

NEWSLETTER






11th October 2024

The Woodhouse Support Hub

<https://sites.google.com/woodhouse.academy/support>


How to get in touch

 @WoodhousePA  0121 464 1769  www.woodhouse.priacademy.co.uk

 enquiries@whp.greenheartlearning.org

 families@whp.greenheartlearning.org

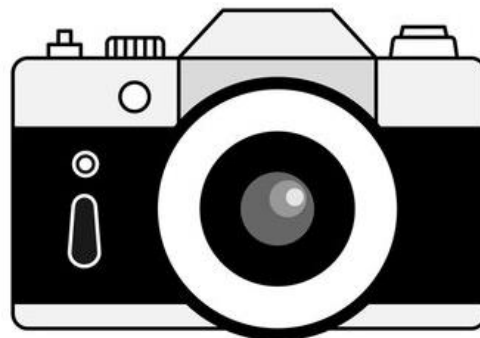
- Use this for any queries. Monitored by the Inclusion Team
- You can also send us anything you'd like put in the newsletter. This can be photos, learning, resources and any good news stories you may have.

 sensupport@whp.greenheartlearning.org

- Use this for any queries about any additional learning needs or concerns.

School Photos

We are having our regular photographers in school on Wednesday November 6th to take individual and sibling photos that you will be able to view and order in time for Christmas.



Non-school siblings, such as toddlers, babies and secondary age children can come in from 8am with their siblings and parents for their photos.

All siblings in school will have their photos taken during the day.

Proofs will be ready to view online shortly after the photo day and you will be able to place online orders. We will not be taking orders in school.

Stars of the Week

The following children are Stars of the Week for the week ending 11th October.

Reception

Remy
Kimiah
Yousuf
Isaiah

Year One

Adeeb
Z'Raeyah
Koast
Sophie

Year Two

Saviour
Nevaeh M-B
Ella
Temi

Year Three

Anderson
Nabeel
Aryan
Eyad

Year Four

Daria
Alfie
Mrs Reed

Saira
Lena-Maye
Max
Wyatt

Year Five

Clytie
Faiha
Rayden
Lucas H-J

Year Six

Chloe
Ruben
Jannat
Jacob

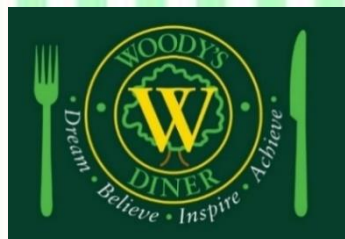
Rainbow Room / Zone

Adam Jnr

Extra Curricular

We have many children doing awesome things outside of school and day to day learning.

Bring them into school and share your awards with us in assembly on a Friday!



School Dinner Menu

14th – 18th October

NOTE: We operate a 3-week rolling menu.

Keep an eye on the menu each week for changes.

We use a range of suppliers, including local businesses so menus are subject to change if items are unavailable.

Monday	Tuesday	Wednesday	Thursday	Friday
Pork or Vegan Sausages	Fish Stars	Honey Roasted Gammon	Jacket Day	Pizza Day
	Pasta in Tomato and Basil Sauce		Jacket Potato with a Selection of Fillings: Butter, Cheese, Baked Beans, Tuna Mayo, Coleslaw or BBQ Beef	Cheese and Tomato or Pepperoni Pizza With Chips and Baked Beans or Vegetables
	Mashed Potatoes	Roasted Quorn		
Mixed Vegetables	Jacket Potatoes with Tuna, Beans or Cheese	Mashed or Roast Potatoes		
	Gravy	Parsley Sauce Sweet Chili Sauce	Seasonal Vegetables Gravy	
Ice Cream	Chocolate Cracknell	Doughnuts	Jam Sponge & Custard	Selection of Fruit Desserts

Fresh Fruit and Fresh Salad Bar available daily

Food Allergies

In order to keep our dietary records up to date, please inform the main office of any changes to your child's dietary requirements, allergies and intolerances. We are able to cater for most requirements but must know in advance.

If your child only eats Halal meats but can eat fish, please also let the main office know. We do not serve Halal meats.

Please either contact the main office on 0121 464 1769 or email us on families@whp.greenheartlearning.org

Please also remember that we are a NUT FREE SCHOOL

attendance ~~MATTERS~~


30th September – 4th October

Whole School Attendance for the year currently running at: 93.97%

Last week's attendance:

EYFS & KS1: **93.50%** KS2: **95.02%** Whole School:
94.52%

Our Attendance target for this coming year is 97%

Class	Attendance for the week		Class	Attendance for the week 
Nursery	85.48%		3A	99.35%
RL	96%		3H	97.67%
RW	98.62%		4H	89.68%
1B	92.67%		4R	90%
1O	93.10%		5H	97.42%
2W	94.48%		5FP	95.33%
2P	96.55%		6D	97.67%
RR	85.29%		6WO	95.86%



Congratulations to **5H** who had the best class attendance last week.

Well done to **2W** had the best class attendance in EYFS & KS1 last week.

Will you help your class have the best class attendance?

Academic Year 2024 - 2025



Autumn Term 2024

Tuesday 15th October – Year 2 visit to Tamworth Castle. Please make payments via MCAS.

Tuesday 15th October – Year 3 visit to Dudley Zoo. Please make payments via MCAS.

Friday 18th October – Harvest Festival Assemblies – Parents invited
- KS2 at 9am in the hall

- EYFS & KS1 at 2:30 in the hall

Monday 21st October – 4H Class Assembly – Parents invited

Half-term: Monday 28th October to Friday 1st November

Wednesday 6th November – Individual and Sibling school photos. Non-school siblings (babies, toddlers, secondary age) from 8am

Tuesday 3rd December – Reception Nativity – 9:15am

Wednesday 4th December – Reception Nativity – 2:30pm

Tuesday 10th December – Year 1 Christmas Theatre Visit. Please make payments via MCAS.

Tuesday 10th December – Choir Christmas Concert (after school)

Wednesday 11th December – Nursery Nativity – 9:15am

Wednesday 11th December – Christmas Fayre – 4pm – 6pm

Thursday 12th December – Christmas Jumper Day

Tuesday 17th December – KS1 Nativity – 9:15am

Wednesday 18th December – KS1 Nativity – 2:30pm

Wednesday 18th December – Christmas Dinner Day

Term ends: Friday 20th December

Spring Term 2025

Term Starts: Monday 6th January

Half-term: Monday 17th February to Friday 21st February

Term ends: Friday 11th April

Summer Term 2025

Term Starts: Monday 28th April

Half-term: Monday 26th May to Friday 30th May

Monday 16th – Wednesday 18th June – Year 6 Boundless Outdoors Residential – Please make payments via MCAS.

Term ends: Monday 21st July

Further dates here: <https://www.woodhouse.priacademy.co.uk/news-and-events/school-events>

HARVEST FESTIVAL

The logo for Harvest Festival features the words 'HARVEST' and 'FESTIVAL' in a stylized, orange and black font. Below the text is a colorful illustration of harvest produce, including several pumpkins, sunflowers, and ears of corn.

Our annual Harvest assemblies are on October 18th. Parents are invited to come and watch these in the hall. Children will be performing class songs or poems.

We are asking for any food donations of packaged foods such as tins, packets, pasta, rice, cereals etc. We are only asking for donations if you are able to give. Please don't worry if not. Donations can be taken to class or to the main office.

There will be a slight change this year to what we do with the donations. We will be making up food parcels in the first instance for families at Woodhouse. If you would like to be considered for one of these, please let us know either in person or via email to enquiries@whp.greenheartlearning.org or families@whp.greenheartlearning.org

Our Harvest festival is earlier this year to allow for the distribution of food parcels.



Parent meetings – teaching your child to read

Learning to read is the most important thing your child will learn at our school. Everything else depends on it, so we do all we can to make sure every child learns to read quickly.

We want your child to love reading – and to want to read for themselves.

You can help.

We are holding a meeting on **Thursday 17th October 9am – 10am** for parents to learn how we are teaching your children to read, and learn how you can help at home

The details of the meeting are below.

An Introduction to Read Write Inc. Phonics

An overview of how we teach children to read.

Set 1 Sounds

How we teach children to read their first sounds.

Fred Talk

Fred Talk is how we teach children to blend sounds into words.

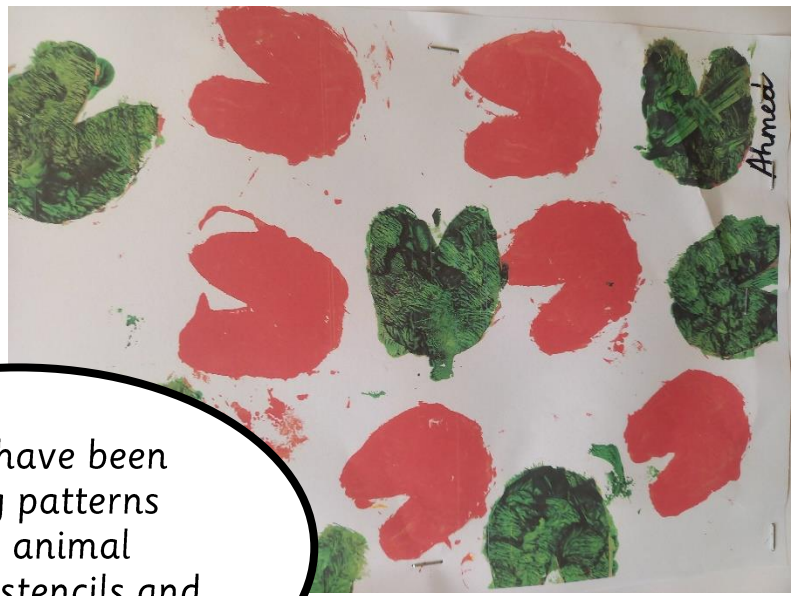
You are warmly invited to attend. In the meantime, make sure you read to your child every day. Visit <https://www.ruthmiskin.com/en/find-out-more/parents/> for more information and helpful videos.

Kind regards,

Miss Lavelle

Assistant Headteacher/ Early Reading Leader





Year 3 have been making patterns using animal footprint stencils and templates.

Check out our new Art website where you can have a look at the amazing art going on at Woodhouse.

<https://sites.google.com/woodhouse.academy/ms-lewis/home>





Reception have created family portraits using natural materials like stones and twigs.



Woodhouse School Leaders

Over the last couple of weeks we have been in the process of selecting our school leaders for this year.

Year 6 children have had the opportunity to apply for Head Boy and Girl roles as well as Prefect roles and School Cabinet representatives for the younger children.

All applications were reviewed by Mr Wilson and were of a very high quality.

Our children in Years 2 – 6 applied to represent their classes on the School Cabinet, and following a shortlisting process, the children all voted for their class representatives.

The Eco Team in school took a similar approach to the Cabinet and elected their class representatives who will work with Mrs Banks on keeping Woodhouse green.

Our School Cabinet

Head Girl – Jasmine
Head Boy – Rae’y
Deputy Head Girl – Myrtle
Deputy Head Boy – Aryan
NSY – Laura & Simran (Year 6)
RL – Lara (Year 6)
RW – Rayhanah (Year 6)
1B – Charisma (Year 6)
1O – Shanice (Year 6)
2P – Danny
2W – Khaleelah
3A – Ryan
3H – Isra
4H – Remy
4R – Emmanuel
5H – Abdullah
5FP – Anaia
6D – Raphael
6WO – Adam
The Zone & Rainbow Room –
Bethany & Samuel

Prefects

Madison
Sanogika
Nithal
Amyla
Mollie

Our Eco Team

1B – Phoebe & Dexter
1O – Tillie
2P – Rosie
2W – Amrita
3A – Noah & Evander
3H – Aryan
4H – Cali
4R – Ali
5H – Ethan
5FP – Isabelle
6D – Caiden
6WO – Rae’y



WOODHOUSE PRE-LOVED ESSENTIALS

We have a wide range of pre-loved uniform and non-school uniform items free of charge to those who need them. You are more than welcome to come and help yourself anytime.

We also have shoes, trainers, coats, hats, gloves, scarves and bags available.

Household Support

We are also able to access support for a wide range of household items such as white goods, beds, bedding etc.

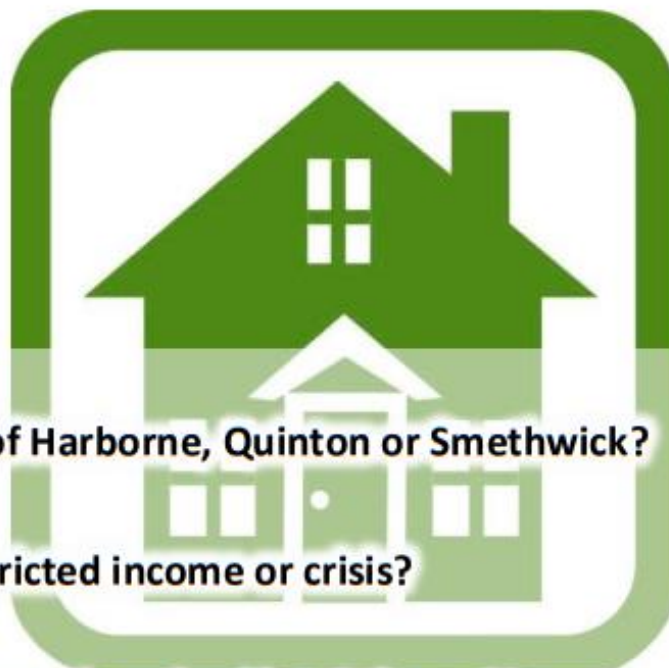
Please speak with Mr Kennedy, the office staff or email us at families@whp.greenheartlearning.org if you need support with any of this.

Help with Laundry

Thanks to a company called Smol and their Suds in Schools project, we also have washing and drying facilities within school for families who are struggling with this where we can offer a discrete laundry service.

If this is of any help to anyone, please speak with Mr Kennedy.





Are you a permanent resident of Harborne, Quinton or Smethwick?

Are you struggling due to a restricted income or crisis?

If so, Harborne Parish Lands Charity (HPLC) may be able to help provide you with essential items for your home such as white goods, beds, bedroom storage, or a whole host of support. This list isn't exhaustive but unfortunately we cannot provide cash or debt relief or help with bills.



HPLC is a friendly local charity. Our mission is to help people who are in need and who live in the "Ancient Parish of Harborne" (which even includes a large area of Smethwick!)

Each case is always looked at on an individual basis and application are always followed up with a home visit.



For an informal chat about your circumstances, please contact a member of staff at reception, or in the office, or one of our Support Officers.



There is a wonderful baby bank available that is run by Helen,
a member of the Woodhouse community.

They are able to support new and expecting mothers with a
wide range of items.

If you would like to access this support, you can call or email
using the details below:

Helen

07811070518

Helen.childcare@gmail.com

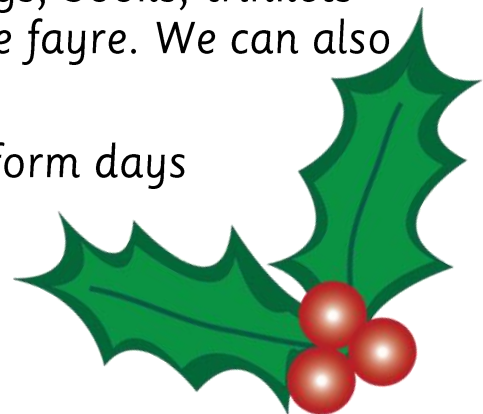


Christmas Fayre

With our annual Christmas Fayre not too far away on December 11th, we are looking for any donations of unwanted toys, books, trinkets etc. in a suitable condition that we can use for the fayre. We can also accept donations of reusable gift bags.

Closer to the date we will also be having non-uniform days where donations can be made.

Any donations can be made to the main office.



Christmas Jumper Swap

Christmas Jumper Day is one of the highlight days of the festive period with all the brightly coloured jumpers on display.

With this in mind, we are collecting pre-loved festive jumpers that may now be too small and providing a swap-shop service where families can come and get one free of charge. This will be available closer to Christmas.

So check the backs of cupboards and in the loft for any festive jumpers that you can donate and trade.



CHRISTMAS AT WOODHOUSE

KEY DATES

Tuesday 3rd December – Reception Nativity – 9:15am
Wednesday 4th December – Reception Nativity – 2:30pm
Tuesday 10th December – Choir Christmas Concert (after school)
Wednesday 11th December – Nursery Nativity – 9:15am
Wednesday 11th December – Christmas Fayre – 4pm-6pm
Thursday 12th December – Christmas Jumper Day
Tuesday 17th December – KS1 Nativity – 9:15am
Wednesday 18th December – KS1 Nativity – 2:30pm
Wednesday 18th December – Christmas Dinner Day



PERFORMANCES

Please make sure your children are in school on time to allow them enough time to get costumes on etc. Reception and KS1 performances will be in the main school Hall. Nursery will be performing in the classroom. Once the performances have started, please do not leave unless you really have to. It disturbs the children. Video and photographs can be taken as long as they are not shared on social media.

CHRISTMAS JUMPER DAY

We ask for a £1 donation, if possible which goes towards Save the Children. Children can wear a Christmas jumper, or any other jumper and the remainder of their school uniform. There will be a Christmas jumper exchange taking place if you wish to donate any old jumpers or you wish to swap them.

CHRISTMAS FAYRE

This will be in the main school building. There will be no Santa at the Fayre as the children will have seen him during the day. If you have any good quality unwanted toys or gifts that you are looking to donate we would gladly accept them to use for the fayre.

DONATIONS

Friday 29th November children can come to school in their own clothing, but with the bottom half still school uniform. We are asking for donations of bottles for the Christmas Tombola.



Job Opportunities at Woodhouse

We are looking for a catering assistant to join our established staff team. Details of the role and how to apply are below:

Catering Assistant, 12.5 hours a week, term time only:

<https://teaching-vacancies.service.gov.uk/jobs/catering-assistant-woodhouse-primary-academy-birmingham-west-midlands>

The application process closes on Friday 18th October 2024 at 12pm

November is Cut Your Carbon month!

Eco-Schools is challenging young people across the UK to take action on their carbon footprint. Completing these 6 simple actions with family and friends will raise awareness, change behaviours, and Cut Your Carbon - a greenhouse gas responsible for driving climate change.



find out more!

So grab a magnet, stick this checklist to your fridge, and take action!

Throughout November...

1

Make 5 miles of travel 'active'. Did you know, a petrol car creates around 1kg of carbon dioxide equivalent emissions (or 'CO₂e') every 5 miles? 'Active Travel' - such as walking, scooting, wheeling, or cycling - doesn't emit anything! So, we're challenging you to make 5 miles of travel active. Whether it's a single 5-mile trip, or five 1-mile trips... ditch the drive!

2

Go plant-based for a day. Meat production is responsible for around 14% of the world's greenhouse gas emissions. Choose a day to go plant-based and discover how delicious cutting carbon can be! By switching from a meat-based diet to a plant-based diet, for just one day, you can reduce your emissions by nearly 3kg CO₂e.

3

Turn down the heating by 1° for a week. Heating is the biggest source of carbon emissions in many homes. So pop on a jacket and drop the thermostat by 1°. Completing this challenge could prevent an additional 6kg CO₂e!

4

Buy nothing new for 1 month. The production of every item that you buy has a carbon footprint. Write a list of every non-essential item that you bought (or was bought for you) last month. Put them into categories - e.g. clothing, toys, or cosmetics - and don't buy anything from one of these categories for 1 month. If you purchase 1kg less stuff during the month, you can save an average of 6kg CO₂e.

5

Substitute 4 baths for 4 showers and limit them to 4 minutes. Cleaning and pumping water to our homes creates carbon emissions. So does generating energy to heat it. This means that shorter showers are good for our planet! Limiting 4 showers to 4 minutes will save around 1.5kg of CO₂e. We recommend using a 4-minute song as a timer that you can sing-along to!

6

Switch off all of your non-essential electrical devices for an hour. Electricity can account for 25% of your home's carbon footprint. Think about when your family uses the most unnecessary electricity, maybe you're gaming, or perhaps watching TV? At that time, turn off all non-essentials for 1 hour and do something device-free!



1. Make 5 miles of travel 'active'



2. Go plant-based for a day



3. Turn down the heating by 1° for a week



4. Buy nothing new for 1 month



5. Substitute 4 baths for 4 showers and limit them to 4 minutes



6. Switch off all non-essential electrical devices for an hour

COMPLETED BY





THE PRODUCTION OF EVERY ITEM YOU BUY HAS A CARBON FOOTPRINT. BUYING LESS WILL REDUCE YOUR CARBON FOOTPRINT AND SAVE YOU MONEY!



DROPPING YOUR HEATING BY 1° WILL REDUCE YOUR HOUSEHOLD CARBON FOOTPRINT AND SAVE YOU MONEY!



Sporty Stars

OCTOBER SPORTS CAMP

Woodhouse Primary Academy
Woodhouse Road, Quinton, B32 2DL

SPOOKTACULAR EARLY BOOKING SPECIAL OFFER

OCTOBER

Monday 28th to
Thursday 31st

Boys & Girls

Ages 5 - 11

FULL DAY

8.30 - 3.30

HALF DAY

AM 8.30 - 12.00
PM 12.30 - 3.30

Bookings paid before Sunday 13th October:

Full week **£50** Full day **£14** Half Day **£8**

Bookings paid after Sunday 13th October

Full week **£70** Full day **£20** Half Day **£10**



WE ACCEPT

Childcare Vouchers

Tax-Free Childcare

Payment plans available

(Ask for details)



HOW TO BOOK



Online: www.sporty-stars.com



Email: enquiries@sporty-stars.com



Phone: 07473 639 186

By booking you agree to our terms and conditions, including first aid and photography consent for our website / social media pages. Full terms & conditions can be found online.



EDGBASTON
PRIORY CLUB



HOLIDAY CAMP

OCTOBER HALF-TERM HOLIDAY

MONDAY 28TH OCTOBER - FRIDAY 1ST NOVEMBER

8:30AM - 4:30PM

AGES 5-16

Tennis, squash, table
tennis, pickleball, fun
group activities,
swimming* and more!



MEMBERS - £32.50
NON-MEMBERS - £42.50

If you're not a member, you can register
an account on myedgbastonpriory.com





Premier
Education

Harborne Academy October Holiday Camps

We're delighted to continue running our highly successful holiday camp at Harborne Academy. We are again offering two camps to choose from, either **Multi-Activity** or **Football**. Our Multi-Activity Camp offers a wide range of different sessions (from Archery to Fencing alongside many other sports/team games and enrichment activities) for children to enjoy. Our Football Camp will look to develop children's football skills each day with plenty of opportunities for games and lots of teamwork.

Children will need to bring a packed lunch, water bottle and appropriate clothing for plenty of FUN activities!

To book either our Multi-Activity or Football specific camp, see details below:

Booking link: [Harborne Academy – Premier Education \(premier-education.com\)](https://premier-education.com/harborne-academy)

This venue is Ofsted Registered where we can accept childcare vouchers and tax-free payments. For more details please visit: [Help Center \(premier-education.com\)](https://premier-education.com/help-center)

Venue	Date	Age	Time	Discounted Price
Harborne Academy, Harborne Road, B15 3JL	Monday 28 th October 2024 – Friday 1 st November 2024	4 -11 years old	9am-4pm* 8:15am-5pm	£19 9am-4pm £24 8:15am-5pm

*4-year-old children are welcome and can attend our camps between 8:15 am - 12:15 pm or 1pm – 5pm (£12.50)

CURRENT DISCOUNT APPLIES UNTIL MONDAY 30th SEPTEMBER 2024!

To book any session
Scan the QR Code



For any queries, please contact our
Community Lead, Evan Heritage:

eheritage@premier-education.com



Give them a future to be proud of

Shape the next generation
with Greenheart Primary
Teacher Training.

Register now at greenheartlearning.org

Limited spaces available for September PGCE courses.

GREENHEART
LEARNING PARTNERSHIP 

 **Teach
First** | Training
Partner

resources for
autism

The
Active Wellbeing
Society



FREE LUNCH & WELLBEING WALK



Meet at Hay Hall Manor House,
Redfern Road, Tyseley, B11 2BE

All are welcome to come and
enjoy some food, some light
exercise, the outdoors and have a
chat

**BOOKING ESSENTIAL SO WE CAN
LET YOU KNOW IF CANCELLED
FOR ANY REASON.**

Please come join us on our
wellbeing walks

- Tuesday 10th September 2024
- Tuesday 8th October 2024
- Tuesday 12th November 2024
- Tuesday 10th December 2024

Lunch @ 12:30pm
followed by
1 hour canal walk @ 1:30pm

For further information and
to book on the walk please scan the QR
Code

or
CLICK [HERE](#)



Contact Kelly Email: kelly@resourcesforautism.org.uk Call: 07794230243

Please do sign up to the The Active Wellbeing Society card, which also allows
you to attend some free and cost-effective events in Birmingham:

<https://theaws.co.uk/join-us/wellbeing-card/>

www.resourcesforautism.org.uk

Charity number 1061253

Let's talk about Neurodiversity

Parents and carers! Let's come together, connect, and uplift each other while navigating the beautiful journey of raising Neurodivergent children.

Join us for a supportive and empowering meet up!

393 Cafe Hagley Road West.
Birmingham B32 2AL

9:30-11am



Upcoming coffee mornings:

Tuesday 1st October

Friday 8th November

Monday 2nd December

 LTANeurodiversity@gmail.com

 [Lets_talk_about_neurodiversity](https://www.instagram.com/Lets_talk_about_neurodiversity)



SEND Community Day

Grow Family Service and Birmingham Parent Carer Forum would like to invite you to come and meet SEND services. Chat with service providers and get more information on what's available in Birmingham.



On the day there will be 20+ SEND providers including;

- Early Help
- Our Place Sutton Coldfield-Benefit support and Mentoring project
- Aston Villa disability sports
- Talking ways SALT (private provider)
- Evolving families Sutton Coldfield (private assessment and therapy service)
- Family Hubs
- NHS OT
- NHS SALT
- Midland Mencap carers assessments
- SEND scouts
- Autism virtual reality bus
- Senar
- Post 16
- Ed pysch
- CAT
- Children's Trust
- Transport
- Brews CIC Nurturing adhd kids course
- Adult social care

EVENT DETAILS

FRIDAY 11 OCTOBER 2024

**FOUR OAKS METHODIST CHURCH,
155 LICHFIELD ROAD
SUTTON COLDFIELD, B74 2UU**

Opposite Four Oaks Train Station

**The day will be split into two sessions;
09:30 - 11:30 AM
12:30 - 2:30 PM**

This event is a free event for Parent Carers get your ticket using the link or scanning the QR Code below.



www.ticketsource.co.uk/grow-family-services



SPDC Parent Carer Newsletter October 2024



October at a glance!

Thursday 3rd October

Coffee Shop Stop

Thursday 10th October

SPVU Session

Monday 14th October

Zumba with Vince

Thursday 17th October

Carers M.O.T

(Mindfulness Techniques)

Sunday 20th October

Soundbath with Jas

Monday 21st October

Coffee & Craft

Thursday 24th October

Carers M.O.T week 2

(managing stress & anxiety)

Each Tuesday throughout October

Cost of living Team

Welcome!

What a busy month September has been at SPDC and things are not slowing down, that's for sure!

October promises to be just as packed with, opportunities to meet other parent carers, relaxation and wellbeing, information sessions, plus the odd physical activity.

SPDC are making plans for our Annual General Meeting and craft fayres, giving parent carers the opportunity to both showcase their skills and sell handmade gifts ready for Christmas celebrations.

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



Take Care

Claire x

How to book activities!

Please email
spdcparentcarerbooking@sp-dc.org to
book activities by
Monday 7th October

October Activities for parent carers



Coffee Shop Stop



Thursday 3rd October 10am-11.30am

The Bellwether, 3-4 Walsall St, Wednesbury, WS10-9BY

The SPDC Coffee Shop Tour continues, so join us at our next stop for a chat, some laughs and a coffee on us. We will also be joined by Carol Wilson from Kaleidoscope to promote the all new Carers M.O.T 6 weeks wellbeing programme on offer to parent carers through SPDC from 17th October 2024.

This is a drop in and you do not have to book!

Sandwell Parent Voice United

Thursday 10th October 10.00am-11.30am

Galton Valley Children's Centre, Great Arthur St, Smethwick B66 1DH

SPDC are delighted to welcome Daniel McKenzie from Sandwell Parent Voice United (SPVU) who will be available to discuss their work in areas that have been highlighted amongst parent carers including transport, sendiass and much more!

This is also a great opportunity to find out about becoming part of SPVU.



Light refreshments will be available

This is a bookable event.



Zumba with Vince



Monday 14th October 12.10-12.55pm

West Bromwich Leisure Centre, Moor St, West Bromwich B70-7AZ

Back by popular demand, Vince will be providing a lively dance workout for parent carers to enjoy! This will be a 45 minute workout.

We'll meet in reception and the session is to be held in studio 2.

Feel free to socialise in reception afterwards.

Wear comfy clothes, bottled water is provided.

This is a bookable event.



Relaxation Soundbath



Sunday 20th October 10.00am-11.30am

West Smethwick Park Pavillion,

Come and experience a carefully selected sound bath, Relax your mind and body and allow yourself to let go of your stresses and anxieties.

The session will be led by local parent carer Jas, who started training as a sound healing practitioner after seeing the positive effect it had on her son's mental health.

All you need to do is, dress in comfy clothes, bring something that you can lie down comfortably on and relax.

Whilst lying down is recommended, if that would not work for you, you can still join in sitting on a chair.

A cushion or pillow and a blanket might be nice too and there's no shame in falling asleep!

This is a bookable event.

Coffee & Craft

Monday 21st October 10.00am-11.30am

Galton Valley Children's Centre, Great Arthur Street, Smethwick, B66 1DH



Our popular monthly craft session returns again with a session hosted by Cassie, a fellow parent carer. This month we will be exploring wire art. This session is an opportunity to chat with fellow parent carers and staff whilst we craft.

If crafting is not your thing, you are still very welcome to join us for a chat.

Refreshments and toast provided!

This is a bookable event.



Email spdcparentcarerbooking@sp-dc.org to book sessions



October Activities for parent carers



Carers M.O.T

Starting Thursday 17th October

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



Do you support a family member or friend?
If yes...
Who is supporting YOU?



Join the Kaleidoscope Plus Group team to connect with others in a confidential non-judgemental environment, aiming to end the stigma associated with mental health. Including Self Compassion Workshops helping you to focus on yourself and your own wellbeing.

Our MOT Sessions are a 6 week course to give you the opportunity to 'put your own oxygen mask on first' and gain ways to manage your own mental wellbeing whilst caring for someone else.

The main purpose of these sessions are to raise awareness and encourage self reflection on ways which both the person caring and the person being cared for can improve their life-style in simple stages.

Thursdays 10am-12noon

- 17th October - Mindfulness Techniques
- 24th October - Managing Stress & Anxiety
- 7th November - Self Care Strategies
- 14th November - Nutrition and Diet
- 21st November - Sleep Hygiene & Relaxation
- 28th November - Information & Advice on Sandwell Services (free buffet included)



Galton Valley Childrens Centre
Great Arthur St
Smethwick
B66 1DH



Book your place with Claire Brookes
on 0121 565 2410 or
call Carol on 0121 565 5605

All participants attending the sessions will automatically be offered a free place on our Mental Health Awareness course

This is a bookable event and has been previously advertised and so if you have booked previously, please wait for your confirmation.

SPDC are conscious that not all parent carers can join weekday sessions and so I would appreciate it. If this is you please contact with Claire 0121 565 2410 so we can establish if there is capacity to provide an evening/weekend Carers M.O.T session in the future.



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 October
Galton Valley Childrens 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.....be ahead of the game and beat the queues!

The team also support with issues like debt, energy bills and budgeting.

Please call 0121 565 2410 to book your place.

Events Advice & Fundraising Groups

Following on from last months expression of interest in a parent carer craft fayre, we have now contacted those people who expressed an interest in having a stall and look forward to the event.

We wanted to go one step further and invite parent carers in to SPDC HQ to chat with Claire, Gary and Diane about what activities you would like to see SPDC offer families in the future and to discuss other fundraising opportunities.

**Tuesday 15th October, 10am at
Galton valley Childrens Centre, Great Arthur St,
Smethwick B66 1DH**

If you would like to be involved, please contact admin@sp-dc.org

Save the date!



Annual General Meeting

**TUESDAY 26TH NOVEMBER
11 AM**

**More information to follow soon
Please come along and show your support for SPDC**

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



HALLOWEEN

MARKET AND PARTY

Costa Del
Quinton

4.00PM-

Doors open for stalls,
come take a look around
at local crafters,
businesses and charities

4.30PM-

Spooky activities

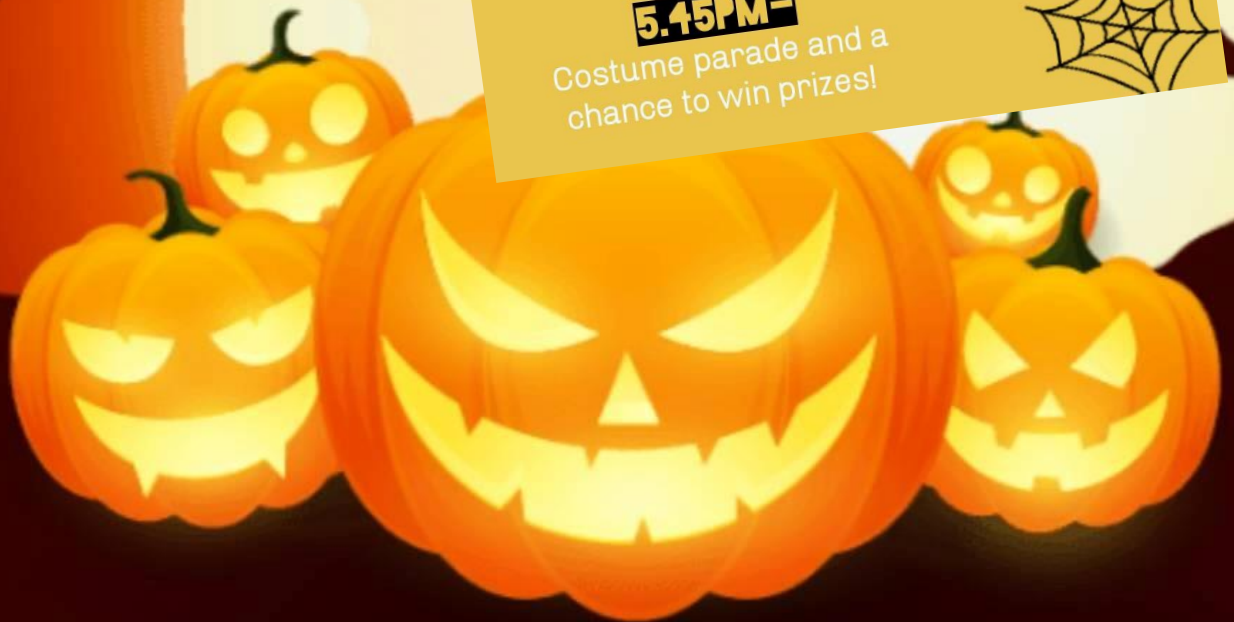
5.00PM-

Mini disco with party
games!

5.45PM-

Costume parade and a
chance to win prizes!

28TH OCTOBER
4:00PM - 7:00PM
Quinton market will be
running indoor during
this time



Contact Costa Del
Quinton for any stall
inquiries

26th oct
4pm-7pm

Stalls
Entertainment

FREE
ENTRY

St faith and St Laurence church, B17 8RD,
at the Junction of Balden Rd

Fly

A SUPERHERO BREAKFAST WITH SANTA

A MINIMAL STIMULI AUTISTIC FRIENDLY
BREAKFAST AIMED TOWARDS THOSE
THAT PREFER LESS DISTRACTIONS.

PLEASE PHONE THE RESTAURANT
FOR MORE DETAILS AND TO BOOK.

BOOKINGS CAN ONLY BE MADE
BY PHONE OR IN RESTAURANT.



LOW
STIMULI
SESSION

£9.99
PER CHILD

INCLUDES A KIDS'
BREAKFAST AND DRINK,
A CHOCOLATE TREAT
AND A SANTA GOODY BAG.

17TH DECEMBER 9-11AM*

*SELECTED SITES ONLY. TIMES MAY VARY.