

Good To Know Newsletter



Free Changes training for professionals in Sandwell

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.

Training is currently free to those working with families in Sandwell!

New dates for free training are now available to book [here](#).

Free Changes summer activity taster sessions

Sandwell Changes run 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 4 free activity courses per half-term .

Summer taster sessions are available to book now!

Find our free courses [here](#)!

Free Changes antenatal offer

Sandwell Changes offers free antenatal courses for parents-to-be who live in Sandwell.

Sessions at new community venues and Saturday one-day courses are now available to book [here](#)!

Sandwell Family Hubs

Sandwell Family Hubs have so much to offer and share with you!

Sign up to the FREE Family Hub newsletter [here](#).

Sign up to the FREE Healthy Pregnancy newsletter [here](#).

Sign up to the free Family Hubs professionals newsletter [here](#).

Choices Summer activities

Fun free family activities this summer.

Choices summer activities will run from 21st July until the end of August for families with children aged 5-12 years old.

Book online [here](#).

SCVO

Matthew Good
Foundation
Grants

The next round of the Matthew Good Foundation Grants for Good Fund is now open. The aim is to support small charities, not-for-profit groups and social entrepreneurs to make a difference to people, their community or the environment.

The Fund will share £15,000 between five shortlisted projects every three months, which will be voted for by John Good Group employees, find out more [here](#).

Baby Bonding Training (PIEW)

This Level 1 training is for Sandwell professionals and volunteers who work with families with babies under 2 or pregnant people. You'll learn how to support the emotional well-being of both parent and baby, which can impact the child's development.

Find the available training dates [here](#).

Internet Matters

Online gaming
safety tips

Online gaming can increase in the summer holidays which means parental worrying over gaming dangers can also increase. Internet Matters.org have helpful tips for families to keep children entertained but safe.

Find the tips and other information [here](#).

NSPCC Learn

Safeguarding and
child protection in
early years

It's important that everyone working or volunteering with expectant parents, young children and their families is confident about how they prevent, recognise and respond to child protection concerns.

NSPCC learn have resources and guidance designed to help professionals support pregnant parents, children under 5 and their families. Find it all [here](#).

ICON Training

Coping with
Infant Crying

Infant crying is normal but can be overwhelming. The ICON programme offers simple, evidence-based ways for caregivers to cope, helping prevent Abusive Head Trauma (AHT) and providing comforting strategies.

Find the training [here](#).

Breastfeeding Network Sandwell

The Breastfeeding Network Sandwell team offer in-person, virtual and telephone support to parents across Sandwell.

Book a place on one of their antenatal sessions or regular walking groups [here](#).

Visit Sandwell

The Summer holidays can be an expensive time for families, Visit Sandwell has lots of free and low cost activity ideas for local families.

Find the action [here](#).



Good to Know News

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

GREEN ROOTS ON THE MEADOW **FREE EVENT**

Seed sowing with **BIRMINGHAM & BLACK COUNTRY WILDLIFE TRUST**

SAT 16 AUG 2025
12 PM - 2 PM

FUN AND CREATIVE ACTIVITIES FOR ALL AGES!

Live music by **BOSTIN' BRASS**

FREE SNACKS

Wildlife Ceramic Exhibition by **JUNEAU PROJECTS & YMCA WEST BROMWICH**

Pop up performance *Meadow Fest* by **BIRMINGHAM OPERA COMPANY** AT 1.30PM

FAMILY FRIENDLY TRAIL

For more information visit the Multistory website: multistory.org.uk

Meadow behind Primark in the New Square Shopping Centre, West Bromwich (accessed on the corner of Walsall Street, opposite Tiny Tots Academy)

Have your say on Smethwick's future

Smethwick is set to receive up to **£20 million** in government funding over 10 years through the Plan for Neighbourhoods programme, aimed at supporting local communities and driving positive change.

Please share your views in our short online survey

SCAN HERE

HELP SHAPE THE FUTURE OF SMETHWICK

- Tell us what your priorities are
- Share your ideas for projects
- Help influence decisions

Take part in the survey, visit www.sandwell.gov.uk/SmethwickSurvey

SMETHWICK PARTNERSHIP BOARD | Sandwell Metropolitan Borough Council | Funded by UK Government

The Active Wellbeing Society

Simple Point

Buggy Walk at Sandwell Valley Country Park

Visit your local park, spend time with your little ones, get active and meet other new parents!

Tuesdays, 10am-12pm.

Sandwell Valley Country Park, West Bromwich, B71 4BG.

Meet at the Courtyard Kitchen Cafe at the Sandwell Valley Visitors Centre at 10am. First walk Tuesday 15th July.

Contact us: sandwellags@theaws.org

VOLUNTEERS WANTED

SANDWELL INDEPENDENT ADMISSION APPEALS PANEL

Would you like to make a difference to the lives of children and families in Sandwell?

Interested?

Please email dsu_schoolappeals@sandwell.gov.uk

Sandwell Metropolitan Borough Council

Supported by:

Sandwell **Family Hubs**

Sandwell Metropolitan Borough Council

HEALTH SANDWELL We find the support you need

@tawsociety
@theaws
The Active Wellbeing Society

THE HUB PROGRAMME PRESENTS

OUTDOORS MINI-EXPLORERS

NATURE BASED ACTIVITIES FOR 0 TO 2 YEARS OLD BABIES AND TODDLERS AND THEIR FAMILIES. COME AND DISCOVER NATURE WITH US LEARNING THROUGH PLAY

SUMMER timetable

WEEKLY POP-UP SESSIONS JOIN US! FROM 10:30 - 12:00 SOUTH SANDWELL

WEST SMETHWICK PARK B67 7JJ TUESDAY 22/07 TUESDAY 29/07 TUESDAY 05/08	HADEN HILL PARK B64 7JU FRIDAY 25/07 FRIDAY 01/08 FRIDAY 08/08	BARNFORD PARK B68 8ED TUESDAY 12/08 TUESDAY 19/08 TUESDAY 26/08	LIGHTWOODS PARK B67 6DP FRIDAY 15/08 FRIDAY 22/08 FRIDAY 29/08
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Contact us in Facebook and Instagram @thehubprogramme / Send us an email hubprogramme@groundwork.org.uk

Created by: **Sandwell Family Hubs** Funded by: **Sandwell**

Summer of fun

FOR SANDWELL'S CHILDREN AND YOUNG PEOPLE

For more information, visit: www.sandwell.gov.uk/summerfun