



# SPDC Parent Carer February 2025 Newsletter



## February at a glance!

Thursday 6th February  
Adult Transition workshop

Monday 10th February  
Coffee Stop Shop in partnership with  
Green Doctor

Friday 14th February  
Valentines Willow Hearts

Monday 17th Feb-Friday 21st Feb  
HALF TERM

Tuesday 25th February  
Coffee & Craft-Book folding Activity

Tuesdays throughout February  
Cost of living Team



## Welcome



SPDC parent carer February activities promise to have informative and social opportunities available for parent carers in Sandwell SEND community.

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

I am contactable on:  
0121 565 2410, 07969 519701 or email [admin@sp-dc.org](mailto:admin@sp-dc.org)



Take Care

*Claire x*



**Bookings must be sent to  
[spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org)  
before Monday 10th February to allow for planning.**



Twilight session

## Twilight & Weekend Sessions WEEKEND

From time to time SPDC is asked host more twilight & weekend opportunities for those parent carers who are unable to join in with weekdays one. We at SPDC are very keen to support such parent carers but, owing to the cost implications of arranging courses and activities, we need to be sure that parent carers would make use of such opportunities. Hence, we are inviting you to discuss this issue on;


**Wednesday 26th February 5.00pm-7.00pm at  
The Court of Requests, Church Street, Oldbury B69-3AF**  
Come and enjoy a drink on us and share you views with staff.

Please email [spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org) to book your place.

Please note: If we do not have interest for this event, we will not go ahead and so booking is essential.



# February Activities for Parent Carers

## Adult Transition Information Session

### Thursday 6th February


10:00-11:30am  
Galton Valley Children's Centre, Great Arthur Street,  
Smethwick B66 1DH

We are delighted to welcome back a member of the CAHMS to AMHS Team!  
Laura Hamilton is the Transition Officer for Black Country Mental Health Services, arranges for young people to transition from Children's and Adolescent Mental Health Service (CAMHS) to Adult Mental Health Services (AMHS), will be available to discuss the service and what is available for your young person.

If you attended the session in September Laura will be offering an update on the new service.

Light refreshments available

Please email [spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org) to book your place




## Coffee Shop Stop



**Monday 10th February @ 10.00-11.30am**  
**YMCA Coffee at the Clock, 38 Carters Green,**  
**West Bromwich B70 9LG**

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 also be joined by the Green Doctor Team who are energy efficiency experts offering free, impartial advice to help people take control of their bills, save energy in the home and help with damp and mould issues.

Huge thanks to St Germain's Church & Cadent for their donation of carbon monoxide detectors which will be available free for each attendee.



Please email [spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org) to book your place.





# February Activities for Parent Carers



## Valentines Special

Friday 14th February 11:00-1:00pm

West Smethwick Park Pavillion, West Park Road, Smethwick B67 7JJ



Following the success of the Christmas woven star event in December, we have been asked to repeat the workshop, so we have.

This time with woven hearts!

Additional to this we will have the opportunity to try diamond art with Sharon, also a fellow parent carer.

Light Refreshments available

Please email [spdcparentcarerbooking@sp-dc.org](mailto:spdcparentcarerbooking@sp-dc.org) to book your place.



## Coffee & Craft Book Folding Workshop for SEND Parent Carers



### Tuesday 25th February 2025

10:00-11:30am

Wednesbury North Family Hub, Woden Road North, Wednesbury WS10 9NP



The first SPDC Coffee & Craft of 2025 will be hosted by Cassie, a fellow parent carer.

As February is the month of love, we are offering the opportunity to try book folding, starting with a heart. If crafting is not your thing, you are still very welcome to join us for a chat or bring along your own project to work on and share!

Sandwell Family Hubs will be joining this session to let us know what opportunities they have for families in Sandwell.

Please email [spdcparentcarerbooking@sp-dc.org](mailto: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 9<sup>th</sup> April 2024  
9.30am to 1.00pm



# Cost of Living Team

**Tuesdays throughout February**  
**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