Autism West Midlands offers a range of services and support for students and their families. For more information or to book contact the relevant numbers.

<table>
<thead>
<tr>
<th>Month</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>8th</td>
<td>10.00am - 12.00pm</td>
<td>Cape Hill Children’s Centre</td>
</tr>
<tr>
<td>January</td>
<td>15th</td>
<td>10.00am - 12.00pm</td>
<td>Cape Hill Children’s Centre</td>
</tr>
<tr>
<td>January</td>
<td>22nd</td>
<td>10.00am - 12.00pm</td>
<td>Cape Hill Children’s Centre</td>
</tr>
<tr>
<td>January</td>
<td>29th</td>
<td>10.00am - 12.00pm</td>
<td>Cape Hill Children’s Centre</td>
</tr>
</tbody>
</table>

Family Support

Our Family Support team is here to help and support you and your family with any issues you may have. Please contact Bernice Lane on 0121 557 0746 or Julie Humphreys on 0121 555 6754 for more information.

AP WHAT’S ON
IN OLD BURY AND SMETHWICK
JANUARY – MARCH 2019

FREE ANTENATAL COURSE

Sensory Room

To book an induction and play session with your under 5 in our sensory ‘room’ please call 0121 557 0746 or 0121 555 6754 for more information.

WHERE TO
FIND US:

Twitter & Facebook

The Children’s Centres at Action For Children have a strong history and proven track record of supporting local communities in Oldbury and Smethwick. We offer Oldbury and Smethwick families a range of free services and activities. For all our upcoming events and latest news, follow us on Twitter and Facebook.

CHECK IT OUT

Sandwell Parents for Disabled Children (SPDC)

SPDC has a strong history and proven track record of providing support and activities for parents/carers of children with disabilities and young people in Sandwell. SPDC run specialist clubs for 0-8 year olds, holiday/weekend clubs for 6-8 year olds and 8-16 year olds. They run support groups for parents/carers. For more information please contact: Derrick Gordon 0121 555 2030 /info@sp-dc.org

Sandwell Library

A chance for young people to relax and socialise in a friendly and family environment. FREE refreshments.

Wednesday evening 6.30pm - 8.30pm – once a month
Call Geetha on 0121 908 1591 for more information.

One to One Advice Sessions for parents/carers
Call 03003030101 to book an appointment.

Understanding Autism

call Donna Boggett on 07861 206120 to make a place.

Monthly Coffee Mornings

For more information contact Rebecca Harris on 0121 3995232.

School Breakfast

Free refreshments.

To book a place.

for more details please call

Laura Richmond on 0121 945 1099

Autism West Midlands

Autism West Midlands offers a range of services and support for students and their families. For more information or to book contact the relevant numbers.

Monthly Youth Club 12-18 year olds at

Cape Hill Children’s Centre

A chance for young people to relax and socialise in a friendly and family environment. FREE refreshments.

Wednesday evening 6.30pm - 8.30pm – once a month
Call Geetha on 0121 908 1591 for more information.

One to One Advice Sessions for parents/carers
Call 03003030101 to book an appointment.

Understanding Autism

call Donna Boggett on 07861 206120 to make a place.

Monthly Coffee Mornings

For more information contact Rebecca Harris on 0121 3995232.

School Breakfast

Free refreshments.

To book a place.

for more details please call

Laura Richmond on 0121 945 1099

Autism West Midlands

Autism West Midlands offers a range of services and support for students and their families. For more information or to book contact the relevant numbers.

Monthly Youth Club 12-18 year olds at

Cape Hill Children’s Centre

A chance for young people to relax and socialise in a friendly and family environment. FREE refreshments.

Wednesday evening 6.30pm - 8.30pm – once a month
Call Geetha on 0121 908 1591 for more information.

One to One Advice Sessions for parents/carers
Call 03003030101 to book an appointment.

Understanding Autism

call Donna Boggett on 07861 206120 to make a place.

Monthly Coffee Mornings

For more information contact Rebecca Harris on 0121 3995232.

School Breakfast

Free refreshments.

To book a place.

for more details please call

Laura Richmond on 0121 945 1099

Autism West Midlands

Autism West Midlands offers a range of services and support for students and their families. For more information or to book contact the relevant numbers.

Monthly Youth Club 12-18 year olds at

Cape Hill Children’s Centre

A chance for young people to relax and socialise in a friendly and family environment. FREE refreshments.

Wednesday evening 6.30pm - 8.30pm – once a month
Call Geetha on 0121 908 1591 for more information.

One to One Advice Sessions for parents/carers
Call 03003030101 to book an appointment.

Understanding Autism

call Donna Boggett on 07861 206120 to make a place.

Monthly Coffee Mornings

For more information contact Rebecca Harris on 0121 3995232.

School Breakfast

Free refreshments.

To book a place.

for more details please call

Laura Richmond on 0121 945 1099

Autism West Midlands

Autism West Midlands offers a range of services and support for students and their families. For more information or to book contact the relevant numbers.

Monthly Youth Club 12-18 year olds at

Cape Hill Children’s Centre

A chance for young people to relax and socialise in a friendly and family environment. FREE refreshments.

Wednesday evening 6.30pm - 8.30pm – once a month
Call Geetha on 0121 908 1591 for more information.

One to One Advice Sessions for parents/carers
Call 03003030101 to book an appointment.

Understanding Autism

call Donna Boggett on 07861 206120 to make a place.

Monthly Coffee Mornings

For more information contact Rebecca Harris on 0121 3995232.

School Breakfast

Free refreshments.

To book a place.

for more details please call

Laura Richmond on 0121 945 1099

Autism West Midlands

Autism West Midlands offers a range of services and support for students and their families. For more information or to book contact the relevant numbers.

Monthly Youth Club 12-18 year olds at

Cape Hill Children’s Centre

A chance for young people to relax and socialise in a friendly and family environment. FREE refreshments.

Wednesday evening 6.30pm - 8.30pm – once a month
Call Geetha on 0121 908 1591 for more information.

One to One Advice Sessions for parents/carers
Call 03003030101 to book an appointment.

Understanding Autism

call Donna Boggett on 07861 206120 to make a place.

Monthly Coffee Mornings

For more information contact Rebecca Harris on 0121 3995232.

School Breakfast

Free refreshments.

To book a place.

for more details please call

Laura Richmond on 0121 945 1099

Autism West Midlands

Autism West Midlands offers a range of services and support for students and their families. For more information or to book contact the relevant numbers.

Monthly Youth Club 12-18 year olds at

Cape Hill Children’s Centre

A chance for young people to relax and socialise in a friendly and family environment. FREE refreshments.

Wednesday evening 6.30pm - 8.30pm – once a month
Call Geetha on 0121 908 1591 for more information.

One to One Advice Sessions for parents/carers
Call 03003030101 to book an appointment.

Understanding Autism

call Donna Boggett on 07861 206120 to make a place.

Monthly Coffee Mornings

For more information contact Rebecca Harris on 0121 3995232.

School Breakfast

Free refreshments.

To book a place.

for more details please call

Laura Richmond on 0121 945 1099
**MORNING**

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oldbury Library</td>
<td>10.00am - 12.00pm</td>
</tr>
<tr>
<td>Devonshire Primary School</td>
<td>9.30am – 12.30pm</td>
</tr>
<tr>
<td>West Smethwick Enterprise Stay and Play</td>
<td>9.00am – 12.00pm</td>
</tr>
</tbody>
</table>

**AFTERNOON**

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oldbury Library</td>
<td>12.30pm - 2.00pm</td>
</tr>
<tr>
<td>Devonshire Primary School</td>
<td>1.00pm – 3.00pm</td>
</tr>
<tr>
<td>West Smethwick Enterprise Stay and Play</td>
<td>11.00am – 12.00pm</td>
</tr>
</tbody>
</table>

**TUESDAY**

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brandhall Primary School</td>
<td>9.30am – 12.30pm</td>
</tr>
<tr>
<td>Oldbury Library</td>
<td>10.00am - 12.00pm</td>
</tr>
<tr>
<td>Devonshire Primary School</td>
<td>1.00pm – 3.30pm</td>
</tr>
</tbody>
</table>

**WEDNESDAY**

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oldbury Library</td>
<td>2.00pm - 4.00pm</td>
</tr>
<tr>
<td>Home</td>
<td>10.00am - 11.00am</td>
</tr>
<tr>
<td>Home</td>
<td>1.00pm - 2.00pm</td>
</tr>
<tr>
<td>West Smethwick Enterprise Stay and Play</td>
<td>9.30am – 12.30pm</td>
</tr>
</tbody>
</table>

**THURSDAY**

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brandhall Primary School</td>
<td>9.30am – 12.00pm</td>
</tr>
<tr>
<td>Burnt Tree Children’s Centre</td>
<td>9.00am – 11.30am</td>
</tr>
<tr>
<td>West Smethwick Enterprise Stay and Play</td>
<td>9.30am – 12.00pm</td>
</tr>
</tbody>
</table>

**FRIDAY**

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oldbury Library</td>
<td>1.00pm - 2.00pm</td>
</tr>
<tr>
<td>Threenthlibrary</td>
<td>9.00am – 11.00am</td>
</tr>
<tr>
<td>West Smethwick Enterprise Stay and Play</td>
<td>9.30am – 12.00pm</td>
</tr>
</tbody>
</table>

---

**FROM BIRTH TO SCHOOL!**

**WE HAVE LOTS OF ACTIVITIES FOR YOU TO CHOOSE FROM!**

**READY, STEADY, LEARN**

For Parents/Carers and children aged 0 – 3

**STEADY, LEARN** is a six week programme of activities designed to encourage children to develop and learn skills that will help give them a positive start in their learning.

- Ideas and home learning activities for Parent and Carers to help support your child become an independent and confident learner.
- Whether your child is just starting out on their learning journey or is nearly ready to start nursery we can help you understand your child’s development and how important you are as your child’s first teacher!

**CHECK AND CHAT**

A WellComm check is a quick, simple assessment to review your child’s speech and language skills.

- We can help you as a parent with ideas that will support and encourage your child to become a confident communicator.
- If you would like to know how your child’s language skills are developing and how we can help to support them further, just make an appointment for one of our Check and Chat sessions, and we will be happy to help.
- We can offer assessments in the child’s home language, please ask when booking if you require this service.

**MAKE TALKING FUN!**

Fun, interactive sessions supporting the development of speech and language skills in children.

- We can help you at parent meetings.
- ‘Ready, Steady, Learn’ is a six week programme of speech and language activities designed to encourage the development of talking, listening and understanding in babies and young children.
- ‘Make Talking Fun!’ is a six week programme of activities designed to encourage your child to talk with new friends.

- Don’t forget to pick up your free book from our Express Libraries when you visit our Centres and start exploring our new books.

---

**PARENTING PROGRAMMES**

**Being a parent doesn’t come with a handbook! Sometimes we need a little support and guidance to get us through the tough times.**

We have a number of special programmes that could give you a little helping hand and give you the ‘toolbox’ understanding you need.

---

**LEARN TO:**

- Understand and manage your child’s development needs and behaviours.
- Set rules, boundaries and routines to promote a happier home environment for all the family.
- Strengthen bonds by finding new ways to have fun together.
- Handle temper tantrums and emotional outbursts.

**Which course is for me?**

**Changes (0 - 3yrs) - (4 - 10yrs)**

- **Changes (0 – 3 years)**
  - **Start Date:** 18/01/2019 until 15/03/2019
  - **Sunday: 10.00am – 11.30am** at St James Primary School
  - **Tuesday: 11.00am – 12.30pm** at Burnt Tree Children’s Centre

- **Changes (4 – 10 years)**
  - **Start Date:** 18/01/2019 until 15/03/2019
  - **Tuesday: 1.00pm – 2.30pm** at Cape Hill Children’s Centre
  - **Wednesday: 1.00pm – 2.30pm** at Cape Hill Children’s Centre
  - **Thursday: 1.00pm – 2.30pm** at Cape Hill Children’s Centre

**Triple P or Team Triple P**

- **Start Date:** 22/01/2019 until 02/04/2019
  - **Wednesday: 10.00am – 11.30am** at Oldbury Library
  - **Wednesday: 11.30am – 1.00pm** at Burnt Tree Children’s Centre

---

**For more information or to book your place please contact:**

Cape Hill Children’s Centre on 0121 555 6754 and speak to Lisa, Sahesh, Rachael or Diane.