



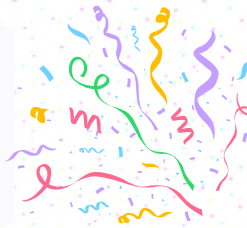
PARENT CARER

JUNE 2024 NEWSLETTER

LETS CELEBRATE!

National Carers Week falls in June and we've a packed schedule of activities for you to enjoy with other parent carers.

If you would like to book activities, please send your expression of interest to spdcparentcarerbooking@sp-dc.org



JUNE AT A GLANCE!

Soundbath
6.6.24
Sailing & paddle
Boarding
12.6.24
Breakfast
13.6.24
Book Club
15.6.24
Zumba
17.6.24
Parent Carer
meet up
19.6.24
Coffee & Craft
27.6.24
Musical Comedy
29.6.24
Cost of Living
Team
Tuesdays
throughout June



Activities with wheelchair accessibility



SOUND BATH

Thursday 6th June 2024
@ 10.00am-12.00pm

**West Smethwick Park Pavillion, Park Road,
Smethwick B67 7JH**

Come and experience a carefully selected sound bath, Relax your mind and body and allow yourself to let go of your stresses and anxieties.

The session will be led by local parent carer Jas, who started training as a sound healing practitioner after seeing the positive effect it had on her son's mental health.

All you need to do is, dress in comfy clothes, bring something that you can lie down comfortably on and relax.

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

A cushion or pillow and a blanket might be nice too and there's no shame in falling asleep!

This is a bookable event.



Email spdcparentcarerbooking@sp-dc.org to book

SAILING & PADDLE BOARDING

**Wednesday 12th June 2024
@ 9.30am-2.30pm**

**Midland Sailing Club, Icknield Port Road,
Birmingham B16 0AA**

Join us for a day of water activities, arriving at the sailing club from 9.30am, for a 10:00am start.

Morning session-Sailing (1.5 hours)

Lunch together in the clubhouse

Afternoon session-Paddle boarding (1.5 hours)

Both are beginner sessions with no experience needed and all equipment provided.

There's room for 12 parents in each session. Please let us know if you have a preference of activity, in case demand means we need to allocate you to your preferred session only.

This is a bookable event



CARERS WEEK BREAKFAST

**Thursday 13th June 2024
@ 9.30am-11.30am**

**Half Penny Farm, Joseph Street, Oldbury,
B69 2AQ**

A chance to catch up with fellow parent carers and the SPDC team over a full buffet breakfast, with bottomless tea and coffee.

We will repeat this breakfast on a weekend in July, for parent carers that unable to make it during the week so look out for more details!

This is a bookable event.



Email spdcparentcarerbooking@sp-dc.org to book

PARENT CARER BOOK CLUB LAUNCH

Saturday 15th June 2024
@ 5.30pm-7.00pm

**The Bear Bookshop, 588 Bearwood Road,
Smethwick, B66 4BW**

Let's celebrate Carers Week with the launch of
SPDC's book club!

Our first book session will be hosted by Kerry, who
works at the bookshop and is no stranger to the
SEND world, having worked for Autism West
Midlands for many years, hosted SEND groups and
work experience at the bookshop and so much more!

The bookshop is being kept open just for us, to talk
about our favourite reads, and listens if you escape
through audio books. Together we'll decide on a book
that we can read together and we'll order our first
book. There'll be drinks and nibbles to aid discussion.

*5 mins walk form Bearwood Bus Station, where
there is also a large cheap carpark -1 Hagley Rd W
Birmingham B17 8AL UK

This is a bookable event.



ZUMBA WITH VINCE!

Monday 17th June 2024
meeting at 12.15pm, for a 12.30pm start

**West Bromwich Leisure Centre, Moor Street,
West Bromwich, B70 7AZ**

Vince's lively dance workouts have been great fun at family club.
So we've booked another adults only session. This time for
45minutes.

We'll meet in reception and the session is to be held in studio 2.

Feel free to socialise in reception afterwards.

Comfy clothes and water bottles recommended.

This is a bookable event



Email spdcparentcarerbooking@sp-dc.org to book

COFFEE & CRAFT

Thursday 27th June 2024
10.00am-12.00pm

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

Our monthly craft session returns with a super
simple form of embroidery, punch needle art.

Think drawing with a thread or painting with
yarn.

Refreshments & toast provided.

This is a bookable event



PARENT MEET UP

Wednesday 19th June
11.00am-12.30pm

Oak House, Oak Road, West Bromwich B70 8HJ

As our other parent carer activities are for adults only, this
one welcomes both parent carers and their children, to
give parent carers chance to meet other families that have
children at home during the week.

There's a lovely, enclosed garden to enjoy and some
shelter if it's wet. Teas and coffees included.

This is a bookable event



Email spdcparentcarerbooking@sp-dc.org to book

LOOKING FOR ME FRIEND: The Music Of VICTORIA WOOD



MUSICAL COMEDY

Saturday 29th June
7.00pm-9.00pm

Thimblemill library, Thimblemill Rd, Smethwick,
B67 5RJ

If you've seen a show at Thimblemill Library before you'll know you're in for a treat. If you haven't, expect a small, friendly, informal set-up, with professional performers.

'This show is for those who loved Vic; those who speak her language; those who perhaps don't quite "fit" life's traditional boxes.'

Looking For Me Friend | The Music of Victoria Wood |
Paulus (thecabaretgeek.com).

Sign up if you would like us to book you a ticket



COST OF LIVING ADVICE

Tuesday throughout June
Appointments between 9.30am and 12.30pm

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

Great News!

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!

Please call 0121 565 2410 to book your place.



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



CONTACT US!

Sandwell Parents for Disabled Children

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

Tel 0121 565 2410

Email info@sp-dc.org

Charity Number 1125576



Scan me for SPDC Website!