



Important Information

Please read before booking the following activities

The SPDC parent carer activity programme is designed for you to have respite away from your daily caring role and enjoy conversation and experiences with adults in similar situations.

For this reason, we must ask that you do not bring children to the parent carer sessions.

Thank you for your co-operation and understanding in this matter.

If you would like to discuss this, please let a member of the team know and we will be happy to explain this decision.



Coffee Shop Stop!

Monday 5th February 2024 10.00am-11.30am

Blackheath Wetherspools, 124 Halesowen St, Blackheath, B65 0ES

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

This is a bookable activity.



Sandwell RSPB Hike!

Wednesday 7th February 2024 10.00am-12.00pm

Tanhouse Avenue, Great Barr, B43 5AG

Meeting the Nature Reserve Centre, payable parking on site so don't forget small change!

Following on from suggestions from parent carers at a previous hike, the team will be trekking around RSPB, Sandwell Valley.

Discover new areas of the reserve whilst nature spotting on your travels, followed by a drink at the RSPB Café with breathtaking views.

Weather appropriate clothing and comfortable walking shoes are a must!

This is a bookable activity.



Information Session!

Wednesday 21st January, 10.00am—12.00pm

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

We are delighted to welcome Kate Loftus, Senior Manager for Disability Employment at Sandwell Council, to introduce a project called **Internship Works**.

This programme supports young people with additional needs to have greater choice and control over their future. Kate would like to take the opportunity to raise awareness of the current pathways into employment for young people when they leave school or college, as well as explain the options on offer, such as specialist employment advisors.



This is a bookable event and light refreshments will be available.



Haden Hill Gentle Stroll!

Thursday 22nd February 2024, 10.00am—12.00pm

Haden Hill Park, Halesowen Road, Cradley Heath B64 7JU

Parent carers are welcome to join us on an gentle leisurely stroll and chat around Haden Hill Park, followed by a cuppa at Haden Hill House afterwards.

The staff have also kindly offered the opportunity to browse the historical Victorian house to finish the session.



Light Refreshments will be provided.

This is a bookable activity.



Aqua Aerobics!

Saturday 24th February 2024, 4.30pm-6pm

West Bromwich Leisure Centre, Moor Street, West Bromwich

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

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

You do not have to be an expert, beginners are welcome to have a go and enjoy.

The session will start at 4.00pm with aqua aerobics, lasting 45 minutes and a further 45 minutes of free time in the pool.

Will meet up at 3.30pm in reception to allow time to get ready.

This is a bookable activity.





Coffee & Craft!

Tuesday 27th February 2024, 10.00am-12.00pm

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

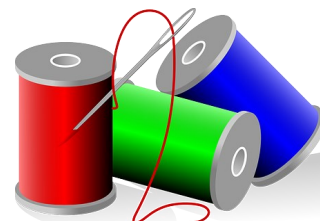
Join us for tea/coffee and toast whilst taking the opportunity to try different crafts including a mini cross stitch kit.

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

This is a bookable event



A glimpse at January!



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 5th February @ 9am

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



Venue wheelchair accessible



COMMUNITY FUND SCVO

