



# WHAT'S ON DIARY

## NEWTOWNBUTLER, ROSLEA AND LISNASKEA AREA

Monday	Venue	Starting	Time	No. of Weeks	Childcare
Easter Fun Activities	Crom Estate	11th April	10.00am - 11.30am	1	Children in session
Play & Learn	Lisnaskea Leisure Centre	25th April	10.00am - 11.30am	4	Children in session
Sneak a Peek	Newtownbutler, The Old Courthouse	16th May	10.00am - 11.00am	2	Children in session
Play & Learn	Lisnaskea Leisure Centre	30th May	10.00am - 11.30am	4	Children in session
Paediatric First Aid	Lisnaskea Leisure Centre	27th June	9.45am - 11.45am	1	Crèche available
Tuesday	Venue	Starting	Time	No. of Weeks	Childcare
Breastfeeding Support Group	Newtownbutler, The Old Courthouse	Ongoing	10.30am - 12 noon		Children in session
Welcome to the World (Antenatal)	Via zoom	5th April	6.30pm - 8.30pm	7	
Big Cook, Little Cook	Newtownbutler, The Old Courthouse	26th April	10.00am - 11.30am	2	Children in session
Play & Learn	Roslea Community Centre	26th April	10.00am - 11.30am	9	Children in session
Healthy Eating Workshop	Roslea Community Centre	10th May	9.30am - 11.00am	1	Children in session
Tooth Fairy	Newtownbutler, The Old Courthouse	28th June	10.00am - 11.30am	1	Children in session
Wednesday	Venue	Starting	Time	No. of Weeks	Childcare
Infant massage	Lisnaskea Leisure Centre	20th April	10.00am - 11.00am	4	Children in session
Messy Play	Newtownbutler, The Old Courthouse	27th April	10.00am - 11.30am	4	Children in session
One Stop, Baby Shop	Lisnaskea Leisure Centre	27th April	10.00am - 12noon	Ongoing	Booking essential
Hypnobirthing	Lisnaskea Leisure Centre	11th May	6.30pm - 9.30pm	4	None
Baby Reflexology	Lisnaskea Leisure Centre	18th May	10.00am - 11.00am	4	Children in session
Ready Steady Sing & Play Toddler	Newtownbutler, The Old Courthouse	18th May	10.00am - 11.00am	4	Children in session
Thursday	Venue	Starting	Time	No. of Weeks	Childcare
Nurturing Programme	Newtownbutler, The Community Centre	14th April	9.45am - 11.45am	10	Crèche available
Real Birth Matters	Via Zoom	9th June	6.30pm - 8.00pm	4	
Friday	Venue	Starting	Time	No. of Weeks	Childcare
Incredible Babies	Newtownbutler, The Community Centre	6th May	9.45am - 11.45am	8	Crèche available
Sensory Baskets	Lisnaskea Leisure Centre	22nd April	10.00am - 11.00am	2	Children in session
Rhyme Time	Lisnaskea Library	6th May	10.30am - 11.30am	4	Children in session
Saturday	Venue	Starting	Time	No. of Weeks	Childcare
Core Kids for Dads & Children 2-3 yrs	Lisnaskea Leisure Centre	30th April	10.00am - 11.00am	4	Children in session



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

# INFORMATION TO HELP YOU CHOOSE

## 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.

## INCREDIBLE BABIES PROGRAMME

A 8 week programme supporting parents and their babies, it is organised around the developmental baby stages of 0-3 months 4-6months and 6-12 months. It provides simple but effective techniques to help you promote your children's social, emotional, and language development.

## SENSORY BASKETS 1-4 YEARS

This 2 week programme allows toddler to explore many object through the use of all their senses whilst discussing how they can be implemented in the home environment. Within this programme we look at simple activities that can be made with the children and the use of items around the house. During the hour programme children will be exploring, singing and interacting with all around them.

## 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.

## 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.

## 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.



## CHATTERPILLAR

## 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 Irvinestown, Enniskillen, Lisnaskea and Newtownbutler.

## CHERISH SureStart

The ARC Healthy Living Centre,  
60 Castle Street, Milltate,  
Irvinestown, Co Fermanagh BT94 1EE  
Telephone 028 686 21970

The Old Court House, Bridge Street,  
Newtownbutler,  
Co Fermanagh BT92 8EN,  
Telephone 028 677 38063 or 38086  
cherish@archlc.com  
www.archlc.com

## 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.

## 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.

## 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.

## 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.

## 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.

## READY, STEADY, SING AND PLAY TODDLER

Ready, steady, Sing and Play Toddler is a 4-week programme suitable for toddlers 18 months+. At the sessions, parents/carers will gain ideas to support their toddler's speech and language development through sharing nursery rhymes, songs, stories and play.