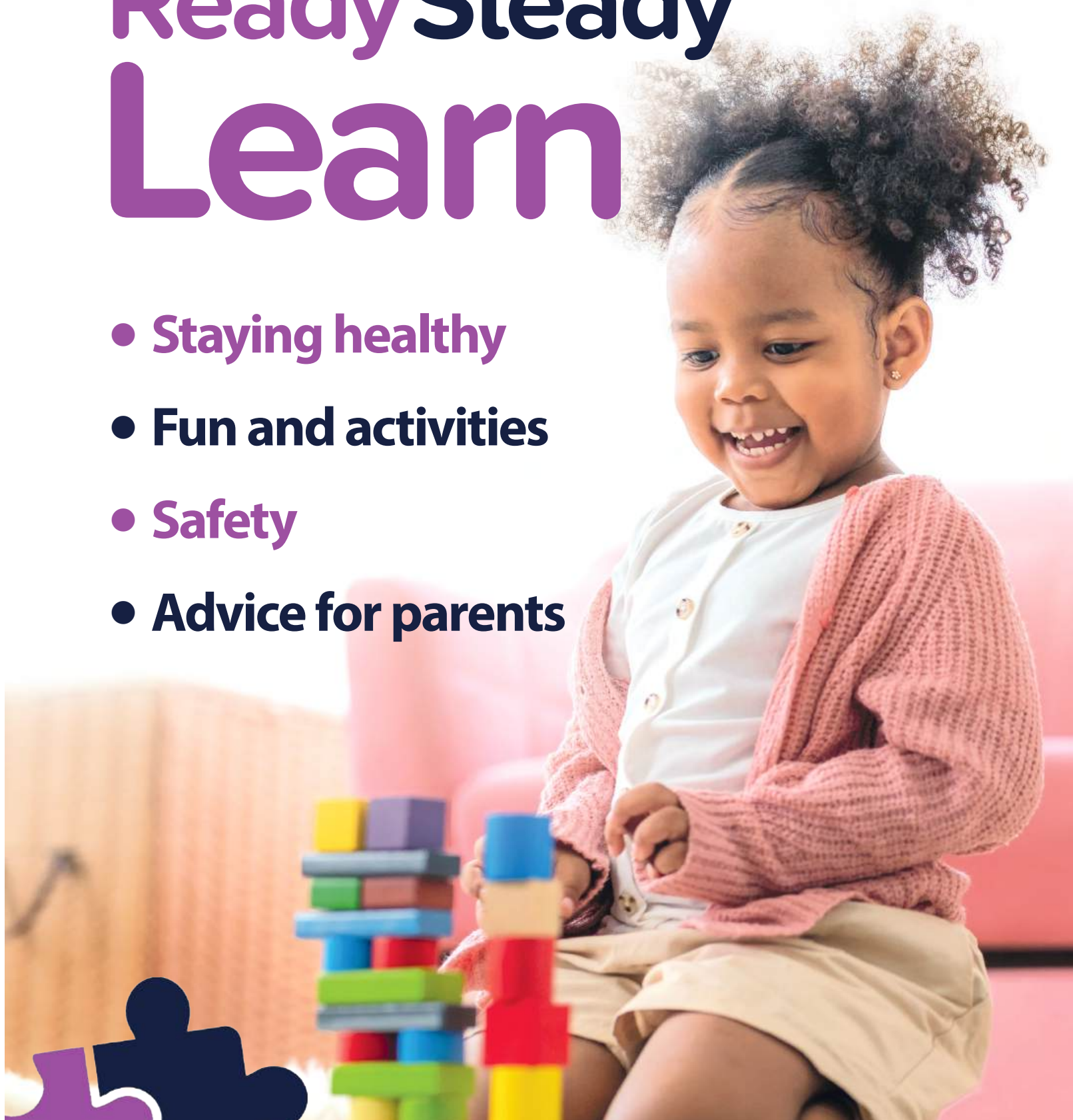


Ready Steady Learn

- Staying healthy
- Fun and activities
- Safety
- Advice for parents



Your toddler's journey begins here!

The early years are a critical time in your child's development. This is when they are learning and growing rapidly, both physically and mentally. Our services can play a vital role in supporting your child's development and help to ensure that all children have a healthy start in life and reach their full potential.



Development Checks

Your child will be offered a development check at 9 - 12 months with the Health Visiting team. Don't miss the invitation from your local Family Hub for your WellComm language screening at 18 months.

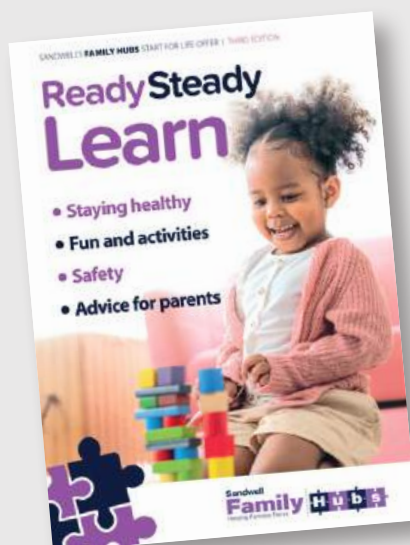
Immunisation

Protect your little one by booking their vaccinations when you receive the notification from your GP.



Dental Care

It's important to brush your child's teeth twice a day to establish a good dental routine. Register with a local NHS dentist for free dental care.



Collect your **FREE** Ready Steady Learn Magazine

At your 12-month development review.



**Visit BBC's
Tiny Happy
People
website
for free
resources.**



**Sign up
here...**

**To receive information
on FREE sessions
available across
Sandwell**

Fun & Free Activities

Your little one learns so much through every-day play. There's lots of free activities across Sandwell for you to attend.



Programmes for Parents/Carers

Children don't come with an instruction manual! Get support on your parenting journey from other parents/carers.

Join the library

Sandwell's 20 libraries are an exciting, bright and welcoming space. Becoming a member is free and entitles you and your little one to borrow books and other items. There's also free access to IT and Wi-Fi.



Scan for Toddler Journey





— FREE — Healthy Start Vitamins!

Contact your Health Visitor to receive your free vitamins and check your eligibility for the Healthy Start card, which provides valuable discounts on fruits, vegetables, and milk



For more information
scan the QR code or visit
www.healthystart.nhs.uk



@NHSHealthyStart



Hello...

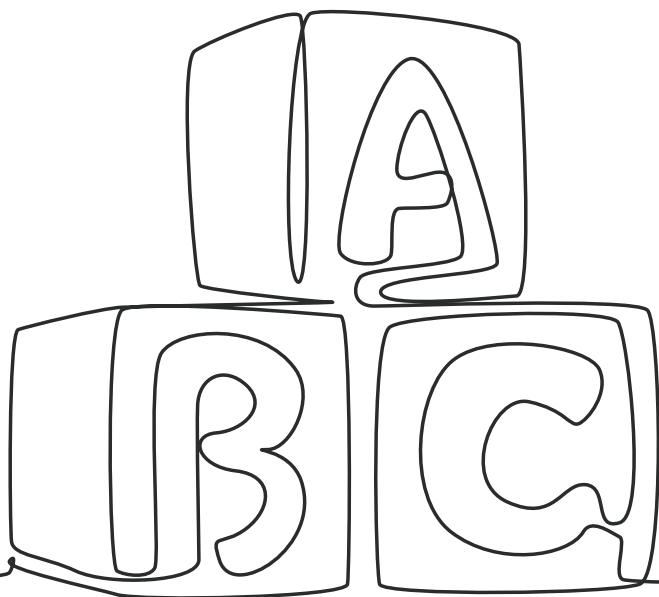
Welcome to

Ready Steady Learn

Raising a little one is a journey filled with precious moments.

We've partnered with the Sandwell Health Visiting Team and Family Hubs to provide you with expert advice and practical tips.

So, take a deep breath. Remember, you're not alone. Visit www.sandwellfamilyhubs.com to connect with your local Family Hub.



If you have any queries or want more information please contact the **Healthy Sandwell team** by emailing lifestyle_services@sandwell.gov.uk



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Who are health visitors?

Health visitors are specially trained nurses or midwives who support and educate families from pregnancy through to a child's fifth birthday.

You will receive 5 key visits from your health visitor or a member of the team at home or at your child health clinic, Family Hub, health centre or GP surgery.

These are:

- In pregnancy - after 28 weeks.
- 10 to 14 days after the birth of your baby
- When your baby is 6 to 8 weeks
- A review of your child's development at 9 to 12 months
- A review of your child's development at 2 to 2½ years



For more information about the service call the contact centre on **0121 612 5021**, go to www.swbh.nhs.uk/services/healthvisiting or scan the QR code.

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Baby clinics in Sandwell

There are several baby clinics running across Sandwell.

Baby clinics are an opportunity for families to discuss any health issues or have their child weighed and measured.

If you have any concerns about your baby or your baby's weight, please call the Contact Centre on 0121 612 5021. You will then be referred to your local Health Visiting team who can arrange a suitable appointment.

Self-Weigh Drop In Sessions

These sessions are for you to pop along to when you have no other concerns but are just interested in finding out how much your baby weighs.

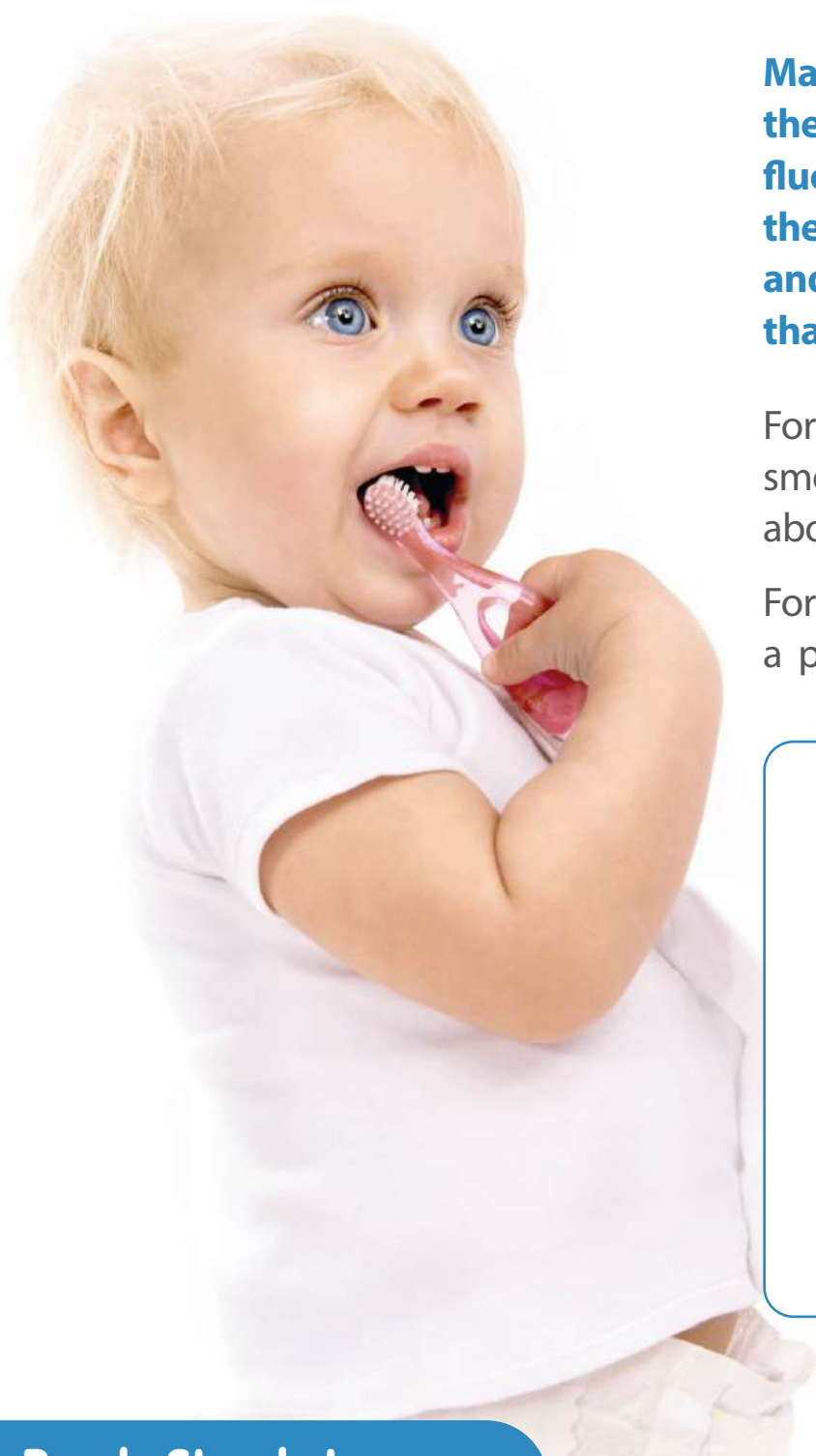
Clear guidance is provided on how to self-weigh your baby at the clinic.



**Scan the QR code
to find out where
baby clinics are
taking place**

Happy and healthy smiles

Are your toddler's teeth peeking through?
If so, it's time to start using a toothbrush.



Make sure your child cleans their teeth twice a day with fluoride toothpaste. Help them brush once before bed and once at any other time that suits you and your family.

For little ones under 3, just a tiny smear of toothpaste is enough, about the size of a rice grain.

For those aged between 3 and 6, a pea-sized amount.

Visiting the dentist

To find a dentist near you
scan the QR code below



Ditching the dummies

Some toddlers have a dummy to help them settle. It's best to try and stop your child using a dummy by the time they are around 6 months.

Dummies can cause problems for their oral health and speech development, so to try and prevent these problems you can:

- **Give your child as much time without the dummy as possible**
- **Only use the dummy for sleep times**

Also remember, it is easier to wean your child off a dummy the younger they are. However, if you are struggling, try a few different approaches.

- **Slowly lessen the time they have with their dummy each week.**
- **Restrict the use, have certain times of the day when they can, and cannot have their dummy.**
- **Have your child swap their dummies. Try giving them to Father Christmas, for a present. Or try swapping it out for a new cuddly toy or toothbrush.**

Remember to be patient and consistent with your toddler!



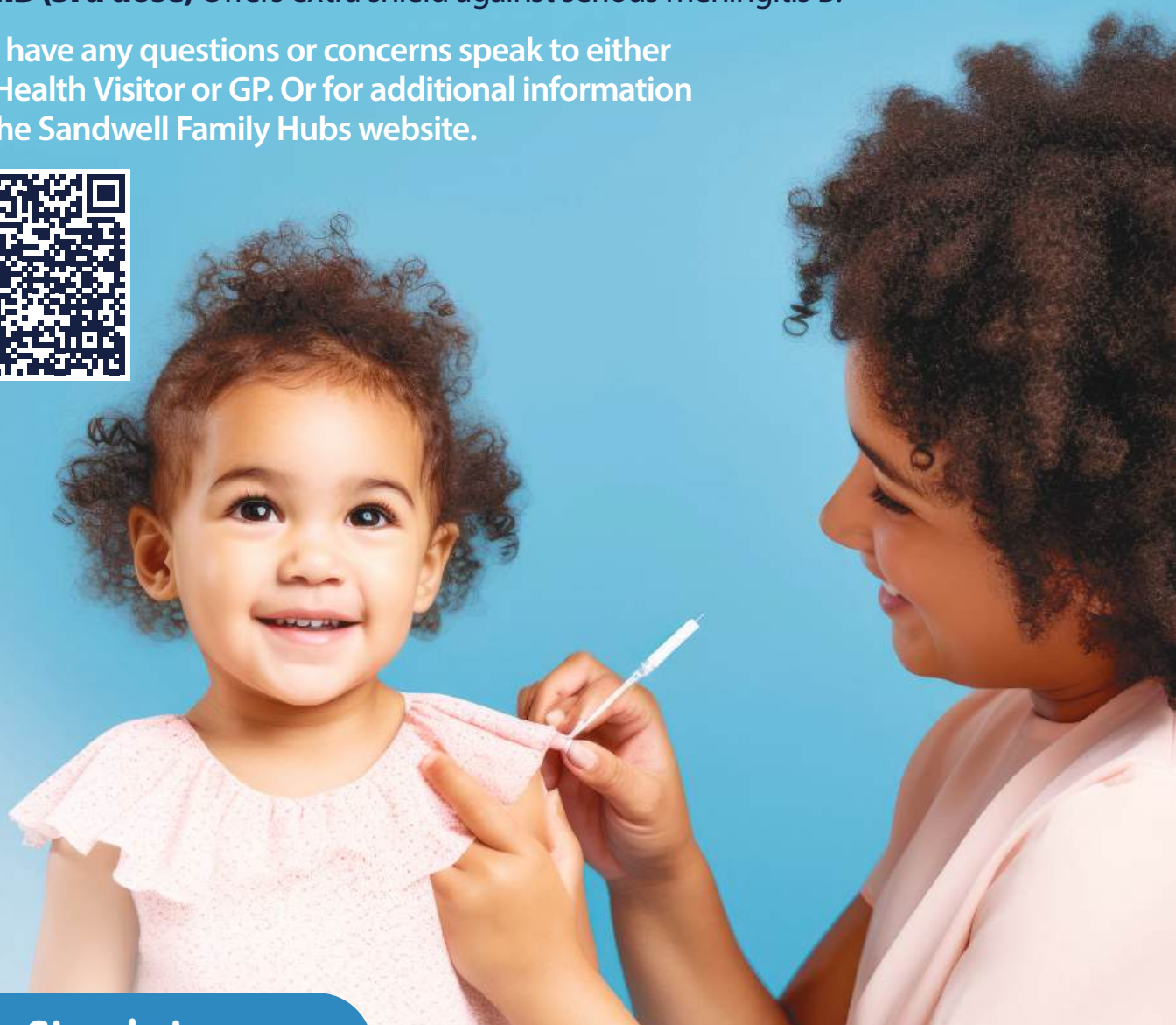
Childhood immunisations

One of the best ways to protect your child against diseases is through immunisations. As well as protecting your own child, you're also protecting others by preventing the spread of disease.

You will receive an appointment when your child turns around one for the following immunisations:

- **Hib/MenC** Fights meningitis and septicaemia caused by nasty bacteria.
- **MMR** Protects against measles, mumps, and rubella, keeping complications like deafness at bay.
- **Pneumococcal (2nd dose)** Helps prevent pneumonia, meningitis, and ear infections.
- **MenB (3rd dose)** Offers extra shield against serious meningitis B.

If you have any questions or concerns speak to either your Health Visitor or GP. Or for additional information visit the Sandwell Family Hubs website.



Measles, Mumps and Rubella (MMR)

Measles is a very infectious disease which can lead to serious complications. In severe cases it can develop into threatening conditions. By making sure your child has their MMR vaccine is the best way to prevent illness.

Symptoms of measles include:

- A high fever
- Rash
- Cough
- Runny nose
- Watery eyes

All children are invited for their first MMR vaccine on the NHS when they turn one. The second dose is given when they reach three years and four months of age. Having two doses of the vaccine provides the best protection against MMR.

Parents who are unsure if their child is up to date with all their routine vaccinations should check their child's Red Book (personal child health record), the NHS app, or their GP practice.



Tantrums

Temper tantrums are an important part of your child's brain development.

They help children manage with stress when they are older. While they often start around 18 months, this can vary from child to child. By the age of 4, tantrums are less common.

Here are a few tips on dealing with tantrums:

- Find out why it started - they may be tired or hungry.
- Understand and accept - everyone gets angry, help your child recognise and express emotions.
- Find a distraction.
- Breathe and stay calm.
- Don't give in - this will not help you or your child in the long term.
- Be prepared when shopping - keep any trips short and try to make shopping fun by involving your child.
- Try holding your child - some children like the reassurance of being held. This also allows time for both of you to calm down and reassure them after.



Routines and boundaries

As your toddler gets older, you will see lots of developments.

These changes are both exciting and challenging. Setting some routines and boundaries can help.

They make it easier for your child to learn right from wrong and help them feel more secure.

- Set clear boundaries but explain the reason for this. For example, explain why they can't touch the hot stove.
- Consistency is important. Everyone caring for your child should agree on this, helping to avoid confusion.
- Focus on praise rather than negativity.
- Be a role model, let your child see you behaving in the way you want them to.

Children with additional needs

Having a child with additional needs can bring a whirlwind of emotions. It's natural to feel overwhelmed, confused, or even scared. Remember, you're not alone in this journey.

Sharing your feelings is important.

Your support network:

Talk to your GP or paediatrician: They can provide medical guidance and help you navigate healthcare resources.

Connect with your Health Visitor: They offer invaluable support and practical advice for your child's needs.

Reach out to Sandwell Inclusion Support: Call 0121 569 2777, or email inclusion_support@sandwell.gov.uk. They can offer resources, guidance, and connections with other families going through similar experiences.



Sleeping

Getting into a simple, soothing bedtime routine early can help avoid sleeping problems later.

You might find it helpful to keep to a similar bedtime routine each day. Remember, too much excitement before bed can wake your child up again.

It can help to spend some time 'winding down' and following a routine like:

- **Bath, then putting on PJs**
- **Make a milky drink**
- **Brush teeth**
- **Go to bed**
- **Bedtime story**
- **Make sure a comforter (cuddly toy or security blanket) is nearby, then...**
- **Goodnight kiss and cuddle.**



Potty training

You may start thinking about potty training when your child is around 18-24 months, but there is no perfect time. Every child is different! Remember that you really cannot force your child to use a potty.

You can try to work out when your child is ready by looking for signs that your child is starting to develop bladder control such as:

- They know when they have a wet or dirty nappy
- They get to know when they are passing urine and may tell you they are doing it
- The gap between wetting is at least an hour (if it's less, potty training may fail and at the very least will be extremely hard work for you)
- They know when they need to wee. They might also let you know when they need to go!



Dealing with illnesses

Children get sick, it's a fact of life.

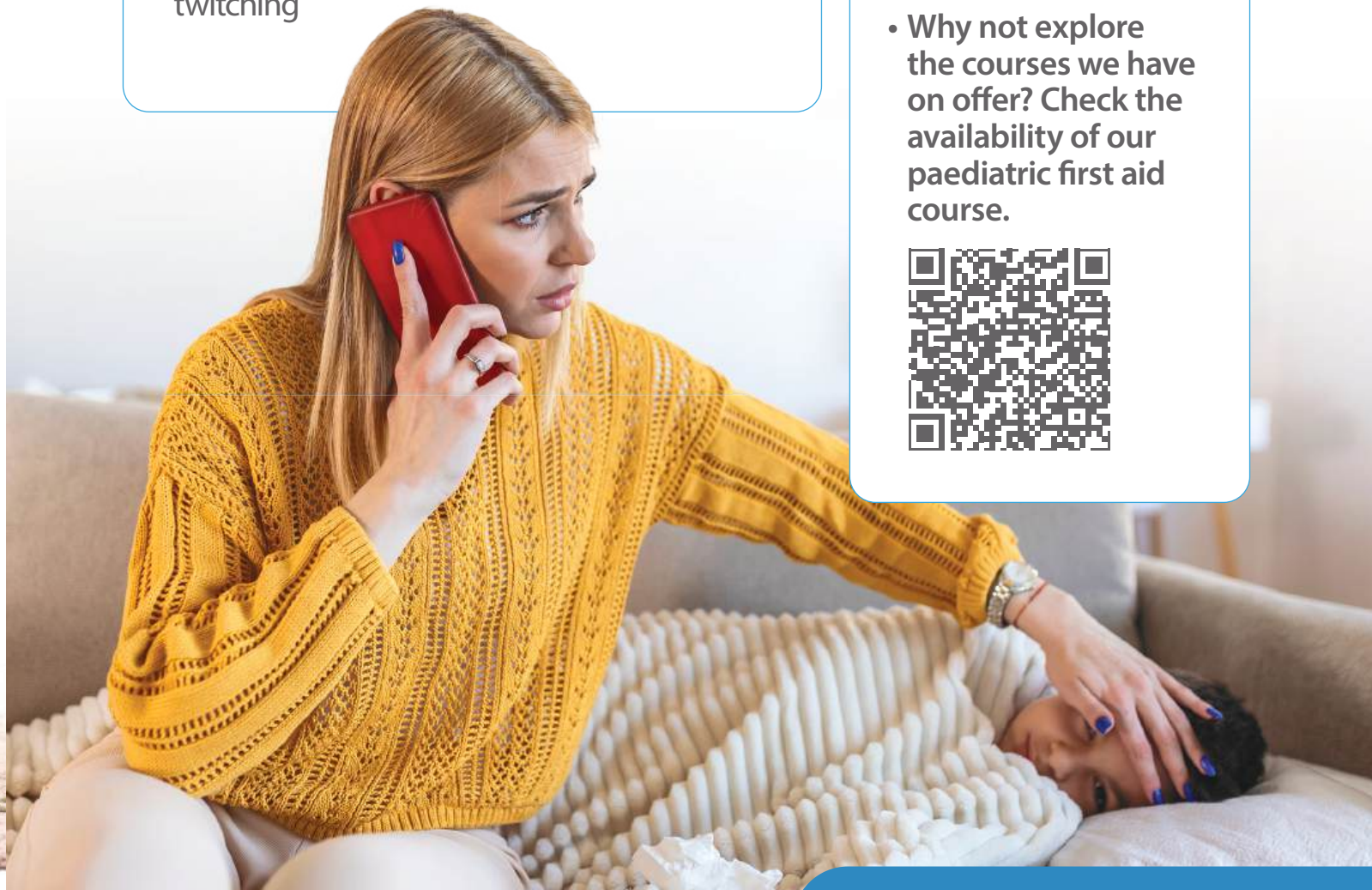
Most illnesses are harmless and pass quickly but knowing when to seek medical attention can be tricky. Here's a quick guide to help during those moments:

Emergency! Call 999 immediately if your child:

- Stops breathing. Every second counts!
- Struggles to breathe, gasping, or wheezing severely
- Loses consciousness and can't be woken up
- Has a seizure (fit) for the first time, even if they seem okay afterward
- Experiences uncontrollable shaking or twitching

If you're concerned about their health, don't hesitate to seek medical advice. It's always better to be safe than sorry.

- Remember, if you need advice call 111 for non-emergencies.
- Why not explore the courses we have on offer? Check the availability of our paediatric first aid course.



Keeping your child safe

Creating a safe space for your child to explore, it is a good way to help them develop and grow their confidence. However, here are a few things to remember when childproofing your home:

Choking hazards:

Small items

Keep small objects, coins, and buttons out of reach.

Bedding

Clear the crib or bed of loose blankets, pillows, and toys.

Mealtime

Supervise your child during meals, cut food into manageable pieces, and encourage chewing.



First-aid essentials:

Stock up

Keep a well-equipped first-aid kit in your home and car. Include plasters, wipes, medical tape, antiseptic, allergy relief, and age-appropriate medicine. **Remember to check expiration dates!** Consider getting a first-aid manual to keep near your first-aid kit.

Car seats:



The right fit

Choose a car seat that matches your child's age, weight, and height. Check the manufacturer's instructions for proper installation.

Expiration dates

All car seats expire after six years! Look for the date and replace it after an accident.

Backseat

Know the law. For more information on car seats visit: <https://shorturl.at/2Y8Rv>



Out of reach, out of danger:

Lock them up!

Keep medicine, vapes, and cleaning products in a high cabinet or drawer with a childproof lock.



Hot stuff

Use stove covers, and fire guards, and never leave boiling water unguarded.



Batteries

Secure them in their toys, or dispose of them and keep them out of reach of your child, particularly button batteries.

Child locks

Install childproof locks on cabinets with cleaning supplies or dangerous items.



Preventing falls:

Barriers, nets, and locks can help prevent toddlers from wandering into dangerous areas.

Gates

Install safety gates at the top and bottom of stairs.



Window guards

Secure windows with guards to prevent tumbles.

Balcony netting

Set up safety netting around balconies or open spaces for extra protection.



Road safety:

Toddlers are curious and love to explore, so it's important to teach them about road safety and always hold their hand when near roads, and always be aware.



Healthy eating

One of the most important things you can do for your child is giving them the chance to eat a variety of foods in the right amounts.

What children eat and drink in their early years impacts their future health. Healthy eating when young encourages healthy habits when they are all grown up.

Remember, children have smaller stomachs than adults and need to eat smaller amounts more frequently. Children should have 3 meals a day. With 2 or 3 smaller snacks throughout the day.



Free Healthy Start vitamins

The Healthy Start Vitamins are available **FREE** to young children living within Sandwell and provide nutrients for growth and development. They are a great source of Vitamin D, which helps the growth of children's bones and teeth.

Make sure to ask your Health Visiting team for your FREE Healthy Start Vitamins.

Mealtimes

Family mealtimes are a good chance to spend time together. This time together helps build your toddler's social skills and speech.

To make the most of mealtimes, turn off all devices, including the TV! Distractions like these can impact your child. They could lead to your child not recognising they are full and overeating when they are older.

Here are a few more tips:

- **Picky eaters:** Don't worry if your child rejects broccoli today. They might love it tomorrow! Just keep offering
- **Small Bites:** Think child portions, not adult-sized meals. It's about enjoying a healthy meal rather than a clean plate
- **Snacks:** Stick to 2 healthy options. If children have too many snacks, they might not want dinner
- **Food Fun:** Visit a market, plant herbs, or have a 'homegrown' tea party. Getting involved makes food more exciting



Explore our FREE Changes workshops, from weening to picky eating!

Scan the QR code to find sessions near you.

Changes Early years

Changes Early Years can help guide you on your parenting journey.

Changes is Sandwell's 'home grown' programme that is adapted to meet the needs of local families. It is FREE to attend for parents/carers living in Sandwell.

Topics discussed in Changes Early Years are:

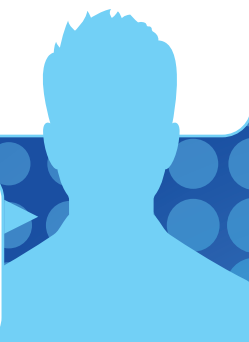
- **Being a Parent**
- **You're Important Too**
- **Nipper Natter**
(early communication development) Rules and Routines
- **Discover Together**
(learning through play)
- **Safety First**
- **21st Century Family**
(technology and ICT safety)
- **Tears and Tantrums**
- **The Wheel of Life**



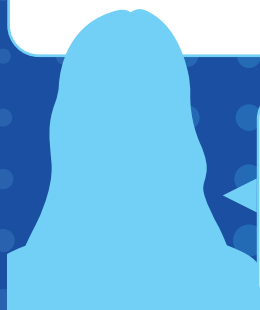
Parent's view of Changes Early Years



Helped me focus on what's important for myself and the kids



it's helped us get out of the house and motivation to do more outside the house.

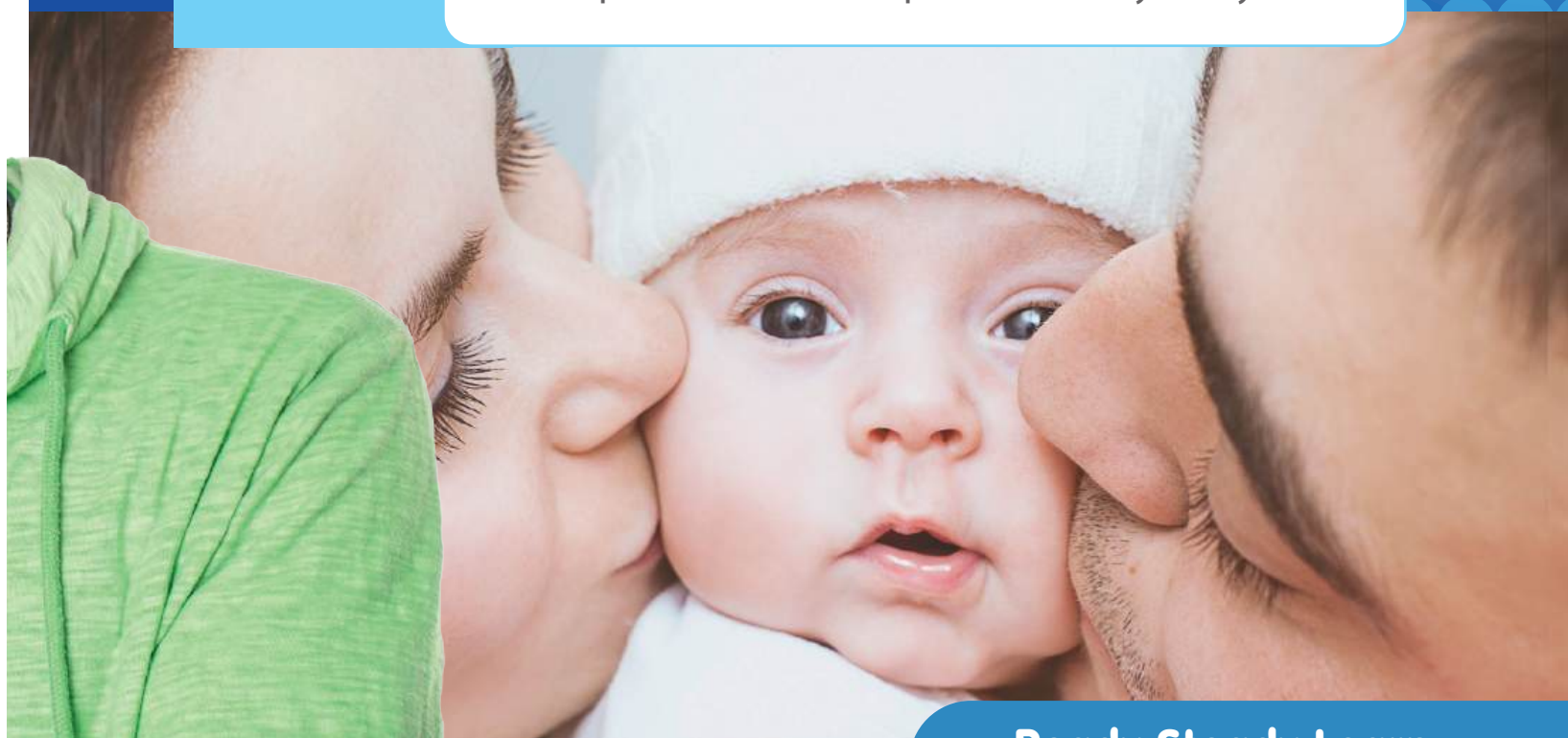


It has been useful to know and understanding other parents' experiences and reassuring I'm not on my own.



Everyone struggles and it's nice to know it's not just me and only my child doing these things.

have chances to hear other families situations/problems. Trainer provides a lot of helpful infor for my family



Learning to talk

Talking unlocks a world of possibilities for your little one. From expressing needs to building friendships, it's a vital skill. And guess what? You're their first teacher!



Wondering how your child is doing?

Speech and Language UK's Child Progress Checker offers helpful guidance. But if you have concerns, contact your Health Visitor or Family Hub

Who is there to help your little one?

- **You:** Talk, sing, read together! Be clear, give them time to respond, and embrace playtime conversations
- **Family Hubs:** Join playgroups, get screened with WellComm, and access resources
- **Health Visitors:** Get expert support, developmental reviews, and questionnaires
- **Sandwell Keeps Talking:** Find speech tips, activities, and specialist services



WellComm

Curious about your child's speech and language development? When your child reaches 18 months your local Family Hubs can offer your child a Wellcomm screening.

This is an in-person session that identifies your child's strengths and areas where they might need a little boost. The screening only takes about 20 minutes.



WellComm can help:

- **Celebrate** your child's progress
- **Identify** any areas needing support
- **Give you ideas** on resources and activities

Sandwell

Family
Helping Families Thrive



Sandwell's Talking Tips

Support your
child's
communication
from birth to 5



1

Be face to face
with your child

2

Watch and wait -
let your child lead
and then join in



3

Wait - give
your child time
to respond



4

Talk about what
your child does



5

Watch how your child
tells you things and
put the words in



Please scan this QR code to find out
how to use these tips with your child...



6

Sing songs,
rhymes and
share books



7

Make screen time
me and you time



8

Match and
extend your
child's language



One question to four...



9

Limit the amount
of questions



10

Offer choices

...or this QR code to hear
these tips in other languages!



Reading with your child

Sharing a book with your children is a great way to interact. Toddlers love to communicate by pointing, looking, and making sounds or words. All which help in building your little ones speaking and listening skills.

Share books everywhere!
From reading on the bus,
in the park, at bedtime,
or at the library.

Here's how:

- **Snuggle** with your child
- **Help** them turn pages and point at pictures
- **Ask** questions about the story
- **Respond** to what they say
- **Enjoy** this time together.



Managing screen time

- What counts as screen time? Any time your child looks at a screen
- Experts suggest limiting screen time to 2 hours per day
- Choose age-appropriate content that encourages learning



Libraries

Your local library is a great place to visit with your child during the day. Sign up for a FREE membership, borrow books both from the library and online.

As well as attending sessions and activities. Libraries are a great place for children to discover and learn about the world around them and get the best start for reading and literacy.

What to do on your Library Visit:

- **Sessions /Activities:**

Both within the week and holidays your Library has lots for you to take your little one to attend

- **Borrowing Books:**

Your local Library will have lots of different types of books to borrow. From classic stories to textured board books to online audiobooks

- **Meeting others:**

Sessions give your child the opportunity to interact and meet others. Helping them build their confidence and social skills

- **Routine:**

Add visiting the Library to your weekly routine! It helps get your child to interact, build patience, and give them a sense of belonging



To find out more on the activities your local library has on offer scan the QR code

Make time for fun

Playing is fun! But did you know it is also how your children learn? Through playing, children learn all the skills they need for when they grow up

To grow and develop, children need time and attention from someone who is happy to play with them. Gradually they will learn to entertain themselves for some of the time, but first they need to learn how to do that.



Cuddle up with a book and sing silly songs

it's fun bonding and boosts your child's language skills.

Remember, you are their best playmate - they learn more from your interactions than any toy!



Social butterflies in the making?

Even little ones enjoy playtime with others. Start with playdates where they explore alongside each other and watch those friendships blossom!



Pretend "meals"

with bowls, spoons, and safe ingredients. Let their imaginations (and maybe a little mess) run wild!



Unleash the inner artist!

Crayons, paints, and even cereal boxes become canvases for their masterpieces. Show them how to hold the tools and let their creativity grow!

Craft silly sock puppets

Give them voices and personalities and watch them come to life in your puppet show!



Step outside!

Walking is a fantastic way to explore, exercise, and bond with your little adventurer. Visit your local parks, pack a picnic, and make a day of it!



Visit a library

Go and visit your local library, sign up, choose some books, and see what your local library has to offer.



Visit a farm

Talk about what you see and hear on your trip.

Why not visit the animals down at Forge Mill Farm?

Being Active

By exercising, you're helping your child's muscle development and general fitness. Why not have fun by joining in? Being active together shows your child that activity is fun.

Toddlers who can walk on their own should be physically active every day for at least 180 minutes (three hours).

For fun sessions scan the QR code and explore the Family Hubs session finder.



Your support network

A strong support network makes a difference when facing the challenges of raising children.

Remember:

- Asking for help isn't a weakness. Share your needs openly
- Look beyond immediate circles. colleagues, online communities, and even your local Family Hubs, and Health Visiting team, can be a fantastic source of support

Types of support:

- **Emotional:** Regular calls with a friend or a family member can help.
- **Practical:** Ask a family member or friend to babysit for a couple of hours. Giving you some time to relax.
- **Social:** Joining a group with parent, there's lots of groups and activities on offer through your local Family Hub.



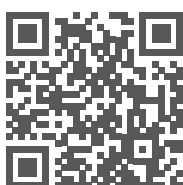
Dads and male carers

Early Years can be a lot of fun but also a challenge. Dad's and male carers play an important role in learning and growing during this time.

Children need to feel they are loved and secure. When this happens, children are more confident to explore, helping them to develop socially and emotionally. Creating a caring and supportive bond with your toddler will help them to grow into healthy and confident adults.



There's lots of support on offer for dad at your local Family Hub, why not check out the free activities on offer across Sandwell.



DadPad®

The guide for dads, developed with the NHS.

All Sandwell dads and male carers can download their on-demand parenting guide.

To find out more scan the QR code or visit <https://thedadpad.co.uk/app/>

HEALTHY SANDWELL

Are you looking to make a lifestyle change?

- Stopping smoking
- Lead a more active lifestyle
- Achieving a healthy weight

Healthy Sandwell can help point you in the right direction!

Or simply take advantage of the NHS Health Checks we offer, we can help support you every step of the way to a fitter and healthier life.

To find out more, please...

call us on 0800 011 4656 or 0121 569 5100

text GETHEALTHY to 87007

email: LS@nhs.net

or visit www.healthysandwell.co.uk



You smoke... they smoke



The best thing you can do for your health and your family's health is stop smoking. It's a worrying fact, but the children of smokers are three times as likely to grow up to be smokers themselves.

Giving up smoking is not always easy, you are up to four times more likely to stop smoking successfully with support.

Maintaining a healthy weight



Achieving and maintaining a healthy weight isn't always easy

Healthy Sandwell can offer a range of support to help you achieve your goals such as how to eat healthier, get more active, maintain a healthy weight and access current activities taking place across the borough.

Let's talk alcohol



Many people can enjoy drinking alcohol without any problems. Therefore, it's important we all understand how to drink safely and how to enjoy alcohol without putting our health at risk.

There's various support available for people living in Sandwell to help you understand safe drinking or access specialist services if you feel concerned.

Your sexual health



Whoever you are, it's good to look after your sexual health.

With support from Healthy Sandwell it's easy too. They offer a range of sexual health services to help you stay in control of your body and keep you feeling great, both at clinics across the borough and even from the comfort of your own home.

Healthy Sandwell can provide help and support on all above and also many other areas to help you achieve a healthier lifestyle. Why not give them a call?



Domestic abuse

One in four women experience domestic abuse at some point in their lives. This may be physical, sexual, emotional or psychological abuse.

30% of abuse starts in pregnancy, and existing abuse may get worse during pregnancy or after giving birth.

Domestic abuse does not have to be tolerated

You have choices and help is available. You can speak in confidence to your GP, midwife or health visitor. In an emergency always phone the police on 999. Use the 101 number to call the police if it's not an emergency.

Sandwell Women's Aid provides a range of services and support to men and women experiencing domestic abuse. You can call them 24 hours a day on 0121 552 6448

You are not alone!

5 ways to wellbeing

Wellbeing is about feeling good and doing well in our day to day lives. Our five ways are simple things to do every day, to improve how you are feeling.



Connect meet up, build relationships, make friends

- Speak to someone, a friend, a relative, your health visitor or GP.
- Being a new parent can be worrying time, support is available to you
- Ask a neighbour how they are
- Attend courses to connect with other new parents (book now at www.bookwhen.com/book4changes)
- Find out what's on offer at your local family hub



Be Active whatever you can do, being active makes you feel good

- Go for a walk
- Put on some music and dance
- Go swimming
- For more ideas, visit: www.healthysandwell.co.uk/strongersandwelldirectory



Take Notice take time, stop and focus on the moment, enjoy the outdoors

- Create your own jar of happiness and fill it with messages about your favourite music, people, memories, books and places
- Try some mindful colouring
- Plant some seeds and watch them grow



Keep Learning try and learn something new, see what's out there, surprise yourself

- Try a new hobby
- Learn a new language or sign language
- Try a new recipe
- Read a book
- Learn something new (visit www.sandwellfamilyhubs.com for local activities)



Give Back give your time, do something nice for someone

- Write a note to someone who has helped you or been kind recently
- Make someone a drink
- Give your unwanted things to a charity shop
- Give someone a smile
- Considering volunteering (visit www.letsgosandwell.info for more information)



Find out more by visiting:
www.healthysandwell.co.uk/our-services/wellbeing5/

Mindfulness matters

Parenting is a wonderful but challenging experience. It can be a time of great joy, but it can also be a time of great stress and anxiety. It's important to remember that it's normal to feel a range of emotions during this time and that you're not alone.

It's just as important to take care of your mental health as it is to look after your physical health. If your mental health is good it means you can think, feel, and react in the ways you need to cope with day-to-day life.

Everyone feels stressed, or overwhelmed at times, but it's important to make sure that sometimes doesn't become all the time.

Here are some tips to help you look after your mental health and wellbeing:

- **Take care of yourself:** Make sure you're getting enough sleep, eating healthy foods, and exercising regularly.
- **Set realistic expectations:** Don't expect to be perfect.
- **Take some time for yourself:** It's important to take some time for yourself each day, even if it's just for a few minutes.
- **Practise self-care:** Self-care is important for everyone, but it's especially important for people with mental health challenges.
- **Find a support system:** Having a support system of people who can understand what you're going through can be very helpful. This could include your partner, family, friends, or a support group.
- **Talk to someone:** It's important to talk to someone about how you're feeling.

Mindfulness wordsearch

J	M	I	N	D	F	U	L	T	I	C	V
C	O	L	P	K	R	L	O	F	U	L	G
A	N	U	G	P	E	Y	V	X	B	X	N
U	S	N	R	I	E	E	E	T	A	I	I
T	M	I	O	N	N	A	D	K	L	H	R
I	I	R	W	I	A	A	C	L	A	P	U
F	L	U	T	O	T	L	P	E	N	R	O
U	E	L	H	A	U	I	I	D	C	J	L
A	G	O	Y	Y	R	X	G	N	E	A	O
U	C	C	G	O	E	S	B	E	G	D	C
P	A	D	V	L	J	F	X	M	N	L	X
S	U	O	R	E	N	E	K	I	N	D	E

JOURNALING
 PEACE
 GROWTH
 LOVE
 NATURE
 KIND
 YOGA
 COLOURING
 MINDFUL
 BALANCE
 JOY
 SMILE



Resilient Residents

Supporting you to make the most of your money and find help if you need it.



Cost of living help



Benefits advice



Employment support



Help getting online



Make the most of your money



Learn English



Food in Sandwell



Help in an emergency



Health and wellbeing services



Wellbeing



Going Green



For more information scan the QR code
or visit www.sandwell.gov.uk/resilientresidents

Get help with benefits

Do you need advice on claiming benefits? Are you on a low income and wondering if you may be entitled to support?

Sandwell Council's Welfare Rights team gives free, independent, and impartial advice about benefits.

The team can help:

- Older people
- Families with children
- People with health problems (including mental health)
- Carers
- People with learning disabilities
- People in low-paid work
- Jobseekers

They can:

- Give general guidance and support
- Help with benefit forms and applications
- Support people who have been overpaid benefits
- Advise on benefits payments when they are reduced or stopped
- Offer representation at appeal tribunals.

Get in touch

To contact the Welfare Rights team, go to:

www.sandwell.gov.uk/welfarerights

If you don't have access to the internet, call:

0121 569 3158

Monday to Friday, 9 am - 4.30 pm



Need advice?

Reach out to our various support networks within Sandwell Family Hubs. Family hubs offer support where parents and caregivers can connect with others with similar experiences.

What our support offers:

- **Sharing knowledge and experiences**
- **Offering emotional and social support**
- **Providing practical help**

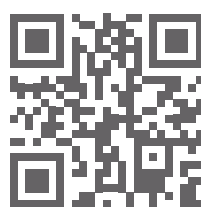
This support can:

- **Boost your confidence as a parent**
- **Connect you with other families facing similar challenges**
- **Help you access valuable resources**

Community Partners

We partner with several fantastic community organisations to offer support groups, advice and services.

Contact Information



Please visit our website or contact your local family hub for more information and contact details.



Activities for pre-schoolers

There are lots of FREE and fun activities for you and your pre-schoolers to enjoy across Sandwell.

Family Hub activities

Baby clubs:

A chance to meet other local parents alongside sensory play, craft making and special visitors

Twilight Family Stay & Play Session:

A chance for the whole family to come and spend time together through play, fun, games, singing and stories. This session is term time only.

Relaxed stay and play sessions:

Learn through play and exploration for children aged birth to 5 years old who would benefit from a relaxed environment.

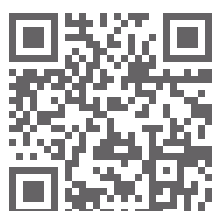


Changes Activities

Free activities for Sandwell families with children under 5 years old.

Join us for fun activities designed to help children grow and bond as a family. Whether your little one enjoys dancing, singing, or being creative, we have activities for everyone.

Find out what is available for you at www.bookwhen.com/book4changes



Scan the QR code or visit <https://www.sandwellfamilyhubs.com/> to find out what's currently available:

Their future begins with Early Learning in Sandwell

Your child
needs you!



Start right.
Finish well.



Ready
to learn.



Realise
their potential



Claim your child's free funded place.
fis.sandwell.gov.uk



Benefits of childcare

Are you thinking of returning to work?
Or interested in the benefits of childcare for your child?

Childcare, whether it is a nursery or childminders has a lot of benefits.

Childcare can help your child develop their physical, emotional, social, and cognitive skills which all have an impact on their learning and development.

The benefits of your child attending childcare include:

- Improved literacy, numeracy, and problem-solving skills
- Increased confidence and self-regulation
- Lower emotional issues and more positive social behaviour
- Allows parents to work and develop their careers
- Early Intervention helps identify potential delays earlier
- Your child will interact with other children from an early age
- Helps them to get ready for school



Useful contacts

Health Visiting team:

0121 612 5021

www.swbh.nhs.uk/services/health-visiting

Sandwell Family Hubs:

Family_HubsTeam@sandwell.gov.uk

www.sandwellfamilyhubs.com

Changes:

www.bookwhen.com/book4changes

Healthy Sandwell:

0800 011 4656 or 0121 569 5100

text GETHEALTHY to 87007 LS@nhs.net

www.healthysandwell.co.uk

Black Country Women's Aid:

0121 552 6448

blackcountrywomensaid.co.uk/

Sandwell Family Information Service:

0121 569 4914

fis.sandwell.gov.uk

Inclusion Support Early Years:

0121 569 2860 or 0121 569 2859

Sandwell Libraries and Archive:

<https://prism.librarymanagementcloud.co.uk/>

sandwell/home

Welfare Rights Sandwell

0121 569 3158

email.welfarerights_team@sandwell.gov.uk



Mindfulness wordsearch solution

J	M	I	N	D	F	U	L	T	I	C	V
C	O	L	P	K	R	L	O	F	U	L	G
A	N	U	G	P	E	Y	V	X	B	X	N
U	S	N	R	I	E	E	E	T	A	I	I
T	M	I	O	N	N	A	D	K	L	H	R
I	I	R	W	I	A	A	C	L	A	P	U
F	L	U	T	O	T	L	P	E	N	R	O
U	E	L	H	A	U	I	I	D	C	J	L
A	G	O	Y	Y	R	X	G	N	E	A	O
U	C	C	G	O	E	S	B	E	G	D	C
P	A	D	V	L	J	F	X	M	N	L	X
S	U	O	R	E	N	E	K	I	N	D	E

What is a Family Hub?

Children's Centres have grown to include more support and services and are now known as Sandwell Family Hubs.

Our mission is to help all families in Sandwell thrive.

Family Hubs will offer the right help, in the right place, at the right time with services and support for all families with children aged 0 – 19 (or 25 with SEND). Extra support is available for families during pregnancy and in your baby's first years.

Below are a range of services the Family Hubs offer. Visit the website for a full list of services and how Family Hubs can support your family.



Maternity Care and Antenatal Sessions



Midwives and Health Visitors



Infant Feeding Support



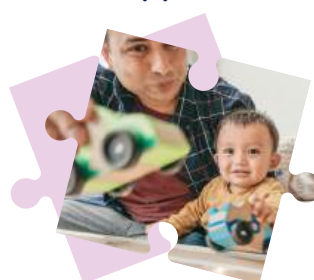
Emotional Health and Wellbeing



Support for Parent and Carers



Stay and Play Sessions



Home Learning



Special Educational Needs and Disability Support (SEND)



Housing Support



Benefits and Welfare Advice



**SCAN
HERE**



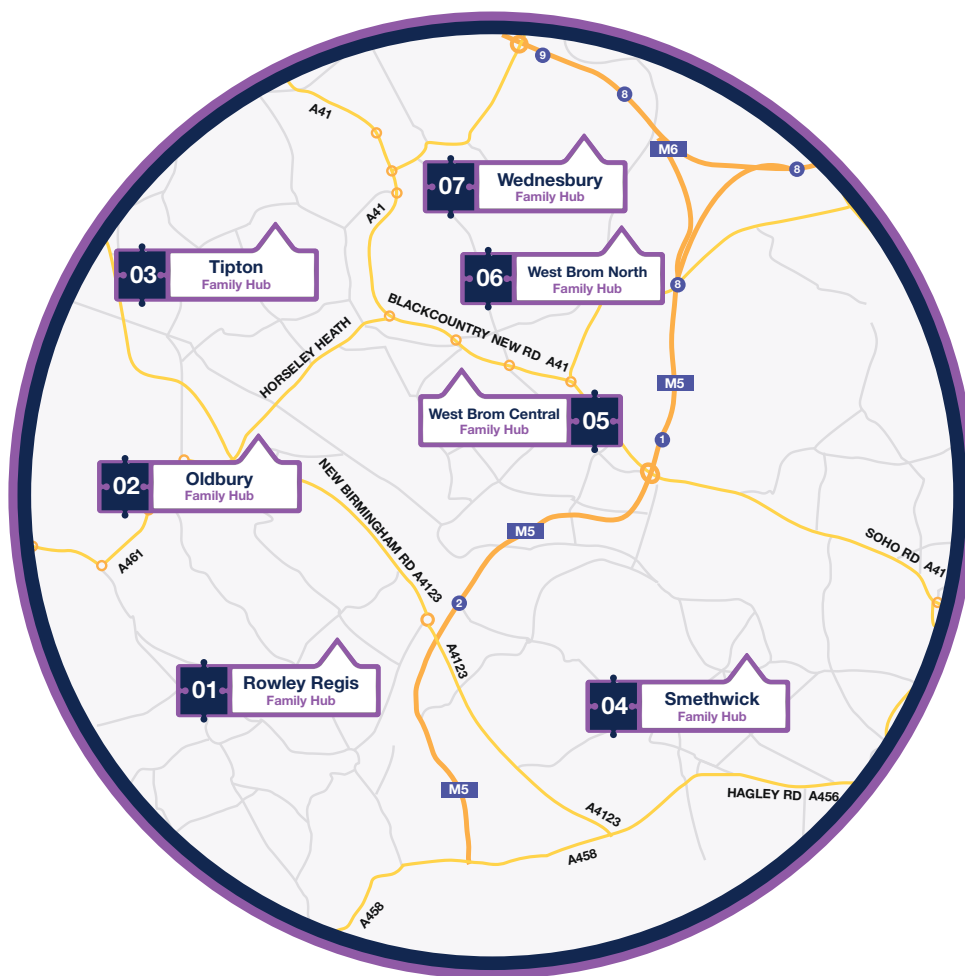
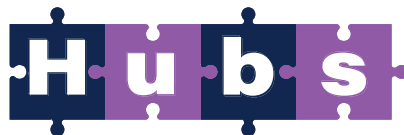
Email: Family_HubsTeam@sandwell.gov.uk
www.sandwellfamilyhubs.com

We know that raising a family can be both rewarding and challenging. At times we all need some extra help. Family Hubs can support you and your family by offering the right help, in the right place at the right time for your family.

Please contact your local Family Hub for more details.

Sandwell

Family
Helping Families Thrive



Rowley Regis Family Hub
Dudley Road, Rowley Regis. B65 8JY
0121 559 9916



Oldbury Family Hub
Tivdale Street, Tivdale, DY4 7SD
0121 557 0740



Tipton Family Hub
24 Ridgeway Road, Tipton, DY4 0TB
0121 522 5150



Smethwick Family Hub
Corbett Street, Smethwick, B66 3PX
0121 555 6756



West Bromwich Central Family Hub
Off Claypit Lane, West Bromwich, B70 9EZ
0121 500 4011



West Bromwich North Family Hub
Connor Road, West Bromwich, B71 3DJ
0121 588 5431



Wednesbury Family Hub
Dorsett Road, Wednesbury, WS10 0JG
0121 556 5405

www.sandwellfamilyhubs.com