

Parents' Network

A termly newsletter for parents in Solihull

Issue 5 January 2012

Check out our new
web pages at
www.solihull.gov.uk/familyinfo
for up to date family information.
Tell us what you think
by emailing
familyinfo@solihull.gov.uk

Healthy start to 2012

Lots of us set out in the New Year with grand plans to lose weight and get fit. We all know how difficult it is to keep to our resolutions, but help is on hand with Solihull's healthy lifestyle shop, You+ in Chelmsley Wood.

You+ provides free support with a range of health and social care matters including help to quit smoking, lose weight, get fit and support with alcohol and breastfeeding.

Kelly McKnight, mother of three approached You+ last January as she was wanted to lose weight after having her last baby.

Health trainer, Phyllis Bailey helped Kelly lose an amazing 2st 3lb over the last twelve months.

Kelly said: “Phyllis has been an absolute rock. I couldn't have done it without her.

“Phyllis showed me how big my portions sizes should be and I filled in a weekly chart about what I had eaten and what exercise I had done. I met with Phyllis every week; she weighed me and helped me to make the right changes. She also provided me with recipe ideas to try something different.

“If I was having a bad week and didn't lose anything, it was ok – it wasn't pressurised. I was really grateful for the help.”

“We introduce changes you can stick to for the rest of your life” says Phyllis. “Healthy changes can affect the whole family. Kelly now gives her children snacks of fruit instead of sweets.”

If you are over 18 and live in Solihull find out how You+ can help you on **0800 015 3265**, www.solihull.nhs.uk/cw or by dropping in at 1 Coppice Way, Chelmsley Wood Shopping Centre, B37 5TS.



Phyllis (left) presents Kelly with a certificate celebrating her success

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Want to receive this newsletter regularly? Sign up to the Parents Network!

Call: 0800 389 8667 Email: familyinfo@solihull.gov.uk Visit: www.solihull.gov.uk/familyinfo

Keeping your child safe

Cutting children free from sexual exploitation

Solihull Council has joined forces with a national charity to help tackle an often hidden problem; child sexual exploitation.

The council has signed up to the Barnardo's 'Cut Them Free' campaign, which aims to reduce the number of children and young people experiencing sexual exploitation by adults.

One of the key tools in fighting sexual exploitation is to look out for the signs of it, which include:

- going missing for periods of time or regularly returning home late
- regularly missing school or not taking part in education
- appearing with unexplained gifts or new possessions
- having older boyfriends

A page with more information about child sexual exploitation – including a special episode of EastEnders that focuses on the problem – has been added to our website at

www.solihull.gov.uk/staysafe

An information sheet about child sexual exploitation aimed at parents/carers can also be downloaded from these pages.

Anyone with concerns about a child can contact Children's Social Work Services on **0121 788 4333** in office hours or email childrensservices@solihull.gov.uk

The out of hours Emergency Duty Team can be contacted on **0121 605 6060**.

If someone is concerned that a child is at immediate risk, they should call **999**.

Seen inappropriate material for children? Complain at ParentPort!



Seen or heard something unsuitable for children? Maybe it was a programme on TV or online, a film, an advert, a video game or something in a magazine.

You can now make a complaint and share your views about inappropriate products, adverts or services at the new ParentPort website. It was launched by the Prime Minister in October and is run by the UK's media regulators. They have the power to set and enforce standards across the media to protect children from inappropriate material.

Get your views heard at www.parentport.org.uk

Block adult sites easily on your computer or laptop



Internet providers BT, Sky, TalkTalk and Virgin have made it easier for you to block adult sites on your home internet or laptop. You can now choose at the point of purchase whether to block adult sites as opposed to using one of their website filtering packages.

For more information speak to your internet provider.

See www.solihull.gov.uk/familyinfo/25790.htm for more advice on how to keep your child safe including safety in the home and on the roads. Also, check out a police update on crime in the borough.

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Helping you get back to work

If you are looking for a job or thinking about retraining there's plenty going on in the borough to help you achieve your goals.

Work Clubs

Work Clubs can help you find a job, look for a course or brush up on your maths, English or IT. No need to book, just drop in!

Hobs Moat Library every Monday from 1.30pm to 4pm Ulleries Road, Solihull, B92 8EB

Shirley Library every Monday from 10am to 12.30pm Church Road, Shirley, Solihull, B90 2AX

Smith's Wood Sports College Excellence in the Community Centre every Friday from 11.30am to 3pm Windward Way, Smith's Wood

Coleshill Health Excellence in the Community Centre every Thursday (term time only) from 10am to 1pm Marlene Croft, Chelmsley Road

For more information and to find out about what's available for young people 16 to 24 call **0121 704 6607**, email employmentteam@solihull.gov.uk or visit www.solihullforsuccess.com/employed-for-success

Money Counts Advice Point



If you need help and advice to get a job, manage your money, or want to find out about childcare come along to the Money Counts Advice Point.

Renewal Walnut Family Centre first Friday of every month from 8.30am to 3pm Walnut Close, Chelmsley Wood, B37 7PU

SWANN Centre third Wednesday of every month from 8.30am to 3pm 14 Arran Way, Smith's Wood, B36 0QE

Book an appointment on **0121 704 8323** or for more information visit www.solihull.gov.uk/moneycounts

See our web pages for more information at www.solihull.gov.uk/familyinfo/25842.htm



Live in north Solihull? Find out more!

If you live in Chelmsley Wood, Smith's Wood, Kingshurst or Fordbridge and are looking for employment you can also get help from the following organisations.

Skills for Jobs can help you with CVs, covering letters, job searches, basic IT skills, application forms, interview skills and career planning. For more information call Sophia on **07825 414 372**, email sophian@colebridge.org or visit www.facebook.com/#!/skillsforjobs

The **Workwise** scheme can provide you with travel passes so that you can attend job interviews and start a new job (passes can be provided for up to the first three months of a new job). You must be unemployed and live in the north of the borough or be registered with Chelmsley Wood Job Centre Plus. To find out more contact Workwise on **0121 480 4638** or visit 1 Chelmsley Circle, Chelmsley Wood, B37 5TH.

Workwise is run by Centro with Solihull Council and the European Regional Development Fund.

Thought about volunteering?

Find out more at **Chelmsley Wood Volunteer Centre** Monday to Friday from 10am to 1pm at Solihull Connect Office, West Mall, Bluebell Centre, Chelmsley Wood, B37 5TN (near to Asda and library). Call **0121 704 6789** or email volunteering@svcuk.org for more information.

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What do you think?

Get lucky with our prize draw!

Complete this year's Ask Parents survey and enter our prize draw at the same time!

Prizes include four sets of £50 worth of high street vouchers and tickets for two adults and two children to see The Railway Children at Brueton Park, in July 2012.



Ask Parents gives you the chance to have your say in how services for children, young people and families are run in Solihull.

Please take a moment to complete the survey at www.surveymonkey.com/askparents2012

Alternatively, you can contact the Family Information Service on **0800 389 8667** or email familyinfo@solihull.gov.uk for a copy.

Schools: A new voice for parents

In October Ofsted launched Parent View, a new online questionnaire that allows you to give your views on your child's school at any time of the year. It covers a range of topics, including quality of teaching, bullying, behaviour and levels of homework. The questionnaire will help other parents make choices about their child's education as well as help Ofsted with inspections. View the questionnaire at

www.parentview.ofsted.gov.uk

Your newsletter: Your views

We want to make this newsletter something that you enjoy reading and find useful so we recently asked some of you what you thought of it.

You said that you found the newsletter useful, that you enjoyed reading it and found the events particularly helpful. That's great news!

Some of you said that you would like more varied events so we will do our best to include these. You also said that you would like to contribute to the articles and have more of a say as to what goes in.

We would love to hear from you if you have something to say! You can email any comments, questions or ideas for articles on familyinfo@solihull.gov.uk or call **0800 389 8667**.

What do you think of our libraries?



Solihull Council would like to know what you think of Solihull libraries. Whether you use libraries or not we would like to hear from you.

Take the library survey at

www.surveymonkey.com/s/solihull-libraries

Your feedback will help the council plan services and understand how libraries are used now and how they could be used in the future.

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When your child has a disability

Going green helps children with ADHD

Everyday green play settings like parks have been found to reduce the overall severity of symptoms for children suffering with Attention Deficit Disorder (ADHD).

The latest study by clinical researchers confirms that children, both boys and girls, with ADHD who play regularly in green play settings have milder symptoms than children who play in built-up outdoor and indoor areas. For more information visit

www.sciencedaily.com/releases/2011/09/110915113749.htm



Fun playground for disabilities

A fun new playground for children, including those with disabilities, was opened at the Renewal Family Centre last July.

Children of all ages can enjoy a variety of exciting equipment including wheelchair swings, trampolines, musical instruments, sand and water play, tricycles and a sensory garden.

Local parent, Nikki Reeves said: “I have used the playground with my daughter Isabel and my son Danny who has downs syndrome. They have both really enjoyed themselves and there’s some great equipment.”

The playground is at the **Renewal Family Centre, Vulcan Road, B91 2JY** – just off Lode Lane in Solihull.

The playground is safe and secure and free to use. For further information and for opening times, call Justyn Towler at the Renewal Family Centre on **0121 705 0910**.



Enjoy a family swim on Sundays

Reynalds Cross School is offering families who have a child with a disability the chance to use their pool between the hours of 12pm and 5pm on Sundays. The cost for a one hour slot is £5 per child or £7 for two or more children. Adults are free and siblings are welcome. Kinton Green Road, Olton B92 7ER. For more information and to book contact Vanessa Fullard on **0121 707 3012** or email 503office@reynalds-cross.solihull.sch.uk



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North Solihull and surrounding area

SoLo Activity, Meriden Park, Moorend Avenue, Chelmsley Wood Call: 0121 788 3469

16	* Inclusive play at the adventure playground for children with moderate-high learning disabilities living in Solihull	Free	11am-2pm or 3pm-6pm	6-12 years
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Castle Bromwich Library, Hurst Lane North B36 0EY Call: 0121 747 3708

21	* Adventure Aerobics - fun adventure fitness stories to stretch children's minds and bodies.	Free	12pm-12.45pm	2½ years+
28	* Storytelling, songs and rhymes	Free	1pm-1.45pm	Under 5s

Chelmsley Wood Library, 10 West Mall, Chelmsley Wood Shopping Centre B37 5TN Call: 0121 788 4380

7	* Adventure Aerobics - fun adventure fitness stories to stretch children's minds and bodies.	Free	10am-10.45am	2½ years+
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Marston Green Library, Land Lane, B37 7DQ Call: 0121 779 2131

20	* Jolly Babies - A lively introduction to music for children.	Free	2pm-2.30pm	Under 1s
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Kingsbury Water Park - Bodymoor Heath Lane, Sutton Coldfield, B76 9JB Call: 01827 872 8660

13	* Winter Dens - make a winter den using branches and twigs. Bring a snack to have in your den.	£3 per child	10.30am-12pm	5+ years
14	* Winter Art - come on a walk to discover the faces trees make, build a twig tower and make a winter badge.	£3 per child	10.30am-12pm	6+ years
15	* Cherry Tree Bugs - create brightly coloured tree bugs using natural objects. Hang them in the park or take them home.	£2 per child	10.30am-1pm	3-12 years
19	Badge Making Bonanza - make your own nature badge	50p per badge	10.30am-12pm	All ages

Coleshill Library - Parkfield Rd, Coleshill, B46 3LD Call: 01675 463 307

16	* Curious Creatures - Meet some of the strange creatures that can be seen in our collections. Make a sock animal to take home.	£2.50 per child	2.30pm-4pm	4-12 years
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South Solihull

Dickens Heath Library, Old Dickens Heath Road B90 1SD Call: 0121 744 6078

9	* Rhythm Time - fun, music and singing for children and adults	Free	1pm-1.30pm	18 months - 4 years
23	* Storytelling, songs and rhymes	Free	10am-11am	Under 5s

Solihull Central Library, Homer Road, B91 3RG Call: 0121 704 6968

7	* Adventure Aerobics - fun adventure fitness stories to stretch children's minds and bodies.	Free	2pm-2.45pm	2½ years+
23	* Storytelling, songs and rhymes	Free	2.15pm-3pm	Under 5s

Shirley Library, Church Road, B90 2AX Call: 0121 744 1076

6	* Jolly Babies - A lively introduction to music for children	Free	2pm-2.30pm	Up to 1 year
9	* Rhythm Time - fun, music and singing for children and adults	Free	2.30pm-3pm	18 months - 4 years

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South Solihull

Olton Library, 169A Warwick Road, B92 7AR Call: 0121 706 3038

21	* Adventure Aerobics - fun adventure fitness stories to stretch children's minds and bodies.	Free	2pm-2.45pm	2½ years+
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Balsall Common Library, 283 Kenilworth Road, CV7 7EL Call: 1676 532 590

21	* Adventure Aerobics - fun adventure fitness stories to stretch children's minds and bodies.	Free	10am-10.45am	2½ years+
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Hampton-in-Arden Library, Fentham Road, B92 0AY Call: 01675 442629

28	* Storytelling, songs and rhymes	Free	2.15pm-3pm	Under 5s
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Knowle Library, Chester House, 1667-1669 High Street, B93 0LL Call: 01564 775840

28	* Storytelling, songs and rhymes	Free	10am-11am	Under 5s
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Hobs Moat Library, Ulleries Road, B92 8EB Call: 0121 743 4592

7	* Adventure Aerobics - fun adventure fitness stories to stretch children's minds and bodies.	Free	12pm-12.45pm	2½ years+
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23	* Storytelling, songs and rhymes	Free	1pm-1.45pm	Under 5s
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The Reservoir Wacky Warehouse, The Common, Earlswood, Solihull, B94 5SL Call: 07952 006869

18, 25	* Play session for children with disabilities and additional needs	£3 per child, £5 for 2 children	9am-11am	Under 8 with disability and their siblings
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SoLo Activity, Olton Tavern pick up point, Lode Lane, B92 8NU Call: 0121 788 3469

16	* Trip to Villa Park for children with moderate-high learning disabilities living in Solihull (packed lunch required)	£15	10am-2pm	13+ years
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SoLo Activity, Solihull Methodist pick up point, Blossomfield Road, B91 1LG or SoLo Offices, St Andrews Centre, Pike Drive, B37 7US Call: 0121 788 3469

17	* Cadbury World Trip for children with moderate-high learning disabilities living in Solihull (packed lunch required)	£18	10am pick up 3pm drop off	8-12 years
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SoLo Activity (for children with moderate-high learning disabilities living in Solihull), Hatchford Brook Youth Centre, Old Lode Lane, B92 8JE Call: 0121 788 3469

13	* Medieval Shrek Valentines Special - become a knight or princess for the day, take part in crafts, bake valentines treats and relax with a film (packed lunch required)	£15	10am-3pm	8-12 years
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14	* Valentines Social - make a heart shaped cookie and watch Shrek Forever After (optional), Wii, pool, crafts and games also on offer (packed lunch required)	£15	10am-3pm	13+ years
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15	* Around the World in One Day - visit different parts of the world, sample food, listen to music, make their own mini passport (packed lunch required)	£15	10am-3pm	8-12 years
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Solihull Arts Complex, Homer Road, Solihull B91 3RG Call: 0121 704 6962

1, 8	* Wiggle and Giggle - fun introduction to dance for boys and girls. Play games, make friends and put together basic routines in this friendly class.	£3 per child	4.30pm - 5.30pm	4-7 years
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South Solihull

Solihull Arts Complex, Homer Road, Solihull B91 3RG Call: 0121 704 6962

17	* There Was An Old Lady Who Swallowed a Fly - a magical new show for parents and children with a feast of first class games, and colourful animal characters.	£6	2.30pm-3.30pm	4+ years
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Other areas

Hatton Farm Village - Dark Lane, Hatton, Warwickshire, CV35 8XA Call: 01926 843411

11, 12, 13, 14, 15, 16, 17, 18, 19	February Frolics Lambing Event	Weekdays: Adult £3.95, Child £5.95, Weekends: Adult £5.95 Child £7.95 Under 2s free	10am-5.30pm	All ages
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Ash End House Children's Farm, Middleton Lane, Nr. Tamworth, B78 2BL Call: 0121 329 3240

13	Magic Shows	Adult £5.50 Child £6.50 Under 1s free	10am-5pm	All ages
14	Pancake Eggstravaganza	As above	10am-5pm	All ages
15	Teddy Bears Picnic	As above	10am-5pm	All ages
16	Chester's Show Time	As above	10am-5pm	All ages
17	Shire Horse Day	As above	10am-5pm	All ages

Conkers, Rawdon Road, Derbyshire, DE12 6GA Call: 01283 216633

11-19	Adventures in the Forest - fun packed week including Pirate Pat, Dippy the Clown and an animal and falconry show	Adult £7.74 Child £6.32 Under 3s free	11.30am, 1.30pm and 3.30pm	All ages
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Hanbury Hall (National Trust), School Road, Hanbury, Droitwich Spa, WR9 7EA Call: 01527 8212214

14, 16	Family Activity Days - fun and games, make and take activities and a trail around the garden	50p per item £2 garden trail + admission	11am-4.30pm	All ages
18, 19	Nature Detectives - make a bird feeder to take home and have fun bird spotting in the garden	£2.50+ admission	11am-4.30pm	All ages

Coalport China Museum - Coach Road, Coalbrookdale, Telford, TF8 7DQ Call: 01952 433 424

13-19	Celebrate Chinese Year of the Dragon - activities include clay modelling, painting a fridge magnet and reading Chinese storybooks	Adult £7.60, Child £5.10, Under 5s free	11am-1pm and 2pm-4pm	All ages
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Jackfield Tile Museum - Jackfield, Telford, Shropshire, TF8 7LJ Call: 01952 884 124

13-17	Tile Decorating - decorate your own tile to take home	Adult £7.60, Child £5.10, Under 5s free, cost per tile £7.95	From 10am (last admission 3.15pm)	5+ years
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Packwood House, Packwood Lane, Lapworth, Warwickshire B94 6AT Call: 01564 782024

11, 12, 13, 14, 15, 16, 17, 18, 19	Family Fun Days - Adventure on our welly walk or explore the grounds with our half term activity trail, plus take home crafts.	£2 per trail + admission	11am-3.30pm	All ages
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