views for a chance to win a £25 voucher. Go to:

[www.sandwell.gov.uk/openspacesurvey](http://www.sandwell.gov.uk/openspacesurvey)

**FREE Teddy Bears Picnic**  
Stories, Songs & Snacks

All soft teddies are welcome to join us, don't forget your packed lunch and picnic blankets.

When?	When?	When?
Tuesday 27th August 1pm-3pm	Wednesday 21st August 1pm-3pm	Friday 16th August 10am-12pm
Where? West Bromwich Central Family Hub off Claypit Ln, Wattle Road B70 9EZ	Where? Great Bridge Library Sheepwash Lane, Tipton DY4 7JF	Where? Oldbury Family Hub Tivdale Street Tipton DY4 7SD

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Sandwell Family Hub Barnardo's

**AUTISM SWIMS**  
TIPTON LEISURE CENTRE

FRIDAY 26TH JULY  
FRIDAY 9TH AUGUST  
FRIDAY 23RD AUGUST  
11:00 - 12:00

For more information, visit [www.alf-leisure.co.uk](http://www.alf-leisure.co.uk)

**NATIONAL PLAY DAY Summer Tour**

JOIN OUR GO PLAY SUMMER ROAD TRIP  
ALL EVENTS ARE FREE TO ATTEND AND WILL TAKE PLACE FROM 12MIDDAY-4PM

24 JULY	LIGHTWOODS HOUSE
26 JULY	WEDNESBURY RUGBY CLUB
31 JULY	HADEN HILL HOUSE
7 AUG	CONYGRE ARTS CENTRE
14 AUG	DARTMOUTH PARK PAVILION
21 AUG	WEST SMETHWICK PAVILION

Sandwell Go play