

Good to know newsletter

Sandwell resources to support Sandwell families

Changes

Pre-school activities

Do you live in Sandwell?

Do you have a child under 5 years old?

Changes courses offer free activities for babies, toddlers and pre-school children to enjoy with their grown-ups.

With exciting themes including Busy Babies, Busy Minds, Busy Hands, Busy Bodies, and our new Ready to Learn courses it's easy to find the right activity for your child.

Autumn term courses will be open for booking early next week. Register your account today to book your place [here](#)!

You said.... We did!

Thank you to those of you who took the time to complete our recent summer customer survey. It was wonderful to read all the lovely comments about our team and our course providers.

There were some fantastic suggestions which we will take into account where practical.

The team have been hard at work finding some more local venues in Rowley Regis and Cradley Heath and you will start to see more classes in that area from September.

"Not a lot are local to Rowley"
"More in Rowley Regis"

"Bring Hartbeeps back – this was always such a popular class!"

We are pleased to tell you that Hartbeeps is returning from September!

We have arranged for a female only session for our next term!

"I would actually like a females only (with kids) swimming session if possible"

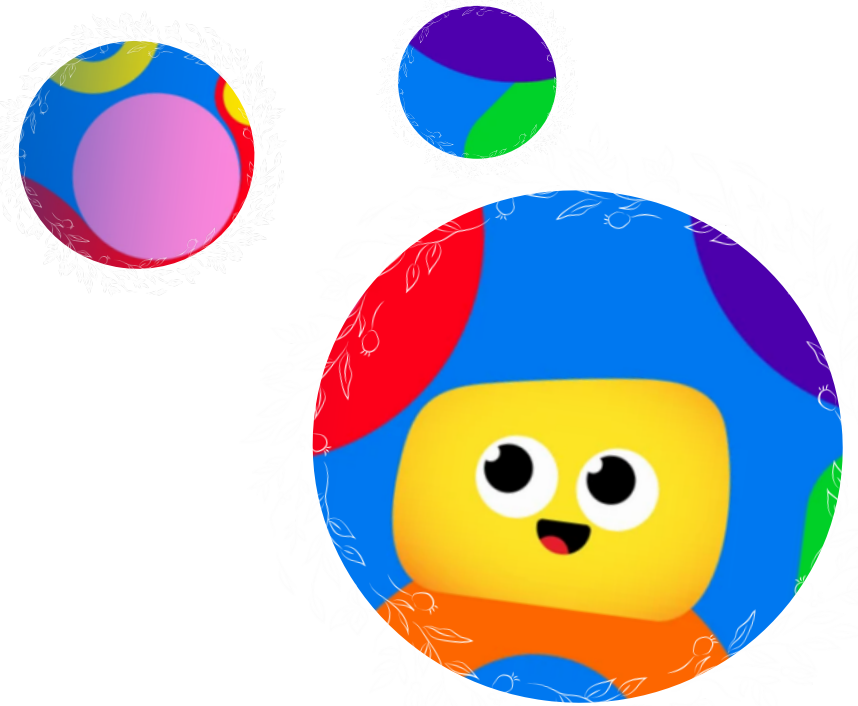
"I found it harder to figure out what was suitable for my nearly 4 year old"

This is great feedback, so on future courses you'll see the relevant age/stage information in the title of the course. We're also reviewing our course descriptions to make them clearer.

Many of you expressed frustration at the amount of no-shows at fully booked sessions, which is equally frustrating to us. We will continue to monitor no-shows and will remove persistent no-shows from courses.

CBeebies

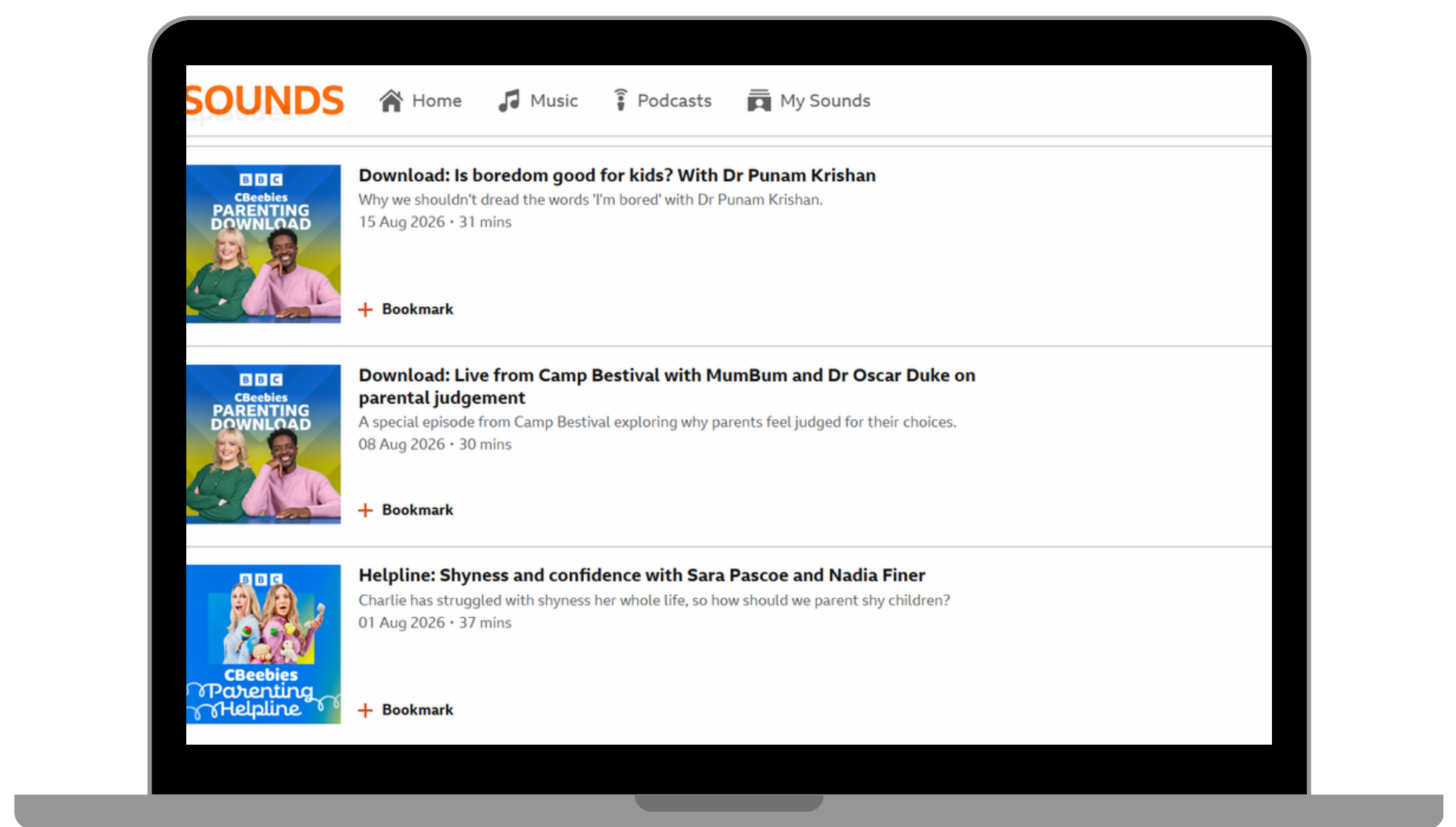
PARENTING



CBeebies have published new resources to support parents and carers of children starting school in September.

The free resources include a downloadable routine checklist, tips to support a shy child and support on potty training. You can find all this and more [here](https://www.bbc.co.uk/cbeebies/parenting).

CBeebies podcast is also now available on BBC sounds with new episodes released weekly. Listen to the pod [here](https://www.bbc.co.uk/cbeebies/parenting).



www.bbc.co.uk/cbeebies/parenting

Physical activity for early years

(birth - 5 years)

Active children are healthy, happy,
school ready and sleep better



Builds
**Relationships
& social skills**



Maintains
Health & weight



Contributes to
**Brain development
& Learning**



Improves
Sleep



Develops
Muscles & Bones



Encourages
**Movement
& Co-ordination**



Get Strong. Move More. Break up inactivity

You can attend free “Busy Bodies” activity courses with your preschooler, click [here](#) to see what we have available.

Physical activity

for children and young people (5-18 Years)



Builds
**Confidence &
Social Skills**



Strengthens
Muscles & Bones



Maintains
**Healthy
Weight**



Develops
Co-ordination



Improves
Health & Fitness



Improves
Sleep



Improves
**Concentration
& Learning**



Makes
**You Feel
Good**

Be physically active

60
minutes

Aim for an average of at least

per day across the week

Spread activity
throughout the day



Play



Walk / Run



Swim



Skate



Skip



Climb

Activities to
develop
movement
skills, and
muscle and
bone strength
**ACROSS
WEEK**

All activities should make you
breathe faster & feel warmer



Bike



Active Travel



Sport



PE



Workout



Dance

Reduce
inactivity



**Get strong
Move more**



Increase
activity

Find ways to help all children and young people accumulate an average
of at least 60 minutes physical activity per day across the week

You can attend free Choices activity
courses with your children, click [here](#) to see
what is available.



TOGETHERNESS

Bringing the Solihull Approach to the world

A new school term can be a stressful time for families but Togetherness has support for you when you need it!

We're giving you free access to a range of expertly designed online programmes, all created by NHS professionals.

Click [here](#) for access to the **FREE** courses and use the code **SIXTOWNS**

Understanding your child: from toddler to teenager

FREE online learning
Highly rated by 9/10 learners

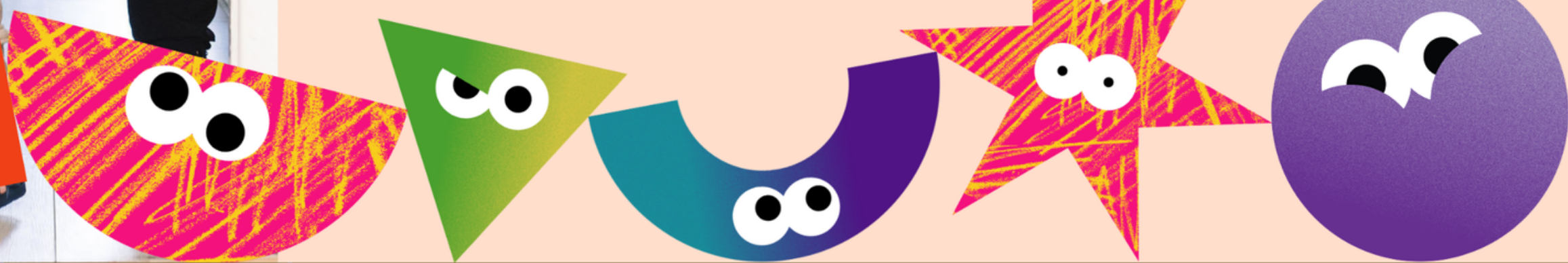
Free with CODE: **SIXTOWNS**

Parenting support that fits into everyday life

[Togetherness.co.uk/SANDWELL](https://togetherness.co.uk/SANDWELL)

When family life is busy, support needs to feel easy to reach. Start learning on WhatsApp today.

Learn on
WhatsApp



What is a Best Start Family Hub?

Parenting doesn't come with a handbook – but support is available.

Best Start Family Hubs bring together services, advice, activities and support for families in one place, making it easier to find the help you need, when you need it.

Whether you're expecting a baby, raising a toddler, supporting a school-aged child or navigating the teenage years, Family Hubs can connect you to services that help children, young people and families thrive.

- ✓ Pregnancy and baby support
- ✓ Parenting advice and guidance
- ✓ Child development and early years support
- ✓ Emotional health and wellbeing services
- ✓ Free activities and groups for families
- ✓ Support for children and young people aged 0-19 (up to 25 with SEND)

Family Hubs are here to offer the right help, in the right place, at the right time.

Click [here](#) to find out more



Your Local Best Start Family Hubs...



Rowley Regis Family Hub

Dudley Road, Rowley Regis. B65 8JY
0121 559 9916



Oldbury Family Hub

Tivdale Street, Tivdale, DY4 7SD 0121 557 0740



Tipton Family Hub

24 Ridgeway Road, Tipton, DY4 0TB 0121 522 5150



Smethwick Family Hub

Corbett Street, Smethwick, B66 3PX 0121 555 6756



West Bromwich Central Family Hub

Off Claypit Lane, West Bromwich, B70 9EZ
0121 500 4011



West Bromwich North Family Hub

Connor Road, West Bromwich, B71 3DJ 0121 588 5431



Wednesbury Family Hub

Dorsett Road, Wednesbury, WS10 0JG 0121 556 5405

Your Local Spoke Providers...

Supporting the Best Start in Life

Our Spokes work alongside our Best Start Family Hubs to bring services closer to you. Opening days and times vary. We recommend getting in touch before your visit.



Newton Spoke

Ferndale Primary School, Eastwood Road Entrance.
Great Barr, Birmingham, B43 5QF 0121 357 3326



West Bromwich South Spoke

Harvills Hawthorn, Primary School Wolseley Road,
West Bromwich, B70 0NG 0121 557 1034



Smethwick Spoke

New Beginnings Community, St. Marks Church,
Thimblemill Road, Smethwick, B67 6LP 07762 303374



Hateley Heath Spoke

4 Community Trust CiC, Wiltshire Way, West Bromwich,
B71 1JU 0121 752 5969



Tipton Green Spoke

Life in Community CiC, Brook Street Community
Centre, 1 Brook Street, DY4 9DD 07752 659257



Soho and Victoria Spoke

Pathway Progress CiC, Unit 6, 36a, Windmill Lane,
Smethwick, B66 3EU 07961 751066



Langley Spoke

The Salvation Army, Merton Close, Oldbury,
B68 8NG 07827 192137



West Bromwich Central Spoke

SWEDA, The Business Centre, Church Street,
West Bromwich, B70 8RP 0121 525 2558



Yew Tree Spoke

Yew Tree Primary School, Birchfield Way, Yew Tree
Estate, West Bromwich, WS5 4DX 01922 626926



Sandwell Specialist Spoke

Coneygre Child Development Centre, Sedgley Road
East, Tipton, DY4 8UH 0121 569 2860/2859



St Pauls Spoke

Galton Valley, Great Arthur Street, Smethwick,
B66 1DH 0121 565 0993



Wednesbury North Family Hub Spoke

Woden Road North, Wednesbury, WS10 9LX
0121 556 5405



Rowley Regis Spoke

Happy Faces, Windsor Road, Rowley Regis,
B65 9HU 0121 559 9916 (Rowley Family Hub)



Cradley Heath and Old Hill Spoke

Flying start, Clifton St, Cradley Heath B64 6QJ
0121 559 9916 (Rowley Family Hub)



Great Bridge Spoke

Great Bridge Library, 40 Sheepwash Lane, Tipton
DY4 7JF 0121 569 4930



Oldbury Spoke

Rounds Green Primary School, Brades Road,
Oldbury, B69 2DP 0121 552 1910

Scan me



www.sandwellfamilyhubs.com



Family_HubsTeam@Sandwell.gov.uk