

SPDC

sandwell parents
for disabled children



Parent Carer Newsletter October 2023

Try out
Diamond Art!

Coffee Morning

Tuesday 17th October, 10.00am-12.00pm

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

If you've ever wanted to try out Diamond Art, now is the time. Join us, along with parent carer Sharon, who will be sharing her skills and showing you how to make cute gift tags, ready for Christmas.

Enjoy a cuppa with us at the same time, or just drop in for a chat.



Aqua Aerobics

Saturday 21st October, 3.30pm - 4.45pm

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

Parent carers are invited to take part in an Aqua Aerobics fitness session.

Get that swimming costume out, get in the pool and make a splash!

The session will start at 4.00pm and lasts 45 minutes but will meet up at 3.30pm to allow time to get ready.

SPDC Coffee Shop Tour!

Monday 23rd October, 10.00am-11.30am

Brook Street Community Centre, 1 Brook Street, Tipton, DY4 9DD

The SPDC Coffee Shop Tour continues so join us for a good old chat, some laughs and a coffee on us!

Drop in session, no need to book.



Lets get
outdoors!

Walk & Talk with SPDC

Thursday 26th October, 10.00am-12.00pm

West Smethwick Park Pavilion, West Park Road, Smethwick, B67 7JH

Parent carers are welcome to join us on an Autumnal walk and chat, followed by a cuppa in the Pavilion Café afterwards. An opportunity to get out in the fresh air and meet up with other parents.



Dates for Your Diary

SPDC's AGM

will take place on
Tuesday 28th November
Keep the date.
More details will follow.

**SAVE
THE
DATE**

Ladies!

We haven't forgotten you.
Please be patient while we
continue planning our
upcoming programme.

Dads!

Look out for details of the
next Dad's event on
Saturday 23rd December.
More details will follow
shortly.

To book activities please email

spdcparentcarerbooking@sp-dc.org

Stating the name of each parent carer and which event you want to book for

Bookings will close on Tuesday 10th October @ 9am

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

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Website: www.sp-dc.org



Venue wheelchair
accessible

