



Sessions at a glance!

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The White Paper!



As you may have seen in the media this week, the UK Government has now published the **White Paper**.

We want to reassure you that Sandwell Parents for Disabled Children is already working closely with the local authority to develop sessions for parent carers.

These sessions will give you the opportunity to explore the document in more detail and gain a clearer understanding of what it means for you and your family.

Look out for these sessions very soon!

Kellie & Claire xx



IMPORTANT
You do not need credits to book on Parent Carer Activities

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

March Activities for Parent Carers

The Virtual Brew



Wednesday 4th March @ 7:00pm-8:00pm
Online (link will be sent upon booking)

This month we are changing it up a little by taking the Coffee Stop online

For the first time in a while, we're bringing our catch-up online, making it easier for parent carers to join us from wherever you are.

Claire and Kellie will gently start the conversation, all you need to do is bring a cuppa (or whatever takes your fancy) and settle in for a relaxed chat.

This is a safe, understanding, and completely judgement-free space where you can share, listen, or simply take a moment for yourself.

We're really looking forward to reconnecting with you online and hope to see you there.

email spdparentcarerbooking@sp-dc.org for the link

Take Five @SPDC



Tuesday 10th March @ 12:00pm-1:30pm

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

When you're caring for a child with SEND, life can run at full speed. This session gives you a gentle pause, a space to slow down, breathe, and reconnect with yourself and others who understand the ups and downs of the journey.

Drop in whenever you like and settle in however feels right. You can chat with other parent carers, enjoy a quiet moment to yourself, or simply soak up the calm atmosphere.

We've added a Crafts corner for anyone who finds creativity relaxing or grounding. But there's no expectation to join in, whether you prefer a cuppa and conversation, quiet reflection, or light activity, you're welcome exactly as you are.



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

Activities for Parent Carers

Celebrate EID with us!

Monday 16th March @ 10:00am-11:30am

Coneygre Community Centre, Sedgley Rd East, Tipton DY4 8UH

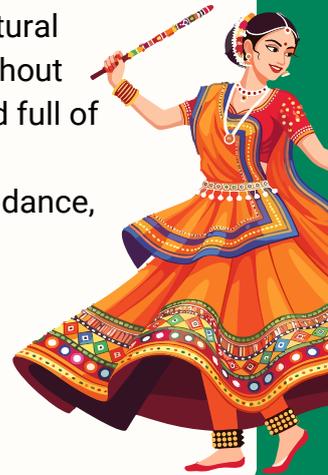
Step into a joyful morning filled with colour, rhythm, and delicious treats as we come together to celebrate Eid in true SPDC style.

The space will be alive with movement and music as we explore expressive Bollywood-inspired dance.

Let your creativity flow with beautiful Henna artwork, where delicate patterns and traditional designs offer a moment of calm, connection, and cultural expression. And of course, no Eid celebration would be complete without something tasty: enjoy warm, golden samosas, fresh from the oven and full of flavour.

It's a relaxed, friendly space where you can celebrate at your own pace dance, chat, nibble, or simply soak up the atmosphere.

This is a bookable event to help us plan catering and make sure there's plenty for everyone to enjoy.



Spring Walk

Thursday 19th March @ 1:00pm-2:00pm
Victoria Park, Victoria Road, Tipton, DY4 8SW

Enjoy a gentle spring walk around the park while chatting with like-minded parent carers and SPDC staff.

Take a breather, stretch your legs, and connect with people who truly understand the journey.

This relaxed outdoor meet-up is a chance to:

- Share experiences with fellow parent carers
- Catch up with SPDC staff in an informal setting
- Enjoy some fresh air and a change of scenery
- Feel part of a supportive, friendly community

Whether you want a good chat, a quiet stroll, or simply some time outdoors, you're welcome just as you are.



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

Activities for Parent Carers

Parent Carer Paperwork Support

Tuesday 24th March @ 10:00am-11:30am

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

SPDC are trialling a new session created especially for parent carers who need a quiet, focused space to work through SEND-related admin.

Whether you're completing DLA or PIP applications, Blue Badge forms, grant applications, EHCP annual review paperwork, or any of the many other tasks that build up, this session offers a calm environment where you can finally get things done without pressure.

Our staff will be on hand throughout to offer guidance, answer questions, and provide support where needed whether that's helping you understand a form, talking through wording, or simply being there so you don't have to tackle it alone.

It's a gentle, welcoming space designed to make SEND admin feel more manageable, with time set aside just for you.



Volunteer Opportunities

SPDC Fundraising Group

Wednesday 25th March 10:00am-11:30am

Wednesbury Library, Walsall Street, Wednesbury WS10 9EH

If you fancy turning your hand to fundraising for SPDC, this is the group for you! Fellow parent carers meet every other month to explore creative ways to raise funds for our charity. The money raised helps us deliver our much-loved Summer and Christmas activities, making a real difference to families across Sandwell. It's a relaxed, welcoming space to share ideas, plan opportunities, and support each other while helping SPDC grow.



Events Advisory Group

Wednesday 15th April 10:00am-11:30am

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

If you're interested in sharing ideas for activities, suggesting venues, or offering feedback on what we do, then this group is for you. It's a friendly space for parent carers to help shape future SPDC sessions.

You're very welcome to attend both groups if you'd like to be involved.

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



Activities for Parent Carers



Dads Meet up!

Saturday 18th April 10:00am-11:30am

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

A relaxed, friendly morning just for dads!

Whether you're brand new to SPDC or you've joined us before, this meet-up is a chance to take a breather, enjoy a buffet breakfast, and connect with other dads who "get it".



We'll chat about the kinds of activities, support, and opportunities you'd like to see over the coming year. Your ideas genuinely shape what we do, so your voice really matters.

This is a space where you can share thoughts, ask questions, or simply listen in and feel part of the community.

There's no pressure and no agenda beyond good company, good conversation, and making sure dads have a say in what comes next.

This is a bookable event.



Vision Boards

Wednesday 22nd April 10:00am-11:30am

Myra Harris Community Room, Brickhouse Lane. West Bromwich B70 0DZ

Take a moment just for you. Join us for a calm, creative session where parent carers can pause, breathe, and reconnect with their hopes for the year ahead. Together, we'll explore what matters most to you, your wellbeing, your dreams, your identity beyond caring and turn those intentions into a beautiful, personalised vision board. No artistic skills needed. Just come as you are.

We'll provide the materials, the cuppa, and a welcoming space to reflect, imagine, and create alongside others who truly understand the journey.

A little time to look forward, a little space to dream, and a gentle reminder that your aspirations deserve attention too.



VISION BOARD



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

Activities for Parent Carers

Cygnets Autism Course

Thursday 23rd April 09:30am-11:30am

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

Cygnets is a 7 week support programme for parents and carers of children and young people, aged 5-18, who are autistic.

Parents of autistic children face the usual positive and difficult challenges of parenting and quite a few more. Attending a Cygnets autism support programme gives parents and carers an opportunity to develop their understanding of autism and consider ways to support their child.

It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

Further sessions will take place on the following dates:

Thursday 23rd April 9:30am-11:30am

Thursday 30th April 9:30am-11:30am

Thursday 7th May 9:30am-11:30am

Thursday 14th May 9:30am-11:30am

Thursday 21st May 9:30am-11:30am

Thursday 4th June 9:30am-11:30am

Thursday 11th June 9:30am-11:30am



Parent Carer Paperwork Support

Tuesday 28th April 10:00am-11:30am

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

Another chance to tackle any SEND admin in a peaceful, supportive space. Bring along whatever you're working on forms, letters, plans, or anything else, and take the time you need to get things done without the usual distractions.



We're also delighted to share that SENDIASS will be joining us for this session. Their team will be on hand to talk with parent carers about the support they offer, including clear, accessible information and guidance around SEND processes. Whether you're trying to understand your rights, make sense of paperwork, or feel more confident navigating the system, they're here to help.

Drop in at any time during the session, no booking needed.

Come for support, a bit of clarity, or simply a calm space to get things sorted.

Sandwell Parents for Disabled Children

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

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Charity Number 1125576

