

Good To Know Newsletter



Free parenting offer promotional resources

Sandwell has an amazing free offer of programmes for parents and carers that live within the borough.

We have free resources to promote this offer to local families such as postcards, posters and Sandwell's new glossy parenting magazine (postcards are available for new parents, early years, primary school and secondary school aged children.)

If you work in a service with access to parents/carers in Sandwell and would like some of these resources, please email the team [here](#).

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 .

Our Summer courses will be available to book [here](#) soon.

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](#).

Barnardos

Spring offer

Barnardos have released information on their April to July sessions now available in Sandwell Family Hubs.

You can find out more information [here](#).



Good to Know News

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

Black Country Healthcare
NHS Foundation Trust

Psychosis

Let's talk about it!

COMMUNITY training days

Join the Early Intervention in Psychosis (EIP) team for a friendly, informative morning designed for anyone who wants to better understand psychosis and how to support people experiencing it. Learn:

- What psychosis is
- Why early recognition matters
- How the team helps people
- Practical ways we can support someone experiencing psychosis

These free community events are perfect for professionals, carers, community members, and anyone curious to know more. Book now!

Knowledge that changes lives

Walsall - Thursday 12 June
Digital Skills Hub, Units 5-8 George Street, Walsall WS1 1RS

Sandwell - Wednesday 9 September
Brasshouse Community Centre, Brasshouse Lane, Smethwick, B66 1BA

Dudley - Wednesday 18 November
Brierley Hill Civic Hall, 7 Albion Street, Brierley Hill, DY5 3EE

All events run 9.30am-1pm

www.blackcountryhealthcare.nhs.uk/news-events-1/events/psychosis-community-training

Supported by

Meningitis symptoms

Symptoms of meningitis develop suddenly and can include:

- a high temperature (fever)
- being sick
- a headache
- a rash that does not fade when a glass is rolled over it (but a rash will not always develop)
- a stiff neck
- a dislike of bright lights
- drowsiness or unresponsiveness
- seizures (fits)

Remember, a rash will not always develop.

Join us to co-design

The New Sandwell SEND Local Offer Website!

Parent Carer Meeting - Shape Our New Look!

Help us choose the design and branding for the new SEND Local Offer website!

24th March 2026 at 11:30am

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

To come along contact: SPDC: info@sp-dc.org or SPVU: hello@spvu.org

ROBLOX TRAIL

Saturday 28th March
10AM-2PM
Sandwell Valley Visitor Centre
B71 4BG

Find body parts and accessories along the trail to build your own Roblox character! Complete the hunt & bring & assemble your Roblox character to claim your prize! Each participant receives a goodybag.

100 Free Spaces for HAF eligible participants with a Sandwell HAF code. bookable via Holiday Activities Portal. Additional spaces charged at £6, bookable via the QR code below.

SCAN TO BOOK

www.wildearthmovement.com