

Newsletter

February 2024



Grow Update

The past few weeks have been incredibly busy as we continue to support families and strengthen our community following the festive period. Here's a look at everything we've been up to:

Group Meetings & Workshops

We've held nine group meetings, covering important topics such as Pathological Demand Avoidance (PDA) with Libby Hill, STICK, Communication and Autism Team (CAT), Al Coates, Sleep Workshop, and Sensory Processing.

New Initiatives & Ongoing Support

- Launched our Walk and Talk Group, meeting every Friday at 10 AM, starting from the Visitors Centre, Towngate.
- Hosted three school visits and coffee mornings, providing direct support to parents and caregivers.
- Conducted ten 1:1 SEND Surgery sessions, offering tailored advice and guidance.
- Held our first-ever online session with SEN Legal, making our support more accessible than ever.
- Re-launched our WhatsApp Group
- Working on a SEND Library Re-launch to make it more user friendly.

Training & Conferences

We have attended two significant conferences focused on Parental Blame and Fabricated Induced Illness, and Attachment Styles, ensuring we stay informed and up to date with the latest research and advocacy efforts.

Wellbeing & Support Programmes

- Delivered four weeks of Pilates as part of our wellbeing initiative.
- Launched a six-week parent/carer wellbeing course in collaboration with Evolving Families, which is currently in its trial phase.

Community Engagement & Growth

- Held our latest committee meeting and participated in networking meetings to strengthen connections and opportunities for families.
- Submitted five funding applications to help sustain and expand our services.

It's been a fantastic start to the year, and we're excited to keep the momentum going!

SEND Library Update

We are currently working with an Occupational Therapist (OT) and a Dyslexia Specialist Speech and Language Therapist (SALT) to improve our SEND Library catalogue. Our goal is to make it more user-friendly by providing professional insights and clearer overviews of the equipment available.

We aim to complete this update in time for a relaunch at the beginning of April.

In the meantime, the library remains fully accessible, so if you'd like to join or borrow equipment, please don't hesitate to get in touch.

Any requests for equipment or books please do let us know

Join Our Team - Volunteers Needed

As our work and commitments grow, we are looking to expand our team with dedicated volunteers. If you can spare some time to help run a group activity, assist with sponsorship and fundraising efforts, or organise social events, we'd love to hear from you! Your support will make a real difference, and it's a great way to get involved in the community.

If you're interested, please contact Janet or Louise. Thank you for your support!

WhatsApp

This February, we've relaunched our WhatsApp group, making it more streamlined and user-friendly! We now offer various group options, allowing you to join the conversations that matter most to you. Plus, we've introduced a dedicated Announcements section, so if you just want to stay up to date with what Grow is doing, you can easily do so without the chat.

If you'd like to join our WhatsApp community, please contact Janet or Louise for the joining form.

Moor Hall Hotel

We are thrilled to announce that we have been chosen as Charity of the Year by Moor Hall Hotel!

This is a fantastic opportunity, and we are incredibly grateful for their support.

Throughout the year, we will be working closely with the team at Moor Hall Hotel to raise vital funds. With their generosity and commitment, we look forward to an exciting year of fundraising events and initiatives that will make a real difference.

We can't wait to get started and will keep you updated on all the amazing activities planned.

Thank you, Moor Hall Hotel, for believing in us!

Fundraising

We are really pleased that Grow Family Services is being supported by two of our Dad's in different challenges raising awareness and funds for Grow:

Chris Morgan is completing a 100km 24hr continuous ultra-March around Windermere in the beautiful South Lakes.

To sponsor Chris please visit his Just Giving page:
www.justgiving.com/crowdfunding/christopher-morgan-1?utm_term=jvnk96e8z

Steve Potter is running the Manchester Marathon in April.

www.justgiving.com/crowdfunding/stephen-potter-3



Help Support Grow Family Services

This is the final month of our guaranteed funding, and while we have been hard at work submitting new funding applications, we won't find out if we've been successful until March. In the meantime, we need your support to continue offering vital services to families in our community.

Could you, or someone you know, help? Every donation, no matter the size, makes a real impact:

- ♥ £5 provides refreshments for a week
- ♥ £10 helps us continue our support services
- ♥ £20 funds a 1:1 SEND Surgery session
- ♥ £50 covers room hire for a group meeting

If you or a local business could sponsor us, we would be incredibly grateful. Your generosity helps us provide essential support to families who rely on our services.

To learn more about sponsorship opportunities, please get in touch.

To donate the bank details are:

Grow Family Services
Sort Code: 23-05-80
Account Number: 51193784

SEND Community Day 2025

We are excited to announce that we have secured sponsorship for the SEND Community Day 2025.

FT Pipeline Systems Ltd are kindly sponsoring this event - so watch this space for more information.



**Thursday
9th
October
2025**

Upcoming Events

Please book onto the events (where applicable) so we can manage numbers

Morning Meets 9.30-11.30am:

24th Feb Featherstone Children's Centre Erdington

3rd March Our Place Sutton Coldfield – Benefit Session

10th March Featherstone Children's Centre Erdington

17th March Our Place Sutton Coldfield

24th March Featherstone Children's Centre Erdington

31st March Our Place Sutton Coldfield – Forward Thinking Birmingham (STICK)

7th April Featherstone Children's Centre Erdington

Evening Talks – 7pm – 9pm

Four Oaks Methodist Church

27th Feb – Occupational Therapy (Part 2)

13th March – ADHD (Nora from BREW's)

27th March – Ask the SENCO evening

10th April – TBC

Well-being

Adult Art Session – 7pm – 9pm

Four Oaks Methodist Church

Dad's Group

28 Feb – Walk and Pub – 7pm meet outside Renato's Mere Green then 8pm for a drink.

Walk and Talk 10-11am (Visitor's Centre, Town Gate)

28 February 28 March

7 March 4 April

14 March 11 April

21 March

Half-Term Park Morning 10am-12noon

19th Feb – Harvest Fields B75 5TJ

Please visit our website www.growfamilyservices.org/whatwedo for more details about any of these events

Park Morning Harvestfields

For both Parents/Carers and children with SEND

GROW
Family Services

Details:

- ✓ Wednesday 19th February
- ✓ 10am – 12 noon
- ✓ Harvest Fields Centre (Playground) Harvest Fields Way Sutton Coldfield, B75 5TJ

No need to book just come along

www.growfamilyservices.org



Dads' Group

Open to all Dad's and male role models –who play a vital role in raising SEND children.

Walk and Pub

Join us for a walk returning to the pub for a drink

Friday 28th February

7pm Meet outside Renato's Mere Green

8pm Back to Renato for a drink

For more details or to book a place visit www.growfamilyservices.org/dadsgroup

GROW
Family Services

Walk and Talk in Sutton park

For Parents/Carers of children with SEND

GROW
Family Services

Details:

- ✓ Every Friday
- ✓ 10am – 11am
- ✓ Meeting point Visitor Centre – Towngate

No need to book just come along

www.growfamilyservices.org

