



Your Family Hub Updates

**Stay
up-to-
date**

Dear Colleagues and Partners,

Welcome to first electronic newsletter for professionals. We aim to update you regularly with the latest news, essential updates and valuable resources that you can access to support children, families, and our community.

In this edition, we'll cover key events happening from early September:

- Family Hub Autumn Activities
- Top Tips for Teeth, including free toothbrush packs
- PIEW (Baby Bonding) Training Dates

- ICON – Coping with Infant Crying
- Autism West Midlands 5K Parent Carer Charity Walk

We aim to bring you news updates as regularly as they reach us to keep you informed of the 'hot off the press' activities.



Family Hubs Autumn Activities and Offer

Take a look at the Family Hubs offer across Sandwell this autumn. Please share with your families.

[Read more](#)

BARNARDOS

Sandwell **Family Hubs**
Helping Families Thrive

Family Hub Sessions
and Offer
Autumn

SCAN HERE

September – December 2025



Oral Health September Tips

Top tips for **TEETH**

Oral Health September Tips

The Dental Nurse says:

September is the start of the new school term,

Let's get our teeth ready to learn!

We need a healthy mouth to help us to eat and talk,

Let's make a healthy & happy smile that you can share with friends.

- * Brush for 2 minutes before you go to bed and at least one other time in the day.
- * Use a fluoride toothpaste containing 1350-1500ppm fluoride.
- * Use a pea-sized amount of toothpaste (smear for children under 3).
- * Spit out the toothpaste after brushing, do not rinse!
- * Make healthy choices and eat well, keeping sugary foods and drinks to mealtimes only.
- * Visit the dentist as often as they recommend.

Free Toothbrush Packs for Children 6+

Family Hubs have some Toothbrush/toothpaste sets for children ages 6+ to give away. These come in groovy little pouches that children adore. The packs can be collected from Wednesbury North Family Hub. For more details please contact Rachel Jesson on Rachel_Jesson@barnardos.org.uk



Citizens Advice Coffee Afternoon and Networking Meeting



Join CAB for an informative event with the Citizens Advice Financial Capability, Cost of Living, Energy, and Project Teams. This is a great opportunity to gain valuable insights, share knowledge and network with other organisations. Together we can continue to collaborate and strengthen support for families and residents across Sandwell.

This is a FREE session for Professionals, Staff or Volunteers (train the trainer style) and is not for residents or clients to attend.

Spaces are limited - if you could reply to this email to confirm your place or email cheryl.s@citizensadvice-sandwell-walsall.org and then they will send you a calendar invite to confirm your place.

When: 1pm – 3pm – Tuesday 23rd September 2025

Where: Upstairs Room, Central Library, 316, High Street, West Bromwich, B70 8DZ



PIEW Training is Continuing For Sandwell Professionals and Volunteers

[Read more](#)

PIEW (Baby Bonding Training)

Parent & Infant Emotional Wellbeing training (Level 1)

Scan to view the dates from: September – February. Or follow the link.

23.09.2025 – Oldbury Council House.	13:00 – 16:00
09.10.2025 – Smethwick Family Hub.	14:00 – 17:00
11.11.2025 – Oldbury Family Hub.	10:00 – 13:00
11.12.2025 – Smethwick Family Hub.	14:00 – 17:00
20.01.2025 – Oldbury Family Hub.	10:00 – 13:00
12.02.2025 – Smethwick Family Hub.	14:00 – 17:00



<https://linktr.ee/SandwellFH>

Want to make a difference in the lives of families with young children?

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.

This is relevant for **health, family support, social care, family hubs or nurseries.**



Sandwell
**Family
Hubs**
Improving Families' Lives



Learn More About ICON Training Available

[Read more](#)



Coping with Infant Crying

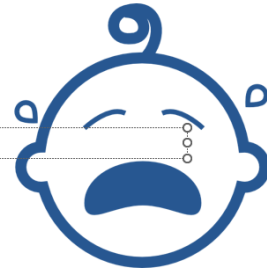
What ICON stands for:

- Infant crying is normal
- Comforting methods can help
- Often, it's OK to walk away
- Never, ever shake a baby

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.

Learn more about ICON training here:

[eLearning : SCSP-ICON-Babies-cry-you-can-cope](#)



Autism West Midlands

Autism West Midlands monthly newsletter, so you can stay updated on all the latest news, events, and resources. Join their community and receive valuable information straight to your inbox!

[Read more](#)

autism
west midlands

5K Parent Carer Charity Walk



Join our Parent/ Carer 5K charity walk around the beautiful trails of Sandwell Valley.

All proceeds will go to Sandwell Family Services Events and Activities:

- **External Training & Workshops**
- **Resources & Materials**
- **Family or Parent, Carer Event**

Children are welcome to join us but must be supervised by a responsible adult at all times.

Monday 22nd September
10am - 12pm

Sandwell Valley Visitor Centre
1 Salter's Lane, B71 4BG

To sign up, email:

sandwellfamily@autismwestmidlands.org.uk or

call: 07881 109525



Be The First To Know

Don't forget to follow us on our social media channels where we share the latest updates including local events and sessions that you can take part in!



SandwellFamilyHubs



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SandwellFamilyHubs



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