

Good To Know Newsletter



Free Changes training for professionals in Sandwell

To book your
space click [here](#)

Would you like to become a Changes Parenting Practitioner and support local families in Sandwell?

Book a place and receive high quality resources to support you to run your own Changes programme for parents course. We have courses running in October with spaces available for all parenting stages and the training is currently free to staff working with families in Sandwell.

Free Changes activity sessions

New free preschool activity courses are now available to book!

Sandwell Changes have free courses for baby and toddler stages and newly developed pre and postnatal courses too! Sandwell families with preschool children (0-4 years) can book spaces on up to 3 free activity courses per half-term.

- **0-4 year old activity courses are now available to book [here](#).**
- **Prenatal activity courses are now available to book [here](#).**

Free Changes antenatal offer

Find out more
[here](#)

Sandwell Changes offers free antenatal courses for parents who live in or have a GP in Sandwell.

Services include:

- Virtual and in-person 3-week antenatal courses
- Prenatal activity sessions
- Grandparent/supporter sessions
- Bump & Beyond (early communication) sessions
- Bump to Baby (have a healthy pregnancy) sessions

Sandwell Family Hubs

Your local family hubs have so much to offer and share with you!

Sign up to our FREE newsletter ([here](#)) to receive the latest information on what Sandwell Family Hubs has to offer you and your family.

Healthy Sandwell

Keep well this
winter

With more extended cold weather warnings across the borough it is even more important residents are supported to keep well this winter.

Click [here](#) for NHS guidance.

Click [here](#) for warm and welcoming spaces in Sandwell.

SCVO

Grants for
community
facilities

Registered Charities, Churches, Parish Councils, Local Authorities, and CASC-registered sports clubs can apply for grants of between £2,000 and £100,000 to provide, maintain, or improve community facilities.

For more information, grant conditions and application closing dates click [here](#).

Young Active Citizen Award

Do you know a young person in Sandwell who is doing amazing things to help their local community?

If the answer is yes, nominate them for the West Midlands Lieutenancy Young Active Citizen Award. The four age categories are: up to 11 years, 12-14 years, 15-18 years and 19-25 years.

You have until 7th February to vote, more information can be found [here](#).

Safer Internet Day 2025

11th February 2025

Safer Internet Day 2025 will take place on the 11th of February 2025, with celebrations and learning based around the theme 'Too good to be true? Protecting yourself and others from scams online'

The UK Safer Internet Centre have released some resources for you to use to plan your events. Click [here](#) to access them.

Breastfeeding Network Sandwell

The Breastfeeding Network Sandwell team offer in-person, virtual and telephone support to parents across Sandwell.

Book your antenatal session [here](#) or your space on one of their regular walking groups [here](#).

Department of Education

Children's
Wellbeing and
Schools Bill

The Department for Education (DfE) has published a press release on the Children's Wellbeing and Schools Bill being debated in Parliament. The press release outlines how the new measures in the Bill will help protect children and young people from exploitation, grooming and abuse.

Read the DfE press release [here](#)

Child Accident Prevention Trust

The Child Accident Prevention Trust are offering free delivery of all their printed button battery resources (the resources are also free) for a limited time only.

Click [here](#) to view the resources and use code BBFFREE at checkout!

National Literacy Trust

To celebrate [National Storytelling Week 2025](#) the National Literacy trust and amazon are hosting three online story telling workshops. Each key-stage specific workshop is supported by a well know literacy name.

- Sign up [here](#) for KS1
- Sign up [here](#) for KS2
- Sign up [here](#) for KS3



Good to Know News

Please click on the photographs for access to links for booking or further information

NEED SUPPORT TO UNDERSTAND YOUR YOUNG CHILD'S BEHAVIOUR?

FREE workshop for parents and carers of children with SEND aged 0-5 - Sandwell

IDENTIFY TRIGGERS | STRATEGIES TO HELP ENCOURAGE POSITIVE BEHAVIOUR | FIND SUPPORT

Join us to understand why children behave as they do, and learn ways to handle difficult situations in a calm, stress-free manner

Tuesday 28 January 2025
10:00 am - 12:00 pm

To secure your place on this FREE workshop please book via Eventbrite here or scan the QR code

Logos: Early Years SEND, Sandwell Prevent, Contact, NASEN, Birmingham Prevention, Sandwell Children's Trust, Sandwell Community Association

DO YOU CARE FOR OR WORK WITH CHILDREN WITH SEND AGED 0-5 IN SANDWELL?

Interested in improving your local early years services?

This collaborative programme brings together parents, practitioners and local decision makers to help improve outcomes for younger children with SEND and their families.

IMPROVE OUTCOMES | CO-PRODUCTION | INCLUSION DIVERSITY | IMPROVE WELLBEING | BUILD RELATIONSHIPS

22nd October 24 & 6th February 25, 9.30 am - 12.00 pm
Join us for a two part conversation

Register for your place on Eventbrite or scan QR code

Logos: Early Years SEND, Sandwell Prevent, Contact, NASEN, Birmingham Prevention, Sandwell Children's Trust, Sandwell Community Association

Understanding Terrorism

Community Workshop

FREE samosas and refreshments

Would you like to know more about tackling terrorism?

This workshop will support members of the community in Sandwell (including parents/carers) and community groups/leaders to understand issues relating to al-Qa'ida/SIS 'inspired' terrorism and Extreme Right-Wing Terrorism. It will also cover other emerging concerns and how vulnerable people in Sandwell may be affected.

PLUS

- Speak with specialist training providers and network
- Receive free resources
- Look at local case studies
- Understand the Sandwell referral process

DETAILS

Tuesday 25th February 2025
1PM - 3PM

Ileys Community Association, Corbett Street, Smethwick, B66 3PU

To reserve your space, email: prevent.inbox@sandwell.gov.uk

Logos: Sandwell, Sandwell Prevent, Sandwell Children's Trust, Ileys Community Association

Let's Talk at STEPS

Grow **Thrive**
Dream

FREE Adult Sessions Available at STEPS.

- A friendly atmosphere
- Everyone welcome
- All resources provided at no cost
- Refreshments available

Logos: STEPS, Sandwell, Children of Young People Now, Women's Centre

Let's Talk, Learn and Grow Together

Attendance Prizes!!!

Complimentary Refreshments

Haven't got anybody to look after your children? Don't worry bring them with you.

FREE Classes

Time to Celebrate!

Class Schedule

Mondays : Changes Parenting Programme
Topics include: Money Matters
Support and Signposting
Rules and Routines

Wednesdays : Let's Talk at STEPS
Topics include: Physical Health
UK Rules
Keeping Your Privacy
Keeping Children Safe Online
Social Support

Fridays : Everyday English
Topics include: All About Me
Where I Live
My Family

Call Now on 0121 569 2799

Pitchside Pathways

Free Mentoring for 8-18 years old

Unlock young people's potential with our FREE mentoring programme, for 8-18 years old, in a community setting.

Minimum of 12 hours of support to help participants integrate into our Premier League Kicks football sessions. (Based on availability)

Referrals welcomed from the following Sandwell services:

- Police
- NHS
- ASB teams
- Youth Offending Services
- Early Help.

Mentoring available on the following sessions:
Female Multi-sports Hub
George Salfar Academy

Logos: Premier League Kicks Targeted, Sandwell Children's Trust, Ileys Community Association

NHS

Whooping cough cases are rising

Babies are at greatest risk as they are too young to start their vaccinations

Book your vaccine through your GP surgery or local maternity service

FREE Careers Event for 14 - 19 year olds

NEW YEAR NEW START

Saturday 1 February 2025
9.30am - 2pm

Discover your next steps with the help of Employers, Training/Apprenticeship Providers, Colleges, Universities and Connexions Sandwell Careers Advisers.

At West Bromwich Albion Football Club, The Hawthorns, West Bromwich, B71 4LF

This is Ticketsource bookable event
Book your tickets via our website.
www.connexionssandwell.co.uk

Logos: Sandwell Metropolitan Borough Council, Black Country CAREERS HUB, CAREERS & ENTERPRISE COMPANY, connexions SANDWELL