



ANDERSONSTOWN, GLENCOLIN, GLEN ROAD, LADYBROOK  
CONTACT US ON 028 9030 0307

# Winter 2023 Newsletter

Volume 10 issue 1

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# IMPORTANT INFORMATION FOR PARENTS

## PRE-SCHOOL PLACES 23/24

Is your child 3 years old on or before 1st July 2023?

Information on how to apply and the published admissions criteria of pre-schools for the school year September 2023 – June 2024 will be available on the Education Authority's website from 13 December 2022

## DEVELOPMENTAL PROGRAMME FOR 2-3 YEAR OLDS 23/24

Is your child 2 years old on or before 1st July 2023?

Expression of interest forms for the Developmental Programme for 2/3year olds will be available from Monday 16th January 2023. These can be collected in person from the offices of Outerwest Surestart 124 Stewartstown Road. Forms need to be returned in person to the Surestart office no later than Monday 13th March 2023.





# *What's been happening at SureStart*





# STAY SAFE THIS CHRISTMAS

## Your child and button batteries

Now as the festive season approaches its time to think safety. With flashing and musical Santa hats, Christmas cards and decorations flooding the market, just the kind of novelties that children adore, think about the batteries these items contain.

### Why are these so dangerous?

These batteries aren't just a choking risk in many cases it may not even be obvious that your child has swallowed one. They may breathe normally or simply develop flu-like symptoms. But if a button battery gets stuck in the throat or gullet this can trigger the electrical charge and create caustic soda (the chemical used to unblock drains). This can burn a hole through the throat and can lead to serious internal bleeding and death. The reaction can happen in as little as two hours. Button batteries are also very dangerous if they get stuck in a child's ear or nose.

### And remember!

It's not just Christmas novelties that contain these batteries, children's toys, talking books, thermometers, small remote controls, flameless candles, hearing aids are just some of the products that operate through button batteries.

### Keep your child safe by:

- Putting products with button batteries well out of reach if the battery compartment is not secured with a screw
- Store spare button batteries well out of the reach of children
- Avoid toys from markets or temporary shops as they may not conform to safety standards
- Teach older children that button batteries are dangerous and not to play with them or give them to a younger brother or sister.

### Be aware!

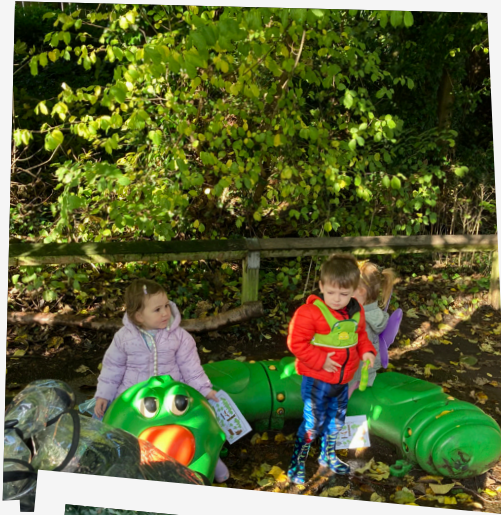
If you suspect your child has swallowed a button battery, the most important thing is to act quickly-go straight to A&E or dial 999 for an ambulance. Tell your doctor that you think your child has swallowed a button battery. **DO NOT** let the child eat or drink. **DO NOT** make them sick. **DO NOT** wait to see if symptoms develop seek medical attention immediately.





*What's been happening at SureStart*

## Gruffalo Trail





# PROGRAMME WAITING LISTS UPDATE



We would just like to take this opportunity to explain how we are currently operating our waiting lists.

The best way is to contact the office and let us know all the programmes you are interested in attending. Your details will then be passed on to Órla and the Family Support Team and you will be added onto the waiting list, or as we put it “your name is down”. Ideally you will then be offered one programme at the start of the next 5-6 week block, another one after that, and so on, until hopefully you have attended everything you wanted.

## **That’s the plan anyway!**

However sometimes there are more requests than places. For instance, we offered nearly 100 places in Nov-Dec yet some parents still didn’t get anything (though their “name is still down”!! ). We will only contact you when you have been given a place, so please make sure we have the right contact details for you. And if you think you have been overlooked, then please send Órla/FST a message and we will ensure that your name is down and that we haven’t mixed you up with someone else!

We understand things can come up unexpectedly (especially with small children) but if you know you cannot come to a programme you have been offered or you cannot complete the full programme, please let us know as soon as possible. That way we can offer the place to someone else on the waiting list so everyone gets to attend something they are interested in.

**And remember while waiting you can always drop in to Weigh and Play, Breastfriends, Circuits/Pramtastics and Fit4Two, as well as the 5 Drop In and Play sessions!**







## Ingredients

- 2 tsp rapeseed oil
- 2 onions, finely chopped
- 4 celery sticks (about 175g), finely diced
- 4 carrots (320g), finely diced
- 2 garlic cloves, chopped
- 400g lean (5% fat) mince beef
- 400g can chopped tomatoes
- 2 tbsp tomato purée
- 2 tsp vegetable bouillon
- 1 tbsp balsamic vinegar
- 1 tbsp fresh thyme leaves
- 6 wholewheat lasagne sheets (105g)
- For the sauce
  - 400ml whole milk
  - 50g wholemeal flour
  - 1 bay leaf
  - generous grating of nutmeg
  - 15g finely grated parmesan

## Method

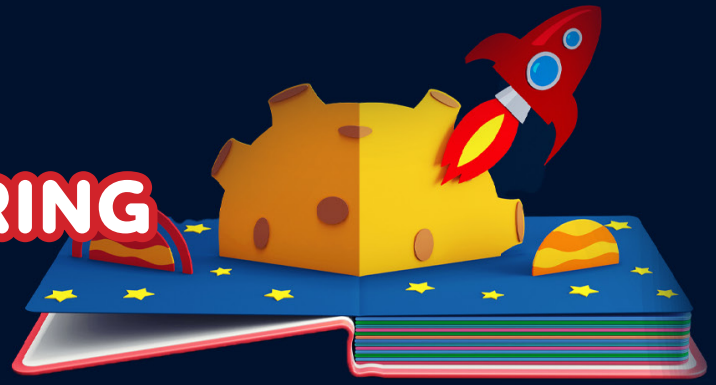
**STEP 1-**Heat the slow cooker if necessary. Heat the oil in a large non-stick pan and fry the onions, celery, carrots and garlic for 5-10 mins, stirring frequently until softened and starting to colour. Tip in the meat and break it down with a wooden spoon, stirring until it browns. Pour in the tomatoes with a quarter of a can of water, the tomato purée, bouillon, balsamic vinegar, thyme and plenty of black pepper, return to the boil and cook for 5 mins more.

**STEP 2-**Spoon half the mince in the slow cooker and top with half the lasagne, breaking it where necessary so it covers as much of the meat layer as possible. Top with the rest of the meat, and then another layer of the lasagne. Cover and cook on Low while you make the sauce.

**STEP 3-**Tip the milk and flour into a pan with the bay leaf and nutmeg and cook on the hob, whisking continuously until thickened. Carry on cooking for a few mins to cook the flour. Remove the bay leaf and stir in the cheese. Pour onto the pasta and spread out with a spatula, then cover and cook for 3 hours until the meat is cooked and the pasta is tender. Allow to settle for 10 mins before serving with salad.



# GIVE YOUR CHILD THE GIFT OF SHARING THIS CHRISTMAS



## OPEN UP A WHOLE NEW WORLD FOR YOU AND YOUR CHILD

### Why read with your child?

Books are fun! Reading a book is a special time for you and your child to share from birth. They may not know all the words but they will love listening to your voice while looking at the pictures. Pictures/words are always there to be read over and over again, which makes it much easier for your child to learn new words. Don't forget, you can take books anywhere!

### Top tips for sharing books!

- Turn off any other distractions e.g. TV.
- You can talk about the pictures & not read the words.
- You can change the words or simplify the language.
- Introduce books into their daily routines e.g. include a story before bed or in the afternoon following a nap.
- Let them hold the book and explore it even if they put it in their mouth!
- You can read books again and again, children love to hear stories lots and then they can then start to retell the story themselves.

### What books?

**LIFT THE FLAP BOOKS** – children get to join in by lifting the flaps while enjoying the story and learning new words.

**Peekaboo** – Doris Kindersley

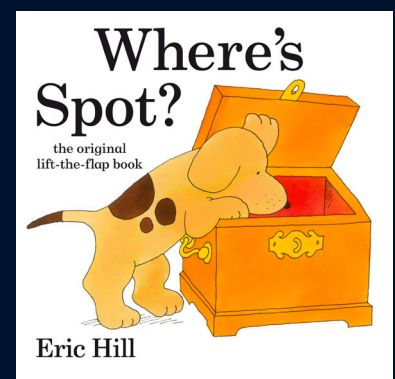
**Where's spot** – E. Hill

**FEELY BOOKS** – children can use many senses (touch, visual, and hearing) to learn new words and concepts

**Usbourne**

**RHYMING BOOKS** – rhyming books have predictable language, and can be easy for your child to join in!

**Goodnight moon** – Margaret Wise Brown





*What's been happening at SureStart*

SING ENCANTO!





**We are excited to announce the return of  
the annual SureStart**

# ***Christmas Party***

**Who would believe it has been 3 years since we last hosted this event?  
Come along and join us to celebrate, meet up with old friends and new.  
See Santa and the Elves and enjoy the festivities.**

**WHERE - GLEN COMMUNITY CENTRE  
WHEN - FRIDAY 16TH DECEMBER 10AM-12PM**



**We are expecting a high level of interest in this event and places will be  
allocated on a first come, first served basis.**

**Call the office to book on 02890300307**



# *What's been happening at SureStart*

## Baby Sensory



## Weigh & Play





# WINTER TIMETABLE

Beginning	Activity	Book	Location	Time
9th January	Drop in and play	No need to book	St Michaels Parish Hall St	10.30am-12.00pm
	Weigh & Play (baby clinic with Health Visitor)	No need to book	Teresa's PS	10.00am-12.00pm
10th January	Baby Swim (5 week programme)	Via office 02890300307	Andersonstown Leisure Centre	9.30am-10.30am
	Aquanatal Yoga (4 week programme)	Directly with Midwife 07584551219	Andersonstown Leisure Centre	10.30am-11.30am
	Drop in and play	No need to book	Hannahstown Community Centre	10.00am-12.00pm
	Baby Yoga (5 week programme)	Via office 02890300307	Suffolk Community Centre	10.00am-12.00pm
	Hypnobirthing Classes	Directly with Midwife 07584551219	Suffolk Community Centre	6.30pm-8.00pm
	Dads and Tots swim	Via office 02890300307	Andersonstown Leisure Centre	6.30pm-7.30pm
11th January	Drop in and play	No need to book	Horn Drive Community Centre	10.00am-12.00pm
	Breast Friends (breast feeding support group)	Directly with Midwife 07584551219	St Teresa's PS	10.30am-12.30pm
	Mums Circuits	Via office 02890300307	Hannahstown Community Centre	10.00am-11.00am
	Antenatal Reflexology (for antenatal mums who are 37 weeks into their pregnancy).	Directly with Midwife 07385387163	St Teresa's PS	2.00pm-5.00pm
	Baby Massage (6 week programme)	Via office 02890300307	Suffolk Community Centre	10.00am-12.00pm
12th January	Drop In and play	No need to book	Suffolk Community Centre	10.00am-12.00pm
	Fit4Two (Antenatal and postnatal physical activities)	Directly with Midwife 07385387163	Colin Glen Forest	10.15am-11.15am (A/N) 11.30am-12.30pm (P/N)
	Time for me. (for further details, call the office).	Via office 02890300307	Horn Drive Community Centre	10.00pm-12.00pm
13th January	Drop in and play	No need to book	Glen Community Centre	10.00am-12.00pm
	Multicultural Group	Via office 02890300307	Surestart Bungalow (Blacks Road)	10.00am-12.00pm

## COMING SOON-FIRST AID FOR PARENTS

If this is something you may find useful, call the office on 02890300307 to register your interest.