

# ALL ABOARD

WELCOME TO OUR SUMMER ISSUE OF "ALL ABOARD".

Summer has arrived, and our families in Clogher Valley SureStart have been enjoying the sunny weather with programme delivery being outside. This month we enjoyed our Baby Sensory session out in the forest, the first time we have ventured out with the youngest for this programme. The forest provided a unique setting filled with the sounds, the smells, and visual cues to extend and develop curiosity.

Our Tooth Fairy event also used the beautiful woodland as a backdrop where the fairies collected dummies and reminded the children about healthy teeth. Our Speech Therapist Mary Ellen joined the team in the forest to promote speech and language development and answered lots of questions to support parents over the summer.

It is with regret, that we need to say goodbye to our lovely Speech Therapist Mary Ellen, who will be leaving us at the end of June - thank you so much for all your great work and family provision this year. We will have our new Therapist, Lynda Ryan, join the team from September.

We have lots of congratulations this term as we congratulate Nadine on the birth of her beautiful baby girl Ayda Mae, we can't wait to meet her soon. We also pass on congratulations to Shannen and Jolene, our two academics, as they soared through their courses finishing with wonderful grades!

And finally, we want to say a huge congratulations and good luck to all our DP2-3YO students who graduated last week. We wish you all the best in your Preschool year, we will miss you all lots!

To all our families, we will have summer provision on across July and August, please check dates for diaries and the guidelines for booking places.

Have a wonderful summer!

## TOOTH FAIRY EVENT



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

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



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

**How can I find a Registered Childminder?**  
All registered Childminders are listed on [www.familysupportni.gov.uk](http://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.

**Employers For Childcare**  
Blaris Industrial Estate  
11 Altona Road  
Lisburn  
BT27 5QB

028 9267 8200  
0800 028 3008  
hello@employersforchildcare.org

**Notices**

0808 8020 400

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

Parent Line NI

**Support Together**  
Support for People Living With Post-Natal Depression

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 | 24hr support@psvhelpline.org

**Lifeline**  
0808 808 8000

The Consumer Council

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

**TOP SUN AWARENESS TIPS FOR PROTECTING YOUR SKIN**

"In Northern Ireland the sun can be strong enough to damage our skin and eyes. Your skin is damaged by sun exposure over your lifetime, whether you burn or not. So, as the days get longer and the sun gets stronger, it is important for everyone to spend time in the shade, cover up and wear hats and sunglasses, and get the best use from your sunscreen to help protect your skin from cancer."

**Which sunscreen should I choose?**  
For a good level of protection, choose a sunscreen that offers protection from both UVA and UVB radiation and has:

- SPF of at least 30 and SPF 50 for children
- UVA star rating of 4 or more

To give a good level of protection, sunscreen needs to be applied generously 30 minutes before you go outdoors, then reapplied every two hours or more frequently after swimming, sweating, or towelling the skin.

To find out more visit [www.careinthesun.org/sunscreen](http://www.careinthesun.org/sunscreen)

**Top Tips For Protecting Your Child's Skin**

- **For babies** - Keep babies under six months out of direct sunlight.
- **Shade** - Try to keep children in the shade as much as possible, especially when the UV index is highest between 11am and 3pm.
- **Clothes** - Choose clothes that cover children's arms and legs and neck. Look for lightweight materials to allow air flow and with tight weave to reduce penetration by UV rays.
- **Hats** - Try to get children used to wearing hats. Start early with soft hats that fold comfortably while your baby sleeps. Broad brimmed hats or hats with a legionnaire flap give more protection.
- **Maintain Hydration** - Children, especially babies, can become dehydrated in warm sunny weather. Always have extra drinks to keep them hydrated and cool.

Name: Ayda Mae

It's a girl

Born on: 13/06/23

**CONGRATULATIONS** to our wonderful play development worker Nadine and her husband Mark on the birth of their daughter Ayda Mae.

**PARENTS GROUP**

Would you be interested in joining our parents group? This group represents our families in CVSS to bring new ideas and support CVSS with planning events and programmes. We meet four times yearly in the evening time.

If you are interested contact Nuala on 028 8554 9898

Goodbye and good luck to our Speech and Language Therapist Mary Ellen.

**WE WILL MISS YOU**

Less watching, more talking, put everything away and just sing, talk and play

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SureStart



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Tel. 028 8554 9898  
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[www.cloghervalleysurestart.org](http://www.cloghervalleysurestart.org)

### COOK IT PROGRAMME



### DISCO KIDS



### DRUMMING IS FUN!



### BABY MASSAGE



### BABY SENSORY



### SWIM TIME PROGRAMME



### CREATIVE CONNECTIONS



Creative Connections, what will it bring?  
Paper, wood, glue, paint and all kinds of string,  
Where mind is free and the coffee is flowing,  
There was no telling where our creative juices were going.  
No expectations, no rules, no demands,  
We free up our mind and get busy with our hands,  
We had ideas in our head that didn't pan out,  
and very quickly learned that's what creativity is all about,  
Sometimes the process was such a disaster,  
But wow the beauty, the craic and the laughter.  
Discussions we had plenty when our heads were free and empty,  
Discovering our potential sparked passion to try something new,  
It showered our tired heads, as each week our creative confidence grew.  
We would highly recommend it to everyone we know,  
Discover your inner child and let your creative connection grow.

### FATHER'S DAY EVENT



### TEAM BUILDING DAY



Goodbye and good luck to all our Twos Programme children moving onto to Preschool, we will miss you very much. Thank you to their wonderful families for your lovely kind feedback, it means so much to us.

Thank you girls for going above and beyond, and caring for my child like you would your own, lots of love.

Words can't express how thankful we are for the last year. I have never left my child with anyone only my mum before she started twos. I never worried for one second leaving her with you girls. Thank you for all the love, care, laughter and learning it has brought to us. You are earth angels, the community is lucky to have you. Lots of love.

Thank you from the bottom of my heart for all the kindness love and joy you brought to my child's life. The smile on his face on a 'school day' let me know how much he loved being there and how amazing you all are. Thank you for helping him blossom into a wee boy ready to take on the big world of play school ahead. We are forever grateful for the amazing start in life you have given him.

Thank you for taking my child's hand, opening their mind, touching their heart and shaping their future.

