



# SPDC Parent Carer April & May 2025 Newsletter

## Sessions at a glance!

Thursday 3rd April

Coffee with Jude Nash  
Interim Assistant Director for SEND & Inclusion

Tuesday 8th April

Coffee Shop Stop with Workwell

Friday 11th April

Floral Craft with Samantha

Monday 28th April

Fake away cooking with Fiona

Wednesday 30th April

Coffee & Craft- Spring Craft

Sunday 11th May

Hydro Pool for parent carers only

Monday 12th May

Coffee Shop Stop with Shared Lives

Thursday 15th May

Brook Session for Parent Carer & Young people

Sunday 18th May

Moms Curry Night

Thursday 22nd May

Coffee & Craft

Tuesdays throughout April & May  
Cost of Living Team

## Happy Easter

SPDC parent carer activities in April & May continues to have informative and social opportunities available for parent carers in Sandwell SEND community.

Following feedback SPDC will now send newsletters for parent carer session covering two months, to give notice to parent carers of upcoming sessions.

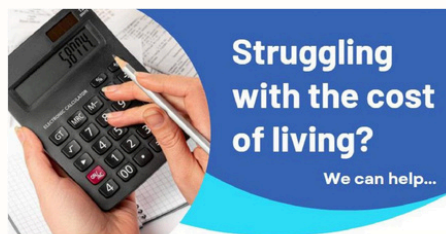
Parent Carer activities are on hold during the school holiday but please be assured that I am contactable on:

0121 565 2410, 07969 519701 or email [admin@sp-dc.org](mailto:admin@sp-dc.org)

Take Care

*Claire x*

## Cost of living



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

Appointments available every Tuesday 9.30am-1:00pm throughout April and May at SPDC HQ

Please contact us on 0121 565 2410 to book your appointment.





# Activities for Parent Carers



## Coffee with Jude Nash

### SAVE THE DATE

DO YOU HAVE  
QUESTIONS ABOUT  
THE EDUCATIONAL  
HEALTH CARE PLAN  
PROCESS?

**THURSDAY 3RD APRIL  
10:00AM-11:30AM  
YMCA, 38 CARTERS GREEN,  
WEST BROMWICH, B70 9LG**

ARE YOU TRYING TO  
NAVIGATE  
TRANSITION FOR  
PRIMARY SCHOOL,  
HIGH SCHOOL OR  
POST 16.

### COFFEE WITH JUDE NASH INTERIM ASSISTANT DIRECTOR FOR SEND AND INCLUSION

The aim of this session is to provide the opportunity for parent carers to ask Jude questions and understand current SEND processes within Sandwell Council.



**Please note: Jude will be unable to discuss individual cases at this session.**

**SPDC Parent Carer sessions are NOT part of the Short Breaks Credit system.**

**Please email [spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org) to book your place**



## Coffee Stop Shop-April



**Tuesday 8th April 10:00am-11:30am**

**Court of Requests, Church Street, Oldbury, B69-3AF**

Join us for the next stop of SPDC Coffee Shop Tour and enjoy a good old chat with fellow parent carers, some laughs and a coffee on us!

Julie McNally, Work & Health Coach will be joining this session to introduce Work Well, a service in Sandwell. WorkWell is an initiative set to support thousands of people across the Black Country with health conditions and disabilities to find or retain employment to boost their wellbeing. to help start, succeed and stay in work.

**Please email [spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org) to book your place.**



# Activities for Parent Carers



## Spring Floral Workshop

Friday 11th April 10:00am-11:30am

West Smethwick Pavillion, West Park Road,  
Smethwick B67 7JJ

Samantha from the Floral Wellbeing company is offering the opportunity for parent carers to learn a new skill creating a floral arrangement in an aqua box that can be a gift to yourself or for a loved one.

All equipment will be provided.



Please email [spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org) to book your place.



## Fake Away Cooking

Monday 28th April 10am-12pm

Wesley Centre for All, Spring Head, Wednesbury,  
WS10 9AD

Here is an opportunity for you to join a hands on practical cooking session to prepare a more healthy option to the classic takeaway.

We will be making KFC style chicken burgers and wedges from scratch and a tasty dessert.

After your cooking experience you are welcome to stay and enjoy lunch together.



Please email [spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org) to book your place.



## Coffee & Craft

Wednesday 30th April 10:00-11:30am

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

The ever popular Coffee and Craft session returns with Cassie, a fellow parent carer offering Spring crafts.

In addition to this, we are delighted to have been awarded funding from Arts Council and Alison from Make Good Art will be joining us to discuss a future project.

Refreshments & Toast will be available

Please email [spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org) to book your place.







# Relaxing Hydro pool Session

**Sunday 11th May 2025 3:00pm-4:00pm**

**Portway Lifestyle Centre, Newbury Lane, Oldbury B69- 1HE**

We are delighted to have been able to work with Portway Lifestyle Centre to offer parent carers the chance to enjoy a adults only hydro pool session.

Hydrotherapy pools offer numerous benefits for the body including soothing aching muscles and ease any joint pain. This makes them a great choice for anyone storing stresses and tensions in their body.

Please note this is an adult only activity for parent carers and is a seperate offer to family activities.

Please email [spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org) to book your place

Don't worry if you cannot make this session as we will be offering this opportunity again throughout the year.

Please email [spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org) to book your place.



## Coffee Shop Stop-May

**Monday 12th May 10:00-11:30am**

**Interceptor, Unit 8 New Square, West Bromwich B70 7PP**

A chance for parent carers to meet and chat over a cuppa and toast!

We will also be welcoming Sandwell Shared Lives to the session to offer information about the service.

Sandwell Shared Lives supports individuals with a Learning Disability with a wide range of needs to gain more independence and control over their lives.



Sharing your home,  
sharing your life...



## Safety First!

**Thursday 15th May 5:30pm-7:00pm**

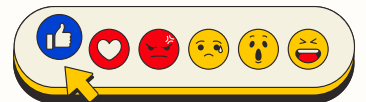
**Galton Valley Children's Centre, Great Arthur Street,  
Smethwick, B66 1DH**

The aim of this session is to bring along your young person and discuss as a group the importance of online safety and developing healthy relationships in a safe environment.

Megan from Sandwell Brook Service will be offering an interactive session.

Don't worry about dinner, we will supply the pizza!

Please email [spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org) to book your place.







# Moms Curry Night



**Sunday 18th May 5:30pm-7:30pm**

**Little Bangla, 23 High Street, Langley, Oldbury B69 4SN**

Join us on an evening out, for a curry and catch up!

This is for the ladies (dads, your night out is coming soon).  
There is plenty of parking close by and a warm welcome awaits.

Fixed menu choices will be sent upon confirmation of booking.

Please note: In the first instance, this event will be prioritised to parent carers that are unable to access weekday activities.

Please email [spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org) to book your place.



# Coffee & Craft

**Thursday 22nd May 10:00am-11:30am**

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

Join us at SPDC HQ for a morning of crafting with Alison from Make Good Art.

Enjoy a cuppa, toast and chat whilst taking part in a mindful craft activity.

Please email [spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org) to book your place.



# 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](mailto:info@sp-dc.org)**

**Charity Number 1125576**

