

There are also lots more fun packed events throughout the year such as story-telling, parties, arts and craft sessions, music and movement sessions and guest speakers.

**CHERISH** Sure Start will keep you up to date with all forthcoming events through our Newsletter CHATTERPILLAR. Services will be provided on an outreach basis in all the areas.

### Sure Start for Parents

Parents enjoy the benefit of support, advice, home visits and special training courses. A visit to one of our groups is a great way for parents to meet other mums and dads in the area. Sure Start also encourages parents to get involved in the project, to insure parents get the services both they and their children need.

If you are a parent living in the **CHERISH** Sure Start and you have a child why not get

in touch with us? Come along to one of our Sure Start offices or call us to find out what events are planned and how you can contribute to the planning of the **CHERISH** Sure Start services in your area.



  
**CHERISH**  
**SureStart**

Information packs are available from your  
**Sure Start Manager Maeve Linton** at:

#### Head Office

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The Arc Healthy Living Centre  
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#### Sub-Office

Cherish Sure Start  
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**CHERISH**  
**SureStart**

# What is Cherish Sure Start?

**Sure Start is built around the wants and needs of local people. Our aim is to improve the well-being of life opportunities for young children aged under 4 through better health, childcare, play and educational programmes, from the moment of conception.**

**CHERISH** is one of thirty areas in Northern Ireland, selected by the Government to pilot this new initiative. The **CHERISH** Sure Start Initiative covers the following wards, Irvinestown, Lisnarick, Kesh, Ederney & Lack, Trillick, Ballinamallard, Devenish, Roslea and Newtownbutler. These areas were chosen because of their rural isolation. Sure Start will address the issue of rural isolation by bringing services and facilities into these areas, allowing approximately 1,300 children access to Sure Start services.

## The Sure Start Team

The **CHERISH** Sure Start Initiative is run by a team of professionals specialising in play, health, family support, dietetics, speech and language and early education.

### So what does the **CHERISH** Sure Start Initiative have to offer you?

Families with young children under 4 years of age will be able to avail of the following services:

- Sure Start Health Improvement Officer's and Family Support



Workers are available to provide help, support and advice on any antenatal and early years health issue both in the home and group sessions. Programmes include our One Stop Baby Shop for mums-to-be and parents of children aged 0-1 year. Breast Feeding Support group, Parenting courses, Parent Craft and much more.

- Speech and Language programmes offering support and guidance for your children's speech and language development.
- Home-start volunteers who are parents themselves offering friendship, help and practical support in the family home.
- Support, advice and training for registered childminders and child care staff.
- Dietetics and oral health advice, support and training programmes.
- Infant Massages and Baby Yoga classes for parents/carers with a baby aged 0-8 months.
- Stay & Play Groups
- Young Parents Support Group
- Lifestart - a home-based child development programme which supports the work of

parents in developing their child's potential.

- Crèche facilities available to families using **CHERISH** Sure Start services.
- Top Tots/ Top Start and Toddler Yoga – physical activity sessions for 2-4 year olds.
- Pre-Natal Fitness programmes. Low impact and low intensity exercise classes designed for mums-to-be.
- Hypnobirthing classes offer pregnant women an alternative to mediated birth and the dependence on chemical pain relief to birth their babies.
- Post Natal Exercise classes designed to help you regain your figure and energy after childbirth.
- Transport to services.
- Programmes to encourage your child's early reading and literacy skills.
- Development Programme for 2-3 year olds. In the programme the children are provided with a variety of learning opportunities and play experiences to enhance self awareness and to encourage our children to become more confident, capable and inquisitive learners.

Children



Health



Education



Relationships



Integration



Support



Holistic

