

## Spooky Stories!

Halloween is coming soon, so grab your mask or your broom, the play team will be your host, come dressed as yourself, a witch or a ghost. So fly down and there will be 'goosey' surprises galore. Sessions are accessible for those aged 0-4 years.

**The Old Courthouse Newtownbutler**  
23rd October at 11.00am  
Tullynagarn, Irvinestown 21st October at 10.20am

Promises to be a spooktacular event with spooky stories, creepy crafts and games!

## Winter Wonderland

It's a time of year full of excitement, sparkle and magic! Join the Sure Start Staff for arts, crafts, and much more on the run up to Christmas. Why not pop in and make your very own Christmas decorations at our Stay & Play groups.

Also join us in our Family Christmas Parties. Stories, arts and crafts, nursery rhymes, games, mince pies and Christmas cheer on the day!

**The Old Courthouse Newtownbutler,**  
Saturday 2nd December from  
10.30am -12 noon  
**The Bawnacre Centre, Irvinestown,**  
Saturday 9th December from  
10.30am - 12 noon

## Child Tax Credits

Child Tax credits is paid to people to help with the costs of bringing up a child. There are 3 elements:- family element, child element, and disabled child element.

This benefit has changed in April 2017. You can get the child element for up to 2 children since April 2017.

Benefits for a third child will only apply if the child is born before 6th April 2017. There are some exceptions for a third child.

If you wish to know more about how these changes affect you call the Family Advice Service on Freephone 0800 0286538

## HEALTHY START

With Healthy Start, you get free vouchers every week to spend on milk, fresh and frozen fruit and vegetables and infant formula milk. You can also get free vitamins for Mother and children.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## women's aid

**24 HOUR** Domestic & Sexual Violence Helpline

For help, support and advice: 24 Hour Helpline

FREEPHONE

**0808 802 1414**

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

text support to 07797 805 839

email: 24hrsupport@dvhelpline.org

## Employers for Childcare Family Benefits Advice Service

Our Family Benefits Advisors provide free, impartial and confidential advice to parents to help you maximise income and inform you of your rights and entitlements.

### Advice

We provide information and advice on a wide range of childcare and work-related issues and work-related issues including:

Tax Credits, Childcare vouchers, Social Security Benefits, Tax-free Childcare, School Uniform Allowance, Free School Meals, Maternity/Paternity Leave and Pay, Flexible Working

We also provide Benefit Entitlement Checks tailored to your own family circumstances.

We will be in The Community Centre Newtownbutler on Thursday 29th Sept from 11am-4pm.

To book an appointment contact 02867738063.

## The Fairy Dummy Tree

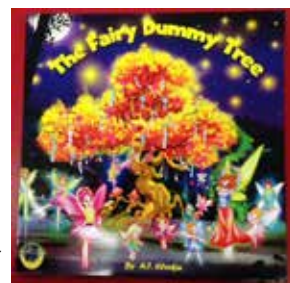
**An interactive creative event to help your child give up their dummy forever!**

Calling all parents, is your child ready to give up their dummy? Why not hang them on the Fairy Dummy Tree?

Book your child's place on **25th September in The Old Courthouse Newtownbutler at 11am**, and join us, where Fairy Hope needs your child's help! This event will take both parent & child on an interactive journey, Listen to the story of Hope and help the baby fairies get to

sleep by giving & hanging your dummy on the Fairy Dummy Tree. Meet the fairies, enjoy the interactive narrative and receive a copy of the Fairy Dummy Tree by A.T.Clerkin who will be present on the day to reinforce each child's good deed!

**This event will also take place in the ARC – dates to be confirmed. Keep an eye out on our facebook page.**



## NEW Breastfriends Groups

**Every Wednesday from 10am – 11.30am with Wendy Maher**  
**The Old Court House, Newtownbutler**

**Every Monday from 10am – 11.30am with Mary Maguire**  
**The ARC Healthy Living Centre, Irvinestown**

Are you breastfeeding your baby? or thinking about Breastfeeding? Come along to a friendly and supportive group. Meet and socialise with other mums. Get advice, information and support from Breastfeeding Peer Support workers and Health Professionals and find out real-life experiences.



Breastfeeding Awareness Week



**Irvinestown Office - Head Office**  
The ARC Healthy Living Centre,  
60 Castle Street, Milltate,  
Irvinestown, Co Fermanagh BT94 1EE  
Telephone 028 686 21970  
[cherish@archlc.com](mailto:cherish@archlc.com)

**Newtownbutler Office - Sub Office**  
The Old Court House, Bridge Street,  
Newtownbutler,  
Co Fermanagh BT92 8EN,  
Telephone 028 677 38063  
028 677 38086  
[cherish@archlc.com](mailto:cherish@archlc.com)

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[www.archlc.com](http://www.archlc.com)  
[cherish@archlc.com](mailto:cherish@archlc.com)

## Welcome Autumn

We are delighted to share with you our Autumn newsletter and are delighted to welcome back our existing families, and also the 39 new children & their families that have registered with Cherish Sure Start over the summer. Within our newsletter you can find lots of information about great sessions and activities available in your local community.

**The Sure Start Team**

## Bookstart+

**Bookstart+ Packs for children aged 2-4 years available for collection**

There's no present like time. Let's read more with children, whatever their age - because brilliant things happen when families find Time to Read. Research shows that a child who reads for fun will do better at school, even in subjects like maths. Not only that, but the whole family will benefit from an incredibly bonding experience if they share a book together. If your child is registered with Cherish Sure Start, they'll receive a free book pack this autumn - via the 2YOP, their pre-school or their day care setting - to take home and enjoy.



## Humphreys Pyjama Week

Join in the fun for Humphrey's Pyjama Week to raise money for The Children's Trust.

Come along in your favourite pyjamas and bring your teddy for our pyjama party!

**The Old Courthouse Newtownbutler**  
5th October at 10.30am  
**Roslea Community Centre** 6th October at 10.30am  
**Tullynagarn, Irvinestown** 7th October at 10.30am



## Help your child get off to a flying start for school

**Join in our weekly Stay and Play drop-in Sessions**

PEEP, (Parents Early Education Partnership) is designed to help give children the best start they can have in Primary 1 working with parent/ carers to make the most of daily learning opportunities.

Peep stay & play groups are fun, child-centered weekly groups that aim to raise children's educational attainment, especially in literacy. The PEEP programme focuses on how to make the most of the learning opportunities in everyday life at home by listening, talking, playing, singing and sharing books every day. Each week, we run 7 weekly groups including

one especially for working parents. Groups are run by Qualified Peep Practitioners.

Parents are the most important people in children's early lives and this programme helps parent's to be giving their child a hand in learning.

See what's on diary for further details.



## NEW Sneak a Peek Programme

Delightful 4 week programme baby sensory run by Qualified Peep Practitioner (Peers Early Educational Programme) and Speech & Language Therapist Assistant. The programme focuses on how to make the most of learning opportunities in everyday life at home. Listening, talking, playing, singing, sharing books and having fun with your baby.

Specifically designed from birth, to aid your child's development, the classes are packed with an incredible variety of sounds, smells, sights, textures, music, dance, singing and more - plus you'll never experience the same class twice. Meet up with other parents for support.

**15th Sept 10am-11am at The ARC Healthy Living Centre.**

**Contact: Theresa Cleary on 028 68621970**



Join Cherish Sure Start face book page to get up to date information on what's happening in Sure Start.



WHAT'S ON DIARY

Monday	Venue	Starting	Time	No. of Weeks	Childcare
One Stop Baby Shop*	Irvinestown, ARC Healthy Living Centre	Ongoing	1.30pm - 3.00pm	2nd & 4th Week	Children in Session
*(Local Health Visitor Drop in Clinic)				of every month	
Parent & Toddler	Ardess, Church Hall	Ongoing	10.30am - 12.00 noon	Weekly	Children in Session
Breastfeeding Support Group	Irvinestown, ARC Healthy Living Centre	Ongoing	10.00am - 11.30am	Weekly	Children in Session
Infant Massage	Irvinestown, ARC Healthy Living Centre	4th Sept 2017	10.00am - 11.00am	4	Children in Session
Mindfulness	Irvinestown, ARC Healthy Living Centre	9th Oct 2017	10.00am - 11.00am	3	Crèche - Active Allsorts
Baby Yoga	Newtownbutler, The Old Courthouse	30th Oct 2017	10.00am - 11.00am	5	Children in Session
Hypnobirthing	Irvinestown, ARC Healthy Living Centre	16th Oct 2017	6.30pm - 9.00pm	4	None
Baby Babble	Irvinestown, ARC Healthy Living Centre	6th Nov 2017	10.00am - 11.00am	4	Children in Session
Paediatric 1st Aid	Irvinestown, ARC Healthy Living Centre	4th Dec 2017	10.00am - 12.00 noon	1	Crèche - Active Allsorts
Christmas Crafts	Enniskillen, Scouts Hall	4th Dec 2017	10.00am - 11.00am	2	Children in Session
Tuesday	Venue	Starting	Time	No. of Weeks	Childcare
Stay & Play	Trillick Leisure Centre	5th Sept 2017	9.30am - 11.30am	Weekly	Children in Session
Mood Matters	Irvinestown, ARC Healthy Living Centre	13th Sept 2017	9.30am - 11.00am	1	Crèche - Active Allsorts
Tickle Tummy Time	Enniskillen, Aisling Centre	12th Sept 2017	10.00am - 11.00am	4	Children in Session
Nurturing	Irvinestown, ARC Healthy Living Centre	12th Sept 2017	7.00pm - 9.00pm	11	None
Sensory Play	Roslea Community Centre	7th Nov 2017	11.15am - 12.15pm	4	Children in Session
Wednesday	Venue	Starting	Time	No. of Weeks	Childcare
Stay & Play	Kesh, Community Centre	6th Sept 2017	9.30am - 11.30am	Weekly	Children in Session
Breastfeeding Support Group	Newtownbutler, The Old Courthouse	Ongoing	10.00am - 11.30am	Weekly	Children in Session
Green Gym	Irvinestown, ARC Healthy Living Centre	6th Sept 2017	1.45pm - 2.45pm	4	Children in Session
Boogie Beats	Irvinestown, ARC Healthy Living Centre	6th Sept 2017	10.00am - 11.00am	4	Children in Session
Mood Matters	Irvinestown, ARC Healthy Living Centre	13th Sept 2017	9.30am - 11.00am	1	Crèche - Active Allsorts
Incredible Babies	Irvinestown, ARC Healthy Living Centre	20th Sept 2017	10.00am - 12.00 noon	9	Children in Session
Tickle Tummy Time	Newtownbutler, The Old Courthouse	20th Sept 2017	10.00am - 11.00am	4	Children in Session
Hypnobirthing	Newtownbutler, The Old Courthouse	20th Sept 2017	6.30pm - 9.00pm	4	None
Boogie Beats	Irvinestown, ARC Healthy Living Centre	18th Oct 2017	10.00am - 11.00am	4	Children in Session
Solid Start	Irvinestown, ARC Healthy Living Centre	22nd Nov 2017	9.30am - 11.30am	4	Crèche - Active Allsorts
Thursday	Venue	Starting	Time	No. of Weeks	Childcare
Stay & Play	Irvinestown, Bawnacre	7th Sept 2017	10.30am - 12.00 noon	Weekly	Children in Session
Stay & Play	Newtownbutler, The Old Courthouse	7th Sept 2017	10.30am - 12.00 noon	Weekly	Children in Session
Rhyme Time	Irvinestown, ARC Healthy Living Centre	7th Sept 2017	10.00am - 11.00am	4	Children in Session
Antenatal yoga	Newtownbutler, The Old Courthouse	21st Sept 2017	7.00pm - 8.00pm	6	None
Eat Well for Less	Irvinestown, ARC Healthy Living Centre	21st Sept 2017	10.00am - 12.00 noon	6	Crèche - Active Allsorts
Nurturing	Newtownbutler, The Old Courthouse	21st Sept 2017	7.00pm - 9.00pm	10	None
Solid Start	Newtownbutler, The Old Courthouse	28th Sept 2017	9.30am - 11.30am	4	Crèche on site
Employers for Childcare	Newtownbutler, The Old Courthouse	28th Sept 2017	11.00am - 4.00pm	1	Book Private Appointment
Parenting Puzzle	Enniskillen, Aisling Centre	12th Oct 2017	10.00am - 12.00 noon	4	Crèche - Aisling Centre
Baby Yoga	Newtownbutler, The Old Courthouse	26th Oct 2017	2.00pm - 3.00pm	5	Crèche on site
Incredible Toddlers	Newtownbutler, The Old Courthouse	26th Oct 2017	10.00am - 12.00 noon	7	Crèche on site
Food Values	Irvinestown, ARC Healthy Living Centre	9th Nov 2017	10.00am - 12.00 noon	3	Crèche - Active Allsorts
Infant Massage	Newtownbutler, The Old Courthouse	30th Nov 2017	2.00pm - 3.00pm	4	Children in Session
Big Cook Little Cook Xmas Bake	Irvinestown, ARC Healthy Living Centre	7th Dec 2017	10.00am - 12.00 noon	2	Children in Session
Friday	Venue	Starting	Time	No. of Weeks	Childcare
Stay & Play	Ederney Town Hall	8th Sept 2017	9.30am - 11.30am	Weekly	Children in Session
Stay & Play	Ballinamallard, Rascals Playstation	15h Sept 2017	9.30am - 11.30am	Weekly	Children in Session
Stay & Play	Roslea Community Centre	8th Sept 2017	10.30am - 12.00 noon	Weekly	Children in Session
Toddler Yoga	Irvinestown, ARC Healthy Living Centre	15th Sept 2017	2.00pm - 3.00pm	5	Children in Session
Sneak A Peek	Irvinestown, ARC Healthy Living Centre	15th Sept 2017	10.00am - 11.00am	4	Children in Session
Tickle Tummy Time	Irvinestown, ARC Healthy Living Centre	13th Oct 2017	10.00am - 11.00am	4	Children in Session
Infant Massage	Irvinestown, ARC Healthy Living Centre	13th Oct 2017	10.00am - 11.00am	4	Children in Session
Food Values	Newtownbutler, The Old Courthouse	13th Oct 2017	10.00am - 12.00 noon	3	Crèche - on site
First Aid	Newtownbutler, The Old Courthouse	22nd Sept 2017	10.00am - 12.00 noon	1	Crèche - on site
PEEP for 1 Yr Olds	Irvinestown, ARC Healthy Living Centre	3rd Nov 2017	2.00pm - 3.00pm	6	Children in Session
Cook It	Newtownbutler, The Old Courthouse	10th Nov 2017	9.30am - 11.30am	6	Children in Session
Mindfulness	Enniskillen, Aisling Centre	8th Dec 2017	10.00am - 11.00am	2	Crèche - Aisling Centre
Baby Yoga	Irvinestown, ARC Healthy Living Centre	10th Nov 2017	10.00am - 11.00am	4	Children in Session
Saturday	Venue	Starting	Time	No. of Weeks	Childcare
Working Parents Stay & Play	Irvinestown, Tullynagarn	Ongoing	10.30am - 12.00 noon	First 3 Saturdays*	Children in Session
* Of each month All Stay & Play groups are facilitated by Qualified Peep Practitioner (Peers Early Educational Programme)					

INFORMATION TO HELP YOU CHOOSE

Parenting Puzzle Workshops

Would you like to understand your child's behaviour better? If yes then join our parenting puzzle workshops, starting on **Thursday 12th October for 4 weeks, 1pm - 3pm, Aisling Centre, Enniskillen**

- Understanding how babies and children communicate
- Praise and encouragement
- Power of play
- Boundaries and parenting styles
- Dealing with stress and conflict
- Strategies to help manage behaviour
- Looking after ourselves

Talk Links

Bronagh Dooley the Speech and Language therapist covering Irvinestown and Devenish is available for Talk Links. Talk Links are a one to one Speech and Language advice session. Talk links are available on Mondays, Tuesdays and selected Fridays throughout the year. Bronagh will also be facilitating out baby Babble Programme.

If you would like to schedule a talk link with your child please contact the Arc Office on 028 686 21970 or email: Bronagh.dooley@archlc.com

Green Gym

4 week Programme (for parents and children)

Have fun learning how to grow vegetables and plants, making bird boxes, weaving baskets and conservation. All materials provided.



ANTENATAL YOGA

Benefits of practising Yoga for Pregnancy

- Relieves stress, anxiety and tension
- Keep the body strong and supple without straining
- Boosts energy levels
- Promotes restful sleep
- Can help relieve or prevent common minor ailments during pregnancy
- Can be used to relieve pain in labour and childbirth
- Can help the mother to bond with her unborn baby through breathing and visualisation techniques
- Meet other mums-to-be with whom you can share this experience of being pregnant and becoming mothers

Toddler yoga

A 5 week programme for children and 1 year to 4 years, it benefits both your child's physical and emotional skills.

What is mindfulness?

Mlt is a 3 week programme designed to help reduce stress, cope better with challenges and problems and improve your focus and attention. It also helps increase confidence and improves your response to stress. It is a way to accept difficulties in your life using self-compassion, silencing your critical self and bringing with it peace of mind.

**Who is it for?**  
The programme is open to everyone. It develops tools you can draw upon when life gets difficult. The Programme is also useful for people experiencing stress or mild anxiety.

**What will I learn?**  
As you learn how to practice Mindfulness you will develop the skill of experiencing the present moment, which is largely underestimated in its power to foster an authentic and genuine sense of well-being for any individual.

Infant massage

Infant massage is a beautiful way for parents to get to know their babies and gives them greater confidence as a parent. Parents learn ways of communicating, playing care giving and sharing for the wonderful journey of life ahead. The message is clear – touch therapies are good for us and they pave the way for a healthier, happier and calmer life. Courses are ongoing for parents of babies aged 4 weeks to 8 months.

Tickle tummy time

Tickle tummy time is a 4 week programme for parent/caregivers and their young child to have fun singing and playing together. Suitable for babies from 6 to 12 months and their parent/ caregiver.

PEEP

The Peep Ones group is for parents/carers and children aged 1-2. Our groups are fun and safe places for parents/carers and children to play and learn together. Join to find out about play activities which support your child's learning, have fun with stories and songs and chat to other parents and carers.

The Nurturing Programme - 11 Weeks

Children are rewarding stimulating and fun but looking after them can be stressful and challenging. The nurturing programme helps deal with those challenges so that you can have a calmer happier family life. The building blocks of the programme are self-awareness and self-esteem. Appropriate expectations, empathy and positive discipline.

Rhyme time

A four week programme facilitated by Breege McCaughey speech and language therapist which focuses on learning new words through rhymes and songs. Each class will focus on a different topic and practical talking tips will be provided.

Eat Well for Less Programme

Are you bored of making same meals every week in, week out?  
Do you find it difficult to budget for your weekly shop?  
Eat well for less shows you how to create more nutritional meals for your family while spending less on your supermarket shop. An enjoyable and educational 6 week cooking programme with meal and budgeting planners

Incredible Toddlers Programme  
In the Parents and Toddlers Programme parents learn how to:

- Help their toddlers feel loved and secure
- Encourage their toddler's language, social, and emotional development.
- Establish clear and predictable routines.
- Handle separations and reunions
- Use positive discipline to manage misbehaviour.

The parenting group format fosters peer support networks and shared learning.

Baby Yoga

A 5 week programme that complements infant massage offers quality physical stimulation including flowing postures, holding, movement, touch, voice and relaxation. It induces a happy, care-free and lively parent-infant interaction which develops as the babies grow. For babies aged 4 months to 1 year.

Hypnobirthing

Hypnobirthing is a 4 week complete birth education programme the teaches simple but specific self hypnosis relaxation and breathing techniques for an easier more comfortable birth. The programme lets you discover and experience the joy of birth, when you will discover that severe pain does not have to be an accompaniment of labour. Incredible babies programme (Mum and Baby come to course)  
This programme supports parents and their babies, it is organised around the developmental baby stages of 0-3 months 4-6 months and 6-12 months. It provides simple but effective techniques to help you.

Solid start programme

Information and advice on feeding infants from 6 months to 1year. Interactive activities are used to discuss the what, when and why of introducing solids to the infant's diet. Information is provided on suitable foods to include, foods to avoid practical aspects of weaning, introducing a cup.