

WHAT'S ON DIARY

IRVINESTOWN AND SURROUNDING AREA

Monday	Venue	Starting	Time	No. of Weeks	Childcare
Breastfeeding Support Group	Irvinestown, ARC Healthy Living Centre	Ongoing	10.30am - 12noon		Children in session
Easter Crafts	Enniskillen, Westend Community Centre	11th April	10.00am - 11.00am	1	Children in session
Play & Learn	Enniskillen, Westend Community Centre	25th April	10.00am - 11.30am	6	Children in session
One Stop Baby Shop	Irvinestown, ARC Healthy Living Centre	25th April	10.00am - 12noon	Ongoing	Booking Essential
RETHINK Resilience Programme	Irvinestown, ARC Healthy Living Centre	25th April	10.00am - 11.00am	10	Crèche available
Ready Steady Sing Play Baby	Irvinestown, ARC Healthy Living Centre	9th May	10.00am - 11.00am	4	Children in session
Baby Reflexology	Irvinestown, ARC Healthy Living Centre	30th May	10.00am - 11.00am	4	Children in session
Boogie Beats	Enniskillen, Westend Community Centre	13th June	10.00am - 11.00am	4	Children in session
Sensory Basket	Irvinestown, ARC Healthy Living Centre	13th June	10.00am - 11.00am	2	Children in session
Tuesday	Venue	Starting	Time	No. of Weeks	Childcare
Welcome to the World (Antenatal)	Via Zoom	5th April	6.30pm - 8.30pm	7	
Easter Crafts	Irvinestown, ARC Healthy Living Centre	12th April	10.00am - 11.00am	1	Children in session
Infant Massage	Irvinestown, ARC Healthy Living Centre	26th April	10.00am - 11.00am	4	Children in session
Infant Massage	Enniskillen, St Macartin's Cathedral Hall	26th April	10.00am - 11.00am	4	Children in session
Sensory Basket	Trillick Leisure Centre	26th April	10.00am - 11.00am	2	Children in session
Myths, Magic & Mayhem Story time	Irvinestown, ARC Healthy Living Centre	3rd May	2.00pm - 3.00pm	1	Children in session
Play & Learn	Trillick Leisure Centre	10th May	10.00am - 11.30am	6	Children in session
Tiny Tots	Irvinestown, ARC Healthy Living Centre	10th May	10.00am - 11.00am	6	Children in session
Baby Yoga	Irvinestown, ARC Healthy Living Centre	24th May	10.00am - 11.00am	4	Children in session
Sleep Management	Irvinestown, ARC Healthy Living Centre	24th May	10.00am - 11.00am	2	Crèche available
Hypnobirthing	via Zoom	7th June	6.30pm - 9.00pm	4	
Lively Little Ones	Trillick Leisure Centre	21st June	10.00am - 11.00am	2	Children in session
Paediatric 1st Aid	Irvinestown, ARC Healthy Living Centre	28th June	9.30am - 12noon	1	Crèche available
Wednesday	Venue	Starting	Time	No. of Weeks	Childcare
Potty Training	Irvinestown, ARC Healthy Living Centre	13th April	10.00am - 11.30am	2	Crèche available
Toddler Yoga	Enniskillen, St Macartin's Cathedral Hall	13th April	10.00am - 11.00am	4	Children in session
Incredible Babies	Irvinestown, ARC Healthy Living Centre	20th April	10.00am - 12noon	8	Children in session
Play & Learn	Kesh Community Centre	11th May	10.00am - 11.30am	6	Children in session
Mini Picasso's	Kesh Community Centre	27th April	10.00am - 11.00am	2	Children in session
Baby Reflexology	Enniskillen, St Macartin's Cathedral Hall	25th May	10.00am - 11.00am	4	Children in session
Boogie Beats	Irvinestown, ARC Healthy Living Centre	15th June	10.00am - 11.00am	4	Children in session
Solid Start	Irvinestown, ARC Healthy Living Centre	15th June	9.45am - 11.30am	3	Crèche available
Lively Little Ones	Kesh Community Centre	22nd June	10.00am - 11.00am	2	Children in session
Thursday	Venue	Starting	Time	No. of Weeks	Childcare
Easter Egg Hunt	Irvinestown, ARC Healthy Living Centre	14th April	10.00am - 11.00am	1	Children in session
Nurturing Programme	Irvinestown, ARC Healthy Living Centre	21st April	9.30am - 11.30am	11	Crèche available
Raising a Secure Child	Enniskillen, Aisling Centre	21st April	9.30am - 11.30am	8	Crèche available
Tiny learners	Irvinestown, Market Yard	12th May	10.00am - 11.00am	6	Children in session
Real Birth Matters	Via Zoom	9th June	6.30pm - 8.30pm	4	
Friday	Venue	Starting	Time	No. of Weeks	Childcare
Play & Learn	Ederney Townhall	22nd April	10.00am - 11.30am	6	Children in session
Parenting Puzzle	Enniskillen, The Aisling Centre	22nd April	10.00am - 12noon	5	Crèche available
Tiny me	Irvinestown, ARC Healthy Living Centre	22nd April	10.00am - 11.00am	6	Children in session
Messy Play	Ederney Townhall	10th June	10.00am - 11.00am	4	Children in session
Rhyme Time	Irvinestown, ARC Healthy Living Centre	10th June	10.00am - 11.00am	4	Children in session
Baby Reflexology	Irvinestown, ARC Healthy Living Centre	10th June	10.00am - 11.00am	4	Children in session
Saturday	Venue	Starting	Time	No. of Weeks	Childcare
Core Kids for Dads & Children 2-3 yrs	Irvinestown, Bawnacre	28th May	10.00am - 11.00am	4	Children in session
Lego Club TBC					

INFORMATION TO HELP YOU CHOOSE

EASY WEANING & SOLID START

A 4 week programme offering information and advice on feeding infants from 6 months to 1 year. 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. Parents will have the opportunity to prepare food to bring home.

INCREDIBLE BABIES PROGRAMME

A 8 week programme supporting 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 promote your children's social, emotional, and language development.

RHYME TIME

A 4 week programme facilitated by the Speech & Language Assistant, which focuses on the benefits of song and rhyme for encouraging language development. Each class will focus on a different topic and practical talking tips will be provided.

PLAY AND LEARN

This group aims to support families with their child's early learning in an enjoyable way. Groups are for parents/carers and their children. Sessions generally include the following core activities:

Songs and rhymes, story time, activities with children, talking time for adults (to share experiences and ideas), book sharing and ideas and scrap materials for families to take home to make things.

HYPNOBIRTHING

A 4 week complete birth education programme that 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.

BOOGIE BEATS

Boogie Beats is a four-week music and dance programme for parents and toddlers aged two to four years old. The sessions consist of singing, nursery rhymes, playing percussion instruments, musical games and dancing. There are many benefits of boogie beats including exercising and physical development, improving speech and language through singing and rhymes, self-expression and self-esteem through movement and learning musical concepts such as the beat and rhythm, overall contributing to brain development.

BABY YOGA

A 4 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.

THE NURTURING PROGRAMME

Children are rewarding stimulating and fun but looking after them can be stressful and challenging. This 11 week 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.

RETHINK RESILIENCE PROGRAMME

This is a 6 week course that will involve learning tools and techniques that you will hopefully feel useful to help create a happy and healthy lifestyle. The programme will explore personal development, mindfulness and goal setting followed by 4 weeks of therapy sessions such as Yoga and Pilates.

READY, STEADY, SING AND PLAY BABY

Ready, Steady, Sing and Play Baby is a 4-week programme, which is suitable for babies up to 12 months. At the sessions, parents/carers will gain ideas to support their baby's early communication skills through sharing nursery rhymes, songs, stories and play.

WELCOME TO THE WORLD PROGRAMME

A 7 week antenatal programme that helps support parents in pregnancy, birth and beyond, with its focus on the importance of relationship issues, preparing for new roles, responsibilities and the emotional changes involved in becoming a parent. It supports mothers and fathers in their relationship as a couple and helps you understand the importance of parent-baby relationships and helps with the transition to parenthood.

TINY TOTS

A programme for 1-2 year olds to promote parent/carers awareness of children's early learning and development through making the most of everyday activities and interactions. The programme supports parents in the development of children's literacy and numeracy using songs and rhymes, stories, art activities and general fun for all.

INFANT MASSAGE

Infant massage is when a parent or primary carer lovingly strokes or holds their baby. The massage is a 4 week programme that offers a wonderful experience and a special time to communicate both verbally and non-verbally with babies, so that they feel loved, valued and respected. The IAIM baby massage course draws from both the Indian and Swedish massage traditions, as well as incorporating principles from yoga and reflexology.

ONE STOP BABY SHOP

This group gives parents/carers the opportunity to discuss with a health visitor from HSCB the needs of their developing baby in an informal relaxed setting. The group will support where possible needs of parents of children up to one year old.

SPEECH AND LANGUAGE SUPPORT

If you have any queries about your child's Speech & Language development please contact our Speech Therapist, Niamh. Niamh can meet with you to share helpful advice and support for you and your child. Niamh is available to meet parents in Irvinstown, Enniskillen, Lisnaskea and Newtownbutler.

TODDLER HEALTHY EATING WORKSHOP

This is a one off session discussing a child's varied balanced diet, fussy eating, simple recipes to involve children and you get to try samples of different snacks to offer children and so much more.

THE REAL BIRTH PROGRAMME

The Real Birth Programme is a 4 week antenatal programme. We start with birth and reverse the journey right backwards to you and your body right now. This is a birth preparation antenatal programme like no other. This method of learning is better for your mind and memory. The real birth programme is proven to lower stress and lower medical intervention. Contact Adele or Marie for further information.

SNEAK A PEEK BABIES 0-1 YEARS

This is a 2 week programme looking at different items that can be found around the house to help a baby's sensory development. Within these sessions we look at all of the senses and how we can promote them through play, interaction, songs and movement.



CHERISH SureStart

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