

ALL ABOARD

WELCOME TO OUR SPRING ISSUE OF "ALL ABOARD".



Hi everyone. My name is Danielle McKenna, and I am the Project Manager in Clogher Valley Sure Start. I joined the team 31st January 2023. I have two great sons and a beautiful daughter, and they are all just reaching the teenage stage, so life is full of fun at the moment.

As a family, we have spent the last 7 years travelling around Asia & Australia so have been in China, Hong Kong, Sri Lanka and Thailand, Sydney, & Brisbane to name just a few of our wonderful adventures. I am thrilled to be back home in Ireland and feel especially blessed to be working in Clogher, so close to my home and feel lucky to be able to give something back into the local community through working with our Sure Start team and Early Years Org.

As Project Manager I work alongside the supportive team based in Augher and the Two's Company team in Clogher. We cover 5 designated wards: Augher, Clogher, Fivemiletown, Ballygawley and Aughnacloy. With the help of our amazing admin team, play development team and our family support team, we support families and provide services and programmes to enhance parenting practice, pedagogy, and early childhood education as well as offer assistance to new parents with the support of our Midwife, Health Visitor and our Speech and Language Therapists.

In this Spring issue, we hear from the Daddy of Izzy and Elsie who attended several dads' programmes. We recap from our Makaton signing programme and share some new signs for you to learn and use at home. In our photo gallery you will find lots of snap shots of our play development, antenatal, postnatal and speech and language programmes.

We hosted our 'Make Chatter Matter' event and had a wonderful turn out and lots of fun. Goswami 2013, explained how the ability to keep a beat (motor skills) is important to our ability to process the timing of language sounds. With lots of banging of drums, freedom dancing and singing, the children worked on developing their phonological awareness. A busy quarter with lots of Spring fun coming up; make sure to check out the April 'Dates for Diary' on our new Instagram account and Facebook.

I am very much looking forward to working with the CVSS team and the Early Years team to build upon all the terrific programmes in place.

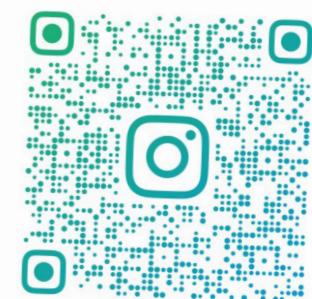
Please feel free to contact me directly should you have any questions regarding programmes or have any ideas or a service that you can share with the local community to enhance our SureStart provision.

daniellemck@cloghervalleysurestart.org

Look forward to meeting you and your lovely families soon!

Danielle McKenna
New Project Manager

CLOGHER VALLEY SURESTART
ARE NOW ON INSTAGRAM
CLICK TO FOLLOW OR TAKE A PIC



@CLOGHERVALLEYSURESTART

How can I find a Registered Childminder?
All registered Childminders are listed on www.familysupportni.gov.uk. You can best check for Childminders by inputting the (full) postcode - indicate within 1/5/10 miles. You can filter results by vacancies/experience of special needs/school pick-up etc. to find childcare which best meets the parent's needs.

Clogher Valley SureStart will be closed Friday 7th April 5pm and reopening Monday 17th April 9am, for Easter break.

Commencing Monday 17th April, all sessions over the three programmes in Twos Company will be extended to 2 1/2 hour sessions.

Expression of interest forms for **TWO'S COMPANY PROGRAMMES** closing date is **FRIDAY 24TH MARCH AT 4PM**

Check out how your energy prices compares via the link below:
www.consumerCouncil.org.uk/energy-tables

Employers For Childcare
Blaris Industrial Estate
11 Altona Road
Lisburn
BT27 5QB
028 9267 8200
0800 028 3008
hello@employersforchildcare.org

Parent Line NI
A FREE confidential helpline for parents and carers throughout NI. If you need us, we're here.
0808 8020 400

Support Together
Support For People Living With Post-Natal Depression

Lifeline
0808 808 8000

Domestic & Sexual Violence Helpline
24 HOUR
0808 802 1414
Open to all women and men affected by domestic & sexual violence
Text support to 07797 805 839 | 24hrsupport@dvhelpline.org

WELCOME TO THE TEAM:



**NEW EARLY YEARS
DEPUTY LEADER
ZELMA ROBINSON**

**NEW SPEECH
AND LANGUAGE
THERAPIST
MARY ELLEN**



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

LET'S HEAR FROM THE PARENTS

Below we hear from Simon who participates in a number of programmes with his daughters Izzy and Elsie.

Q. What CVSS Dad's programmes did you attend?
A. Fundamentals, Dad's Evening Play Date and Father's Day Celebrations.

Q. What did you and your children enjoy most about the programmes?
A. My children loved meeting, interacting, and playing with other children. Chasing, building, running and really just having loads of fun. Izzy loved seeing Julie and Nuala. She really enjoyed listening to book readings, singing, and dancing especially to that oh so delightful and not annoying Baby Shark song.

I loved taking the girls out of the house and watching them interact with all the other boys and girls. This was playing, fighting for toys, giving other children toys, and of course playing with them. I really enjoyed hearing all the laughter from them, the other children and of course the dads. Was also good chatting and having the craic with the other dads.

Q. Did you carry out any of the activities with your children at home?
A. I sing the songs, play football and dance with the girls like we did at the CVSS Dad's programmes. Elsie and I love Head, Shoulders, Knees and Toes.

Q. Would you recommend these activities/programmes to other Dads?
A. Yes, I definitely would. It's just a great way to spend some time with the children away from the house. They enjoy themselves, you get to chat to other dads, it's win win. Not forgetting it is free, no cost to attend whatsoever.

Q. If yes, how would you promote them?
A. Social media and by leaving flyers or putting posters up at the mart, gyms, sport clubs, Knockmany.



WHACKY WOODCRAFT



BABY YOGA



BREAST FEEDING TRAINING FOR ALL THE TEAM



FUNDAMENTALS



MAKE CHATTER MATTER - BANGEDY BANG BANG



MOTHER'S DAY EVENT



WORLD BOOK DAY



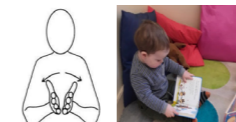
WELCOME TO THE WORLD



Our Makaton signing for babies' programme has just finished, over the 6 weeks parents learnt a total of 100 signs that they can use with their baby. Makaton is a unique language programme that uses symbols, signs and speech to enable people to communicate.

MAKATON SIGNING THROUGH SONG
 When Goldilocks went to the house of the bears, what did her blue eyes see?
 A bear that was big, a bear that was small, a bear that was tiny and that was all... and they growled at her growl, growl growl.

BOOK



BEAR



CVSS MAKATON SIGN OF THE MONTH IS 'BICYCLE'

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

Why Makaton May Help

Here are some thoughts about why Makaton may help you and your child to communicate.

- Signs and symbols give clues to the meaning of words
- Starts down our communication
- Visual information may be easier to understand
- Reduces frustration (and tears)
- Reduces pressure on speech
- Provides necessary vocabulary
- Makaton works well with other early word programmes
- Encourages speech and language development
- Encourages autonomy and choice
- Reduces pressure on speech