

Good To Know Newsletter



Parent Support Team

parent_support@sandwell.gov.uk

www.bookwhen.com/changes
www.bookwhen.com/book4changes

The Parent Support Team are running a series of FREE programmes to help support families in Sandwell.

We offer an amazing antenatal offer at www.bookwhen.com/changes (including a session for Grandparents-to-be too!!)

We are also offering a whole range of free and fun family activities from birth upwards (sensory play, splash & chat, mini Baggies, Zumbini to name just a few!). Find them at <https://bookwhen.com/book4changes>

Our Changes programme for Parents is also offered to support parents and families on their parenting journey. The sessions are split into three age ranges - Early Years, Primary Years and Secondary Years to support families at key stages of change.
<https://bookwhen.com/book4changes>

Would you like
to train as a
Changes
practitioner?

Do you work in an organisation with access to parents that would benefit from attending a Changes course for parents.

We have free training for Early Years, Primary Years and Secondary Years practitioners. To book your place, click [here](#)

Free early education entitlements funding/ 2-year-old funding entitlements

All eligible parents should apply for and reconfirm, their 30 hours free childcare place ahead of the 31 March 2023 deadline, allowing them to be ready for the Summer Term (April 2023 intake).

Renewal must take place every three months and can be done via the HMRC website:
<https://www.gov.uk/sign-in-childcare-account>

Parents need to apply for a place via the HMRC website: www.childcarechoices.gov.uk
Parents must obtain their 11-digit code from HMRC and provide this to the setting of their choice, before the deadline date for returns to be eligible for a place.

The Breastfeeding Network Sandwell

Free breastfeeding
support in Sandwell

BfN Sandwell offer B.E.A.R.S. virtual drop-in groups;

- Monday, 12:30-2pm - Wednesday, 10:30am-12pm - Friday, 10:30am-12pm

Drop in and socialise with other parents or you can book a 1-1 breakout room with a trained peer supporter by calling or texting 07505 775 3

NSPCC

Online content and digital
safety updates

<https://www.nspcc.org.uk/>

The NSPCC have released information on harmful online content and digital safety for children;

[Read the report](#)

[NSPCC; Protecting children from online abuse](#)

[Listen to the podcast](#)

[Read the news report on new guidance issued to video-game designers](#)

Sandwell Parents for Disabled Children

[Click here for SPDC
Newsletter](#)

SPDC family club is starting their spring activities on Monday 6th March, 5pm-6:30pm at West Bromwich Leisure Centre, Moor Street, West Bromwich, B70 7AZ.

6/3/23 - Spring time **13/3/23 - Mothers day crafts** **20/3/23 - Mash up day**
27/3/23 - Inflata-nation fun

Please email your expressions of interest to spdcbooking@sp-dc.org stating your name, which session you would like to attend and how many people will be attending.

Sandwell Young Carers

<http://training.sandwellyc.com>

**Free virtual
awareness training**

Sandwell Young Carers are currently offering a free young carer aware virtual training course. This training will show you how you can identify and support young carers.

The course;

- Takes 30 minutes to complete
- Is easy to follow
- Certificate & lanyard on completion

To book go to <http://training.sandwellyc.com>

The LoveReading4Kids Funding for Schools Scheme

<https://www.lovereadings4kids.co.uk/school/dashboard>

Funding for books in
schools

The LoveReading4Kids Funding for Schools Scheme accepts applications from state funded schools in the UK. Primaries, secondaries and early years' settings are all eligible to apply.

We fund books with a specific focus on reading for pleasure. We will not fund textbooks or curriculum books.

Schools can apply for between £1,000 and £5,000.

For more information go to; <https://www.lovereadings4kids.co.uk/the-lovereadings4kids-funding-for-schools-scheme>

SCVO

**Creating Safe
communities –
Collaborative session
for the voluntary sector**

SCVO and Safer Sandwell Partnership would like to invite you to a collaborative session for your organisation to find out more about how we can work together to keep communities safe in Sandwell.

This session will be a chance for you to hear more from key speakers Modern day slavery and preventing extremism and have discussions with others about how to respond when you have concerns and what support you need.

The event will be taking place on Tuesday 21st March 2023 from 9.30am – 12.30pm at Brasshouse Community Centre, Brasshouse Lane, Smethwick, B66 1BA. Book your ticket [here](#)

Sandwell's Warm Spaces

Visit the council's website where there is a range of advice and guidance including Warm Spaces, Health and Wellbeing and Food.

Find out more [here](#)

Sandwell's Food Banks

For a list of the food banks in Sandwell, visit our website [here](#)

Cost-of-Living Grant

Cash for Kids is granting out of £1 Million of Help across the UK, to support children and young people through the cost-of-living crisis.

Grants are £50 per child per household, and we aim to get the funds to families as soon as possible. Find out more information [here](#)

Celebrating His Majesty The King's Coronation?

You can apply for funding to commemorate the occasion through events and activities through The National Lottery Community Fund Awards for All programme.

For eligibility criteria and to apply click [here](#)



Good to Know News

Please click on the images below to access links to more information

Struggling with your rent?

LET US HELP YOU!

MONEY AND BUDGETING ADVICE
EXTRA HELP WITH YOUR RENT
MENTAL HEALTH SUPPORT
HELP GETTING DIGITAL
EMPLOYMENT SUPPORT
LANGUAGE SUPPORT
BENEFIT ADVICE

If you're struggling with your rent then we're here to help.
Call us on 0121 737 5148 for advice

Better Health Start for Life

STORY TIME AT FORGE MILL FARM

FREE EVENT FOR CHILDREN AGED 0-5 YEARS **DATE: TUESDAY 14TH MARCH 2023**
TIME: 10AM

COME AND JOIN IN WITH A FUN EXCITING STORY AROUND THE ANIMALS!!

BRING A PICNIC TO ENJOY AT THE END...

BOOKING IS REQUIRED!! LIMITED SPACES...
CONTACT: 07514224482
ADILA.ZAREEN@WSENTERPRISE.CO.UK

LOCATION: FORGE MILL FARM
FORGE LANE
WEST BROMWICH
B71 3SZ

Easter Appeal

Kids don't just miss out at Christmas! Please help us collect Easter Eggs for children who may not get one this Easter

Santa's Please get in touch to find your nearest collection point or drop us a message
 santastoyappeal
 07860 644468
 santastoyappeal@gmail.com

WE ARE COLLECTING EGGS UNTIL
 27th March 2023 for schools & 3rd April for other recipients

Sandwell Keeps Talking

Sandwell and West Birmingham Hospitals **NHS**

Active Greenspaces Hubs

Want to find out more about activities in Greenspaces near you?

Greenspaces provides various outdoor activities in the parks including walks, exercises classes, stay and play toddler groups, wellbeing hubs, coffee mornings and more....

FOR MORE INFORMATION CONTACT
 david.jones@albionfoundation.co.uk
 07941 830 390

PARTICIPANTS OUTCOMES:

- + Increased activity levels
- + Increased social engagement
- + Decrease in loneliness & isolation
- + Improvements of mental wellbeing
- + Increase of knowledge & confidence of local Green Space

Community Wellbeing Hubs

- OLDBURY
- ROWLEY
- SMETHWICK
- TIPTON
- WEDNESBURY
- WEST BROMWICH

FOR PEOPLE TO IMPROVE THEIR LIFESTYLE | MEET NEW PEOPLE | GET HEALTHIER AND FITTER | SOCIAL SESSIONS

Changes Sandwell NHS

Ready Steady Wean!

Come and join the friendly and knowledgeable Community Nursery Nurses, who work as part of Sandwell's Health Visiting Team, to find out more about weaning your baby.

A **FREE** parent pack is available for all families who attend.

<https://bookwhen.com/book4changes>