

# Good to Know

11<sup>th</sup> June 2021

## Working with Families News

News:	For more info:
Up-to-date local information on <b>COVID-19</b> can be found on Council's website	<a href="#">Sandwell Latest</a>
Would you like to become a <b>Changes Parenting Practitioner</b> and support families with children aged 0-19? Book a place and receive high quality resources to support you in helping parents develop skills in managing behaviour, communicating effectively, routines, online safety and much more. Simply log onto the booking page and sign up for the core and common course and then select either one or more of the specialist age ranges. The training is currently <b>free</b> . All resources will be posted beforehand.	<a href="https://bookwhen.com/parentsupport">https://bookwhen.com/parentsupport</a>
<b>Changes Antenatal</b> is being offered as both a three-week virtual course and as a distant-learning programme. If you know anyone who lives in Sandwell and is expecting a baby encourage them to book a place. Check out the sessions for Grandparents-to-be too!	<a href="https://bookwhen.com/changes">https://bookwhen.com/changes</a>
If you're over 50 and had your first <b>COVID-19 vaccine</b> at the Tipton Sports Academy or the Saddlers Centre in Walsall eight weeks or longer ago, you can now walk-in for your second dose - no appointment needed. Please ensure 8 weeks have passed since the first dose.	Both sites are open every day from 8am to 6pm – please bring proof of your first dose.
If you live in Sandwell and are a <b>South Staffs Water</b> customer, let them know if you need a little extra help due to health, learning or physical disabilities or financial difficulties; join their <b>Priority Services Register</b> . It's free and helps staff locate vulnerable residents quickly in emergencies such as burst water mains.	<a href="https://www.south-staffs-water.co.uk/household/extra-help/priority-services-register">https://www.south-staffs-water.co.uk/household/extra-help/priority-services-register</a>
This year's <b>Scam Awareness Campaign</b> is taking place from 14 <sup>th</sup> – 28 <sup>th</sup> June. Protecting people against scams is more important than ever. Many people are facing issues as a result of the coronavirus pandemic, and scammers are taking advantage of this. It is therefore vital people have the knowledge and tools they need to protect themselves. Citizens Advice Sandwell and Walsall are holding two Scam Awareness Training sessions on the 16 <sup>th</sup> and 22 <sup>nd</sup> June.	To join the training email: <a href="mailto:janet.m@citizensadviceandwell-walsall.org">janet.m@citizensadviceandwell-walsall.org</a>

<p>The latest newsletter from <b>'Stop Loan Sharks'</b> includes information on the latest arrests, prosecutions, campaigns and details of their POCA funding scheme.</p>	<p><a href="https://www.stoploansharks.co.uk/wp-content/uploads/2021/05/Stop-Loan-Sharks-Spring-Newsletter-2021.pdf">https://www.stoploansharks.co.uk/wp-content/uploads/2021/05/Stop-Loan-Sharks-Spring-Newsletter-2021.pdf</a></p>
<p><b>SHAPE's 5 Ways to Wellbeing Booklet</b> has been co-designed with young people, educational psychologists and advisory teachers for PSHE to help young people focus on their mental health and wellbeing. It focuses on the five ways to wellbeing and gives activity ideas for children and young people to do to help them to be calm, relax and refocus their mind.</p>	<p><a href="https://www.justyouth.org.uk/sandwell-activities/wellbeing-booklet-download/">https://www.justyouth.org.uk/sandwell-activities/wellbeing-booklet-download/</a></p>
<p><b>The Community Offer</b> brings together local organisations to support the needs of Sandwell residents and to ensure that people live safe, independent and healthy lives. The programme's Navigators offer a holistic assessment of the client's needs and provide practical support where needed, helping the client to access other specialist support where necessary.</p>	<p>Referrals can be made via the SPA or directly on the NHS secure email: <a href="mailto:ifa1996.community_offer@nhs.net">ifa1996.community_offer@nhs.net</a></p> <p>Tel - SPA: 0121 726 3983</p>  <p>Community Offer.pdf</p>
<p>It's not always easy to stop children from seeing something <b>inappropriate online</b>. Innocent searches can sometimes lead to not so innocent results. Or children might look for things because they are curious. The NSPCC has some top tips for parents on how to handle this.</p>	<p><a href="https://www.net-aware.org.uk/news/what-to-do-if-your-child-sees-something-inappropriate-online/">https://www.net-aware.org.uk/news/what-to-do-if-your-child-sees-something-inappropriate-online/</a></p>
<p>An online trend that involves using <b>tiny magnets</b> as fake tongue piercings has led the <b>NHS to call for them to be banned</b> amid people swallowing them. Ingesting more than one of them can be life-threatening and cause significant damage within hours.</p>	<p><a href="https://www.bbc.co.uk/news/uk-57290239">https://www.bbc.co.uk/news/uk-57290239</a></p>
<p>The NSPCC has teamed up with Vroom to give parents some fun and easy tips to help bond with their baby and bring even more <b>Look, Say, Sing and Play</b> into their daily routines.</p>	<p><a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/</a></p>
<p>Next summer, Birmingham will host the largest multi-sport event to be held in the UK for 10 years, the <b>Commonwealth Games</b>. To help deliver this, over <b>1,000 people are being recruited</b>.</p>	<p>To view the vacancies: <a href="https://birmingham2022.gigroup.com/current-vacancies/">https://birmingham2022.gigroup.com/current-vacancies/</a></p>
<p>If you would like to promote services or information in this newsletter or share a good news story, please contact the team.</p>	<p>Parent Support Team <a href="mailto:parent_support@sandwell.gov.uk">parent_support@sandwell.gov.uk</a></p>