



SureStart Edenballymore

Supporting Families with Children under 4
Tús Cinnte Éadain Bhaile Mhóir

NEWSLETTER

January 2011



Welcome



Welcome to our New Year edition of SureStart Edenballymore's Newsletter. We would like to wish all our registered children and families a very happy 2011. We hope you had a good Christmas and managed through the snow! It has been a very busy Autumn/Winter for SureStart and some of the activities are highlighted inside.

We can never stress enough that SureStart Edenballymore is your project – it belongs to parents and children in this area, so if you have views, suggestions or would like to get more involved please give us a call on 7137 1670 or call into the office on Central Drive.

You are always very welcome!

Deirdre McDaid
SureStart Manager



SureStart Keeps Getting Bigger!

You may have noticed that the SureStart Edenballymore shop on Central Drive has undergone a refurbishment – swapping the Barbers unit with a new office space upstairs. This means that we now have a parent & child waiting area where you can have a cuppa tea, get information and meet staff. Be sure to call in and visit!

Parents Drop In

After listening to parents views on programmes they'd like to see on offer, we're trying out a Parents Drop In service that will meet weekly and will be an informal and supportive group for everyone including parents, carers & grandparents.

The Drop In will be facilitated by project workers, giving parents the opportunity to have some time out and build support networks. A free creche is available. Join us any Thursday from 1.30am to 3.30pm in the drop in room at the Healthy Living Centre Creggan.

SureStart Parents have their say!

Local mums have been given the chance to have their say on their experiences of maternity services. The Patient & Client Council has been working with parents to find out their views on the care they received when having their children and the Baby Matters Group were happy to share their experiences and ideas.

Maeve Hully, Chief Executive of the Patient and Client Council, said, "It is clear that patients want to be involved in the decision-making process and help to shape how services should look and feel." Parents reported that one way of improving services is to ensure better communication between health care staff and parents with staff attitudes identified as a key factor in whether a women's experience was good. The full report can be found on the Patient Client Council website <http://www.patientclientcouncil.hscni.net/news/view/parents-views-on-maternity-services>



Is your child 3 on or before 1st July 2011?

If so it's important that you fill out an application form for Pre School. SureStart Edenballymore would encourage all parents who's child was born between 2 July 2007 and 1 July 2008 to apply for a free pre-school place as soon as possible.

The closing date for applications to all pre-school education centres is noon on 12th January 2011. The application form is available from the SureStart office, any pre-school centre or the Western Education and Library Board. SureStart staff have lots of experience in filling out the forms and would be more than happy to help you-call Emma who'll meet for a cuppa and make sure your form is in before 12th January 2011.



I believe In Me

This is a new programme facilitated by Denise Devlin, and runs for 6 weeks aiming to boost confidence and self-belief. Topics covered include - Overcoming Limiting Beliefs, Building Self Esteem, Setting and Achieving Goals & Motivational Skills. People who have done the course have said:

"I found that this course has been a great help to me in my life at a time when I needed it most. It has helped me look at life from a whole new angle."

"I love Denise's ability to make you think for yourself and grow as a person. Each week was very informative and the examples used were brilliant. 'I believe in me' is great and I would recommend it to everyone I know." Please call Irene to book your place on this, creche and transport available.

SureStarters - Meet Muire!

Muire Coyle has joined the SureStart Edenballymore taking up post as Family Team Leader. Muire has lots of experience working to support parents and children experiencing domestic violence and facilitating education programmes. She has also worked in a primary school. Muire said "I am excited about my new role coordinating family support and look forward to meeting parents and children. Be sure to say hello if you see me and please contact me if I can be of any assistance".



SureStarts

Nearly New Sale

Another Nearly New Sale of baby clothes, equipment and toys took place in November and was fantastic success-thanks to all the great sellers and buyers! We're planning another Nearly New Sale in May 2011-so if you'd like to turn your unwanted items into cash you can register as a seller from March. Contact Rosaleen for further information.



Get Active!

Have you made a New Years Resolution to get fitter? If so come along to the Get Active exercise programme every Tuesday, starting on 11th January in the Gasyard Centre with free crèche. The programme caters for all levels including beginners. Register early, as places are limited.

Secret Santa Thanks

On behalf of children and families who received hampers and vouchers SureStart Edenballymore would like to offer sincere thanks to the people involved for making Christmas that bit more special and hopefully easier. Thank you for caring and sharing!





What's on at a Glance January - April 2011

Programme	Day	Venue	Starting	Time	Duration
Ante & Post Natal Support					
Baby Matters Support Group	Mon	Family Room, Creggan HLC	17 Jan to 4 Apr	10.30am - 12 noon	9 Weeks
Breastfeeding Support Group	Tues	Glassagh Room, Creggan HLC	11 Jan	10.00am - 12 noon	Ongoing
Aqua Natal (for ante/post natal mothers)	Tues	City Swimming Baths, William Street	18 Jan	2.00pm - 3.00pm	Ongoing
Aqua Baby	Tues	Lisnagelvin Pool	1 Feb	10.30am - 11.00am	5 Weeks
Hypnobirthing & Preparing for Baby Classes	Wed	Family Room, Dove House	19 Jan - Onwards	1.00pm - 3.00pm	Rolling programme
Ante Natal Yoga	TBC	TBC	TBC	TBC	TBC
Ante & Pre Natal Reflexology	By invite from SureStart Midwife				

Parenting Support					
I believe in me! Personal Development	Mon	Transport from all areas - Crèche in Creggan	17 Jan to 21 Feb	1.30pm - 3.30pm	6 weeks
Nuturing Family Programme	Tues	Family Room, Creggan HLC	14 Feb to 18 Apr	9.30am - 11.30am	10 weeks
Parent Drop-In, a place for parents	Thurs	Drop in Room, Creggan HLC	13 Jan	1.30pm - 3.30pm	Ongoing
First Aid	Tues	Gasyard Centre	18 Jan to 22 Feb	10.00am - 12 noon	10 weeks
Health Promoting Homes	Thurs	Family Room, Creggan HLC	13 Jan to 24 Feb	10.00am - 12 noon	10 weeks
Cook It!	Mon	Creggan HLC	28 Feb to 28 Mar	1.15pm - 3.15pm	4 Weeks
Get Active! Physical Activity Programme	Tues	The Drum, Gasyard Centre	11 Jan to 12 Apr	10.00am - 11.00am	10 weeks
Hanen-You Make the Difference Early Communication Programme	Fri	Family Room, Creggan HLC	28 Jan	9.30am - 11.30am	9 weeks
Smoking Cessation Support	Wed	Family Room, Creggan HLC	Every Week	12.00pm - 1.30pm	Ongoing

Programme/Service	Day	Venue	Starting on	Time	Duration
Infants & Babies					
Baby Massage	Thurs	Family Room, HLC Creggan	17 Feb to 10 Mar	10.00am - 12 noon	5 Weeks
Baby Yoga	Thurs	HLC Creggan	TBC	10.00am - 12 noon	5 weeks

Stay N Play Groups & Play Programmes					
Play Days	Mon	Gasyard Children's Centre	17 Jan to 21 Feb	2.30pm - 4.00pm	5 Weeks
Baby Stay N Play for infants aged 0-1	Wed	Gasyard Children's Centre	12 Jan to 29 Mar	10.30am - 11.30am	11 Weeks
Baby Stay N Play for infants aged 0-1	Fri	Children's Centre, HLC Creggan	14 Jan to 25 Mar	10.30am - 11.30am	11 Weeks
Stay N Play for children age 1-2	Mon	Children's Centre, HLC Creggan	17 Jan	9.30am - 11.30am	11 Weeks
Stay N Play for children aged 1-2	Wed	Children's Centre, Gasyard	12 Jan	10.30am - 11.30am	11 Weeks
Stay N Play for children age 2-3	Mon	Children's Centre, HLC Creggan	17 Jan	9.30am - 11.30am	11 Weeks
Stay N Play for children age 2-3	Wed	Long Tower Primary School	12 Jan	10.00am - 12 noon	11 Weeks
Stay N Play for children under 4	Fri	Fountain Primary School	14 Jan	10.00am - 12 noon	11 Weeks
BookStart Plus	Thurs	Central Library	24 Feb	10.30am - 11.30am	1 Day Event
BookStart Plus	Wed	Creggan Library	2 Mar	10.30am - 11.30am	1 Day Event
Rhyme-time	Wed & Fri	Central Library	Weekly	10.30am - 11.30am	Ongoing
Home Safety Check Scheme	Please call to arrange a free home safety check and safety equipment e.g. stair gate, door stoppers etc				

Family Events					
St Patrick's Day Family Fun Day	Thurs	Gasyard Centre & HLC Creggan	17 March	10.30am - 12.30pm	1 Day Event
No Smoking day Quit 4 Life	Wed	TBC	9 Mar	TBC	TBC
International Women's Day	Tues	TBC	8 Mar	TBC	TBC



Children's Care & Learning Programmes

SureStart Developmental Programme for 2 to 3 year olds	Tues, Wed & Thurs	Children's Centre, HLC Creggan	Thurs 6 Jan – June	9.15am - 11.45am
SureStart Developmental Programme for 2 to 3 year olds	Tues, Wed & Thurs	Children's Centre, HLC Creggan	Thurs 6 Jan – June	1.00pm - 3.30pm
SureStart Developmental Programme for 2 to 3 year olds	Mon, Tues & Wed	Long Tower Primary School, Early Years Room	Mon 10 Jan – June	9.15am - 11.15am
SureStart Developmental Programme for 2 to 3 year olds	Mon, Tues & Wed	Gaelscoil Eadhain Mhoir	Mon 10 Jan – June	2.00pm - 4.30pm
Little Pals	Fri	Children's Centre, HLC Creggan	Fri 7 Jan – June	9.15am - 11.15am
Little Pals	Mon	Children's Centre, Gasyard	Jan – June	10.00am - 12 noon
Extended Nursery Day Club	Mon, Tues & Wed	Long Tower Primary School	Jan – June	1.30pm - 3.00pm
Extended Nursery Day Club	Mon, Tues & Wed	Bligh's Lane Nursery School	Jan – June	1.30pm - 3.00pm
Extended Nursery Day Club	Tues, Wed & Thurs	Holy Child Primary School	Jan – June	1.30pm - 3.00pm

Nurturing Programme

The Nurturing Programme is a 10-week parents programme that looks at family life in a thoughtful and fun way. It also helps to support positive behaviour in children and goes further than that by looking at the emotional needs behind our children's behaviour. The Nurturing Programme is open to all SureStart parents but tends to be most beneficial to those with older children (2 and a half onwards).

Here's what local parents have said about the Nurturing Programme:

- "I now understand that children can have the same feelings as us, and be stressed out too!"
- "I am more confident through the programme and use praise as a discipline tool more better"
- "Since the programme I feel more confident and more aware of things I am saying and doing with my child"
- "I am becoming a stronger independent woman, my confidence is getting better"
- "The Programme has changed everything-my child is more settled and becoming more happy"

Contact Emma or Irene to register interest or for more information on the Nurturing Programme starting on Tuesday 14th February, transport & crèche available. New Family Life Starts Here!

BookStart Plus

A fun rhyme and story session for children aged between 18 and 30 months. This session is hosted in partnership with SureStart and Creggan & Central Libraries. So come along and meet your local librarian and Breege Gormley Speech & Language therapist at SureStart Edenballymore. Each child will receive a **free pack of books**.
Creggan Library Wed 19th Jan 10.30am –11.30am
Central Library Fri 24th Feb 10.30am –11.30am



Hanen You Make the Difference - Parent-Child Communication Programme

A nine-session course available for parents/carers. At the course parents learn how to use everyday routines and activities to help develop their child's early talking skills. Places are limited at this course and crèche & transport are available. This course will start on 28th January 2011 in Creggan. If you would like more information please contact Breege, Speech & Language Therapist on 7137 1670.



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CREGGAN
FOUNTAIN
BRANDYWELL
STRAND
BOGSIDE

AQUA-NATAL

- Exercises in water
- From 12-14 weeks pregnant onwards
- Weekly sessions 2-3pm Tuesdays, City Baths
- Post-natal aqua aerobics six weeks after birth



HYPNOBIRTHING

- Five classes on self-hypnosis / birth education
- Teaches deep level relaxation helping to eliminate fear that causes tension and thus pain.
- Enables greater natural comfort during birth
- Equipment loan – TENS machines, birthing ball



REFLEXOLOGY

- Pre-conceptual, pregnancy and post-natal period
- Natural, non-invasive healing art using pressure points on the feet
- Aims to alleviate tensions and promote relaxation



BABY REFLEX

Baby Reflex is specially adapted reflexology for babies. Techniques developed for bonding help to ease, relief and eliminate baby discomforts. From 4 weeks onwards.



BABY AQUA CLASSES

- Five lessons for mother and baby.
- Promotes happy interactions between parents and babies in the water.
- Helps baby development.
- Teaches water safety.
- Different 'holds', movements in water, playing, kicking, rolling, submersion.



BABY MATTERS CLUB

- Gives a broad perspective of mother and baby health matters.
- Equipment loan of breast pumps.
- 10.30am - 12.30pm Mondays.



For further information please contact:

MARGARET FISHER,
SureStart Midwife

SureStart Edenballymore

Central Drive, Creggan, Derry BT48 9QG

Tel: 028 7137 1670 / Email: margaret@surestartebm.com





Don't Forget

Register with SureStart Edenballymore to receive information on local services. If you move house, change phone number or other details please let us know so we can keep our information up to date.

SureStart Edenballymore works to support all pregnant women and families who have a preschool child or children (0-4 years) and who live in SureStart Edenballymore's area including Bogside & Brandywell, Creggan, Fountain and Bishop Street & Foyle Road areas.

You just contact the SureStart Edenballymore Team on:

T: 7137 1670 or julie@surestartebm.com

or call into SureStart offices on:

Central Drive, Creggan, BT48 9QG

Come along and enjoy the SureStart fun!

