



SPDC Parent Carer November & December 2025 Newsletter

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**Its the most wonderful
time of the year!**
(we know you sang along!)

It's nearly the end of the year but before we wrap up, SPDC has some brilliant things lined up for parent carers!

Fancy a chat with other parent carers? Want to try a wellbeing session, get involved as a volunteer, or come along to an information session? There's loads going on and something for everyone.

We know December gets busy, so now's a great time to pop a few dates in your diary and make time for you.

Kellie and Claire want to say a huge thank you for all your support this year.

Wishing you a very merry Christmas and here's to more adventures in 2026!

Kellie & Claire xx



IMPORTANT!

Booking confirmations will be sent Monday 3rd November, If you are booking Moodmasters, please just come along.

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

Activities for Parent Carers



The Importance of Mental Health For Parents

Nurturing Your Mood for a Better Life

Understanding Mental Health

The Basics :

- Importance of good mental health
- Common challenges we can face
- How our mental health affects physical and emotional well-being



Benefits of Positive Mental Health

- Enhanced emotional well-being
- Better physical health
- Stronger relationships
- Better sleep

Tuesdays
10:00 - 11:30
4 November 2025 - 9 December 2025

Sandwell Parents for Disabled Children
Galton Valley Childrens Centre,
Great Arthur Street,
Smethwick B66 1DH

Come along to our supportive group
where we will listen and explore different
ways to look after ourselves

FREE weekly well-being gift

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



Learn Helpful Strategies

- Understanding emotions
- How to Stop Worrying
- The Action Jar
- Cooling down hot thoughts
- Breathing and relaxation
- Mindfulness

Life as a parent carer can be a whirlwind. Moodmasters offers gentle wellbeing sessions where you can pause, breathe, and reconnect with yourself.

Through simple tools and shared reflection, we create space to step back from the ups and downs focusing on you.

Join us for a supportive and flexible six-week programme led by Rochelle from Family Hubs. Each session will run on the following dates:

4th Nov, 11th Nov, 18th Nov, 2nd Dec, 9th Dec, and 16th Dec

In the first session, Rochelle will work with the group to explore what topics matter most to you.

Together, you'll shape the programme to reflect your interests and needs, whether that's wellbeing, navigating services, parenting support, or something else entirely.

If you can't commit to all six sessions, that's absolutely fine. After the first session, you'll be able to choose the topics that suit you best and attend the weeks that work for you.

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

Activities for Parent Carers

SPDC Volunteering Opportunities

Wednesday 5th November

10:00am-11:30am

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

You're Invited to join SPDC Events Advisory Group!



SPDC is a parent carer-led charity, and we're excited to welcome both new and returning volunteers to our upcoming Events Advisory Meeting.

This is your chance to sit down with the SPDC team, share your ideas, and help shape the activities across all our programmes. Whether you've volunteered before or are just getting started, your voice matters and we'd love to hear it.

Come along, connect with fellow volunteers, and enjoy complimentary refreshments and pastries as a thank-you for your time and input.

Coffee Shop Stop

Wednesday 12th November

10.00am-11.30am

Weatherspoons, 164-166 High St, Cradley Heath, B64 5HJ

Join us for a warm drink and a welcoming space to connect with other parent carers, share experiences, and exchange valuable information.

We're especially pleased to be joined by a member of the team from Martha's Rule—a new NHS initiative currently being piloted across hospitals in our region.

Martha's Rule empowers patients and families by ensuring:

- You're asked at least once a day whether you feel better, worse, or the same.
- You have access to a 24/7 contact number for an independent clinical review, if concerns about deterioration remain after using the usual escalation methods on the ward.

This is a chance to learn more, ask questions, and understand how Martha's Rule could support you or your loved ones during hospital care.

Let's wrap up the year with connection, conversation, and a cup of something comforting. We look forward to seeing you there!



Lets Start the conversation

Thursday 13th November

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.

This is a rescheduled session so if you have previously booked we will be in contact and new bookings welcome—the more the merrier!

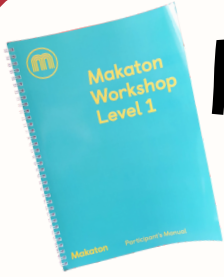


Please email spdcparentcarerbooking@sp-dc.org to book your places!

Girls only!



Activities for Parent Carers



Makaton Level 1 Workshop

Saturday 22nd November

09:30am-4:30pm

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

Following the success of our recent Makaton Taster Session, SPDC is thrilled to offer a **One-Day Accredited Level 1 Makaton Course**. Join us for an engaging, interactive session led by Sam, a certified Makaton Tutor and parent carer. Sam brings warmth, lived experience, and a passion for making communication accessible to all.

What is Makaton?

Makaton is a unique language programme that combines speech, signs, and symbols to support people with learning or speech difficulties.

It's widely used in schools, care settings, and families to promote understanding and connection.

*Gain an official Level 1 accreditation

*Learn in a relaxed, welcoming environment

*No prior experience needed

Missed the taster?

No problem, we'll revisit key signs and build from there!

Lunch will be provided!



SPDC Annual General Meeting & Handmade Market

Tuesday 25th November

11.00am-1.00pm

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

Celebrate with SPDC at our Annual General Meeting!

Join us as we reflect on a year of impact, connection, and creativity at SPDC's AGM. Meet the team and our board of trustees, hear about the milestones we've reached together.

In true SPDC style, this isn't just a meeting, it's a celebration!

We'll be showcasing the incredible achievements of our parent carers, volunteers, and community partners.

Back by popular demand: SPDC Handmade Carers Market!

Parent carers will once again be selling their beautiful creations at this event, perfect for gifts or a treat for yourself.

Please note: stalls are cash only.

A delicious buffet lunch will be provided.



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

Activities for Parent Carers

Employment Support Team

Thursday 4th December

10.00am-11.30am

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

Spotlight on Employment Support for Young People with Additional Needs

We're delighted to welcome a representative from Sandwell's Employment Support Team for Young People with Additional Needs.

Come along to hear about the latest opportunities available to young people aged 16-25 in Sandwell—including free, personalised support to help them step confidently into work, training, education, or volunteering.

A member of the team will be on hand to answer any questions you may have, and to guide you through the support available.

Refreshments will be provided, pop in for a chat, a cuppa, and some inspiring insights into how Sandwell is supporting young futures.

Christmas Floral Decoration

Friday 12th December

10.00am-12.00pm

Brasshouse Community Centre, Brasshouse Lane, Smethwick B66 1BA

Samantha from The Floral Wellbeing Company is back, just in time for Christmas!

Join us for a festive session where you'll get hands-on and create your very own Christmas table decoration.

Whether you're trying something new or brushing up on your skills, it's a lovely way to unwind, get creative, and make something beautiful to enjoy or even gift!

This one's always a favourite, and spaces will go fast!

Refreshments will be provided



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

Activities for Parent Carers



Moms Bingo Night!



Friday 12th December
6:30pm-9:00pm

Mecca Bingo Oldbury, 50 Halesowen Street, Oldbury, B69 2AN

A widely requested night dedicated to moms!



Join us for a fun-filled evening of bingo, laughter, and a bit of festive cheer!

Whether you're a seasoned pro or just fancy a night out, this is a great chance to unwind, connect with other parent carers, and maybe even win a prize or two.

The party night includes: All your bingo 7-9pm, Meal from a selected menu and a goodie bag.



Spaces are limited, so get in quick, we'd love to see you there!



Dads Flight Club

Saturday 20th December
6:00pm-8:30pm

13 Temple Street, Birmingham, B2 5BN



Take a break from the Christmas chaos and join us for a chilled evening of darts, banter, and good company.

Whether you're a darts legend or just fancy a go, it's all about having fun and connecting with other dads who get it.



We'll bring the festive vibes, food and drink!

Spaces are limited, so grab your spot and come enjoy a night out before the holiday madness kicks in!

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



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