



Family Club

January 2024



West Bromwich Leisure Centre, Moor Street,

West Bromwich B70 7AZ



(Parking at the rear of the leisure centre but refundable at centre reception)

Happy New Year!

SPDC's Family Club returns **Monday 8th January 5.00-6.30pm**. Our sessions offer families, the chance to take part in a variety of active/sporting and creative opportunities each week, during term time.

Family Club is all about FUN!

We have a different creative theme each week, so please take a look at the information overleaf for details of each session and only book the weeks that appeal to your family.

Our active programme offers a mixture of opportunities each week, these include football, basketball, badminton, table tennis and parachute games. In addition to these staff are working hard to arrange guest coaches to join us so that you can improve and learn new skills.

Keep your eyes peeled for details of these on our Facebook page.



Important booking Information



Please email your expressions of interest to spdcbooking@sp-dc.org

Your email should clearly state:

*Your name

*Which date (s) you would like to attend

*How many people (adults and children) will be taking part in the session

It is important that you provide this information in full, as without it we may not be able to process your booking.

If you are booked on to a particular session and can no longer attend, we would ask that the team be notified as soon as possible by calling



Diane 07594 486930

Gary 07763 593877



SPDC hold waiting lists for activities and would be able to offer another family the opportunity.

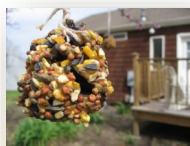
Bookings will close Monday 18th December 9:00am

You will be advised via email 19th December about the places you have been allocated.



Club Activities

5:00pm-6:30pm



Monday 8th January 2024

Creative Opportunity



This week we will be showing kindness to wildlife by making homemade bird feeders/ pine cone feeders, woodland animal snow globes, sensory activity with an outdoor theme.

Active Opportunities:

To start off January we have a special guest, Vince is joining us for a mini taster session of Zumba! Various sporting activities will also be on offer to include table tennis, badminton, football shootout and much more.

For our younger visitors (under 8's) and those with specific sensory needs we have exclusive use of the soft play area situated on the ground floor from 5:30-6:30pm.

Sporting Activities Each Week!



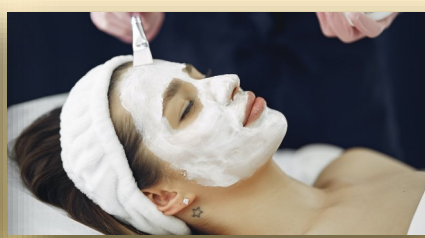
Over the next 4 weeks we will be completing sports challenges each week, these will include circuit activities, table tennis bat challenges, bean bag throw challenge and much more!

Once the challenges are completed on the dates that you are able to attend club, our staff will stamp your card and we will ensure that you will be rewarded with a certificate and a prize!

Monday 15th January 2024

Blue Monday

Let's counteract Blue Monday by having a pamper session and be kind to yourself by making homemade facemasks, creating a kindness jar and more wellbeing activities.





Monday 22nd January 2024

Healthy Eating



All the chocolate and cakes have been eaten over the festive period, now let's eat healthily.

Join us to design your own healthy paper plate, make fruit or vegetable kebabs and enjoy sensory food activity.

For our younger visitors (under 8's) and those with specific sensory needs we have exclusive use of



Monday 29th January 2024

Lets get crafty!



Come along and enjoy an evening of wellbeing peel and paint crafts with Paula. Also on offer will be Bingo, kinetic sand and wellbeing colouring table.

Monday 5th February 2024

Be a super hero!

Join us to design a mask of your choice, it could be super hero, cardboard mask.....the choices are endless! Additional to this we will have building games challenges and a sensory table.



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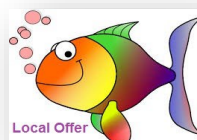


Contact us!

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

Tel: 0121 565 2410

Ch Reg: 1125576



Sandwell
Children's Trust