

Good To Know Newsletter



Welcome to this issue of the Good to Know newsletter.

This update brings together key information, news, and opportunities from our partners, voluntary and community organisations to support parenting across Sandwell.

Best Start in Life Family Hubs

Sandwell Best Start in Life Family Hubs have so much to offer and share with you!

Sign up to the FREE Family Hub newsletter [here](#).

Sign up to the FREE Healthy Pregnancy newsletter [here](#).

NSPCC

Crime and
online
safety

The Office for National Statistics (ONS) Centre for Crime and Justice has published estimates of children's experiences and perceptions of safety online and in their daily lives.

This report uses data from the redesigned Children's Crime Survey for England and Wales.

Read the report [here](#).

Anti- Bullying Alliance

Anti-Bullying
Week 2026

Anti-bullying week 2026 runs from 16th to 20th November with the theme "Break the Silence" this year.

A brand new free Anti-Bullying Week pack is now available to download [here](#) to support schools with their planned activities.

SCVO

Digital Focus
Group

SCVO invite you to attend their next free to attend informal, peer-led digital focus group. In this session organisations from around Sandwell will come together to share ideas and plan this important and exciting final phase of the project.

Find out more or book your place [here](#).

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](#).

The National Literacy Trust

Storytelling
routines

The National Literacy Trust have released a new resource aimed at parents and carers to support storytelling routines with their children.

This resource provides practical and accessible tips from experts, authors and families.

Download the free resource [here](#).

CBeebies Parenting

Ready for
school
podcast

CBeebies parenting have released a new episode of their podcast on BBC sounds discussing how parents and carers can support 'starting school' through play and routines.

Listen to the podcast [here](#).

Department of Education

Have your say -
EOTAS
Consultation

The Department of Education wants to hear real experiences from families to shape future national policy on EOTAS (Education Other Than at School).

The deadline is 18th September 2026 - have your say [here](#).

Sandwell Museums

Heritage Open Days

11th - 20th
September 2026

Join Sandwell Museums this September for Heritage Open Days, the country's largest festival of heritage and discover the rich history, stories and hidden treasures of Sandwell.

Find out more about this exciting programme of FREE events and activities [here](#).



The Parent Support Team is here to support you every step of the way, with the latest parenting information in Sandwell.

Changes Programmes for Parents & Carers

The Changes programme for parents and carers is a fantastic, free opportunity for families living within the borough to gain valuable support and skills.

We also offer Changes training free of charge to organisations working with Sandwell families. This enables teams to confidently deliver the Changes programme within their own settings, helping to extend its positive impact across the community.

If you would like to learn more or be notified when new training dates become available, please get in touch with the team by email [here](#).

Changes preschool activities

Sandwell families with preschool children (aged 0–4 years) can book up to four free activity courses each half-term, offering plenty of opportunities for fun, learning and development.

Our Sandwell Changes courses are designed to support families through the prenatal, baby and toddler stages. They are grouped into exciting categories including Busy Minds, Busy Hands, Busy Bodies, and Busy Babies.

Our autumn courses are now available to book [here](#)!

Changes antenatal

Sandwell Changes offers free antenatal courses for parents-to-be living in Sandwell, providing valuable support as they prepare for their new arrival(s).

Our antenatal courses run over three weeks and cover key topics including having a healthy pregnancy, understanding labour and birth, and caring for your newborn.

Sessions are now available to book now [here](#) at new community venues, along with convenient one-day courses on Saturdays!



Good to Know News

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

Celebrate Sandwell

Bringing Communities Together
Come along to see what support is available across Sandwell

Tuesday, 6th October 2026
10.30 am until 2.30 pm
West Bromwich Town Hall
High Street, West Bromwich, B70 8DJ

Free Community Event

Free Refreshments

Fun Community Workshops

Music & Entertainment

Lots of helpful organisations

Book your advanced ticket by scanning the QR code below:

In Memory of
Richard Flatley

WE HAVE A NEW PHONE NUMBER FOR MOST COUNCIL SERVICES

Call 0121 569 7474

PLUS!

for our most-used services if you're not able to contact us online.

Hold your place in the queue and get a call back when it's your turn

Sandwell
Metropolitan Borough Council

SDCA Sandwell Deaf Community Association

YOU'RE INVITED!

DEAF CHILDREN & YOUNG PEOPLE ACCESS TOUR

AT BLACK COUNTRY LIVING MUSEUM
Bostin' Recipes from the Past

SATURDAY 19TH SEPTEMBER 2026

TIME 10:30AM - 12:00 NOON

VENUE BLACK COUNTRY LIVING MUSEUM, DUDLEY

EXPLORE • SHARE • INSPIRE
Help shape a more accessible museum for everyone!

EXPLORE HISTORY
Discover traditional recipes, food and stories from the Black Country's past.

HAVE YOUR SAY
Share your experiences and tell the museum what works well — and what could be improved for Deaf visitors.

BOSTIN' RECIPES FROM THE PAST
Explore, learn and enjoy stories about food and traditions from days gone by.

SPACES ARE LIMITED!
Reserve your place today!

BSL FRIENDLY

COMPLIMENTARY TOUR TICKETS
Tickets are free for the Access Tour only.

Want to visit the museum after the tour? Admission fee applies, or use your Unchained Pass.

TO BOOK OR RESERVE YOUR PLACE, CONTACT CRAIG:
craig.pothecary@sdca.co.uk 07791 921011 Text / FaceTime / WhatsApp

Free preschool activity sessions available to book now!

Racquet Rascals

Active Academy

Little Chefs Lunch Club

sandwellchanges.co.uk

Partners: BEST IN LIFE, Healthy Babies, NHS, BABYDOGS, Sandwell, BEST IN LIFE, Family Hub, Changes



MoodMaster®

A Wellbeing Course Designed For You!

Caring for a disabled child can be rewarding, but it can also be exhausting, isolating, and emotionally heavy.

Moodmasters is a gentle, practical wellbeing course created to help parent carers feel more balanced, more confident, and more in control of their day-to-day mood.

It's a friendly, down-to-earth space where you can breathe, reset, and learn simple tools that actually fit into real life.

What Moodmasters offers Parent Carers

A calmer, more positive outlook

Practical strategies for managing stress, overwhelm and low mood

Confidence boosts that help you feel more capable and grounded

A safe, understanding space to talk, laugh and connect with others who "get it"

Weekly moments just for you, away from appointments, forms and caring pressures

Why Parent Carers feel supported

The group atmosphere is supportive, relaxed and full of shared understanding
no judgement, no pressure.

If you've been feeling...

Drained

Stressed

Stuck in a rut

Like you've lost a bit of yourself

Or simply ready for a boost

Moodmasters is a gentle, welcoming place to start!

**Join Us for a 6 week programme starting Thursday 17th September at
Galton Valley Children's Centre, Great Arthur Street, Smethwick B66 1DH**

Spaces are limited because we keep groups small, comfortable and personal.

If you are ready to invest a little time in your wellbeing, SPDC would love to welcome you.

Email spdcparentcarerbooking@sp-dc.org to book your place!

