



SPDC Parent Carer Newsletter October 2024



October at a glance!

Thursday 3rd October

Coffee Shop Stop

Thursday 10th October

SPVU Session

Monday 14th October

Zumba with Vince

Thursday 17th October

Carers M.O.T

(Mindfulness Techniques)

Sunday 20th October

Soundbath with Jas

Monday 21st October

Coffee & Craft

Thursday 24th October

Carers M.O.T week 2

(managing stress & anxiety)

Each Tuesday throughout October

Cost of living Team

Welcome!

What a busy month September has been at SPDC and things are not slowing down, that's for sure!

October promises to be just as packed with, opportunities to meet other parent carers, relaxation and wellbeing, information sessions, plus the odd physical activity.

SPDC are making plans for our Annual General Meeting and craft fayres, giving parent carers the opportunity to both showcase their skills and sell handmade gifts ready for Christmas celebrations.

I am contactable on:
0121 565 2410, 07969 519701 or
email admin@sp-dc.org



Take Care

Claire x

How to book activities!

Please email
spdcparentcarerbooking@sp-dc.org to
book activities by
Monday 7th October

October Activities for parent carers



Coffee Shop Stop

Thursday 3rd October 10am-11.30am

The Bellwether, 3-4 Walsall St, Wednesbury, WS10-9BY



The SPDC Coffee Shop Tour continues, so join us at our next stop for a chat, some laughs and a coffee on us. We will also be joined by Carol Wilson from Kaleidoscope to promote the all new Carers M.O.T 6 weeks wellbeing programme on offer to parent carers through SPDC from 17th October 2024.

This is a drop in and you do not have to book!

Sandwell Parent Voice United

Thursday 10th October 10.00am-11.30am

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

SPDC are delighted to welcome Daniel McKenzie from Sandwell Parent Voice United (SPVU) who will be available to discuss their work in areas that have been highlighted amongst parent carers including transport, sendiass and much more!

This is also a great opportunity to find out about becoming part of SPVU.



Light refreshments will be available

This is a bookable event.



Zumba with Vince

Monday 14th October 12.10-12.55pm

West Bromwich Leisure Centre, Moor St, West Bromwich B70-7AZ



Back by popular demand, Vince will be providing a lively dance workout for parent carers to enjoy!

This will be a 45 minute workout.

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

Feel free to socialise in reception afterwards.

Wear comfy clothes, bottled water is provided.

This is a bookable event.



October Activities for parent carers

BE KIND
TO YOUR
MIND

Carers M.O.T

Starting Thursday 17th October

Galton Valley Childrens Centre, Great Arthur St, Smethwick B66 1DH



Do you support a family member or friend?
If yes...
Who is supporting YOU?



Join the Kaleidoscope Plus Group team to connect with others in a confidential non-judgemental environment, aiming to end the stigma associated with mental health. Including Self Compassion Workshops helping you to focus on yourself and your own wellbeing.

Our MOT Sessions are a 6 week course to give you the opportunity to 'put your own oxygen mask on first' and gain ways to manage your own mental wellbeing whilst caring for someone else.

The main purpose of these sessions are to raise awareness and encourage self reflection on ways which both the person caring and the person being cared for can improve their life-style in simple stages.

Thursdays 10am-12noon

17th October - Mindfulness Techniques
24th October - Managing Stress & Anxiety
7th November - Self Care Strategies
14th November - Nutrition and Diet
21st November - Sleep Hygiene & Relaxation
28th November - Information & Advice on Sandwell Services (free buffet included)



**SANDWELL BETTER
MENTAL HEALTH**

Galton Valley Childrens Centre
Great Arthur St
Smethwick
B66 1DH



Book your place with Claire Brookes
on 0121 565 2410 or
call Carol on 0121 565 5605

All participants attending the sessions will automatically be offered a free place on our Mental Health Awareness course

This is a bookable event and has been previously advertised and so if you have booked previously, please wait for your confirmation.

SPDC are conscious that not all parent carers can join weekday sessions and so I would appreciate it. If this is you please contact with Claire 0121 565 2410 so we can establish if there is capacity to provide an evening/weekend Carers M.O.T session in the future.



Relaxation Soundbath



Sunday 20th October 10.00am-11.30am

West Smethwick Park Pavillion,

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.



Coffee & Craft

Monday 21st October 10.00am-11.30am

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

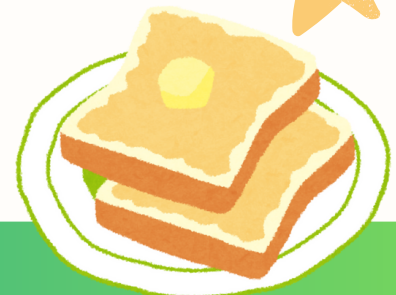


Our popular monthly craft session returns again with a session hosted by Cassie, a fellow parent carer. This month we will be exploring wire art. This session is an opportunity to chat with fellow parent carers and staff whilst we craft.

If crafting is not your thing, you are still very welcome to join us for a chat.

Refreshments and toast provided!

This is a bookable event.



Email spdcparentcarerbooking@sp-dc.org to book sessions



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



Cost of Living Team

Tuesdays throughout October
Galton Valley Childrens Centre, Great Arthur Street, Smethwick, B66 1DH

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 and beat the queues!

The team also support with issues like debt, energy bills and budgeting.

Please call 0121 565 2410 to book your place.

Events Advice & Fundraising Groups

Following on from last months expression of interest in a parent carer craft fayre, we have now contacted those people who expressed an interest in having a stall and look forward to the event.

We wanted to go one step further and invite parent carers in to SPDC HQ to chat with Claire, Gary and Diane about what activities you would like to see SPDC offer families in the future and to discuss other fundraising opportunities.

Tuesday 15th October, 10am at
Galton valley Childrens Centre, Great Arthur St,
Smethwick B66 1DH

If you would like to be involved, please contact admin@sp-dc.org

Save the date!



Annual General Meeting

TUESDAY 26TH NOVEMBER
11 AM

More information to follow soon
Please come along and show your support for SPDC

Contact us!

Sandwell Parents for Disabled Children

Galton Valley Childrens Centre, Great Arthur Street, Smethwick, B66 1DH

Tel 0121 565 2410

Email info@sp-dc.org

Charity Number 1125576



SCAN ME

