



SPDC Parent Carer September & October 2025 Newsletter

Sessions at a glance!

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Coffee Shop Stop

22nd September

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Brook Session BOYS

Goodbye Summer Hello Autumn!

Can you believe we're already past the halfway mark of the Summer Holidays?

Time flies!

To help you plan ahead, we're publishing the Parent Carer Newsletter — packed with updates and plenty of opportunities to book activities.

Meet Kellie, our new team member!

She'll be working alongside Claire on the Parent Carer Project and is already diving into the fun.

Kellie says:

"I'm so excited to be part of SPDC and can't wait to meet everyone over the coming months. You'll probably spot my pink car and it won't take long to discover my love of all things Disney!"

Keep an eye out for Kellie at upcoming events!



Kellie & Claire xx



IMPORTANT!

**Booking confirmations will be sent
Monday 1st September**

Please email spdcparentcarerbooking@sp-dc.org to book your places!



Coffee Stop Shop

Thursday 11th September

10.00am-11.30am



The Court of Requests, Church Street, Oldbury B69 3AF

We're bringing back the ever-popular SPDC Coffee Shop Tour!

Come along for a relaxed morning filled with friendly chats, plenty of laughs, and coffee & toast on us. It's the perfect way to unwind, connect with other parent carers, and share your thoughts on what you'd love to see in future programmes.

A chance to meet Kellie, our new Parent Carer Engagement Officer as she is eager to meet you and would love to hear your ideas!

Make Good Arts with Alison

Fabric Collage

Session four

Monday 22nd September

10.00am-11.30am



Galton Valley Children's Centre, Great Arthur Street, Smethwick B69 1DH

We're excited to continue our art projects with the talented Alison from Make Good Arts, who'll be guiding us through Fabric Collage, using both sewing machines and hand stitching to bring stories to life.

No Experience Needed!

Whether you're a seasoned crafter or have never picked up a needle, you're warmly invited to be part of this special project that explores the life of a carer through art.

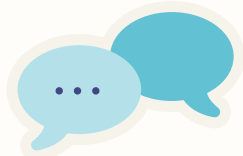
We're planning to showcase the entire project at our Annual General Meeting in November, so this is a wonderful chance to contribute to something meaningful.

Not into crafting?

No problem! Come along for a hot drink, a chat, and some light refreshments. Sometimes, a change of scenery and good company is just what you need!

Please email spdcparentcarerbooking@sp-dc.org to book your places!

SPDC Volunteering Opportunities



Tuesday 23rd September

12.30pm-2.00pm

Galton Valley Children's Centre, Great Arthur Street, Smethwick B69 1DH

SPDC is a parent carer-led charity, and we believe in the power of lived experience.

If you have ever thought about volunteering, we have plenty of ways you can get involved whether it's joining our fundraising team, sharing your insights in steering groups, or helping shape future programmes.

Kellie & Claire would love to welcome you to a relaxed lunch, where we'll chat about the different volunteering opportunities available and how you can make a difference.

Whether you have a little time or a lot, your contribution matters.
Come along, enjoy some good food, and explore how you can be part of something special.



Talking SENSE

Whistlestop tour of SEND

Tuesday 30th September

10.00am-11.30am

Galton Valley Children's Centre, Great Arthur Street, Smethwick B69 1DH

We are delighted to welcome Ken Upton, recently honoured with an MBE for his outstanding service to families of children with special educational needs and disabilities (SEND).

Ken will be sharing his wealth of experience through a concise and informative session hosted by Talking SENSE, a registered charity offering low-cost advocacy, advice, and support to parents of children with SEND.



What's Covered:

- Support for children without an EHC plan
- EHC needs assessments
 - EHC plans
- Annual reviews
- Mediation
- Tribunal appeals



Whether you're just starting your SEND journey or navigating complex processes, this session is packed with practical insights and expert guidance.

Light refreshments provided

Please email spdcparentcarerbooking@sp-dc.org to book your places!

Activities for Parent Carers



Makaton Taster

Saturday 4th October

10:00am-12:00pm

Wednesbury Sons of Rest, 1 Foley Street, Wednesbury, WS10 9HG



Looking to connect more deeply with your child?
Or simply curious about learning a new skill that makes a real difference?

Join us for a Makaton Taster Session — a fun and friendly introduction to a unique language program that combines speech, signs, and symbols to support communication for people with learning or speech difficulties.

We're thrilled to welcome Sam, a fellow parent carer and certified Makaton Tutor, who will guide you through this engaging session.

If this session proves successful, SPDC may have the opportunity to pursue Level 1 Makaton training.

This is a perfect chance to explore Makaton in a relaxed and welcoming environment.

✨ No prior experience needed, just bring your curiosity!



Lets Start the conversation



Girls Only evening

Thursday 9th October

5.30pm-7.00pm



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

A session requested by many parent carers, we're opening up the conversation around the sensitive topic of puberty.

Join Vic from Brook for an evening of pizza and open discussion with your young person. Learn together, share experiences, and explore ways to support each other through this important stage of life.



Don't worry, we haven't forgotten the boys!
Their turn is coming... look out for next week's session!

Please email spdcparentcarerbooking@sp-dc.org to book your places!

Activities for Parent Carers



Autumn Walk

Monday 13th October

10.00am-11.30am

**Sandwell Valley Country Park, Salters Lane, West Bromwich B71 4BG
meeting at park visitors centre**

Take a breath of fresh air and enjoy the beauty of the season with fellow parent carers.

We'll stroll through the park, chat, and connect in a relaxed, friendly atmosphere.

After the walk, warm up with a comforting hot drink at the Park Farm Café, our treat to you for a well-deserved break.



Make Good Arts with Alison

Session five

Wednesday 15th October

10.00am-11.30am

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



Wrap-Up Art Session with Alison from Make Good Arts 🖌️

Join us as we bring our creative journey to a close! Alison from Make Good Arts will be helping us finish our final masterpiece — ready to shine at the SPDC Annual General Meeting.

Whether you've been part of the project from the start or this is your first time, you're very welcome to drop in for a cuppa, a chat, and a relaxed afternoon of creativity.



Please email spdcparentcarerbooking@sp-dc.org to book your places!

Activities for Parent Carers



Coffee Shop Stop

**Friday 17th October
12.30pm-1.30pm**



Unity Brew Community Cafe, 16 Unity Walk, Tipton, DY4 8QL

Come along for a relaxed morning of good company, plenty of laughs, and a warm brew (plus cake!) on us. This time, we're heading to the brand new community café in Tipton.

A perfect chance to check out what it has to offer!

Cooking with Fiona

**Tuesday 21st October
10.00am-12.00pm**

**Dorothy Parkes Centre, Church Road,
Smethwick B67 6EH**



You wanted more hands-on cooking experiences and we listened!
Join Fiona for a delicious dive into Chinese cuisine, where you'll learn to create an authentic dish from scratch.

Whether you're a kitchen newbie or a seasoned home cook, this is your chance to roll up your sleeves and explore new flavours.

What to Expect:

- Guided cooking session with Fiona
- Step-by-step creation of a Chinese dish
- Option to sit down and enjoy your meal with others, because good food is even better shared!

Limited availability for this session

When making your booking, please indicate if you have any dietary requirements.



Fiona Allan Nutrition

Please email spdcparentcarerbooking@sp-dc.org to book your places!

Activities for Parent Carers

Lets Start the conversation



Boys Only evening

**Thursday 23rd October
5.30pm-7.00pm**



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

A session requested by many parent carers, we're opening up the conversation around the sensitive topic of puberty.

Join Vic from Brook for an evening of pizza and open discussion with your young person.

Learn together, share experiences, and explore ways to support each other through this important stage of life.



What can be our next conversation? Let us know!

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

