

# 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 will be available to book very soon 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

DTP/Meningitis  
ACWY Vaccine  
webinar

Children in Year 9 are now due to have to some important vaccinations but we understand families may have questions you are unable to answer.

VUK Schools are hosting two FREE online webinars to answer all their questions about the DTP/Meningitis ACWY Vaccine.

The webinars are taking place on Tuesday 17th and 24th February 2026 at 6pm. Click here to join and the meeting password is X59rS3qt

## Go Play Sandwell

Free Play Sessions  
February Holiday

Join Play Partners Powered by CAN for fun, creative Free Play Sessions across Oldbury, Smethwick, West Bromwich, and Wednesbury. Come along for play, laughter, and community fun – perfect for children and families to enjoy together.

No booking required – just drop in and join the fun!

Find out what is available in your area [here](#).

## National Literacy Trust

World book day

The National Literacy Trust have released a new free resource to help you with your 2026 World Book Day plans.

This new resource helps link reading for pleasure with children's interests, and includes flexible ideas for ages 5 to 16.

Find out more [here](#).

## NSPCC Learn

Safeguarding apprentices and young workers

The NSPCC has published a blog and guidance on how employers can support and safeguard young people joining the workplace as apprentices. The blog shares insights on what young people have told Childline about apprenticeships.

Read the blog [here](#).

Read the guidance [here](#).

## Autism West Midlands

Autism West Midlands have several free events in the next few months.

- Autism and behaviour webinar - Book [here](#).
- Teen autism confident (for teenagers with autism) - Book [here](#).
- Rising to the challenge (in-person 6 week programme for parents and carers with children with autism) - Book [here](#).

## SCVO

Families First Partnership Briefing

The Families First Partnership Programme (FFPP) is a national initiative led by the Department for Education, aiming to transform children's services by shifting from crisis intervention to early, preventative and family-led support – helping more families stay together safely and thrive.

SCVO are hosting an online session in March for anyone who wants to know more about the programme, book your ticket [here](#).

## Parent Infant Relationships (PIR) workshop

Join this informative workshop where professionals can further enhance their knowledge of PIR, learning from a Specialist Child Psychotherapist.

Explore strategies to promote healthy development and learn to recognise subtle differences between attachment issues and genuine infant mental health concerns.

Book your space or find out more [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

## SANDWELL SUPERHEROES TRAIL

AT SANDWELL VALLEY VISITOR CENTRE  
FRIDAY 13 FEBRUARY - FRIDAY 20 FEBRUARY 2026

Discover the Sandwell

# SUPERHEROES

There are six powerful superheroes hiding along our summer trail **can you find them?**  
Find them all and collect a free\* carton of orange or apple juice

£2.00

## LANGLEY COMMUNITY DAY

**FREE**

Bringing Langley together for a day of community, connection, and family fun

Saturday 21 February 2026  
12 noon to 4pm  
Langley Park and Lodge

- Ukulele group
- Party Ant
- Youth Bus
- Powered by CAN activity

**YOU OK, MATE?** We care about your Mental Health and Wellbeing  
Need to talk? Need any help?

Are you worried about a mate?  
Do you need support for yourself?  
Please talk to us in confidence. We are here to help you.

'You ok, mate?' is a project run by men for men.  
We are here to listen and not judge.

- Get in touch today for free one to one support.
- Access other services that can help you.
- Find out about groups or events in your town.
- Make friends, get involved or just talk.

Call: 0121 726 3983  
Text 'MATE' to 07821668092 or 85258  
Email: [contactifa@idealforall.co.uk](mailto:contactifa@idealforall.co.uk)  
Social media: @idealforall



Active Black Country

We want to hear what helps you get active - and what gets in the way.

## Black Country people

Your voice matters to us!

Complete our short Physical Activity Survey & get the chance to WIN one of 10 Amazon, supermarket & energy vouchers.

**Take the survey**

# Family Health Event



Sandwell Family Hubs are hosting a FREE Family Health Event!

**Youth Bus**  
Join us for a fun-filled day packed with exciting taster sessions, wellbeing activities, and interactive experiences for the whole family.

Why not come along to relax, play, and enjoy quality time together.

**Gut Health & Nutrition**

We'd love to see you there!

**Music & Movement**

WHEN: SATURDAY 21<sup>ST</sup> FEBRUARY

TIME: 10AM - 1PM

WHERE: SMETHWICK FAMILY HUB,  
CORBETT STREET, SMETHWICK  
B66 3PX

For more information please contact  
0121 555 6756





# 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