

Good To Know Newsletter



Free Changes training for professionals in Sandwell

To book your space click [here](#)

Would you like to become a Changes Parenting Practitioner and support local families in Sandwell?

Book a place and receive high quality resources to support you to run your own Changes programme for parents course. We have courses running in March with spaces available for all parenting stages and the training is currently free to those working with families in Sandwell.

Free Changes activity sessions

New free preschool activity courses are now available to book!

Sandwell Changes have free courses for baby and toddler stages and our newly developed pre and postnatal courses too! Sandwell families with preschool children (0-4 years) can book spaces on up to 3 free activity courses per half-term.

- **0-4 year old activity courses are now available to book [here](#).**
- **Prenatal activity courses 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
- Prenatal activity sessions
- Grandparent/supporter sessions
- Bump & Beyond (early communication) sessions
- Bump to Baby (have a healthy pregnancy) sessions

Sandwell Family Hubs

Website
accessibility

Accessing the Sandwell Family Hub [website](#) is getting easier for everyone to access the right support for them with the introduction of Reach Deck.

Reach Deck is aimed to help families where English is not their first language, for people who are visually impaired or who just need a bit of extra support to find out about Family Hubs and to access our services.

Click the “speak” button at the top of the website to use Reach Deck.

Healthy Sandwell Flu vaccinations

Flu vaccines are offered every year on the NHS to help protect people at risk of flu and its complications.

If you are pregnant or have a new-born then getting the flu vaccine will mean you are less likely to catch flu and pass it on to your baby.

Find out more about flu vaccinations and where to get vaccinated [here](#).

**UK Safer
Internet
Centre**
Online
Challenges

The UK Safer Internet Centre have published a helpful guide for parents/carers and professionals about how to de-escalate and respond to harmful online challenges.

This guide includes tips for best practices for parents and carers and further reading and support links.

Read the guide [here](#).

**Route
2
Wellbeing**

Route2Wellbeing is a one-stop website for signposting Sandwell residents to health and wellbeing services near to them.

From addiction, financial and carer support to volunteering opportunities there is a wealth of information for all.

Click [here](#) for Route2Wellbeing.

**NSPCC
Learn**
Building
Connections

Building Connections is an online service for young people up to the age of 19, empowering them to find a way through loneliness.

Young people work with a trained befriender, who guides them and champions them each step of the way. Building Connections gives young people tools that can help them build their confidence.

Click here for [more](#) information.

**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](#).

**Child Accident
Prevention
Trust**
Prevent
poisoning

Some everyday household things that make our lives easier can be harmful to small children as their bodies process poisons differently.

The Child Accident Prevention Trust have released a new helpful factsheet and animation to support this message. The factsheets are also available in five community languages.

Click [here](#) to find out more.

**SHAPE
Youth
Forum**

The SHAPE youth forum is for young people who have a keen interest in politics and would like to have their voice heard locally and nationally. Joining SHAPE Youth Forum is a great opportunity for young people to represent their community.

The Forum meets fortnightly from 5:45pm-8pm on Thursdays (refreshments provided).

For more information click [here](#).

**National
Literacy
Trust**

The We Wonder: Our Blue Planet STEM reading challenge is free to enter and aimed at students across the UK aged 7 to 14 years (KS2 and KS3).

The deadline to enter is Friday 28 March and for tips on running this reading challenge in your school visit the National Literacy Trust website [here](#).



Good to Know News

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

Free Sessions Funded by Public Health for Sandwell Residents

Sandwell Metropolitan Borough Council | **Sandwell Leisure Trust**

Parent & Toddler Swimming Lessons

Wednesdays 09:30-10:15		Fridays 10:30-11:15	
08/01/25	26/02/25	10/01/25	28/02/25
15/01/25	05/03/25	17/01/25	07/03/25
22/01/25	12/03/25	24/01/25	14/03/25
29/01/25	19/03/25	31/01/25	21/03/25
05/02/25	26/03/25	07/02/25	28/03/25
12/02/25	02/04/25	14/02/25	04/04/25
	09/04/25		11/04/25

At Tipton Leisure Centre

2yrs - 4yrs

Phone - 0300 012 0121 | Email - mitchell.davis@slt-leisure.co.uk

Free Sessions Funded by Public Health for Sandwell Residents

Sandwell Metropolitan Borough Council | **Sandwell Leisure Trust**

Adult Swimming Lessons

Wednesdays 09:30-10:15		Fridays 10:30-11:15	
08/01/25	26/02/25	10/01/25	28/02/25
15/01/25	05/03/25	17/01/25	07/03/25
22/01/25	12/03/25	24/01/25	14/03/25
29/01/25	19/03/25	31/01/25	21/03/25
05/02/25	26/03/25	07/02/25	28/03/25
12/02/25	02/04/25	14/02/25	04/04/25
	09/04/25		11/04/25

At Tipton Leisure Centre

Phone - 0300 012 0121 | Email - mitchell.davis@slt-leisure.co.uk

Free Activities in Smethwick

17 - 21 February

Football and Cycling

HEALTHY SANDWELL | **Active Black Country**

18 Feb	12pm - 1pm	Family Cycle Ride (ages 3+)	Meet at Lewisham Park (Perry Street Entrance)
18 Feb	3:15pm - 4:15pm	Football (12+ years)	Windmill Community Centre, B66 3QB
19 Feb	12pm - 1pm	Family Cycle Ride (ages 3+)	Victoria Park, Smethwick (Suffrage Street Entrance)
20 Feb	3:15pm - 4:15pm	Football (5 - 12 years)	Windmill Community Centre, B66 3QB
21 Feb	4:30pm - 5:30pm	Football (5 - 12 years)	The Albion Foundation, B71 4LG
21 Feb	5:30pm - 6:30pm	Football (12+ years)	The Albion Foundation, B71 4LG

Sandwell Family Hubs
Helping Families Thrive

FREE for all Sandwell residents making use of the Hub until 31st March 2025

NEW DATES!!

NEW PARENT-INFANT EMOTIONAL WELLBEING TRAINING LEVEL 1

- Explore the relationship between parent and child
- Consider how a baby's behaviour and cues are communication
- Consider how a parent influences baby's mental health
- Discuss how to support responsive caregiving
- Discuss how to work in a trauma-informed way
- Discuss how to support secure attachments

TUESDAY 25TH FEBRUARY 2025
9.30 - 13.00 **BOOK NOW**

THURSDAY 13TH MARCH 2025
12.00 - 15.30 **BOOK NOW**

EVERYONE WELCOME

MIDLAND METROPOLITAN UNIVERSITY HOSPITAL | **youth SPACE** | **NHS Sandwell and West Birmingham**

Our Youth Space meetings for 2025 are on:

Tuesday 21st January	Tuesday 29th July	Time: Doors open at 5.30pm, Meeting starts 6.15pm through to 8.00pm
Tuesday 25th February	Tuesday 26th August	Food and drinks provided from 5.45 p.m.
Tuesday 25th March	Tuesday 30th September	
Tuesday 29th April	Tuesday 28th October	
Tuesday 27th May	Tuesday 25th November	
Tuesday 24th June	Tuesday 16th December	

Are you aged 13-21? Interested in Health? Want to know more about our hospitals & community services?

BENEFITS:

- Improve services
- Opportunities for volunteering and work experience
- Helps with CV's, UCAS applicants etc.
- Fun quarterly thank you activities, for example, Go Karting, Ice-Skating, Bowling, Adventurous Activities

What is it?

- The purpose of our forum is to give young people a voice, to work with us and tell us about the good stuff and help us make the others things better.
- It's an opportunity to help shape future services
- A great way to meet other young people interested in health

Booking essential 0121 507 2671 or email the team at swbh.engagement@nhs.net
Interested? Join us on the last Tuesday of the month at Sandwell Education Centre, Hallam Street, West Bromwich B71 4HJ

BARNARDOS | **Sandwell Family Hubs**

BETTER TOGETHER

A SAFE SPACE FOR PARENTS/CARERS OF CHILDREN ON THE PATHWAY OR WITH A DIAGNOSIS OF AUTISM

Come along and meet with other parent/carers to share experiences and advice and have a chat over a cuppa.

Wednesday 12th February 2025
1.00pm - 3.00pm
Wednesbury Family Hub, Dorset Road, WS10 0JG
Sandwell SEND IASS will be in attendance

Wednesday 16th April 2025
9.30am - 11.30am
Oldbury Family Hub, Tivdale Street, DY4 7SD
CAMHS will be in attendance

Please contact Wednesbury Family Hub on 0121 556 5405 for further information