

COVID 19 Sure Start Update

Week 30 March 2020 Issue:1

SureStart

Welcome to our first Sure Start Update mail out. I thought it would be useful to share with all projects many of the new emerging services all 38 Projects are coming up with in such times of difficulty. Below is a high level summary of many of the services, technologies, resources etc. being used to support families remotely during the current crisis. The attached Zip file also gives a wider range of project level details from Sure Start colleagues that gives a bit more detail. Facebook is proving invaluable at staying connected and I would advise everyone to keep an eye on projects pages for hints and tips. Lastly there are now a wide range of free educational resources being made available online so as you find them please share!

Kevin Duggan

In this Issue:

Page 2 – Practice Sharing Idea/ Useful Resources

Page 3 – Sure Start Virtual Working Ideas

Page 4 – Useful APPS

Page 5 – Best Practice Videos

Page 6 – Safety Measures from PHA



Practice Sharing Ideas

How to engage remotely with Sure Start families

WhatsApp Groups:



Live Streaming



Video Calls



Pre recorded groups:



Facebook Live



Daily Calls



Zoom video App



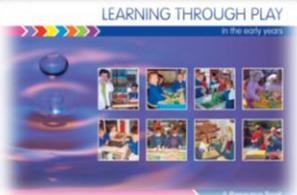
Create a YouTube Channel



Instagram



Useful Resources



Learning through Play



Audible Stories



Pinterest



Playing through the corona virus



David Walliams



Loose Parts Play

Dave the Dog is worried about coronavirus
a nurse Dotty book



Explaining corona virus



Creative resources for parents and teachers.



The Imagination Tree



Red Ted Art



People centre



Northern Ireland

Check out some of our Sure Start Projects videos, live streams and Resources

Abbey Sure Start
Yesterday at 12:21 · 🌐

Hi Sure Start families, for those of you with new babies at home we have included a short video of another Baby massage session with Louise B learning arm stro... See more



Watch together with friends or with a group **Start**

👍 12 6 comments 3 shares 338 views

Abbey Sure Start

Colin Sure Start was live.
Yesterday at 10:59 · 🌐



Watch together with friends or with a group **Start**

👍 101 216 comments 20 shares 2.3k views

👍 Like 💬 Comment ➦ Share

Colin Sure Start

Clogher Valley Surestart
Friday at 15:39 · 🌐

Hi everyone,
Get yourselves and your family together on the sofa and enjoy 'The Gruffalo' story.
See you again soon!
Julie
(Thank you to Dolores for her time and patience from behind the camera 🍷)



Watch together with friends or with a group **Start**

👍 113 25 comments 18 shares 1.9k views

Clogher Valley Sure Start

Last Sure Start
3 hrs · 🌐

For those of you who like a bit of structure in your lives; here's what various celebrities are offering you and your kids for free daily to help with their education w... See more



P.E. WITH JOE
Tuesday 24th March

YOUTUBE.COM
P.E with Joe | Tuesday 24th March 2020
Day two of my 9am daily workouts

LAST Sure Start

Saol Ur Sure Start
Yesterday at 09:06 · 🌐

Good morning everyone. How about nice fluffy pancakes for breakfast. Joanne takes you through the recipe step by step. Kids will enjoy helping... See more




Fluffy Pancakes
pancag meathach

100g/100g plain flour
1 Egg
1 tsp Baking Powder
1/2 tsp Salt
2 Hap Ceancaig
2 Hap Ceancaig
2 Hap Ceancaig

Saol Ur Sure Start

Splash SureStart
5 hrs · 🌐

Join Patricia and Polly to see them collect a rainbow of colours in their home.



I wonder if we could find any rainbow colours around my house... let's see!

Splash Sure Start

Coleraine SureStart Partnership
Tuesday at 15:44 · 🌐

So if you enjoyed the story session today, or if you missed listen to another tomorrow. Live on Piper's Passport on Facebook - just like their page and then watch live ❤️

Piper's Passport
Harpurs Hill Children and Family Centre
West Bann Development
Focus On Family, Ballysally
Causeway Women's Aid



WED, 25 MAR
LIVE STORY TIME
Home - Leeds

INTERESTED

👍 19 4 comments

Coleraine Sure Start

15:35

Newry SureStart
4 hrs · 🌐

Baby Massage Week 1 - Legs and feet.

*Teaching note: Oil - Cold pressed Organic vegetable based oil...
eg. Sunflower Oil. Please do a skin test before you begin.
Massage can take place on a bed or a sofa.
A copy of the Benefits, Strokes and songs in comments. Can be reposted if needed.

Feedback is always welcome...now sit back, relax and enjoy this special time with baby x



Newry Sure Start

Little Hands Surestart
Yesterday at 14:06 · 🌐

We hope you are all keeping safe during this self isolation period. To help keep the children entertained, here at Little Hands SureStart we'll be posting some activities. Today we're posting our play dough recipe we use in our settings. We hope you all find it simple to do and are able to find the ingredients needed.



Little Hands Sure Start

Useful APPS



APPS	Name	Category	Cost	Information
	Catch It	Mental Health	Free	Learn how to manage feelings like anxiety and depression with catch it. It will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.
	Stress and Anxiety Companion	Mental Health	Free	Learn how to handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, it helps you change negative thoughts to help you better cope with life's ups and down
	Calm Harm	Mental Health	Free	Calm harm is designed to help people resist or manage the urge to self-harm. It's private and password protected.
	Meetwo	Mental Health, Online Community, Child Health	Free	Meetwo provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.
	Peanut	Pregnancy and Baby, Online Community	Free	Peanut aims to make sure no one must navigate womanhood alone, especially the hard parts. It gives you access to a social network to connect with other women across fertility and motherhood. It aims to make it easy to meet, chat and learn from like-minded women.
	Pzizz	Sleep	Free	Pzizz helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed. It uses "dreamscapes" – a mix of music, voiceovers and sound effects designed using the latest clinical research to help you sleep better at night or take power naps during the day.
	Couch To 5K	Health and Lifestyle	Free	Walk and run your way to 5k this couch to 5k app designed to take total beginners from walking to running for 30 minutes in just 9 weeks. Presented in association with BBC get inspired, it builds you up gradually with a mix of running and walking.
	Calm	Meditation and Relaxation Aid	Free	In the calm app, the daily calm is a 10-minute meditation that's new every day. Relaxing nature sounds from the calm app for relaxation, deep sleep and focus
	My Affirmations	Live Positive	Free	Life does not happen to you; it happens for you. Your life is your creation. What you believe in will become your reality. Affirmations help you to change the outlook of your life by impregnating positive thoughts in your subconscious mind. Once you believe in a thought, that thought begins to manifest into reality.
	Head Space	Sleep and Guided Meditation	Free	Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.
	7 Cups – Anxiety & Stress Chat	Mental Health	Free	7 cups connect you to caring listeners for free emotional support. Grow at your own pace. Explore self-help guides & growth paths for proven tips and advice on how to feel better.
	Lets Meditate	Sleep and Guided Meditation	Free	A very straightforward approach to guided meditation; no clutter, no distraction. Just choose a track and hit play. It's as simple as it can get.

Video's from Best Practice Event, Dungannon Sure Start. These may be useful guide for staff to do at home during this time.

Inclusion:

Dungannon:



Environment:

Fathers:



Leadership & Management:

Woodland Walks:



Information for Keyworker Staff looking for Child Care via Family Support NI

familysupport NI.gov.uk
Helping You Find the Services You Need

Information for Key Worker Staff Looking for Childcare

We have contacted Childcare Providers and asked them to indicate if they have capacity to take on children of Key Workers during Covid-19 crisis

We are populating this information a.s.a.p. on www.familysupportni.gov.uk website.

In order to quickly find Child Care Providers who have indicated they **HAVE** capacity for Key Workers children please go to :-

www.familysupportni.gov.uk – Childcare Section



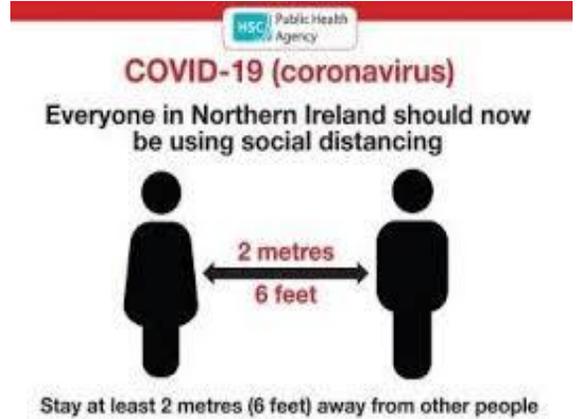
Step 1 : Input 'Key Worker' at Key Word search



Step 2 Narrow Search Results by Postcode Area :-



Please Check Public Health Agency Website Regular for COVID 19 Updates



<https://www.publichealth.hscni.net/>

SureStart

#surestartworks



**Partnership working is at the root of
What makes Sure Start work**