

### **INFORMATION SHARING - SUMMER 2025**

Activities/sessions coming up over the Summer for Children, Young People and Families







#### PLEASE NOTE: ACTIVITIES/SESSIONS ARE LISTED IN NO PARTICULAR ORDER. FOR FURTHER DETAILS, PLEASE CONTACT PROVIDER DIRECT – THANK YOU

### Summer of fur Your guide to activities across Sandwell this summer

### Join us for a bostin summer

Sandwell Council's Youth Service will be running free holiday activity and food programmes in Sandwell parks and open spaces across the six towns.

A single of activities aimed at 11 to 19-year-olds (up to 25 for those with SEND), supported by the Holiday Activities and Food (HAF) programme, will be offering some bostin fun and excitement for young people. Check out details for our activity days on page 1.

Young people will be able to access our NEW Youth Bus - kitted out with the latest technology and gadgets. Scale the heights on our mobile climbing well and take part in multi sports, graffit art and laser fun. Back by popular demand is our skate park coaching and competitions which will be returning to Brunswick Park, Britannia Park and Victoria Park, Tipton.

And don't miss our summer holiday adventure days at Malthouse Outdoor Activity Centre in Tipton. For children aged eight and over to try out canceling. climbing, abseling and archery.

fmail youngpeople\_services@sandwell.gov.uk to find out more and







Little moments make big memorie:



#### **Exciting summer activities for children**

As the summer holidays draw near, brace yourself for a spectacular line-up of Sandwall Holiday Activities to keep your youngsters entertained and active.

Funded by the Department for Education, Holiday Activities provide funtantic opportunities for children and young people to explore new interests, create friendships and have fun. Whether it's sports, music, dance, art, drama, cooking or day trips, there's something for everyone.



If your child receives free school meals based on benefits, you'll receive a Holiday Activities and Food (HAF) e-voucher. This voucher will come with a unique code and booking instructions via email or text.

Head over to holidayactivities.sandwell.gov.uk to find activities offering FREE universal or subsidised spaces. Stay updated by following 'Sandwell Holiday Activities' on Facebook.

#### Go Play Sandwell!

Become part of the fantastic Go Play Sandwell family with Sandwell Council's play service.

Dive into a summer packed with indoor and outdoor fun including arts and crafts, archary, mud painting, family games and much monit All you need to do is check what's on in your area, show up and play -



Check out our play sessions calendar at www.goplaysandseell.co.uk for a full calendar of events and contact details, Follow Go Play Sandwell on Facebook







### Summer of fur FOR SANDWELL'S

#### Sandwell celebrates National Play Day

Join us as we celebrate the National Play Day - which is back for its 16th year, having already delighted over 10,000 children and families.

Enjoy free food workshops, Dohl dramming workshops and theater productions. Engage in play across the entire site with sporting activities and crafts. Pack a picnic and enjoy the summer funt Don't miss out on this fun-filled day of

Check out our National Play Days surrener dates for more FREE events happening near you across the summer holidays.

Go to www.goplaysandwell.co.uk for more information.

#### Join the Summer Reading Challenge and library activities

Sandwell Libraries celebrate in style this summer with the Story Garden Summer Reading Challenge.

The Summer Reading Challenge encourages repeated visits to libraries across the summer holidays, with fun incentives and sticken for taking part and pertificates and medals for all children who complete the challenge. Aimed at children aged four and over, the Story Garden will explore the magic of nature and stories.

For younger audiences, all libraries will be holding interactive Play, Talk, Read sessions and, if you are lucky, you may see our very own Sandy Bear as he tours around the libraries. We will also be running a special Summer Reading Challenge for under-fours.

Every library will have a packed programme of storytalling, games and crafts - fun for

Contact your local library for their full programme - find out more at www.sandwell.gov.uk/thrariesonline

Discover nature close to home

Visit Forge Mill Farm and Sandwell Valley Country Park this summer.

farm sheet.

and across Sandwell.

Community events

and www.visitsandwell.com or search Sandwell Libraries' on Facebook.

lasting memories at Sandwell Valley

Country Park, which spans over 1,800.

@SandwellValleyCountryPark for the

latest updates on both Sandwell Valley

Farm, the Sandwell Valley Visitor Centre,

Explore attractions such as Forge Mill.

high ropes courses, an adventure

playground, cycling trails and scene

Forge Mill Farm is home to care animals.

acres. Follow us on Facebook

and forgs Mill farm.

Visit www.summermadingchallenge.org.uk for the Summer Reading Challenge.



form trails, interactive activities and a

check out all the activities and events.

Join in all the fun at exciting, family-

These include the Sandwell &

friendly community events taking place this summer in Sandwell.

on offer at Sandwell Valley Country Park

Go to www.visitsandwell.com to

#### A sensational summer at Sandwell Museums

Discover and explore Sandwell Museums this summer and enjoy a world of creativity, adventure and entertainment for families to

Cet crety and decorate bags, create phone charms eith beads, make kites, turn nature into art and loads:

Get massy with day and make pots and tiles, enjoy sesside-therred fun with our sandpits and Punch and Judy shows, and be amazed with our science activities.

Travel back in time and join in the fun for Archaeology Week or be adventurous and active while solving problems with the army. May games with Go Play Sendwell and bring a picnic to enjoy our grounds and beautiful buildings while you solve our trails. We've also got our new exhibition - The Extraordinary, Ordinary - at Wednesbury Museum & Art Gallery celebrating creative and colourful things you might not expect to have been made in Sandwell during the Industrial Revolution



Find out full details of what's on at www.sandwell.gov.uk/joininmuseums find out more about Sandwell Museums at www.visitsandwell.com/sandwell-museums and follow us on social media @sandwellmuseums

#### Summer fun at leisure centres

Looking for ways to keep the kids active. engaged and having fun?

well Letaure Trust offers a fantastic range of children's activities - from exciting holiday camps and sports clubs to free patenting sessions and more.

Whether it's making new friends, learning new skills, or just burning off energy in a safe and fun environment, we've got something for every child Spaces fill up fast, so don't mess out! Explore all our activities at www.alt-leisure.co.uk/childrens-activities and book now!

Free swimming sessions available Free swimming is available for Sandwell children aged 18 and under during designated sessions over the school summer holidays.

Tipton Leisure Centre and Wednesbury Leisure Centre go to www.alt-leisure.co.uk.free-swimming-in-sandwell or Call 0300 012 0121

For West Bramwich Leibure Centre, register for free swimming by visiting reception at the centre or call \$121,550,6430, or go to www.placesleieure.org and warth

West Benerwich Laisune Control

#### Stay safe, stay out!

supervised swimming pools.

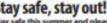
Lakes, pools, ponds, canals and rivers may seem inviting on a warm summer's day, but please don't be tempted to swim in them. People can often misjudge their swimming ability. Even in hot weather, water can be icy cold a few feet beneath the surface and very quickly cause severe

Go to www.sandwell.gov.uk/watersafety for more advice.









Stay safe this summer and please only swim in purpose-built,

ctamp and hypothermia.





### WHATEVER THE RESULT.

you've not nave what to do next?

humatay Lif August to



confirmed your new attendance pattern for your increased hours.

Remember to reconfirm your code every three months.

Vivit www.childcarechoices.gov.uk for information.

to families with children from birth to 19 years (or up to 25 years with a special educational need or disability), young people and professionals.

FIS can support you to help first the right childcare provider, help with childcare applications. and answer any other childcare-related queries.

Visit the FS Hub fissendwell.gov.uk for national and local services, activities and advice capes

The hub includes the Sandwell All Age Emotional Wellbeing and Mental Health Directory which provides a wide range of local, regional and netional support services for children, young people and their families.

Sandwel Family Information Service



Whether you want to quit smoking, manage your weight, get more active, improve your mental health or reduce alcohol, our friendly advisers are ready to support you.

Getting in touch is easy. Call 0800 011 4656 or 0121 569 5100, email LSgreits.net or text GETHEALTHY to 87007. Follow us on Facebook @HealthySandwell and visit www.healthysandwell.co.uk for more advice:

www.healthysandwell.co.uk

#### Pregnant or a new parent?

Are you pregnant or a parent or carer with a child aged 0 to 4?

We are delighted to be able to offer FREE activity vessions for you

Go to www.sandwellchanges.co.4k to find out more about our Changes programme and to book your space.

#### Family Hubs are here for you

Our Family Hubs offer the right help, in the right place, at the right time.

They ofter free activities, services and support for all families in Sandwell with children aged 0 to 19 tor 23 with SEND) and extre support is available for families during pregnancy and in your bebyt.

Visit www.aandwellfamilyhubs.com to see what we have on offer this surromer at our seven Family Hulos across Sanshwell.

### Courses to help parents and carers temping up children is one of the helpest jobs out thered Children don't

come with an austruction manual, and we all need a bit of help and

In Sandwell, we offer a range of support to help you on your parenting journey - from one off sessions and online programmes to longer

Search for programmes for parenty at sewwarndwelflamilyhuba.com to find out more about what we have on offer this summer at our s family Hubs across Sandwell.

Your first step towards a new smoke-free you...



StopForLifeSandwell.org O @ 0800 612 4580 Text OUTNOW SANDWELL to 66777

Stop

For

Lave fun and make happy memories together
Our Choices Team helps families with children aged 5 to 12 to join in free activities that support healthy eating, feeling good and staying active.

There's lots to bry - like arts and crafts, gentlering, games, horse rising, rock dimbing and more. All activities are free and take place throughout the year. There's remetting for everyone to enjoy Visit www.bookwhen.com/thoices.or amail the team at choices, sandwell@sandwell.gov.uk

Sandwell School Nursing Service

Do you have a question about your child's behaviour, folleting, diet or health? Does your child need some support regarding bullying or a healther lifestyle? School russes can provide support and advice for a yelde variety of health needs for children and young people to mable them to reach their full potential.

If you are a parent or carer of a child aged 5 to 19 in a Sandwell school and would like confidential advice and support, visit www.healthforkide.co.uk for information or access

Chaptealth by testing 07312 263 756 to coreact a payse directly All primary schools are offered the opporturely to host a purent drop in facilitated by the School Naming Service, so speak to your actool to find out more.

Visit www.healthysandwell.co.uk/school-nurse to find out more.

#### WorkWell in Sandwell

Across Sandwell, WorkWell is helping residents take meaningful steps towards employment, personal growth and improved wellbeing. Led by Black Country Healthcare Nº 5 Francistion Trust Workfell often taxoned support for tradents facing burriers to made due to health conditions or disabilities. Through one-to-one support and access to local resources, the service helps people bookd confidence, manage their health and explore routes, into employment or training

Visit were blackcount then them the uk/warkered to find out more.



#### Walking for men's mental health

A big thank you to everyone who joined us for our 52-kilometre Walk in the Park Challenge and stood shoulder to shoulder for men's mental health.

Councillor Jackie Taylor, Cabinet Member for Adult Services and Health and Wellbeing, and Councillor Luke Cotterill led a six-park, three-day walking challenge in June, which finished at

Whether you walked with us, cheered everyone on or provided activities, games or advice along the way, thank you.

Visit seww.healthysandwell.co.uk or call Healthy Sandwell on 0800-011 4656 for advice and support around mental health and wellbeing.



View the Summer of Fun brochure online HERE

Lots of fun exciting activities/sessions coming up at Sandwell Family Hubs over the summer - for further information about activities listed, please contact one of the Family Hubs - contact details can be found HERE



# READY FOR LEARNING SESSIONS

Is your little one starting nursery soon?

This is a great chance to come along and explore the skills to support your child to be ready for learning.

Lots of fun activities for you and your little one to enjoy.

Details of sessions are on each weeks timetables.

Sessions for children 18 months - upto 3 years (younger & older siblings are welcome)





All session content will be the same so please just come along to one of these sessions during the summer to enable as many families to access as possible over the summer

# STAY & PLAY SESSIONS

Sessions are for children aged 0 - 5 (Older siblings welcome)

These sessions will be based on a different story each week There are a few clues below to the stories we will be sharing!

- Make new friends
- Take part in fun activities
- · Learn through play
- Develop speech & language
- Encourage turn taking and
- Explore new and exciting opportunities
- Bring stories to life
- Share songs and rhymes with your children



All session content will be the same so please just come along to one of these sessions during the week to enable as many families to access as possible each week













Starting 21st July 2025



### STAY & PLAYS



#### STORY GARDEN SESSIONS

Tuesday 22<sup>nd</sup> July Blackheath Library 10 - 11.15am



Tuesday 22<sup>nd</sup> July Wednesbury Library 1.30 - 2.45pm

#### Oldbury

Oldbury Family Hub Wednesday 1- 2pm

#### **Smethwick**

Smethwick Family Hub
Wednesday
1 - 2pm



#### READY FOR LEARNING SESSIONS

Thursday 24<sup>th</sup> July West Bromwich Central Family Hub 10 - 11am



Thursday 24<sup>th</sup> July Smethwick Family Hub 1 - 2pm

#### Rowley

Flying Start

Thursday 10 - 11am

#### **Tipton**

Great Bridge Tipton
Library Family Hub
Wednesday Friday
10-11am 1-2pm

#### Wednesbury

Wednesbury Family Hub
Wednesday
1- 2pm

#### **West Bromwich**

West Bromwich Central Family Hub
Friday
1 - 2pm

































#### STORY GARDEN SESSIONS

Tuesday 28th July Great Barr Library 10 - 11.15am



Friday 1st August Glebefields Library 10-11.15am

# STAY & PLAYS Week 2



#### Oldbury

Oldbury Family Hub

Mondays Wednesday 10 - 11am 1-2pm

#### **Smethwick**

**Smethwick Family Hub** 

Wednesday Monday 10 - 11am 1 - 2pm



#### READY FOR LEARNING SESSIONS

Monday 28th July **Tipton Family Hiub** 1 - 2pm



Wednesday 30<sup>th</sup> July Rowley Family Hub 1 - 2pm

Tuesday 29th July Rowley Family Hub 1 - 2pm

Wednesday 30<sup>th</sup> July Wednesbury Family Hub 10 - 11am

Rowley Rowley Flying Start Family Hub

Mondays Thursday 1 - 2pm 10 - 11am

#### **Tipton**

Great Bridge **Tipton** Family Hub Library Wednesday Friday 10-11am 1 - 2pm

#### Wednesbury

Wednesbury Family Hub

Mondays Wednesday 10 - 11am 1-2pm

#### **West Bromwich**

West Bromwich Central Family Hub

Tuesday Friday 9.30 - 10.30am 1 - 2pm





Starting 4<sup>th</sup> August 2025





#### STORY GARDEN SESSIONS

Tuesday 5<sup>th</sup> August Thimblemill Library 10 - 11.15am



Tuesday 5<sup>th</sup> August Bleakhouse Library 10 - 11.15am

Friday 8<sup>th</sup> August Stone Cross Library 10 - 11.15am

#### Rowley

Monday

10 - 11am

Wednesbury

Wednesbury Family Hub

Mondays Wednesday

### Tipton

Great Bridge **Tipton** Library Family Hub

Wednesday 10-11am

Friday 1 - 2pm

Monday 4<sup>th</sup> August Tipton Family Hub 1 - 2pm



READY FOR LEARNING SESSIONS

Friday 8<sup>th</sup> August Smethwick Family Hub 10 - 11am

Tuesday 5<sup>th</sup> August Rowley Family Hub 1 - 2pm

Wednesday 6<sup>th</sup> August Oldbury Family Hub 1.30 - 2.30pm

West Bromwich 10 - 11am

### Thursday 6<sup>th</sup> August Central Family Hub



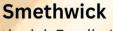




#### **West Bromwich**

West Bromwich Central Family Hub

Tuesday Friday 9.30 - 10.30am 1 - 2pm



**Smethwick Family Hub** 

Wednesday Monday 10 - 11am 1 - 2pm

Rowley Family Hub

10 - 11am

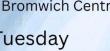
Thursday

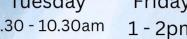
Flying Start

1 - 2pm

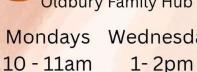
1-2pm



















### STAY & PLAYS



#### READY FOR LEARNING SESSIONS

Tuesday 12<sup>th</sup> August Wednesbury Family Hub 1 - 2pm

Friday 15<sup>th</sup> August Smethwick Family Hub 10 - 11am

Wednesday 13<sup>th</sup> August Oldbury Family Hub 1.30 - 2.30pm

Friday 15<sup>th</sup> August Rowley Family Hub 10 - 11am



Thursday 14<sup>th</sup> August West Bromwich Central Family Hub 1 - 2pm

Thursday 14<sup>th</sup> August Tipton Family Hub 11.30 - 12.30



#### Oldbury

**Oldbury Family Hub** 

Mondays Wednesday 10 - 11am 1-2pm

#### **Smethwick**

**Smethwick Family Hub** 

Monday Wednesday 10 - 11am 1 - 2pm

#### Rowley

Rowley Flying Start Family Hub Monday Thursday 1 - 2pm 10 - 11am

#### **Tipton**

Great Bridge Tipton Library Family Hub Wednesday Friday 10-11am 1 - 2pm

#### Wednesbury

Wednesbury Family Hub

Mondays Wednesday 10 - 11am 1-2pm

#### **West Bromwich**

West Bromwich Central Family Hub

Monday Friday 9.30 - 10.30am 1 - 2pm







Starting 18<sup>th</sup> August 2025





#### STORY GARDEN SESSIONS

Tuesday 22<sup>nd</sup> July Oakham Library 10 - 11.15am





#### READY FOR LEARNING SESSIONS

Tuesday 19<sup>th</sup> August Wednesbury Family Hub 1 - 2pm



Thursday 21<sup>st</sup> August Tipton Family Hub 11.30 - 12.30 Thursday 21<sup>st</sup> August West Bromwich Central Family Hub 1 - 2pm

Friday 23<sup>rd</sup> August Rowley Family Family Hub 10 - 11am

### STAY & PLAYS



#### Oldbury

Oldbury Family Hub

Mondays Wednesday
10 - 11am 1- 2pm

#### **Smethwick**

**Smethwick Family Hub** 

Monday Wednesday
10 - 11am 1 - 2pm

#### Rowley

Rowley Flying Start
Family Hub
Monday Thursday
1 - 2pm 10 - 11am

#### **Tipton**

Great Bridge Tipton
Library Family Hub
Wednesday Friday
10-11am 1 - 2pm

#### Wednesbury

Wednesbury Family Hub

Mondays Wednesday
10 - 11am 1- 2pm

#### **West Bromwich**

West Bromwich Central Family Hub

Monday Friday 9.30 - 10.30am 1 - 2pm











### **SPEECH & COMMUNICATION DROP IN** SESSIONS

IS YOUR CHILD AGED

Would you like to explore your child's current language skills?

Do you have any concerns regarding your child's speech & language development?

If so please feel to come along to the session below

Oldbury Family Hub Wednesday 27<sup>th</sup> August 9 - 12 & 1 - 4pm

Smethwick Family Hub Wednesday 27<sup>th</sup> August 9-12&1-4pm

West Bromwich Central Family Hub Thursday 28<sup>th</sup> August 9 - 12 & 1 - 4pm

**Tipton Family Hub** Friday 29<sup>th</sup> August 9 - 12 & 1 - 4pm

Rowley Family Hub Friday 29th August 9 - 12 & 1 - 4pm

Wednesbury Family Hub Friday 29<sup>th</sup> August 9 - 12 & 1 - 4pm



Saturday 2<sup>nd</sup> August West Bromwich Central Family Hub 10 - 2pm

> Saturday 9th August Tipton Family Hub 10 - 2pm

Thursday 14th August Oldbury Family Hub 10 - 2pm

Wednesday 6th August Rowley Family Hub 10 - 2pm

Tuesday 12<sup>th</sup> August Wednesbury Family Hub 10 - 2pm

> Tuesday 19th August **Smethwick Family** Hub 10 - 2pm



For more information give your local hub a call

CONTACT DETAILS For further information please call 0121 500 4011

# Family Drop In Sessions

Parenting does not come with a handbook so we have some different sessions to help you on your parenting journey

Each week has a different focus for you to come and find out more about. Our fab parenting team will be on hand to support you to find out more. Each week we will be exploring and supporting with a different topic!

#### Week 1-

What's on and free in Sandwell over the summer holidays for you and the family to enjoy

#### Week 2-

Are you pregnant or have a child under 2 years? Come along and ask a midwife any questions you may have and find out about the great sessions that we offer during pregnancy and once your baby is born or now they are here

#### Week 3-

Have you completed Cygnet program - do you have other children? This session will offer support, information and strategies in relation to children with a brother or sister on the autistic spectrum.

#### Week 4

Now we are coming towards the end of the summer fun come along to get some resoures and fun ideas to get your routines into place ready for September – fun activities for you to create and take home to keep.

#### Week 5

Are you a caring for a child or young person as a connected person, foster carer or have you adopted. Come along and see what support we offer at the Family Hubs.

#### Week 6

Come along and find out some different strategies to prepare yourself and your children to return back to school next week!

### BARNARDOS



#### For Babies 0 - 12 Months

#### Monday

Flying Start Clifton Street, B64 6QJ 10 - 11am

Lightwoods House Smethwick, B67 5DP 1 - 2pm

#### Tuesday

Oldbury Family Hub Oldbury, D94 7SD 10 - Ilam,

#### Wednesday

Smethwick Family Hub Smethwick, B66 3PX 11 - 12noon

West Bromwich Central Family Hub West Bromwich, B70 96Z 1 - 2pm

#### **Baby Clubs are** a great place for Parent/Carers to...

- Meet other new parents
- Learn about baby development
- Take part in sensory play
- Talk to experienced staff

#### Thursday

Tipton Family Hub Tipton, DY4 OTB 10 - 11am

Yew Tree & Tame Bridge Community Centre, WS5 4LB 9.30 - 10.30am

Wednesbury Family Hub Wednesbury, WS10 0JG 1.30 - 2.30pm

For more information please contact your local Family Hub





Mondays

Triple P Baby

West Bromwich Central

Family Hub

1 - 3pm

Starts 14th July

Tuesdays Triple P Baby Antenatal Wednesbury Family Hub 9.30-11.30am Starts 2<sup>nd</sup> September

Wednesdays Solihull Approach Wednesbury Family Hub 9.30 - 11.30am Starts 3<sup>rd</sup> September

Thursdays Triple P Baby Rowley Family Hub 9.30 - 11.30am

Starts 5<sup>th</sup> June

Wednesdays Triple P Baby Smethwick Family Hub 1 - 3pm Start at anytime

Solihull Approach is run over ten weeks - this programme will help you explore your thoughts and feelings and what is being communicated by your baby or young child through their behaviour. It will also support you to develop positive parenting and help you to find out about different ways to communicate.

If you would like to you can bring your little ones along to these sessions with you (up to 2 years) and there will be activities for them to explore during the session.





Triple P Baby is an 8 week set of sessions where you get to explore parenting your new baby. Sessions will help to:

- Understand and respond to your baby's cues
- Explore looking after your own emotional wellbeing
- Support your baby's social and cognitive development
- Take part in fun activities with your baby
- Meet other parents Explore the Family Hub offer

These sessions can be accessed Antenatally and after your baby has been born.

Sessions are for babies aged 0 - 12 months & their parents



To book a place for you and your baby





0121 556 5405

















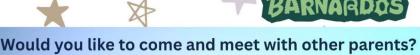








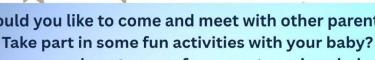


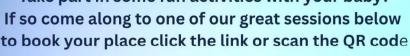














# Welcome to your Town Sessions!

Are you a new parent?

Are you new to Sandwell?

Why not come and find out what services are available to you and your family in your town!!

Healthy Start (NHS) will also be there on the day

Please drop-in to one of your local sessions below:

FREE Activities available for children

When

Where

8th July 2025	1pm – 3pm	Wednesbury Family Hub WS10 0JG
15th July 2025	1pm – 3pm	West Bromwich Central Family Hub B70 9EZ
22nd July 2025	1pm – 3pm	Smethwick Family Hub B66 3PX
12th August 2025	1pm – 3pm	Rowley Family Hub B65 8JY Come
26th August 2025	1pm – 3pm	Tipton Family Hub DY4 0TB







#### PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025



moneysavingcentral.co.uk/kids-eat-free

#### ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

#### ASDA

Kids eat for £1 daily, with no adult spend

#### **ASK ITALIAN**

Kids under 10 eat for £1 during school holidays

#### BEEFEATER

Kids Eat FREE with Newsletter Voucher this Summer

#### **BELLA ITALIA**

Children eat for £1 with any adult main

#### **BILLS**

Kids Eat Free weekdays, 21st July - 29th Sept

#### BREWERS FAYRE

Kids Eat FREE with Newsletter Voucher this Summer

#### BREWDOG

2 Kids eat free with 1 adult, 19th July - 31st August

#### BURGER KING

From 28th July - 31st August, Kids Eat Free (via app)

#### **CHIOUITO**

Kids eat FREE Daily Until August 31st

#### **DOBBIES GARDEN CENTRES**

Kids eat for £1 with an adult breakfast or lunch

#### FRANKIE & BENNY'S

Kids Eat Free from 14th July - 31st August 2025

#### **FUTURE INNS**

Under 5s eat for free with any adult meal

#### **GORDON RAMSEY RESTAURANTS**

Kids under 10 eat FREE all day, every day

#### **HARVESTER**

Kids eat for £1, Mon - Fri via the App

#### **HUNGRY HORSE**

Kids eat for £1 on Mondays

#### IKEA

Kids get a meal from 95p daily from 11am

#### LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

#### MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

#### **MORRISONS**

Kids Eat FREE all day, every day with a £5 spend

#### PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

#### PREMIER INN & TRAVELODGE

2 kids eat for FREE with 1 adult breakfast

#### PRETO

Kids up to age 10 eat free with 1 paying adult

#### **PUREZZA**

Kids under 10 get free pizza with every adult meal

#### **SA BRAINS PUBS**

Kids eat for £1 on Wednesdays

#### SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

#### TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

#### **TESCO**

Kids Eat FREE with a 60p spend until Aug 31st

#### TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

#### THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

#### TOBY CARVERY

Kids eat for £1 all day (weekdays) until Aug 29th

#### WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

#### YO! SUSHI

Kids eat free all day (weekdays) in school holidays

#### ZIZZI

Kids eat free this summer holidays (ex Saturdays)

Copyright of MONEY SAVING CENTRAL







## MULTI-SKILLS **SUMMER CAMP**

BOXCLEVER Mentoring

Sandwell

Activities including boxing, football, dodgeball, first aid skills + BSL

> Monday 28th - Thursday 31st July **Uplands Manor Primary School, B67 6HY** 

> Monday 4th - Thursday 7th August St. Michaels CE High School, B65 9AN

Free for any 8-16 year old Scan the QR code to sign up

SCANME!

> Monday 18th - Thursday 21st August Phoenix Collegiate, B71 2BX

10am - 2pm each day









🔟 @boxclevercj 👍 BoxClever Mentoring

Please note, this is not a HAF Camp so each young person will be expected to bring their own packed lunch and enough drinks for the day.



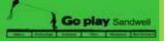












## GO PLAY SANDWELL FREE PLAY SESSIONS

#### SUMMER HOLIDAY SESSIONS IN TIPTON:

Week	Wednesday	Thursday
23 <sup>rd</sup> and 24 <sup>th</sup> July	12pm-4pm Tipton Play Day Event! Farley Park (B70 0QH)	
20th and 215 July	10amTipton Library ( DY4 8SR) 10am-12pm	10am-12pm Farley Park (B70 0QH)
30 <sup>th</sup> and 31 <sup>st</sup> July	1pm-4pm Victoria Park (DY4 8SD)	1pm-4pm Tibbington Play
6 <sup>th</sup> and 7 <sup>th</sup> August	Sandwell Play Day! Sandwell Valley Visitors centre (B71 4BG) 12pm-4pm	Area (DY4 9QT)
13 <sup>th</sup> and 14 <sup>th</sup> August	10am-12pm Tipton Library ( DY4 8SR)	10am- 12pm Farley Park (B70 0QH)
20 <sup>th</sup> and 21 <sup>st</sup> August	1pm-4pm Victoria Park (DY4	1pm-4pm
27 <sup>th</sup> and 28 <sup>th</sup> August	8SD)	Jubliee Park (DY4 ORL)

JOIN US FOR CRAFTS, LOOSE PARTS PLAY, TABLETOP GAMES AND SO MUCH MORE! ALL GO PLAY SESSIONS ARE FREE, OPEN ACCESS (SO COME ALONG AT ANY TIME) AND DO NOT REQUIRE BOOKING, SESSIONS ARE AIMED AT FAMILIES WITH CHILDREN AGED 6-12 AND UP TO 19 WITH ADDITIONAL NEEDS

SESSIONS ARE NOT DROP-OFF SESSIONS.

FOR MORE INFORMATION CONTACT JOHNNY.LOMAX@GROUNDWORK.ORG.UK



THE HUB PROGRAMME PRESENTS

### **OUTDOORS MINI-EXPLORERS**

NATURE BASED ACTIVITIES FOR 0 TO 2 YEARS OLD BABIES AND TODDLERS AND THEIR FAMILIES. COME AND DISCOVER NATURE WITH US LEARNING THROUGH PLAY



#### **WEEKLY POP-UP SESSIONS**

JOIN US!

FROM 10:30 - 12:00 SOUTH SANDWELL

#### WEST SMETHWICK PARK B67 7JJ

TUESDAY 22/07 TUESDAY 29/07 TUESDAY 05/08

#### HADEN HILL PARK B64 7JU

FRIDAY 25/07 FRIDAY 01/08 FRIDAY 08/08

#### BARNFORD PARK B68 8ED

TUESDAY 12/08 TUESDAY 19/08 TUESDAY 26/08

#### LIGHTWOODS PARK B67 5DP

FRIDAY 15/08 FRIDAY 22/08 FRIDAY 29/08

Contact us in Facebook and Instagram @thehubprogramme / Send us an email hubprogramme@groundwork.org.uk

Created by



Supported by

Family Hubs

Funded by













#### Holiday Activities - SEND

Sandwell Holiday Activities offer exciting opportunities for children who live or go to school in Sandwell to take part in activities during school holidays. There is lots of choice right across Sandwell with different activities happening in each town. Activities are for children aged between school age 5-16 years.

Summer activities will run from Monday 21st July 2025 – Saturday 30th August 2025 (excluding Sundays and Bank holidays)

If your child is eligible for HAF then you will have received an email or text with a HAF activity voucher containing unique HAF codes for your child and a link that enables you to book activities.

If your child does not meet the criteria, you can find other activities on our website (some may have a charge attached) visit https://holidayactivities.sandwell.gov.uk/

Here are some of our SEND specific activities across Sandwell:

#### Exclusive provision for children with SEND:

KIDS Specialist Provision - Provide borough wide activities focused around the social, physical, sensory and emotional needs of the children / young people with SEND. Activities will take place at Wednesbury Leisure Centre, The Chestnut Carvery, Langley Park Lodge, Brook St Community Centre, Odeon, New Square, West Bromwich, Spacehoppas Play Zone, Good Sheppard Church, West Bromwich Leisure Centre and Sandwell Valley Park.

Fantastic Journeys at Windmill Community Centre - Fantastic Journeys is a social enterprise providing a multi-sensory music and movement session for children with additional needs.

The Albion Foundation at Portway Lifestyle Centre - Providing a wide range of multi-sports and many other enriching activities for children with SEND.

4 Community Trust SEND at 4 Community Trust Hub in West Bromwich - Offer a range of activities, arts & crafts, drama, dance, cooking, healthy eating, nutrition workshops, sports, digital, games, social play, themed activities, sensory play plus much more.

Real Arts Workshop at Wednesbury Library - Bespoke creative experiences including Art, Crafts, British Sign Language (BSL), and Music/Sign Song, designed to challenge and engage learners.

#### Inclusive provision to meet SEND needs:

Ideal For All at Salop Drive Market Garden & Barlow Road Community Garden - Welly to Belly! Activities focused around the social, physical, sensory and emotional needs of the children / young people with SEND.

Warrens Hall Riding School at Oakham Road - The activities include stable management, lunch, pony grooming, and horseback riding. We also offer craft and sensory activities.

Forge Mill Farm at Forge Lane - Activities will include exploring the forest and farm, and nature-based crafts, in a safe, fun environment designed for young people with SEND.

To contact the providers or find out more search SEND on our website!

Go Play Sandwell - FREE play for all ages https://goplaysandwell.co.uk/



Click HERE

Stay Social Like us on Facebook @SandwellHAF

### Come along to our Chatterbox Library summer event



Monday 28th July @ Wednesbury Library

Walsall Street, Wednesbury WS10 9EH

10:00 am - 11:30 am

The Very Hungry Caterpillar



Play Crafts Stories Rhyme

For 0-5 year olds

For more info ring:01215441393 or email: early.vears@singlepointplus.org

Supported by



### Come along to our Chatterbox Library summer event



Monday 11<sup>th</sup> August @ Stone Cross Library
Beverley Road, West Bromwich
B71 2LH

10:00 am - 11:30 am

The Gruffalo



email: early.years@singlepointplus.org





### Come along to our Chatterbox Library summer event



Tuesday 19<sup>th</sup> August @ Hamstead Library
Tanhouse Centre, Hamstead Road,
Great Barr
B43 5EL

2.00pm till 3.00pm

Squash and a Squeeze



ay Chafts Rhymes Stories

For 0-5 year olds

For more info ring:01215441393 or email: //early.years@singlepointplus.org

Supported by









Pop in and join your local peer support worker for a chat about your babies development.

Being a parent with a new baby, do you worry about any of the following...

- Sleeping/eating difficulties
- Development

- Routine Adjustments
- Getting pre school ready

we are here to support you and your baby with...

Playing and learning

- Friendly professional advice
- Socialising with other families

Lets tackle parenting worries or concerns together!

Coneygre Early Years and child Development Centre Sedgley Road East
Tipton
DY48UH

012156928 60

First Session - Monday 28th April 2025 (then the Last Monday of every month) 1.00 2.30pm

Peer Support Worker contact details:

tel:0121 544 1393 Email: early.years@singlepointplus.org



#### Buggy Walk at Sandwell Valley Country Park

Visit your local park, spend time with your little ones, get active and meet other new parents!

- Tuesdays, 10am-12pm.
- Sandwell Valley Country Park, West Bromwich, B71 4BG.

Meet at the Courtyard Kitchen Cafe at the Sandwell Valley Visitors Centre at 10am. First walk Tuesday 15th July.

**™** Contact us: sandwellags@theaws.org

#### Supported by:









@tawsociety



@theaws











### **TIPTON PRE-LOVED SCHOOL UNIFORM BANK**

Have you got school uniform you no longer need?

Drop off any pre-loved, clean uniform you no longer need so other local children can benefit from it!

Drop off:

- Tuesday 22 July 2025 Friday 25 July 2025
- 10am 2pm
- Jubilee Park Community Centre, Powis Avenue, Tipton, DY4 0RJ











#### Need some school uniform for the new term?

Come along to see what school uniform is available and take what you need.

Collection:

Friday 15 August 2025 (m)



Jubilee Park Community Centre, Powis Avenue, Tipton, DY4 0RJ

Call 0121 520 0234 for more information!





#### SDCA COCHLEAR IMPLANT SUPPORT GROUP FOR CHILDREN AND YOUNG PEOPLE (AGES 8-11

The SDCA Cochlear Implant Support Group (Ages 8-11) is a welcoming space where children with cochlear implants can come together to connect, share their experiences, and support one another in a fun and understanding environment.

This group meets on a monthly basis at the Friar Park Millennium Centre.

Location: Friar Park Millennium Centre, Friar Park Road, Wednesbury, WS10 0JS

Monthly Meetings.

#### Our Goal:

- Combat loneliness and boost mental well-being
- Provide a safe space for open discussion about cochlear implant experiences
- Share helpful tips and advice.

#### Guest speakers may cover topics such as:

- @ Caring for your cochlear implant as children and young people
- Sports and activities you can enjoy with a cochlear implant
- # Handling school and social challenges with confidence
- Building confidence and embracing your identity.

This event will also feature **fun activities** to help your children and young people **connect** with others and feel **supported** in their cochlear implant journey.

# For More Information or to Sign Up, Contact: Craig Pothecary, Wellbeing Coach



Email: craig\_pothecary@sdca.co.uk



Text/WhatsApp/FaceTime: 07791 921011



### COCHLEAR IMPLANTS GROUP FOR CHILDREN (8-11 YEARS)



Complete the survey by telling us what you want from the group!

Your insights are invaluable. Participate in our survey today!



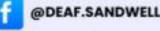
craig\_pothecary@sdca.co.uk



07791 921011 Text/Facetime/WhatsApp



WWW.SDCA.CO.UK





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# For More Information or to Sign Up, Contact: Craig Pothecary, Wellbeing Coach







COCHLEAR IMPLANTS GROUP FOR CHILDREN & YOUNG PEOPLE (11–17 YEARS)



Complete the survey by telling us what you want from the group!

Your insights are invaluable. Participate in our survey today!



craig\_pothecary@sdca.co.uk



07791 921011 Text/Facetime/WhatsApp



@DEAF.SANDWELL



WWW.SDCA.CO.UK







### WEDNESBURY

	JULY 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
30	.1	2	3	4		
•	HILL TOP PARK 15:00-17:30 870 ORZ	•	BRUNSWICK PARK 15:00 - 17:30 WS10 9HH	•		
7			10	11		
•	HILL TOP PARK 15:00-17:30 B70 ORZ	•	BRUNSWICK PARK 15:00 - 17:30 WS10 9HH	•		
14	15	16	17	18		
•	HILL TOP PARK 15:00-17:30 B70 ORZ	•	BRUNSWICK PARK 15:00 - 17:30 WS10 9HH	•		
21	22	23	24	25		
•	•	•	BRUNSWICK PARK 11:00 - 16:00 WS10 9HH	HYDES ROAD PARK 11:00 - 18:00 WS10 00H		
28	29	50.	31			
•	BRUNSWICK PARK 11:00 - 16:00 WS10 9HH	PLAY DAY EVENT LIGHTWOODS PARK 12:00 - 16:00 867 SDP	HYDES ROAD PARK 11:00 - 16:00 WS10 ODH	•		



### SMETHWICK



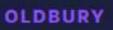
#### **JULY 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1	2	3	4
•	UNETT STREET GESS SEACE 15:00 - 17:30 866 3SS	HARRY MITCHELL PARK 15:00 - 17:30 B67 GAW	•	•
7		0	10	11
•	UNETT STREET CHD 34CS 15:00 - 17:30 B66 3SS	HARRY MITCHELL PARK 15:00 - 17:30 B67 GAW	•	•
14	15	16	17	18
•	UNETT STREET OPEN SINCE 15:00 - 17:30 B66 3SS	HARRY MITCHELL PARK 15:00 - 17:30 B67 6AW	•	•
24	25	26	27	28
•	LIGHTWOODS PARK 11:00 - 16:00 867 5DP	HARRY MITCHELL PARK 11:00 - 16:00 B67 GAW	•	•
28	29	30	31	
VICTORIA PARK 11:00 - 16:00 866 3NT	•	PLAY DAY EVENT LIGHT WOODS PARK 12:00 - 16:00 867 5DP	•	•

### WEST BROMWICH

#### **JULY 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1	2	3	4
MARSH LANE CREEN SPACE 15:00 - 17:30 B71 2JN	•	KENRICK PARK 15:00 - 17:30 B70 6DU	•	MARL HOLE PARK 15:00 - 17:30 B70 9NT CHARLEMONT PLAYING FIELD 15:00 - 17:30 B71 3PJ
7	8		10	11
DENBIGH DRIVE GREEN SPACE 15:00-17:30 871 25H	•	KENRICK PARK 15:00 - 17:30 B70 6DU	•	MARL HOLE PARK 15:00 - 17:30 B70 9NT CHARLEMONT PLAYING FIELD 15:00 - 17:30 B71 3PJ
14	15	16	17	18
DENBIGH DRIVE CREEN SPACE 15:00-17:30 871 25H	•	KENRICK PARK 15:00 - 17:30 B70 60U	•	MARL HOLE PARK 15:00 - 17:30 B70 9NT CHARLEMONT PLAYING PIELD 15:00 - 17:30 B71 3PJ
24	25	26	27	28
KENRICK PARK 15:00 - 17:30 B70 6DU	OAK HOUSE MUSEUM 11:00-16:00 B70 8HJ	RED HOUSE PARK 11:00-16:00 B43 6NA	•	CHARLEMONT PLAYING FIELD 11:00 - 16:00 B71 3PJ
28	29	30	31	- 1
PARK 11:00-16:00 B43 GNA	OAK HOUSE MUSEUM 11:00-16:00 B70 BHJ	PLAY DAY EVENT LIGHTWOODS PARK 12:00 - 16:00 B67 50P	KENRICK PARK 15:00 - 17:30 B70 GDU	CHARLEMONT PLAYING FIELD 11:00 - 16:00 B71 3PJ



#### **JULY 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1	2	3	4
BROADWELL PARK 15:00 - 17:30 B69 4AE	•	•	LANGLEY PARK 15:00 - 17:30 B69 4SL	•
7		9	10	11
BROADWELL PARK 15:00 - 17:30 B69 4AE	•	•	LANGLEY PARK 15:00 - 17:30 B69 4SL	•
14	15	16	17	18
BROADWELL PARK 15:00 - 17:30 B69 4AE	•	•	PARK 15:00 - 17:30 B69 4SL	•
24	25	26	27	28
TIVIDALE PARK 12:00 - 14:30 B69 2HU	•	•	PARK 11:00 - 16:00 869 4SL	•
28	29	30	31	1.
•	•	PLAY DAY EVENT LIGHTWOODS PARK 12:00 - 16:00 867 SDP	•	TIVIDALE PARK 11:00 - 16:00 869 2HU









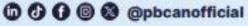
goplaysandwell.co.uk

Contact for more information hello@poweredbycan.org









goplaysandwell.co.uk



#goplaysandwell

### WEDNESBURY

	AUGUST 2025						
MONDAY	MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY						
20	29	30	31	1			
•	BRUNSWICK PARK 11:00 - 16:00 WS10 9HH	PLAY DAY EVENT LIGHT WOODS PARK 12 00 - 16 00 6 67 50P	HYDES ROAD PARK 11:00 - 16:00 WS10 00H	•			
4		(61)	7				
	•	PLAY DAY EVENT BANDWELL VALLEY 12:00 - 18:00 871 480	HYDES ROAD PARK 11:00 - 16:00 WS10 0DH	•			
- 11	12	13	14	15			
	•	•	BILSTON PLAY AREA 11:00 - 16:00 WS10 7JD	HEL TOP PARK 11:00 - 16:00 870 ORZ			
34	10	30	21	22			
•	•	PLAY DAY EVENT BROMWITCH HALL MUSEUM 12:00 - 18:00 871 2EA	BILSTON PLAY AREA 11:00 - 18:00 WS10 7JD	•			
25	26	27	28	29			
	HILL TOP PARK 11:00-18:00 870 0RZ	•	BILSTON PLAY AREA 11:00 - 18:00 WS10 7:00	•			

### SMETHWICK

#### AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	20	10	31	1
VICTORIA PARK 11:00 - 16:00 866 3NT	•	PLAY DAY EVENT LIGHT WOODS PARK 12:08 - 15:00 887 SOP	•	•
4			7	
•	BRASSHOUSE COMMUNITY CENTRE 11:00-16:00 886 18A	BLAYDAYEVENT BANDWELL VALLEY 12:00 - 18:00 871 480	•	•
11	u	12	14	16
HARRY MITCHELL PARK 11:00 - 16:00 867 6AW	VICTORIA PARK 11:00 - 18:00 886 3NT	•	•	•
18	10	20	21	22
HARRY MITCHELL PARK 11:00 - 16:00 867 6AW	VICTORIA PARK 11:00 - 18:00 B86 3NT	PLAY DAY EVENT BROMWICHHALL MUSEUM 12:00-18:00 871:2EA	•	•
25	30	27	20	29
•	VICTORIA PARK 11:00 - 18:00 866 3NT	HARRY MITCHELL PARK 11:00 - 18:00 B67 6AW	•	•

### WEST BROMWICH

AUGUST 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	29	30	21	1
RED HOUSE PARK 11:00 - 16:00 B43 6NA	OAK HOUSE MUSEUM 11:00-16:00 870 SHJ	PLAY DAY EVENT LIGHT WOODS PARK 12:00 - 18:00 867:50P	KENRICK PARK 11:00 - 18:00 870 60U	CHALEMONT PLAYING THE D 11:00 - 18:00 B71 3PJ
4	5	(6)		40
BROMWICH HALL MUSEUM 10:00 - 15:00 B71 2EA	OAK HOUSE MUSEUM 11:00-16:00 870 SHJ	SAHDWELL WALLEY 12:00 - 16:00 B71 480	•	CHALEMONT PLAYING TIELD 11:06 - 18:00 871 3PJ
(44)	12	(1)	144	15
BROMWICH HALL MUSEUM 10:00 - 15:00 B71 2EA	OAK HOUSE MUSEUM 11:00-16:00 870 SHJ	FRANCY FUNDAY  HESTEVEN 12:00 - 10:00  HESTEVEN	•	•
50	10	20	21	22
REDWOOD ROAD PARK 11:00 - 16:00 WS5 4LB	OAK HOUSE MUSEUM 11:00-18:00 870 SHJ	PLAY DAY EVENT EROMWICH HALL MUSEUM 12:00 - 18:00 B71:26A	•	MARL HOLE PARK 11:00 - 16:00 B70 SNT CHALEMONT PLAYING PALE 11:00 - 16:00 B71 3PJ
26	26	- 17	24	29
	BROMWICH HALL MUSEUM 10:00 - 15:00 B71 2EA	REMRICK PARK 11:00 - 18:00 870 80U	CHALEMONT PLAYING MALE 11:00 - 18:00 871 3PJ	MARL HOLE PARK 11:00 - 18:00 870 9NT

### OLDBURY

#### AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20	29	10	31	1
•	•	PLAY DAY EYENT LIGHTWOODS PARK 12 CO - 18 CO 867 SOP	•	TIVIDALE PARK 11:00 - 16:00 889 2HU
38	9.	**************************************	* .	
•	•	SANDWELL WALLEY 12:00 - 16:00 871 480	LANGLEY PASK 11:00 - 18:00 869 451	•
- 11	-	10	14	15
•	•	•	LANGLEY PARK 11:00 - 18:00 B89 4SL	TIVIDALE PARK 11:00 - 16:00 669 2HU
10	10	20	21	23
•	•	PLAY DAY EVENT EXCHINICH HALL MUSEUM 12:00 - 16:00 BT1 26A	LANGLEY PARK 11:00 - 18:00 869 48L	TIVIDALE PARK 11:00 - 16:00 889 2HU
25	20	27	20	30
•	•	10	LANGLEY PARK 11:00 - 16:00 869 4SL	TIVIDALE PARK 11:00 - 16:00 869 2HU



Sandwell welcomes thousands of children and young people to participate in enriching activities, create the best experiences and grow in confidence - providing opportunities to play, have fun, learn new skills and make memories that will last a lifetime! For more information about the programme and to find activities near you click HERE



Explore things to see and do in Sandwell, discover unexpected hidden gems, browse what's on in each of our Towns and join in with the colourful and diverse calendar of festivals and events – have a browse HERE

### Planning ahead......



### Free online workshops......

# Fussy Eating Free online workshop





As parents we want our children to eat well - and to enjoy mealtimes together

Come along and get support and new ideas for:

- How to encourage your child to try new foods and begin to enjoy them!
- Child-friendly foods that provide what they need to grow and be healthy
- Happier family mealtimes

#### Event details:

8 September 2025 Time: 19:00-20:15

For more information and to book please contact:-

debi.madden@barnardos. org.uk

### Eating well for less Free workshop





Would you like to eat more healthily as a family, but you're not sure where to begin or how to manage it without breaking the bank?

This workshop helps the whole family to eat well for less including:

- Tips for a cheaper, healthy shopping basket
- Healthy meal planning to make the most of the food you buy
- Recipes for tasty, simple and healthy low-cost meals

#### Event details:

online

Tuesday 18 September 10:00-11:30

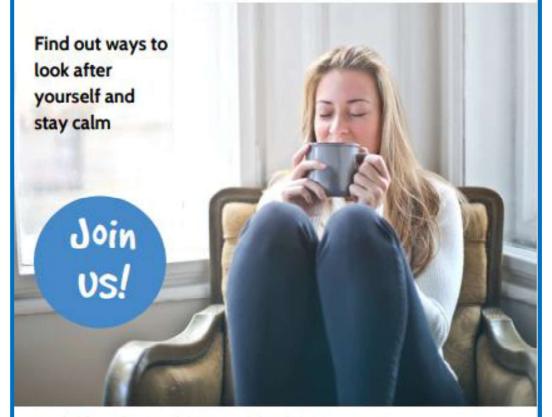
For further information or to book a place please contact Debi Madden

debi.madden@barnardos.org.uk

### Looking after ourselves

#### Free online workshops





Family life can be stressful. This workshop helps you to find ways to look after yourself and stay calm so you can juggle everything better.

#### Come along and:

- Understand the benefits of recharging our batteries for emotional and physical health
- Share feelings and develop realistic expectations and coping strategies
- · Overcome feelings of guilt and failure
- Gain practical strategies to reduce the stresses of family life

#### More information

Time: 19:00-20:30 22 September 2025

Book with:

debi.madden@barn ardos.org.uk

### Understanding children's behaviour



### Free online workshops



#### Come along and:

- Understand feelings and needs behind children's behaviour
- Discover the importance of listening to children, and how it can support meeting their needs
- Explore responding with empathy, and how it can positively influence children's behaviour

#### More information

Online 10:00 - 11:30 Tuesday 30th September 2025 To book a space contact: debi.madden@barn ardos.org.uk