

# Good To Know Newsletter



## Programme for Parents Event

Thursday 12th  
March 2026  
9am - 4.30pm

### Programmes for Parents - The low down for Professionals.

This event offers another exciting opportunity to step into the world of parenting support and get hands-on with the offer available across Sandwell. Join us for a dynamic day featuring speed networking through the Programmes for Parents offer, an interactive workshop exploring the programmes from a parent/carer's perspective, and insightful guidance from the parenting team.

**For more information see the last page of this newsletter.**

## Free Changes wellbeing activity sessions

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

**Spring 2 courses are available to book [here](#).**

## Free Changes antenatal offer

Sandwell Changes offers free antenatal courses for parents-to-be who live in Sandwell.

**Sessions at new community venues and Saturday one-day courses are now available to book [here](#)!**

## Sandwell Family Hubs

Sandwell 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](#).

## Healthy Sandwell

TB Tuberculosis

TB Tuberculosis (TB) cases are on the rise. Tuberculosis (TB) is treated with antibiotics but can be serious if not treated. Some people maybe eligible for a vaccine to help reduce the risk of developing TB.

If families have any of the symptoms, they should be supported to call NHS 111 or contact their GP.

More information on TB can be found [here](#).

## Active Black Country

Physical activity survey

Have your say in the Black Country physical activity survey. ABC want to hear what matters to you when it comes to being active. Your voice helps to break down barriers and create more opportunities across the Black Country so please share with your service users.

Complete the survey [here](#).

## National Literacy Trust

Game Changers reading intervention

Game Changers helps students 'Go All In' on reading by linking the act of reading to the passion of sport. This targeted 20-session reading intervention gives young people real reasons to read, boosting motivation, confidence and engagement. Ideal for those at risk of disengaging from reading.

Discover Game Changers [here](#).

## NSPCC Learn

The impact of harmful online content on children

NSPCC learn have released a new briefing exploring how harmful online content affects children and young people. It highlights prevalent and emerging risks – from online bullying and hate content to violent imagery, misinformation and addictive platform design – and the implications for safeguarding practice

Read the briefing [here](#).

## Autism West Midlands

Evening Autism Parent/Carer Support Group

Join this welcoming Support Groups, open to anyone seeking understanding, connection & advice around autism (no diagnosis required). There will be autism specialist advice and guidance, access to resources and information, peer support and shared experiences, a safe, supportive space to ask questions and connect and much more!

Book [here](#)

## SCVO

VCS children and young people provider forum

**Join Sandwell's VCS Children and Young People Provider Forum.** This forum brings together voluntary and community organisations supporting children, young people and families in Sandwell. The Forum is led by the Sector with the support of SCVO.

The next Forum meeting is taking place online on Thursday 5th March 2026 10.00am – 11.30am. For more information including how to join click [here](#).

## Anti-Bullying Alliance

What the government's smartphones study means for bullying

A new UK government commissioned study launched this week has examined what we currently know about the impact of smartphones and social media on children and young people.

Read ABA's blog about it [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](#).



# Good to Know News

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



**FREE!**

## BRITANNIA PARK OPEN DAY

**SUNDAY 8 MARCH 2026  
11AM - 3PM**

Come along and celebrate the regeneration of Britannia Park and all the fantastic upgrades. Bring family, friends and neighbours to explore the park's refreshed features. Supported by your local councillors.

- Walking Tour from 2pm
- Table Top Market Places
- Tennis taster sessions
- Sons of Rest crafting group
- Climbing Wall
- Two junior fair rides
- Skate Park
- Sandwell Youth Bus

Sandwell Metropolitan Borough Council  
Funded by UK Government



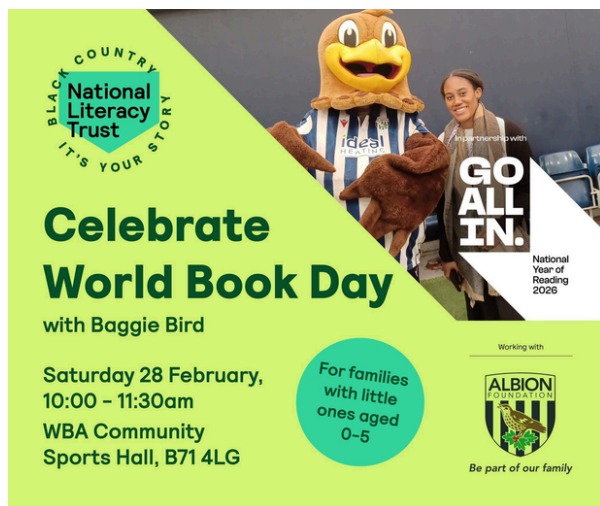
**FREE**

Malthouse family activities in Sandwell

**LEARN, EXPLORE, DISCOVER, PLAY, IMAGINE WITH CHOICES**

www.healthysandwell.co.uk/choices

Sandwell Metropolitan Borough Council  
HEALTHY SANDWELL



**BLACK COUNTRY**  
National Literacy Trust  
IT'S YOUR STORY

**Celebrate World Book Day**  
with Baggie Bird

**GO ALL IN.**  
National Year of Reading 2026

Saturday 28 February, 10:00 - 11:30am  
WBA Community Sports Hall, B71 4LG

For families with little ones aged 0-5

Working with ALBION FOUNDATION  
Be part of our family



**GO PLAY SANDWELL FREE PLAY SESSIONS**

**MARCH GO PLAY SESSIONS: (3PM-5:30PM) EVERY TUESDAY**  
THE GREEN SPACE OUTSIDE OF ST PAULS C OF E ACADEMY (BY TIPTON RAILWAY STATION) (DY4 9BH)

**THURSDAY 5TH, 19TH, 26TH AND WEDNESDAY 11TH**  
THE GREEN SPACE OUTSIDE WEDNESBURY OAK SCHOOL (DY4 0AR)

FOR MORE INFORMATION CONTACT JOHNNY AT: JOHNNY.LOMA@GROUNDWORK.ORG.UK OR 07872857437 OR VISIT [HTTPS://GOPLAYSANDWELL.CO.UK](https://GOPLAYSANDWELL.CO.UK)

JOIN US FOR CRAFTS, LOOSE PARTS PLAY, AND SO MUCH MORE!  
ALL GO PLAY SESSIONS ARE FREE, OPEN ACCESS (SO COME ALONG AT ANY TIME) AND DO NOT REQUIRE BOOKING. SESSIONS ARE AIMED AT FAMILIES WITH CHILDREN AGED 6-12 AND UP TO 16 WITH ADDITIONAL NEEDS.  
SESSIONS ARE NOT DROP-OFF SESSIONS.

Go play Sandwell  
Funded by Sandwell



**LITTLE WORDS BIG MOMENTS**

**Making it REAL**

A fun, free literacy event for children aged 3-5 and their parents or carers, with stories, songs and play that build language and confidence.

Friday 6<sup>th</sup> March 2026 10 till 11am  
New Beginnings Community  
St Marks Community Hall, Thimblemill Road, Smethwick, B67 6LP  
To book a space email [events@newbeginningscommunity.co.uk](mailto:events@newbeginningscommunity.co.uk)

THIS SESSION IS BASED ON THE MAKING IT REAL (RAISING EARLY ACHIEVEMENT IN LITERACY) APPROACH, SUPPORTING FAMILIES TO BUILD LEARNING INTO EVERYDAY LIFE.

Sandwell Family Hub  
BEST START IN LIFE



**LIBRARY ADVENTURES**

**STORIES, TALK & PLAY**

**LIBRARY Making it REAL**

A fun literacy session for children aged 0 - 5 and their parents/carers. Enjoy stories, library-themed play, and a special visit from the mobile library where children can explore and choose books.

Come along to talk, play and discover how simple everyday moments help build a love of reading.

Thursday 16<sup>th</sup> April 2026 10 till 12noon  
New Beginnings Community  
St Marks Community Hall, Thimblemill Road, Smethwick, B67 6LP  
To book a space email [events@newbeginningscommunity.co.uk](mailto:events@newbeginningscommunity.co.uk)

THIS SESSION IS BASED ON THE MAKING IT REAL (RAISING EARLY ACHIEVEMENT IN LITERACY) APPROACH, SUPPORTING FAMILIES TO BUILD LEARNING INTO EVERYDAY LIFE.

Sandwell Family Hub  
BEST START IN LIFE



# Programmes for Parents

The low down for Professionals

Join us for a day of exploring Programmes for Parent/Carers delivered by Barnardo's and the wider offer within Sandwell Family Hubs from 0 - 19 years (25 with SEND)



Thursday 12th March 2026 , 9am - 4.30pm, West Bromwich Albion Ground



This event offers another exciting opportunity to step into the world of parenting support and get hands-on with the offer available across Sandwell. Join us at West Bromwich Albion Football Club for a dynamic day featuring speed networking through the Programmes for Parents offer, an interactive workshop exploring the programmes from a parent/carer's perspective, and insightful guidance from the parenting team.

Whether you're new to working in Sandwell or a well-established professional, this session will encourage you to reflect on your current understanding of Programmes for Parents and introduce fresh approaches to supporting the Parent/Carers you work with. It's also a great chance to connect with colleagues, discover more about the wider Family Hub offer, and learn about the programmes being delivered for families in Sandwell.

Don't miss out on this chance to broaden your knowledge, build relationships, and enhance the support you provide to families.

## How to book

01

Click the link below to secure your place

02

Select the programmes you would like to find out more about - you will get 2 of your three choices

03

Add the date to your diary

BOOK NOW

[CLICK HERE TO BOOK YOUR PLACE](#)



CALL 0121 556 5405 OR EMAIL [RACHEL.JESSON@BARNARDOS.ORG.UK](mailto:RACHEL.JESSON@BARNARDOS.ORG.UK)