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

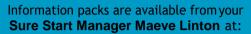
Parents enjoy the benefit of support, advice, home visits and special training courses. A visit to one of our groups is a great way for parents to meet other mums and dads in the area. Sure Start also encourages parents to get involved in the project, to insure parents get the services both they and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







Head Office

Cherish Sure Start Arc Healthy Living Centre Ltd The Arc Healthy Living Centre 116-122 Sallyswood, Irvinestown Co. Fermanagh BT94 1HQ

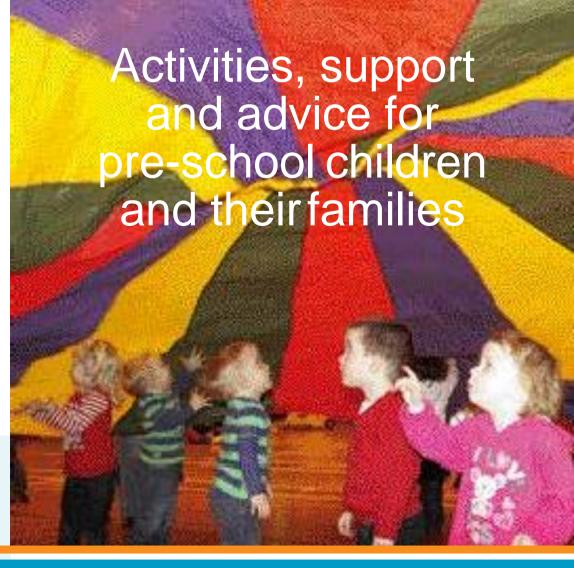
Tel: **028 68621970** Fax: **028 68628598**

Sub-Office

Cherish Sure Start The Old Court House Bridge Street Newtownbutler Co. Fermanagh BT92 8EN

Tel: **028 67738063** Fax: **028 67738086**

Website: www.irvinestowndevelopment.com E-mail: cherish@irvinestowndevelopment.com













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 nine 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.





Worker's are available to provide help. support and advice on any antenatal and early vears 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.
- Support, advice and training for registered childminders and child care staff.
- Dietetics and oral health advice, support and training programmes.
- Infant Massage and Baby Yoga classes for parents/carers with a baby aged 0-8 months.
- Stay & Play Groups
- Young Parents Support Group
- PEEP family support visit 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 mediatised 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





