



Sandwell Valley Hike!



Tuesday 9th January 10.30am

Meeting at Sandwell Valley Visitors Centre, Salters Lane, West Bromwich B71 4BG

Time to blow off the cobwebs after Christmas and put on your walking boots. Join

Gary & Di for a trek around Sandwell valley Country Park!

Discover areas of the park that you may have never seen before whilst taking in the fresh air, followed by a drink at the park farm café.

Weather appropriate clothing and comfortable walking shoes are a must!

No need to book, just turn up!



Lets talk Menopause!



Thursday 18th January, 10.00am—12.00pm

Friar Park Millenium Centre, Friar Park Road, Wednesbury, WS10 0JS

You've asked, we are delivering a widely requested topic has been information around the menopause.

Jane Heeley an MBACP accredited counsellor will lead a discussion around the emotional aspects of the menopause and strategies to help dealing with them.

Light refreshments will be available



Gentle Stroll and Catch Up!



Monday 22nd January, 10.00am—12.00pm

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

Parent carers are welcome to join us on an winter 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.

No need to book, just turn up!





Coffee & Craft!



Thursday 25th January, 10.00am—12.00pm

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

Join us for tea/coffee and toast whilst taking the opportunity to try different crafts including diamond art.

If you have your own project on the go, why not bring it along to show us!

If crafting is not your thing, just come along for a chat.



Light Refreshments Available



Mental Health Awareness for Parents!



This course will help you understand your child's mental health.

Tuesday 30th January, 10.00am—1.30pm

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

This course will help you to understand your child's mental health.

Vikki Fox from Kaleidoscope will join us to discuss:

- *What is mental health? (good and poor)

- *How Mental and Emotional distress affects young people

- *Risk factors

- *Signs and symptoms of stress, anxiety, depression, self harm and eating disorders

- *What can we do to help?

- *Local and national resources for support



Vikki will talk us through strategies that can be put in place to help, as well signpost to local and national resources for support.



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 8th January @ 9am



Venue wheelchair
accessible



COMMUNITY
FUND

SCVO

EPIC

Esmeé
Fairbairn

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

Tel: 0121 565 2410

Ch Reg: 1125576

Website: www.sp-dc.org

