

Good to Know

Newsletter

21st December 2021

News:	For more info:
Keep up-to-date on the latest Covid-19 restrictions. (Sandwell)	https://www.sandwell.gov.uk/localrestrictions
Keep up-to-date on the latest Covid-19 restrictions. (Dudley)	Coronavirus Guidance (dudley.gov.uk)
Funded through Public Health England's 'Better Mental Health' , we are pleased to announce that we now have online and face to face Changes Sessions available for Sandwell families to attend. If you know a family who you think would benefit from attending a FREE Changes programme, then please encourage them to book onto a 6 week course or taster session.	https://bookwhen.com/book4changes
Keep checking our booking website for new and exciting FREE activities for expectant mums living in Sandwell . Funded by Public Health England's Better Mental Health, the activities include Aquanatal, Bump to Baby, Pregnancy Fitness Yoga and antenatal classes, for parents and grandparents. More activities and dates will be added soon, so keep checking the booking page.	For expectant families living in Sandwell: https://bookwhen.com/changes
We are also pleased to be offering a range of FREE activities for families living in Sandwell with an under 1 year old . Activities include Baby Sensory, Tots Talking, Babbling Babies, Chat with Family Information Service and Tree Babies. More free activities will be added shortly.	For new families with a baby under 1 years old: https://bookwhen.com/book4changes
Free swimming sessions will be available at Dudley Council-run Crystal and Dudley leisure centres for Dudley borough residents aged 16 and under from Saturday 18 December 2021 to Monday 3 January 2022 (excluding Christmas closures).	Free swimming returns this weekend (dudley.gov.uk)
The Black Country Child Death Overview Panel has released a series of posters alerting parents with babies to the dangers of prop feeding, overheating and promoting safer sleeping. The Know More posters can be viewed online or downloaded here.	https://www.sandwellcsp.org.uk/child-death-arrangements/  Know more posters

<p>As part of a government-funded programme, Sandwell Council is providing free activities and food for children this Christmas. Children must be living in Sandwell or attending a Sandwell school to access the free activities and some activities are restricted to children in receipt of benefit-related free school meals.</p>	<p>Families can find out more details and book activities online www.sandwell.gov.uk/haf.</p>
<p>The Holiday Activity Fun (HAF) project is run by Dudley Council for Voluntary Services in conjunction with Dudley Council and 42 providers. Activities including cooking sessions, Christmas party nights, midweek family meals, street dance, festive FIFA, activity packs, send activities and pantomimes are taking place.</p>	<p>www.holidayactivitiesindudley.com</p>
<p>Warmer Homes West Midlands provide free and impartial advice, in person and over the phone to help keep homes warmer. They offer advice on switching energy suppliers, have specialists advising on benefits and can provide free energy saving measures. Warmer Homes West Midlands is a partnership between registered charities which covers Sandwell and other area in the west midlands.</p>	<p>For more information, referrals and self-referrals please contact 0800 1968 298 or email warmerhomesWM@mea.org.uk</p>
<p>The National Autistic Society explains why Christmas is a difficult time of year and offer some autism-friendly Christmas tips.</p>	<p>www.autism.org.uk/advice-and-guidance/topics/leisure/christmas/tips</p>
<p>Sandwell residents and businesses are being urged to register for free with Sandwell Energy Switch to see if they can reduce their gas and electricity bills. Many households and premises are facing huge price rises, following the increase in the regulator's energy price cap, which means that bills rose by a typical £139 a year in October and it is likely they will increase again in April 2022.</p>	<p>https://www.sandwell.gov.uk/news/article/6296/sandwell_residents_and_businesses_urged_to_take_control_of_their_energy_costs</p>
<p>This year, there is the biggest ever Christmas experience in Sandwell. Take a look at the magical line up of seasonal events to suit all members of the family.</p>	<p>https://www.discoversandwell.co.uk/whatson/</p>

