



# STAY AND PLAY

Sessions will return WC 12/09/22

**Monday: 10:00-11:30 @ Cape Hill Children's Centre (0-5 yrs)**

**10:00-11:30 @ Great Bridge Children's Centre (0-3 yrs)**

**12:30-2:00 @ Friar Park Children's Centre (0-5 yrs)**

**1:00-2:30 @ Rowley Children's Centre (0-3 yrs)**

**Tuesday: 10:00-11:30 @ Hillside Children's Centre (0-5 yrs)**

**10:00-11:00 @ Rowley Children's Centre (0-3 yrs)**

**10:00-11:30 @ Flying Start Children's Centre (0-3 yrs)**

**Wednesday: 10:00-11:30 @ Burnt Tree Children's Centre (0-5 yrs)**

**10:00-11:30 @ Great Bridge Children's Centre (0-3 yrs)**

**12:30-2:00 @ Cape Hill Children's Centre (0-5 yrs)**

**1:00-2:30 @ Rowley Children's Centre (0-3 yrs)**

**1:00-2:30 @ Flying Start Children's Centre (0-3 yrs)**

**1:00-2:30 @ Tipton Children's Centre (0-3 yrs)**

**Thursday: 10-11:00 @ Happy Faces Children's Centre (0-3 yrs)**

**Friday: 10:00-11:30 @ Cape Hill Children's Centre (0-5 yrs)**

**12:30-2:00 @ Greets Green Children's Centre (0-5 yrs)**

**1:00-2:00 @ Great Bridge Children's Centre (0-3 yrs)**

**1:00-2:30 @ Tipton Children's Centre (0-3 yrs)**



**Thank you to everyone  
that came along to our  
Summer Family Fun  
sessions across our  
Children's Centres. It  
was so much fun and  
we loved seeing you all**



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# BABY CLUB

**Baby Club @ Greet's Green Children's Centre**

**Monday, 10:00am till 11:00am**

**Baby Club @ Friar Park Children's Centre**  
**Thursday, 1:00pm till 2:00pm**

**Baby Club @ Burnt Tree Children Centre**

**Tuesday, 10:00am till 11:00am**

**Baby Club @ Cape Hill Children Centre**  
**Thursday, 1:30pm till 2:30pm**



## Father's Group

### Fathers and Male Carers Sessions

**Saturday 3<sup>rd</sup> September 10-12pm – Tipton CC**

**Saturday 1<sup>st</sup> October 10-12pm – Rowley CC**

**Drop in session, spaces are on a first come first serve basis!**



## Cradley Heath Community Centre

**Why not join us at our soft play session?**

**Sessions are Wednesday mornings 10-11am**

**No need to book just show up!**

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# Play, Talk, Read

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 10:30-11:30am  10:00-11:00am  11:45 – 12:30pm	<p><b><u>Play Talk Read</u></b> (0-36 months) Langley Library</p> <p><b><u>Play Talk Read</u></b> (0-36 months) All Saints Church</p> <p><b><u>Big Explorers</u></b> (18-36 months) Rowley CC</p> <p><b><u>Little Explorers</u></b> (12-18 months) Tipton CC</p>	<p><b><u>Play Talk Read</u></b> (0-36 months) Central Library</p> <p><b><u>Play Talk Read</u></b> (0-36 months) Great Barr Library</p>	<p><b><u>Sensory for Babies</u></b> (Birth to walking) 10:00-11:00am Rowley Children's Centre</p> <p><b><u>Let's Get Cooking</u></b> (24-36 months) Cape Hill Children's Centre</p>	<p><b><u>Sensory for Babies</u></b> (Birth to walking) 10:00-11:00am Tipton Children's Centre</p> <p><b><u>Forest School</u></b> (24-36 months) Venue TBC</p> <p><b><u>Play Talk Read</u></b> (0-36 months) Oldbury Library</p> <p><b><u>Baby Sensory</u></b> (0-8 months) Hillside Children's Centre</p>	<p><b><u>Play Talk Read</u></b> (0-36 months) Rounds Green Library</p> <p><b><u>Play Talk Read</u></b> (0-36 months) Hilltop Library</p> <p><b><u>Baby Massage</u></b> (8 weeks – 9 months) 11:45 – 12:30pm Tipton Children's Centre</p>
Afternoon 1:30-2:30pm  12:15 – 1:00pm  12:45 – 2:15pm  1:00-2:30pm	<p><b><u>Baby Massage</u></b> (8 weeks – 9 months) 12:15-1:00pm Happy Faces Children's Centre</p> <p><b><u>Baby Massage</u></b> (6 weeks - 6 months) Cape Hill Children's Centre</p> <p><b><u>Music Magic</u></b> (12-36 months) Rowley Children's Centre</p>	<p><b><u>Let's Get Cooking</u></b> (24-36 months) Hillside Children's Centre</p> <p><b><u>Play Talk Read</u></b> (0-36 months) King George V Primary School</p> <p><b><u>Baby Massage</u></b> (6 weeks - 6 months) Friar Park Children's Centre</p> <p><b><u>Big Explorers</u></b> (18-36 months) 12:45-2:15pm Rowley Children's Centre</p> <p><b><u>Little Explorers</u></b> (12-18 months) 1-2:30pm Happy Faces Children's Centre</p>	<p><b><u>Little Explorers</u></b> (18-36 months) Burnt Tree Children's Centre</p> <p><b><u>First Words Together</u></b> (12-18 months) Venue TBC</p> <p><b><u>Junior Explorers</u></b> (18-36 months) Friar Park Children's Centre</p> <p><b><u>First Words Together</u></b> (12-18 months) Venue TBC</p>	<p><b><u>Music Magic</u></b> (12-36 months) Rowley Children's Centre</p> <p><b><u>Music Magic</u></b> (12-36 months) Great Bridge Children's Centre</p> 	<p><b><u>Junior Explorers</u></b> (18-36 months) Hillside Children's Centre</p>

Places will be allocated on a first come first served basis.

To register your interest for courses in September or to ask for further information then please call your local Children's Centre

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## Health and Wellbeing



We can support you to make positive lifestyle changes with support and guidance whether it is to do with mental health, smoking, weight management etc. Please call us on any of our Children's Centres numbers and we will be able to refer you so that you will get the help you need.

**Are you pregnant? Your local children's centres in Sandwell can help you to register with your midwife. For more information scan the QR code below**



### Breastfeeding Network

Breastfeeding Network are still here to support you with their virtual Mama B.E.A.R.S groups. For more information or for the link for the virtual groups, please message their Facebook page (@breastfeedingsandwell) or contact BFN on **07505775357**

Breastfeeding Network have a clinic at Friar Park Children's Centre from 9:30-12:30pm and at Cape Hill Children's Centre from 1:30-3:30pm. Please call **07505775357** to book an appointment for 1:1 support and guidance on breastfeeding.

### Antenatal Changes

Our short 3 week course delivered with health visitors and midwives covers how your baby is growing, what you can do to have a healthy pregnancy, life with a new baby and the importance of a support network. It will cover the birth and key information about labour and how to care for your baby including essential baby care and safety. These sessions need to be booked through [www.bookwhen.com/changes](http://www.bookwhen.com/changes) and are delivered virtually and face to face

### Antenatal Coffee Mornings

Drop into our friendly and relaxed coffee mornings. Find out how to keep healthy during your pregnancy and have fun meeting other parents-to-be.

**Wednesday 7<sup>th</sup> September @ Tipton Children's Centre, 11:00-12:30pm**

**Friday 9<sup>th</sup> September @ Springfield Children's Centre, 11:00-12:30pm**

**Friday 9<sup>th</sup> September @ Cape Hill Children's Centre, 12:30-1:30pm**

**Friday 16<sup>th</sup> September @ Friar Park Children's Centre, 10:00-11:00am**

**Tuesday 27<sup>th</sup> September @ Hillside Children's Centre, 1:00-2:00pm**

**Friday 30<sup>th</sup> September @ Burnt Tree Children's Centre, 1:00-2:00pm**



## **Do you have a child 18 months and over?**

### **Your local Children's Centres are providing Wellcomm language screenings.**

Wellcomm is a Sandwell programme which we use between 18 months and 3 years to make sure a child's communication is progressing as it should. It is a short screening done by play, everyday interactions and looking at pictures. We feel by identifying a communication need early and providing that intervention before they go to school is most beneficial.

**If you would like to arrange a screening, please contact 0121 588 5431**



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## Volunteering

Do you have any spare time and are you interested in volunteering with Barnardos to gain experience?

Roles include: Interpreting, Early years, Administration, Grounds Maintenance, Community Engagement, Health and wellbeing, Dads Group

\*\*NEW\*\* Health Walks Leader, Litterwatch & Telephone Befriending

Training and support offered whilst volunteering.

Contact your local Children's Centres for more information.



## Courses on offer:

- CUSTOMER SERVICE Level 1 & 2 (3 weeks)
- ESSENTIAL DIGITAL SKILLS (Level 1&2)
- HEALTH & SOCIAL CARE Level 2 SBWA(Online 3 Weeks)
- ENGLISH (FUNCTIONAL SKILLS) Level 2
- WAREHOUSING Level 1 & 2 (2 weeks) (with Forklift licence)
- CUSTOMER SERVICE Level 3 (3 weeks)
- TEAM LEADERSHIP Level 2 (3 weeks)
- BUSINESS ADMIN Level 1&2 (3 weeks)
- MATHS (FUNCTIONAL SKILLS) Level 2
- ICT Level 1&2 (3 weeks)
- HEALTH & SOCIAL CARE Level 2 SBW (Online 3 Weeks)
- CUSTOMER SERVICE Level 1 SWBA (1 weeks)
- ENGLISH (FUNCTIONAL SKILLS) Level 2



*Free online learning for adults in the West Midlands. Skills Training UK is committed to continue supporting the local community with FREE online learning for eligible learners.*



Contact your local Children's Centre for further information and for course bookings

## ESOL



We have a FREE course for speakers of other languages wishing to improve their English. Please call 0121 555 6756 to book a place

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## **Family Support:**

*Support can be provided to families on a 1-1 basis helping you to deal with an array of issues such as routines, boundaries, and behaviours. Support is for families with children aged 0-19 years old (25 years if SEND). For us to be able to support you and offer the right type support, when you contact we will take some further information to complete a referral form. This will allow us to sign post you in the right direction and allocate a worker to support you and your family.*

*To find out more information or to refer yourself in, please contact your local Children's Centre.*

## **Advice Surgery**

**Advice Surgeries for support with benefits, employment, immigration, debt etc are available.**

**Contact your local centre for more information.**

### **Children's Centres contact details:**

**Burnt Tree Children's Centre, 20-25 Tividale Street, DY4 7SD: 0121 557 0740**

**Greets Green Children's Centre, Wattle Road, B70 9EZ: 0121 500 4011**

**Hillside Children's Centre, Connor Road, B71 3DJ: 0121 588 5431**

**Cape Hill Children's Centre, Corbett Street, B66 3PX: 0121 555 6756**

**Friar Park Children's Centre, Dorsett Road, WS10 0JG: 0121 556 5405**

**Rowley Children's Centre, Dudley Road, Rowley Regis, B65 8JY, 0121 559 9916**

**Tipton Children's Centre, 24 Ridgeway Road, Tipton, DY4 0TB, 0121 522 5150**

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