

# NEWSLETTER



**25<sup>th</sup> 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](http://www.woodhouse.priacademy.co.uk)



[enquiries@whp.greenheartlearning.org](mailto:enquiries@whp.greenheartlearning.org)



[families@whp.greenheartlearning.org](mailto: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](mailto:sensupport@whp.greenheartlearning.org)

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

## A Farewell to Mr Milliard

With sadness, we want to inform you that today we have bid farewell to Mr Milliard, our fantastic Sports Teacher. After working at Woodhouse for almost 20 years, Mr Milliard will be hugely missed by us all. He has made the decision to set up and work in a family construction business moving forward and we wish him every success for the future in this new direction.



I am sure you will join us in thanking Mr Milliard for all his contributions over such a long period of time - his enthusiasm and dedication has given so much to the children and community here. Thank you, Mr Milliard, for everything - and good luck for the future!

# Stars of the Week

The following children are Stars of the Week for the week ending 25<sup>th</sup> October.

## Reception

Frankie  
Noor  
Alya  
Ahmed

## Year One

Iris  
Simon  
Autumn  
Logan

## Year Two

Theo  
Mannix  
Musa  
Amatullah

## Year Three

Carisa  
Tania  
Eleanor  
Lewis

## Year Four

Margot  
Ruby  
Ali  
Zachary  
Matilda

Che  
Ibrahima  
Azai  
Miss Hartford

## Year Five

Ayaan  
Nathan  
Ali A  
Tyrell

## Year Six

Kais  
Amyla  
Amira  
Laura

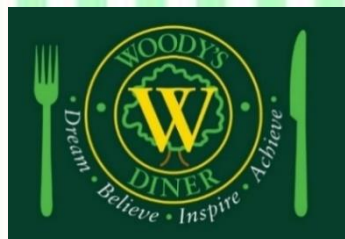
## Rainbow Room / Zone

Lavelle

## 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

## 4<sup>th</sup> – 8<sup>th</sup> November

**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 Cake	Roasted Chicken	Beef or Vegetable Quorn Chilli	<b>Pizza Day</b>  Cheese and Tomato or Pepperoni Pizza  With Chips and Baked Beans or Vegetables
	Pasta in Tomato and Basil Sauce			
Mashed Potatoes	Jacket Potatoes with Tuna, Beans or Cheese	Roasted Quorn	Vegetable Fingers	
	Savoury Rice with Mixed Vegetables	Mashed or Roast Potatoes	Rice & Nachos	
Mixed Vegetables	Parsley Sauce	Seasonal Vegetables	Mixed Vegetables	
Gravy	Sweet Chili Sauce	Gravy		
Ice Cream	Syrup Sponge and Custard	Jam Doughnuts	Chocolate Concrete and 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](mailto:families@whp.greenheartlearning.org)

Please also remember that we are a NUT FREE SCHOOL

# attendance ~~MATTERS~~


14<sup>th</sup> – 18<sup>th</sup> October

Whole School Attendance for the year currently running at: 94.43%

Last week's attendance:

EYFS & KS1: **95.08%**    KS2: **95.79%**    Whole School:  
**95.56%**

Our Attendance target for this coming year is 97%

Class	Attendance for the week		Class	Attendance for the week
Nursery	88.57%		<b>3A</b>	<b>98.06%</b>
RL	86%		3H	93.33%
RW	85.86%		4H	96.33%
1B	93.33%		4R	95%
1O	95.36%		5H	97.74%
<b>2W</b>	<b>98.28%</b>		5FP	94.83%
2P	95.86%		6D	95%
RR	91.25%		6WO	95.86%



Congratulations to **2W** who had the best class attendance last week.

Well done to **3A** had the best class attendance in KS2 last week.

Will you help your class have the best class attendance?

# Attendance and Punctuality challenge

We have had 196 children with 100% attendance this half term, which is fantastic!

The next half term attendance challenge is a 35-day challenge from Monday 4<sup>th</sup> November – Friday 20<sup>th</sup> December. Let's see if we can beat 196 children this time around.

Just a reminder: Both gates open in the mornings between 8:35am – 8:55am. Any children arriving between 8:55am and 9am must go through the Year 5 doors to be signed in, but aren't classed as being late. This is just to ensure they don't miss the register by the time they get up to class.

Any children arriving after 9am must go through the main office and will be marked as late.

All those children who attend for all 35 days and arrive on time will be entered into a prize draw to win a £25 Asda Voucher.

Our attendance prize winners for this half term are:

Michelle – 2W

&

Kirstyn – 5FP

# Academic Year 2024 - 2025



## Autumn Term 2024

Half-term: Monday 28<sup>th</sup> October to Friday 1<sup>st</sup> November  
Wednesday 6<sup>th</sup> November – Individual and Sibling school photos.  
- Non-school siblings (babies, toddlers, secondary age) from 8am  
Tuesday 3<sup>rd</sup> December – Reception Nativity – 9:15am  
Wednesday 4<sup>th</sup> December – Reception Nativity – 2:30pm  
Tuesday 10<sup>th</sup> December – Year 1 Christmas Theatre Visit. Please make payments via MCAS.  
Tuesday 10<sup>th</sup> December – Choir Christmas Concert (after school)  
Wednesday 11<sup>th</sup> December – Nursery Nativity – 9:15am  
Wednesday 11<sup>th</sup> December – Christmas Fayre – 4pm – 6pm  
Thursday 12<sup>th</sup> December – Christmas Jumper Day  
Tuesday 17<sup>th</sup> December – KS1 Nativity – 9:15am  
Wednesday 18<sup>th</sup> December – KS1 Nativity – 2:30pm  
Wednesday 18<sup>th</sup> December – Christmas Dinner Day  
Term ends: Friday 20<sup>th</sup> December

## Spring Term 2025

Term Starts: Monday 6<sup>th</sup> January  
Half-term: Monday 17<sup>th</sup> February to Friday 21<sup>st</sup> February  
Term ends: Friday 11<sup>th</sup> April

## Summer Term 2025

Term Starts: Monday 28<sup>th</sup> April  
Half-term: Monday 26<sup>th</sup> May to Friday 30<sup>th</sup> May  
Monday 16<sup>th</sup> – Wednesday 18<sup>th</sup> June – Year 6 Boundless Outdoors Residential – Please make payments via MCAS.  
Term ends: Monday 21<sup>st</sup> July

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

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## **Pitts Wood Open Day**

Friends of Pitts Wood have been working hard in the woods recently and are having a public open day on Saturday 26<sup>th</sup> October from 10am – 3pm

Come along and see the new and exciting things that have been done.

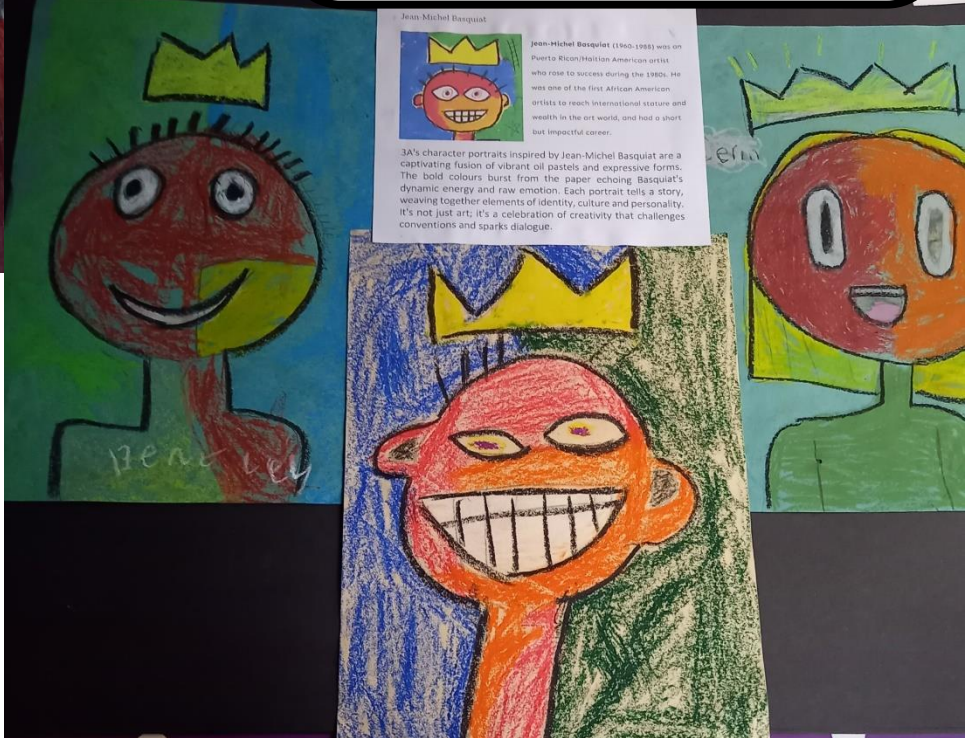


Children across school have been busy celebrating Black History Month and, along with Ms Lewis have created a fabulous display by the main office.



More Amazing Artwork here:  
<https://sites.google.com/woodhouse.academy/ms-lewis/home>

The  
Corner





# 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.

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## 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](mailto:families@whp.greenheartlearning.org) if you need support with any of this.

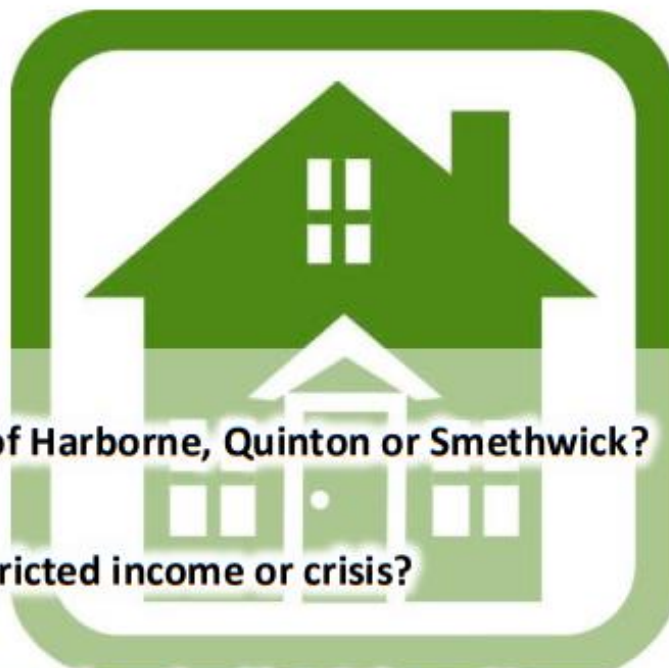
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## Help with Laundry

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](mailto:Helen.childcare@gmail.com)

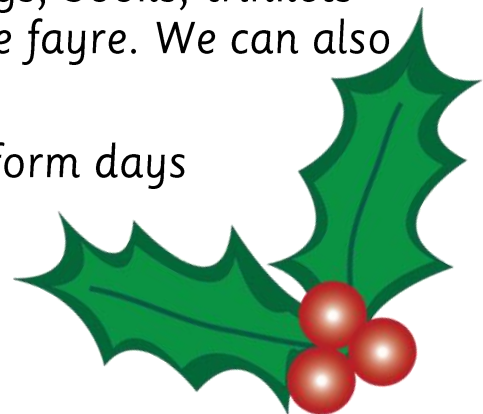


# Christmas Fayre

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.



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## 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 3<sup>rd</sup> December – Reception Nativity – 9:15am  
Wednesday 4<sup>th</sup> December – Reception Nativity – 2:30pm  
Tuesday 10<sup>th</sup> December – Choir Christmas Concert (after school)  
Wednesday 11<sup>th</sup> December – Nursery Nativity – 9:15am  
Wednesday 11<sup>th</sup> December – Christmas Fayre – 4pm-6pm  
Thursday 12<sup>th</sup> December – Christmas Jumper Day  
Tuesday 17<sup>th</sup> December – KS1 Nativity – 9:15am  
Wednesday 18<sup>th</sup> December – KS1 Nativity – 2:30pm  
Wednesday 18<sup>th</sup> 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 29<sup>th</sup> 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.



# The thrilling spectacle of 'Bulls in the City' is charging into Birmingham during the summer of 2025!

Picture this: a thrilling parade of 40 larger-than-life sculptures, each one a unique masterpiece of artistry, depicting the legendary Birmingham Bullring Bull. But wait, there's more! These majestic sculptures aren't just static displays, they're part of an exhilarating, free-for-all adventure trail designed to thrill families and tourists alike!

Woodhouse Primary Academy will be adopting a small calf sculpture to design and decorate, which will be displayed during the summer trail in shops and attractions up and down local high streets.

The money raised through Bulls in the City will support Birmingham Hospice to ensure the very best care is available, wherever and whenever it's needed. Our mission is to ensure everyone has access to the care of their choice at the end of life. You can donate to this fantastic cause by following the link below:

<https://www.justgiving.com/page/woodhouse-primary-academy-1721055228609>



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Brought to you by:



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[www.bullsinthecity.co.uk](http://www.bullsinthecity.co.uk)

POWER!



WE'RE TAKING PART IN

# CUT YOUR CARBON

THIS NOVEMBER



Bupa Foundation

# November is Cut Your Carbon month!



find out more!

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.

**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 'CO<sub>2</sub>e') 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 CO<sub>2</sub>e.

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 CO<sub>2</sub>e!

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 CO<sub>2</sub>e.

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 CO<sub>2</sub>e. 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 .....



# OCTOBER SPORTS CAMP

Woodhouse Primary Academy  
Woodhouse Road, Quinton, B32 2DL

## SPOOKTACULAR

### EARLY BOOKING SPECIAL OFFER

#### OCTOBER

Monday 28<sup>th</sup> to  
Thursday 31<sup>st</sup>

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 13<sup>th</sup> October:*

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

*Bookings paid after Sunday 13<sup>th</sup> 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](http://www.sporty-stars.com)



Email: [enquiries@sporty-stars.com](mailto: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](https://myedgbastonpriory.com)





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 <sup>th</sup> October 2024 – Friday 1 <sup>st</sup> 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 30<sup>th</sup> SEPTEMBER 2024!**

To book any session  
Scan the QR Code



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

[eheritage@premier-education.com](mailto:eheritage@premier-education.com)





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future to be  
proud of

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 **Teach  
First** | Training  
Partner

resources for  
autism

The  
**Active Wellbeing**  
Society



# FREE LUNCH & WELLBEING WALK



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

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.**

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

or  
**CLICK [HERE](#)**



Contact Kelly Email: [kelly@resourcesforautism.org.uk](mailto: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](http://www.resourcesforautism.org.uk)

Charity number 1061253

# A whistle stop tour of Educational Health Care Plans ONLINE



On online workshop delivered by Ken Upton, with an optional Q&A at the end



**autism**  
west midlands

The session will be roughly an hour and a half long.

There will also be an optional Q&A at the end

**Talking SENSE!** are a registered charity providing low cost advocacy, advice and support to parents of children with special educational needs & disabilities.

On online workshop covering:

- **EHC needs assessment re-cap**
- **Contents of an EHC plan**
- **What to watch out for**
- **Appeals**

**Wednesday 13th Nov  
5:45pm - 7:45pm**

# DADS BREAKFAST

It's been a while since the dads have had the opportunity to meet up! So please join Gary for a breakfast on us and a chance to discuss plans for future activities.

**SATURDAY 2ND NOVEMBER**

**10AM-11.30AM**

**Half Penny Farm, Joseph St,  
Oldbury B69 2AQ**

**Email**

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



# 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](mailto:LTANeurodiversity@gmail.com)

 [Lets\\_talk\\_about\\_neurodiversity](https://www.instagram.com/Lets_talk_about_neurodiversity)



BOOK  
YOUR FREE  
TRIAL!

# THE THEATRE WORKSHOP

SINGING, DANCING  
AND DRAMA  
CLASSES FOR  
4 - 6 YEAR OLDS!

SATURDAYS 2.30 - 4PM @ HARBORNE  
ACADEMY, B15 3JL

FOR MORE INFORMATION AND TO BOOK  
YOUR FREE TRIAL CONTACT US ON -

07495 042428 /

SUZY@THETHEATREWORKSHOP.COM

[www.thetheatreworkshop.com](http://www.thetheatreworkshop.com)

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THEATRE  
WORKSHOP

SETTING THE STANDARD IN PERFORMING ARTS SINCE 2003



# 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](mailto:admin@sp-dc.org)



Take Care

*Claire x*

## How to book activities!

Please email  
[spdcparentcarerbooking@sp-dc.org](mailto: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](mailto: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 9<sup>th</sup> 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](mailto: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](mailto:info@sp-dc.org)**

**Charity Number 1125576**



SCAN ME



# STRYX

## AUTUMN FAMILY FESTIVAL

**FREE ENTRY**

Selection of sandwiches and finger food will be served at 3pm



**Saturday 26 • 10 • 24**  
**11am - 4pm**

STRYX  
90 Vyse Street  
Jewellery Quarter  
Birmingham  
B18 6JZ  
[www.stryx.co.uk](http://www.stryx.co.uk)



Commonwealth Games  
Legacy Fund



HM Government



Birmingham  
City Council



West Midlands  
Combined Authority

### Activity List

**Pumpkin Carving**  
**B'Opera Family Concert**  
**Kids Halloween Disco**  
**Arts & Crafts**

# FREE

## Arts & Crafts Activities

**Mini Stryx: Creative Stay**

**and Play Sessions**

Every Friday 1pm - 2:30pm

**Stryx for Kids Workshop**

First Saturday of every month

11am - 2pm

**Stryx Family Festival Days**

Saturday 28th September & 26th October 12pm - 5pm Live music, workshops, kids activities, community exhibition & free party food

# For Kids

STRYX  
90 Vyse Street  
Jewellery Quarter  
Birmingham  
B18 6JZ  
[www.stryx.co.uk](http://www.stryx.co.uk)



HM Government

Commonwealth Games  
Legacy Fund



West Midlands  
Combined Authority



Birmingham  
City Council



**Book here**



# 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

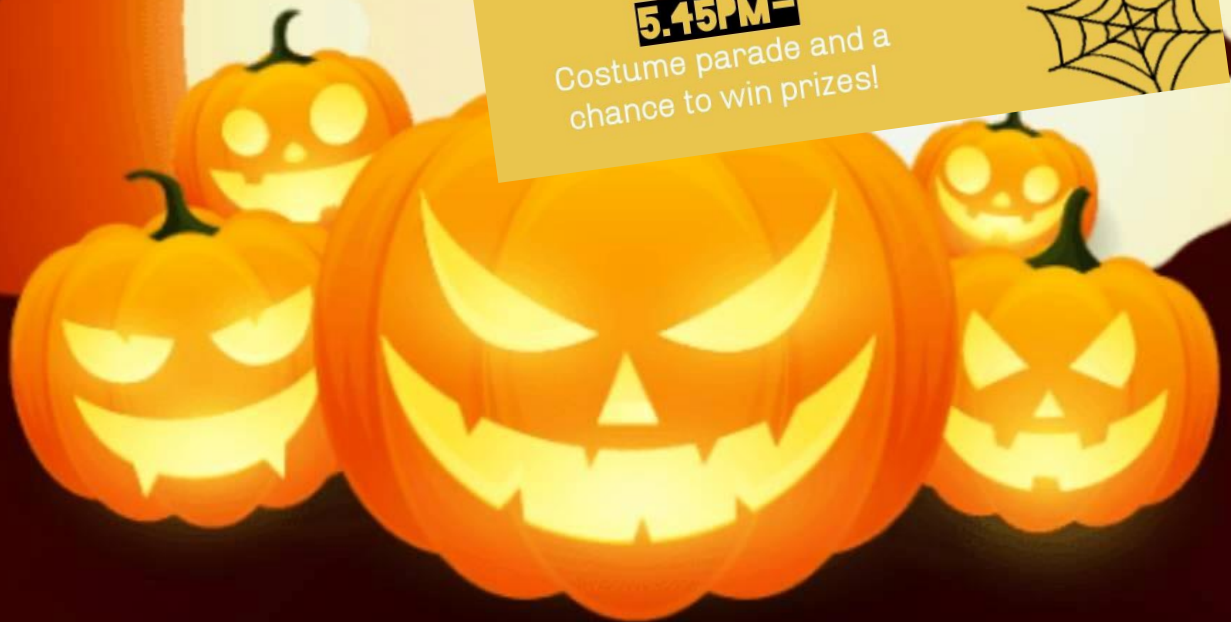
**5.00PM-**

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.