



SPDC Parent Carer Newsletter September 2024

September at a glance!



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Welcome!

SPDC welcomes you back after the summer break and if you are new to our service, hello and hope your holiday has been restful and without stress.

I cannot believe how fast this year is running away with us and we are now entering into Autumn season but I have to say it is one of my favourites!

I look forward to catching up with you over the coming months and welcoming new families.

I am contactable on:

0121 565 2410, 07969 519701 or email admin@sp-dc.org

Take Care



Claire x



How to book activities!

Please email

spdcparentcarerbooking@sp-dc.org

September Activities for parent carers



Coffee Shop Stop



Thursday 12th September 10am-11.30am

The Britannia, 124 Halesowen Street, Rowley Regis, B65 0ES

The SPDC Coffee Shop Tour continues, so join us at our next stop for a chat, some laughs and a coffee on us.

We will also be joined by Paul Higgitt from Health Watch Sandwell who is interested to hear your views on all things SEND.



Yoga with Bryony



Monday 16th September 10.00am-11.00am

Friar Park Millennium Centre, Friar Park Road, Wednesbury WS10 0JS

Due to popular demand Bryony Morris will be leading a relaxing yoga session, giving parent carers the opportunity to let go of stresses and anxieties.

Whilst lying down is recommended, if that would not work for you, you can still join in, sitting down.

Bryony will be providing yoga mats so all you need is to be wearing comfy clothes.

This is a bookable event and will need to be booked by Thursday 12th September.

Coffee & Craft

Thursday 19th September 10.00am-11.30am

Galton Valley Children's Centre, Great Arthur St, Smethwick B66 1DH

Our popular monthly craft session returns with a session exploring the art of Mandala painting.

We are also delighted that Sandwell Young Carers will be joining the session to introduce the service and what is on offer for your family whilst you craft.

Refreshments & toast provided

This is a bookable event and will need to be booked by Thursday 12th September.



September Activities for parent carers



Lunch date with SPDC



Monday 23rd September

Dorothy Parks Centre, Church Road, Smethwick B67 6EH

We are delighted to be able to offer two group cooking sessions from Dorothy Parkes Centre's brand new kitchen facilities!

In preparation for the cooler weather we will be making pumpkin soup with an accompaniment of cheese scones.

Fiona from Fallan Nutrition will be guiding us to prepare the meal as a group, followed by a group lunch, enjoying the finished results!

Due to the sizing of the kitchen we are offering this session in two timed slots of
10.00-11.30am or 12.00pm-1.30pm
(please specify upon booking which session you would prefer)



**This is a bookable event and will need to be booked by
Thursday 12th September.**



Adult Transition Information Session



Wednesday 25th September 10.00am-11.30am

Galton Valley Children's Centre, Great Arthur Street, Smethwick, B66 1DH

We are delighted to welcome Laura Hamilton, Transition officer for Black Country Mental Health Services who arranges for families to transition from Children's and Adolescent Mental Health Service (CAMHS) to Adult Mental health Services (AMHS) will be available to discuss the service and what is available to your family.

It is never too early to find out information for children moving into adult services so it can make a smooth transition.

Light refreshments available

This is a bookable event and will need to be booked by Thursday 12th September.



Black Country Partnership
NHS Foundation Trust



**Struggling
with the cost
of living?**

We can help...

**Our cost of living advisers offer
free support with:**

**Benefits Budgeting Debt
Employment Energy**



Sandwell Parents for Disabled
Children

Galton Valley Childrens Centre

Great Arthur St

Smethwick, B66 1DH

Sessions starting Tuesday 9th April
2024

9.30am to 1.00pm



Sandwell
& Walsall

Cost of Living Team

**Tuesdays throughout September
Galton Valley Childrens Centre, Great Arthur
Street, Smethwick, B66 1DH**

The cost of living Team are continuing with services
on Tuesdays at SPDC HQ for the time being!
Don't worry if you have not received your migration
letter for universal credit.....be ahead of the game and
beat the queues!

Please call 0121 565 2410 to book your place.



Parent Carer Craft Fayre

SPDC are currently exploring options to fundraise
by asking parent carers to host a craft fayre at
SPDC in the coming months.

We know some of you are very creative and
would like to know if you would like to rent a table
to sell your creations whilst fundraising for our
charity!

If you would like to be involved, please contact
admin@sp-dc.org



Thank you!

SPDC would like to say a huge thank
you to The Black Country National
Literacy Trust Team for a donation of
books that will contribute to the SPDC
Book Swap that is available monthly at
coffee & craft or by calling
0121 565 2410



Contact us!

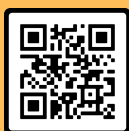
Sandwell Parents for Disabled Children

Galton Valley Childrens Centre, Great Arthur Street, Smethwick, B66 1DH

Tel 0121 565 2410

Email info@sp-dc.org

Charity Number 1125576



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