



Newsletter

APRIL - JUNE 2023



Hello!

A warm welcome to the Spring edition of our G-old Community Partnership SureStart Planner. We hope you will find something to interest you and your family. In this edition you will find lots of our familiar Play, Health and Family Wellbeing programmes and Groups on offer as well as some new additions!

We recently enjoyed hosting two fabulous "Family Shark" shows for our registered families, this event was provided to families free of charge and a great time was had by all - we were just delighted to see so many happy faces, singing, dancing and having family fun! To keep up to date with what's happening and for other big events like this, like our Facebook page, download our App and be sure to update your contact details with us.

This quarter we celebrated our Team Member Lisa McDonald who joined us 20 years ago as a Childcare Worker as well as welcoming new staff Cathy, Hayley, Martina, Rebekah and Saoirse. We are so lucky to have such a large, experienced staff team at G-old Surestart, ready to support you and your child in those important Early Years of life.

Claire, Mary & The Golden Girls



Gold Surestart - :Loy Buildings, Top Floor, 18-24 Loy Street, Cookstown, BT80 8PE

Tel: 028 867 69994 | Email: info@goldsurestart.org.uk |

Website: www.goldsurestart.org.uk | App: School Jotter |

Facebook: Gold Community Partnership Surestart



Outreach Support



Our Family Support team is a small team of dedicated skilled workers who work closely with families to provide support and advice on techniques and strategies to equip parents with the tools needed to get the best out of family life.

We help our parents develop the skills needed to encourage and promote positive behaviour in their children to reduce /prevent challenging behaviour. We promote positive change through the delivery of our many parenting programmes such as Fresh Little Minds, Nurturing and Solihull.

We can advise on sleep routines, mealtime routines, transitions into playgroup /nursery and toileting and we encourage the improvement of children's health and well being through our various play sessions such as Baby Club and Baby Sensory classes.



Baby Massage and Baby Movers offers a great opportunity to bond and move and grow with your baby whilst providing many proven holistic/ health and wellbeing benefits.

We offer support to our families that have children with additional needs and provide opportunities to explore ways to engage them in play-based activities based on their individual age and stage of development. We also support parents by offering advice and signposting them to other agencies.

We offer a home-based service which is individually tailored to meet each families need.



SLT Team

Speech and Language Therapy (SLT) in Sure Start is for every family.

It is not only for children who have speech, language and communication difficulties.

Good development of Speech, Language and Communication is strongly linked with strong social skills and achievement in school.

Weak development is strongly linked with poor social skills, unemployment, offending and difficulty maintaining relationships.

Our whole SureStart Team is trained in supporting the development of these skills.

Come along to our groups to find out how you can develop your child's Speech, Language and Communication.



Department of

Education

www.education-ni.gov.uk

UNDERSTANDING LITTLE MINDS is for parents and carers who want to know more about sensitive and effective parenting. It shows parents /carers how to tune in and explore their children's feelings and gives them the tools to increase their confidence and self esteem . This course starts on **Wednesday 24th May at 10am for 6 weeks**

Creche is available!

BOOKSTART is coming to Ardboe!
Come along with your child and enjoy a 3 week programme, focusing on stories, songs and fun!
You will receive a Bookstart pack at the end.
Starts on Tuesday 18th April at 10am in Ardboe Resource Centre.
Suitable for 1-2 year olds.

Please call office to reserve a space.
028 867 69994

Fresh Little Minds is a fun and interactive programme that helps promote emotional resilience in families. We explore feelings and emotions and how we express them. Learn about how we can support our children with their big feelings and foster resilience, so they are better able to manage life's stresses. Discover how the AMBER approach helps us find calm, worry less, feel more content, sleep better, improve concentration, increase joy and cope during challenging times.



**Fresh
Little Minds**



Daddy & Me

This group is for Dads, Stepdads, Grandads, Uncles or any male role model in a child's life to come along and share a fun experience through a range of activities. Held the last Saturday of every month. You must be registered with Surestart in order to attend.

