



## New Dad's Health and Well-Being Programme

This programme was delivered in partnership with The Edge Gym. Twelve sessions were carried out over a six-week period. Uptake was excellent with the first thirty dads securing a place. All dads received a health check, optional weekly weigh-ins and advice on healthy eating. All fitness routines were tailored to suit their individual abilities. Feedback was excellent with many dads reporting big improvement in both their physical and mental well-being.



## Hi Everyone

I would like to wish you all happy New Year and we look forward to what a new decade brings in Clogher Valley Surestart for you and your families. Inside this edition we reflect on how our dads benefited from our new health and wellbeing programme, hopefully they continue to sustain the amazing results from this programme, well done. I recently read a quote "Everybody wants to hold the baby, but who holds the mum?" CVSS recognises the importance of good mental health and wellbeing for parents. In this edition we focus on mums and you can read a snap shot of how our programmes, services and staff can support you in "Minding Mum". Out and about with Clogher Valley Surestart looks back at all the fun activities we got up to over the past 3 months. As we look forward to a New Year, we have lots of services and activities for you and your child to attend so keep up to date with Dates 4 Diary and Facebook to book on. Lastly I would like to thank all our dads/male carers for completing our survey. We appreciate your feedback which will be used to help us to continue to develop new services to meet your needs and for all your kind comments.

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# Out and About with Clogher Valley Sure Start

## Family Fun Evening

This Year's Family Fun Evening was held in Todd's Leap. The theme was "Celebrating Parents" A range of activities were delivered on the night and the children especially enjoyed their visit to Julie and Kerri's kitchen. They listened to the "Spooky Stories" and witnessed the making of "Magical Potions" the families also took part in an interactive pumpkin cinematic show.



## Night Before Christmas

CVSS families got into the Christmas spirit.



## A taste of what we get up to in the Developmental Programme for 2-3 year olds.



Always ready for a sing along



The Wonder of Playdough

I Want to hear a Story



Welcome to World Reunion

# Minding Mum

Perinatal Mental Health refers to a woman's mental health during pregnancy and the first year after birth.

More than 1 in 10 women live with postnatal depression, which unfortunately can often go unnoticed for weeks or months as it can be difficult to talk openly about how you're feeling when you become a new parent.

Come along to Weigh & Play and Bosom Pals, where you can access Health Visiting/Midwifery support and meet other mums and babies.

CVSS programmes that offer parents the chance to look after their mental and emotional health and wellbeing, while building support networks. Check out our Facebook, Dates for Diary and Website.

You can speak confidentially to any of our team who are highly trained in Solihull, which offers a non-judgemental approach to support you as a parent.

How can Clogher Valley SureStart help?

Contact our Sure Start Health Visitors Valerie or Carol or Heather our Midwife who can offer home based support and advice.

Signpost you to specialist services for support such as Support2gether or Aware Defeat Depression.

Contact CVSS for more information or advice

Tel : 028 85549898

# Our SLTA Patricia and EYL Ciara have welcomed new additions to their family!

## NOTICES

Congratulations to Patricia and Gary on the birth of their beautiful baby daughter Alice Cait



Congratulations to Ciara and Johnny on the birth of their beautiful baby boy Tom Josef



## Do I need to keep my child off school?

**HSC** Public Health Agency

<b>Chicken Pox</b> Until all spots have crusted over	<b>Conjunctivitis</b> No need to stay off but school or nursery should be informed	<b>Diarrhoea &amp; Vomiting</b> 48 hours from last episode	<b>Glandular Fever</b> No need to stay off but school or nursery should be informed	<b>Hand, foot &amp; mouth</b> No need to stay off but school or nursery should be informed	<b>Impetigo</b> Until lesions are crusted & healed or 48 Hours after commencing antibiotics
<b>Measles or German Measles</b> 4 days from onset of rash	<b>Mumps</b> 5 days from onset of swelling	<b>Scabies</b> Until after first treatment	<b>Scarlet Fever</b> 24 hours after commencing antibiotics	<b>Slapped Cheek</b> No need to stay off but school or nursery should be informed	<b>Whooping Cough</b> 48 Hours after commencing antibiotics
<b>Flu</b> Until recovered	<b>Head Lice</b> No need to stay off but school or nursery should be informed	<b>Threadworms</b> No need to stay off but school or nursery should be informed	<b>Tonsillitis</b> No need to stay off but school or nursery should be informed		



Support 2gether supports families who live with Postnatal and Antenatal illness (depression). We meet on the 3rd Monday of each month in Clogher unit between 7:30-9:30pm tel 07868710778

**Drop In Breast Feeding Group Wednesdays 10:30am-11:30am**

Come along for coffee and a chat with other parents and their babies. There will be expert advice and support from our Health Visitors and Midwife.

**Save The Date!!!**

CVSS Family Fun Day  
Saturday 4th April 2020  
Babies Day Out March 2020

Family Rainbow Yoga  
March 2020  
( Watch out for details in Dates for Diary )

**REMEMBER**

**Please remember to cancel if you can no longer attend a programme**

If you have booked to attend a CVSS programme but can no longer attend can you please phone CVSS office to cancel your place, as staff will be preparing resources based on numbers booked on and we may have a waiting list.

