



SPDC Parent Carer January 2025 Newsletter



January at a glance!

Thursday 16th January

Meet Jude Nash, Iterm Director of SEND & Inclusion

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Meet Nikita Cheeta, Talbots Law
Power of attorney

Wednesday 22nd January

Coffee Shop Stop

Saturday 25th January

Walk, Talk & Bark

Wednesday 29th January

Slow Cooker Workshop

Tuesdays throughout January

Cost of living Team

Happy New Year

SPDC invite you to join us for the first parent carer activities of 2025 and begin to planning for the year ahead!

The festive period can be a fun but exhausting time so this is an opportunity to take time for yourself, connect and also find out what is happening within SEND in Sandwell.

I look forward to catching up with you 2025 and welcoming new families.

I am contactable on:

0121 565 2410, 07969 519701 or email admin@sp-dc.org

Take Care



Claire x



Bookings must be sent to spdcparentcarerbooking@sp-dc.org before Friday 17th January to allow for planning.



Twilight session

Carers M.O.T



We have just completed a 6 week course carers M.O.T which covers, mindfulness techniques, managing stress, self care strategies, nutrition & diet, sleep hygiene and relaxation.

SPDC would like to offer this to a wider audience on an weekday evening but this will depend on interest, so if this is something that would be of interest, please email admin@sp-dc.org



January Activities for Parent Carers



IMPORTANT SESSIONS FOR PARENT CARERS



THURSDAY 16TH JANUARY 2025

GALTON VALLEY CHILDRENS CENTRE, GREAT ARTHUR STREET, SMETHWICK, B66-1DH

10:00AM-11.30AM

Jude Nash, Interim Assistant Director for SEND and Inclusion in sandwell will be joining SPDC to meet with parent carers.

The aim of the session is to gain views of parent carers and to outline changes that Sandwell Council are proposing for SEND in Sandwell.

12:00PM-1:30PM

Its never to early to prepare for your families future and following numerous requests, Nikita Cheeta, a solicitor with Talbots Law, will be joining us to offer information around the subject of power of attorney.

Power of attorney is a legal document that appoints someone to make decision on your young adults behalf once they approach adulthood.

you are welcome to just come to one session or stay for both and join us for light lunch. please email spdcparentcarerbooking@sp-dc.org to book your place.



Coffee Shop Stop



Wednesday 22nd January 2025 @ 10-11.30am

The Interceptor, New Square, West Bromwich B70 7PP

The SPDC Coffee Shop Tour continues into 2025 giving you a chance to chat, have some laughs and enjoy toast with a cuppa on us!

We will be joined by Sandwell Digital Team who want to find out what sort of support you may need when accessing online services, this may include:

- Creating and accessing benefit journals
- Shopping & banking online
- How to keep safe and protected online

Once we have this information, we will then work in partnership with the digital team to offer tailored sessions in the future.

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



January Activities for Parent Carers



Walk, Talk & Bark!



Saturday 25th January 11:00-12:30pm

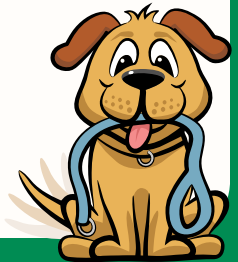
Swan Pool, Forge Lane, West Bromwich, B71 4BG

Carpark charges are 40p per hour

Join SPDC for a winter leisure walk around the beautiful setting of Swan Pool, followed by hot drink.

We have had requests for dogs to join us on our walk and so we are happy for your furry friends to take part on this occasion.

Please call 0121 565 2410 to book your place.



Slow Cooker Workshop



Wednesday 29th January 10am-11.30am

Great Bridge Library, Sheepwash Lane, Tipton DY4 7JF

Fiona Allen Nutrition will be hosting a slow cooker demo for parent carers to get hints and tips of how to put together an easy and hearty meal.

This workshop promises to offer a warming experience and just what we need in the winter months.

Please do not worry if you don't own a slow cook, we have been kindly donated slow cookers by St Germain's Church for you to take home.

As part of this session, SPDC would also like to facilitate a recipe exchange to celebrate all culinary traditions and so would encourage you to bring along your favourite recipe on the day and Claire will then collate all the recipes and send them to you to make our very own SPDC recipe booklet.



Heather Baseley will also be joining the session to let us know how St Germain's Church can offer wellbeing support to families.

Light refreshments will be provided

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





Struggling with the cost of living?

We can help...

Our cost of living advisers offer free support with:

**Benefits Budgeting Debt
Employment Energy**



Sandwell Parents for Disabled Children
Galton Valley Childrens Centre
Great Arthur St
Smethwick, B66 1DH
Sessions starting Tuesday 9th April 2024
9.30am to 1.00pm



Cost of Living Team

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

The cost of living Team are continuing with services on Tuesdays at SPDC HQ for the time being! Don't worry if you have not received your migration letter for universal credit.....get ahead of the game and beat the queues!

Please call 0121 565 2410 to book your place.



Your feedback is important!

Feedback is a key component for our service so we can listen and respond and engage to families needs more efficiently.

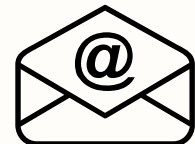
Its easy to offer feedback by:



speaking to a member of staff at sessions.



**Call SPDC HQ
0121 565 2410**



**Email
admin@sp-dc.org**



Contact us!



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

Tel 0121 565 2410

Email info@sp-dc.org

Charity Number 1125576



SCAN ME