



Good to Know

14th January 2022

Working with Families News

News:	For more info:
Keep up-to-date on the latest Covid-19 restrictions and isolation rules.	https://www.sandwell.gov.uk/localrestrictions
Funded through Public Health England's 'Better Mental Health' , we are pleased to announce that we now have online and face to face Changes Sessions available for Sandwell families to attend. If you know a family who you think would benefit from attending a FREE Changes programme, then please encourage them to book onto a 6 week course or taster session.	https://bookwhen.com/book4changes
Keep checking our booking website for exciting FREE activities for expectant mums living in Sandwell . Funded by Public Health England's Better Mental Health, the activities include Aquanatal, Bump to Baby, Pregnancy Fitness Yoga and antenatal classes, for parents and grandparents. More activities and dates are being added all the time, so keep checking the booking page.	For expectant families living in Sandwell: https://bookwhen.com/changes
We are also pleased to be offering a range of FREE activities for families living in Sandwell with an under 1 year old . Activities include Baby Sensory, Tots Talking, Babbling Babies, Beyond Birth, Coffee, Craft and Chat and Tree Babies. Activities are being added all the time to the website, so keep checking back.	For new families with a baby under 1 years old: https://bookwhen.com/book4changes
Professionals are invited to the Sandwell webinar launch of The Better Mental Health Programme on Monday 17 th January, 1pm – 3pm. The launch will showcase the 10 Better Mental Health Community Projects and will inform you about Sandwell's approach to mental health.	To book: https://www.lfphwm.org.uk/member/Events/Book/event/203  BMH Flyer.pdf
Tommy's has launched a new app to guide parents who have had or are at risk of having a premature birth. My Prem Baby offers parents the chance to track their pregnancy week-by-week; monitor their baby's progress; get tailored, expert midwife information; read real-life stories from other prem parents; and read about the latest prematurity research.	https://www.tommys.org/pregnancy-information/premature-birth/my-prem-baby-app

<p>Sandwell Council with partner organisations is committed to meeting the ambition that by 2030 no-one will die of suicide in Sandwell and is asking for feedback on its draft Suicide Prevention Strategy. Follow the link to take part.</p>	<p>https://www.healthysandwell.co.uk/mental-health/</p>
<p>Ask Marc is a website that offers help and support for men affected by domestic abuse, stalking and rape and sexual violence. Developed by Black Country Women’s Aid, <i>Ask Marc</i> sends out a clear message of hope telling victims you don’t have to deal with it alone: someone is here to listen.</p>	<p>https://askmarc.org.uk/</p>
<p>Parentzone has produced a guide for parents on a popular app called Genshin Impact. This app is a game aimed at over 13 year olds.</p>	<p>https://parentzone.org.uk/article/what-is-genshin-impact</p>
<p>The West Midlands Combined Authority has funding available to help redress the regional inequalities in access to green space. The funding is open to any eligible group or organisation based in the West Midlands but priority will be given to areas with green deprivation. They are hosting a FREE webinar on Thursday 27th January 2022, 1:30-2:30pm to discuss the different levels of funding available, how you can apply for funding and the process.</p>	<p>To book on the webinar: https://www.eventbrite.co.uk/e/community-green-grants-west-midlands-tickets-231439149727</p>
<p>Black Country Women’s Aid has a number of job vacancies including Safe House Manager, Administrator and Outreach Workers. Details can be found on their website.</p>	<p>https://blackcountrywomensaid.co.uk/work-for-us/</p>
<p>If you’re aged 12 and over you can ‘walk in’ to get your first, second or booster COVID-19 jab from one of Sandwell’s pop-up clinics – no appointment needed. The pop-up clinics are available across Sandwell; the next one is Saturday 15th January, West Bromwich, Dartmouth Cricket Club 10am – 3pm.</p>	<p>https://www.sandwell.gov.uk/news/article/6311/walk_in_to_get_your_covid-19_jabs_no_appointment_needed</p>
<p>Open to all ages, there is a new dance class taking place at Brasshouse Community Centre, Smethwick on Saturday mornings, specifically for Children with Special Education Needs and Disabilities. For more details call 07968 700181.</p>	<p> babyballet Shine pdf</p>
<p>If you would like to promote services or information in this newsletter or share a good news story, please contact the team.</p>	<p>Parent Support Team parent_support@sandwell.gov.uk</p>