

# ALL ABOARD

WELCOME TO OUR AUTUMN ISSUE OF "ALL ABOARD".

In our Autumn newsletter, we have celebrated the success of our Summer programmes, including our Dad's Den Building, Curious Climbers, Whacky Woodcraft, Baby Yoga. There are also some lovely pictures of creative play outdoors, using our revamped Creche Garden.

Our thoughts turn to Autumn, as we start to see seasonal changes, and we welcome new activities and programmes to keep parents and children active, learning, and involved in the local community. Look out for Parenting Week from 18th-22nd October and our packed October Dates for Diary. We have included a feature on Energy Saving and where you can get help and advice to keep your home as warm as possible. We also have one to one sessions around Energy advice and grant schemes that can be accessed, provided by Mid Ulster Council., so please do make use of this service by booking a slot.

We have said goodbye to Kathryn, Patricia and Shauneen in Two's Company and wish them all the best in their new posts. We have had some internal job changes, and congratulate Shannen and Zelma on their new posts, and we welcome Gemma, Leila, Nadine and Vaida who have joined the team, bringing new skills. Hopefully you will get to know all the new staff over the coming months as they deliver programmes, creche and one to one support.

We hope all our children who have moved on from Two's Company are settled into their new playgroups and doing well. We will be welcoming our new children starting with "Two's Company" a bit later than normal, at the beginning of November. This delay was unavoidable, and parents are encouraged to check out our October programmes and please do sign up for an activity before Two's Company starts. We wish all our children a successful and fun filled year of learning with Clogher Valley SureStart.

Please do get in touch if you need any support via phone, email or PM, we are happy to help.

*Louise and all the team*

## SUMMER CLUB



### CVSS MAKATON SIGN OF THE MONTH IS 'TRAIN'

Makaton is a language programme using signs, symbols and speech to encourage communication skills.

There are lots of books and toys you can use for teaching this sign if you can't see any real trains.



## Notices

**Mid Ulster District Council Information For Residents**

### Energy Efficiency Advice Service

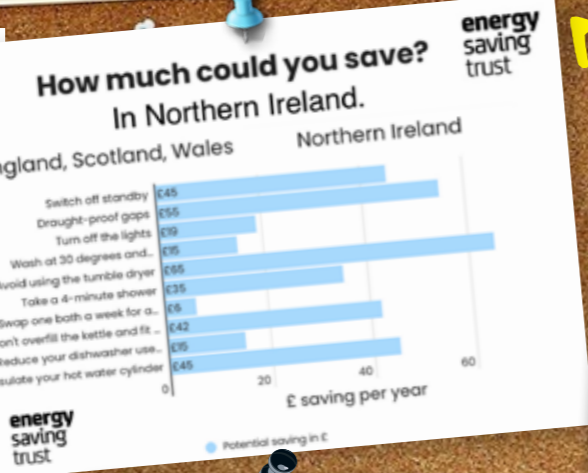
The Energy Efficiency Advice Service is a 1-1 personal approach to manage the energy efficiency of domestic properties within Mid Ulster District Council.

Are you, or someone you know, living in a cold or damp home? What assistance is available from your local council?

The Energy Advisor can provide tailored support for clients including the generation of referrals to other available support schemes.

For further information please contact Mid Ulster District Council and ask to speak to the Energy Efficiency Adviser on 03000 132 132 or email health.wellbeing@midulster.council.org

HSC Public Health Agency



**0808 8020 400**

A FREE confidential helpline for parents and carers throughout NI. If you need us, we're here.

**Parent Line NI**

**24 HOUR Domestic & Sexual Violence Helpline**

**0808 802 1414**

Open to all women and men affected by domestic & sexual violence

Text support to 07797 805 839 | 24hrsupport@dvhelpline.org

### Employers For Childcare

Blaris Industrial Estate  
 11 Altona Road  
 Lisburn  
 BT27 5QB

028 9267 8200  
 0800 028 3008  
 hello@employersforchildcare.org

**Lifeline**

0808 808 8000

## MEET THE TEAM

**LELIA**

SPEECH AND LANGUAGE THERAPIST

**NADINE**

PLAY WORKER

**VAIDA**

CRÈCHE ASSISTANT

**WEITZMAN, 2017** states it is important for parents to add language to what their child says as it encourages them to use a variety of words and to highlight their language.

It also expands their child's messages, all of which are strategies which promote diversified language models.

Add some words to what I say  
 I'll learn to use sentences as we talk and play

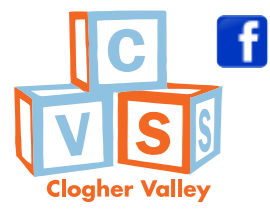
#speechandlanguage message of the month

**WELL DONE TO SHANNEN: NEW DEPUTY LEADER IN 2-3 DEV PROG AND ZELMA: NEW DEPUTY LEADER IN CRECHE**

**GEMMA**

LEADER OF 2-3 YEAR OLD PROGRAMME

**FAREWELL TO PATRICIA, KATHRYN AND SHAUNEEN WE WISH THEM WELL IN THEIR NEW JOBS**



Clogher Valley Sure Start  
 74 Main Street, Augher, Co. Tyrone. BT77 0BG  
 Tel. 028 8554 9898  
 E. info@cloghervalleysurestart.org  
 www.cloghervalleysurestart.org

## CRÈCHE GARDEN IN FULL SWING



## DADS DEN BUILDING



## BABY YOGA



## WHACKY WOODCRAFT



## QUICK TIPS TO SAVE ENERGY AND UP TO £375 A YEAR



**Save £65**  
**Avoid using a tumble dryer** for your clothes: dry clothes on racks inside where possible or outside in warmer weather.

**Save £12**  
**Be savvy in the kitchen.** Kettles are one of the most used appliances in the kitchen. Many people admit to boiling it more than they are going to use it. Avoid overfilling the kettle and save yourself £12 a year on your electric bill.

**Save £35**  
**Keeping your shower time to just 4 minutes** could save a typical household £35 a year on energy.

**Save £15**  
 Only run your dish washer when it is full to reduce the amount of water you use. Reducing your dishwasher use by one run per week for a year could save you £15

**Save £55**  
**Draught proofing** your windows and doors. Unless your home is very new, you will lose some heat through draughts around doors and window, gaps around the floors or through the chimney. Draught proofing can save a lot.

**Save £6**  
**By swapping your bath for a shower.** Some of us enjoy a long soak in a bath but swapping just one bath a week with a 4 minute shower could save £6 on your energy bills.

**Save £19**  
**Turn your lights off** when you're not using them or when you leave a room. Replacing all the light bulbs in your home with LED bulbs could help you save even more.

**Save £45**  
 Effective insulation of your hot water cylinder is important: even if you have thin spray foam or a loose 25mm jacket, you can benefit from increasing the insulation to a British Standard Jacket 80mm thick, saving £45 a year in the process

**Save £15**  
**Careful with your washing machine** on a 30-degree cycle instead of higher temperatures. Reduce your washing machine use by one run per week for a year.



# Preloved 0-4 yrs Winter Woolies

Starting next week and in the months ahead CVSS Spring Centre will be home to our new 'Preloved Winter Woolies rail' this will be full of shared preloved items for all of our families to avail of. Please bring no more than 3 preloved Winter Woolies (snow suits, coats, fleeces in good condition) and feel free to help yourself to some preloved items. We look forward to sharing the Warmth of our Preloved items with you!