

# Cuddle and Chat



Come and join one of our FREE weekly Cuddle and Chat Baby Clubs running on:

**Monday: 11:00-12:00pm @ Friar Park Children's Centre**

**Tuesday: 1:00-2:00pm @ Burnt Tree Children's Centre**

**Wednesday: 1:00-2:00pm @ Cape Hill Children's Centre**

**Friday: 1:00-2:00pm @ Greet's Green Children's Centre**

We will be talking all things baby and more. Our friendly and fun Baby Clubs are for babies 0-1 years. Limited spaces available - **BOOKING ESSENTIAL.**



## Virtual **STAY AND PLAY**

**RHYTHM AND RHYME: Tuesday  
10:00-11:00am**

**MAKE AND DO: Wednesday 10:00-  
11:00am**

**STORY TIME: Thursday 10-11:00am**

*For further information or to book your place for Cuddle and Chat or/and Virtual Stay and Play, please call [0121 557 0740](tel:01215570740)*



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Sandwell Family Offer Oldbury and Smethwick

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# Action for Children - Sandwell Family Offer Newsletter May 2021



## Play! Talk Read!



**PTR Face to Face sessions are BACK!!**

FREE 6 week learning programme that contains a variety of activities and experiences (subject to COVID guidelines)



Places will be allocated on a first come first served basis due to limited availability and for families who haven't accessed PTR provision before. Only 1 adult to 1 child permitted.



To register your interest or ask for further information then please call 0121 588 5431

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b> 10:30 – 11:30			<u>Friar Park Centre</u> Baby Massage (6 weeks – 6 months) <u>Hillside Centre</u> Junior Explorers (18 to 36 months)	<u>Hillside Centre</u> Messy Play (9 months +) <u>Burnt Tree Children's Centre</u> Junior Explorers (18 to 36mths)	<u>Cape Hill</u> Messy Play (9 months +)
<b>Afternoon</b> 1:30 - 2:30	<u>Cape Hill</u> Baby Massage (6 weeks – 6 months)		<u>Hillside Children's Centre</u> Little Sparklers (3 months – 12 months)	<u>Hillside Centre</u> Baby Massage (6 weeks – 6 months) <u>Friar Park Centre</u> Messy Play (9 months +)	

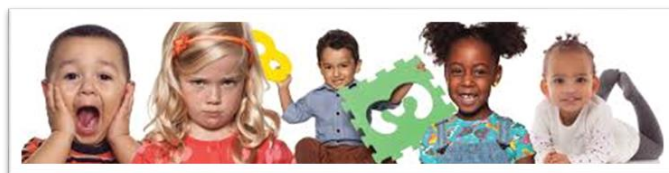
**Virtual PTR sessions are also available for 0-3 years. For further information or to register your interest, please call 0121 588 5431**



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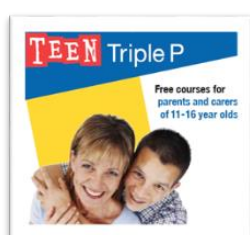
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# Parenting programmes



**Solihull Approach** is a 10 week programme which aims to help parents to understand their child's development, communication and emotional needs.

**Triple P** is suitable for all parents & helps learn strategies that will support the challenges parents face. Supports boundaries, routines and clear calm parenting. 8 week programme



**Teen Triple P** helps support parents as their children grow. Supports the changes & challenges parents face and adapts strategies so they are more suitable for teenagers. It is an 8 week programme that empowers parents.

**Stepping Stones Triple P** is for families with children with additional needs & disabilities. This is a 9 week programme that provides adapted, understanding & inclusive strategies.



**To book on to any of the parenting programmes, please call Hillside Children's Centre on 0121 588 5431**

## 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.

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# Action for Children - Sandwell Family Offer

## Newsletter May 2021



### STAY AND PLAY

**FACE TO FACE SESSIONS ARE BACK!!**  
**Starting week commencing 7th June 2021**

**Monday: 9:30-11:00 @ Cape Hill Children's Centre**

**Tuesday: 1:30-3:00 @ Hillside Children's Centre**

**Wednesday: 1:30-3:00 @ Friar Park Children's Centre**

**Friday: 9:30-11:00 @ Burnt Tree Children's Centre**

Please contact your local Children's Centre for further information or to book your place



### 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.*

Please contact your local Children's Centre for further information or for course bookings

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# Action for Children - Sandwell Family Offer Newsletter May 2021



## Worried? Confused?..Talk to us!

If you have any questions about how to support your child's learning during lockdown, need help managing your money or COVID is affecting you and your family in some other way...

### **We can help!**

Monday to Friday 10am-3pm, Jasbir, Nadine, Molly and Michelle can take your call, text or email and answer any questions you have around local support, services, and opportunities available during these uncertain times.

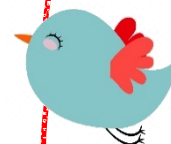
Jasbir is fluent Punjabi as well as having a good understanding of Hindi and Urdu languages.

**Jasbir** – 07795446190 Email : [Jasbir.Chadha@actionforchildren.org.uk](mailto:Jasbir.Chadha@actionforchildren.org.uk)

**Nadine** – 0121 555 6756 Email : [nadine.sewdan@actionforchildren.org.uk](mailto:nadine.sewdan@actionforchildren.org.uk)

**Molly** – 07811712185 Email : [Molly.Naylor@actionforchildren.org.uk](mailto:Molly.Naylor@actionforchildren.org.uk)

**Michelle** – 07976764895 Email : [Michelle.Smith@actionforchildren.org.uk](mailto:Michelle.Smith@actionforchildren.org.uk)



## Advice Surgery

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

Contact your local centre for more information.

## SENDIASS



**SENDIASS** is about providing confidential, impartial support and advice for parents, carers, children and young people (0 - 25 years) in relation to Special Educational Needs and Disability.

Contact us on **0121 500 4010** for more information

## 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.

### 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.

### Antenatal Changes

To book on to the FREE three week antenatal course, please call 0800 011 46 56 or alternatively book your place online by visiting [www.bookwhen.com/changes](http://www.bookwhen.com/changes)

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## Volunteering

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

Roles include: Interpreting, Early years, Administration, Grounds Maintenance, Community Engagement

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

Training and support offered whilst volunteering.

Contact your local Children's Centres for more information.



## Working Together With Families

*Working Together with Families is a new Action for Children service offering 22 weeks of intensive support to families for early intervention where there are concerns about neglect.*

*The programme is for single agency/early help cases where there has been no previous involvement at CIN and CP level. The service covers all 4 towns – West Bromwich, Smethwick, Wednesbury, and Oldbury. The types of support provided is hands on practical support with improving home conditions, putting routines in place to help with getting to school on time, hand holding to appointments for the children and parents.*

*We use the Graded Care Profile 2 as a tool to further assess the situation which is completed with the family and action plans are put in place to work out the support needed and how that will be achieved. Please contact **Kayte Cronin** on **07753689930** or **contact your local Children's Centres** on the numbers below for any queries.*



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

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

**Greets Green Children's Centre, off Claypit Lane, 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**

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