

HEALTHY START

With Healthy Start, you get free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins. <https://www.healthystart.nhs.uk/>
Pregnant or have children under the age of four? You could qualify if you're on benefits, or if you're pregnant and under 18.



Meet 1st Wednesday of each Month from 10 to 12noon in Rainbow SureStart Office, Castlederg

For further details contact:
Emma Burke 07544343937; Louise Timoney 07747085748
Helpline Number: 0845 055 9010



www.capt.org.uk

We are committed to reducing the number of children and young people killed, disabled or seriously injured in accidents.



Early Years is the largest organisation in Northern Ireland for young children. We are a non-profit making organisation and have been working since 1965 to promote high quality childcare for children aged 0 - 12 and their families. For further information to to www.early-years.org

FOR FREE PARENTAL MEMBERSHIP EMAIL :LIZG@EARLY-YEARS.ORG



ParentingNI
0808 8010 722
www.parentingni.org

keeping parents at the heart of what we do...

For further information please log on to our web page www.parentingni.org



Helping You Find the Services You Need

www.familysupportni.gov.uk



SUPPORT 2GETHER

We want all women who suffer from Post-Natal Depression to know HELP is available and they are NOT ALONE!
For further information contact Brenda McCaskie on 078 3504 0086 or follow on Facebook. Website address is www.support2gether.co.uk or email info@support2gether.co.uk



For help, support and advice:
24 Hour FREEPHONE
Helpline – 0800 917 1414

PARENT & TODDLER GROUPS

AREA	VENUE	DAY	TIME
Ardstraw	Ardstraw Presbyterian Church Hall	Monday & Wednesday	10.00am - 12.00 noon
Newtownstewart	Ardstraw & Baronscourt Hall	Tuesday & Friday	10.00am - 12.00 noon
Castlederg	Parochial Hall, Main Street	Tuesday	10.00am - 11.30am
Killen	First Steps Daycare	Tuesday & Friday	9.00am - 12.00 noon
Aghyaran	St. Caireall's School	Thursday	11.00am - 12.00 noon

DAY CARE

AREA	VENUE	CONTACT
First Steps Day Care Centre	1 Munie Road, Killen, BT81 7QT	028 8167 9041
Teddy Bears Nursery	13a/14a Castlederg Enterprise Centre, 1 Drumquin Road, Castlederg	028 8167 8585
Around the Corner	48 Lurganbuoy Rd, Castlederg BT81 7HT	028 8167 1969

CHRISTMAS CAPERS



EASTER EGG HUNT



FOLK PARK VISIT



Hi Everyone

Welcome to the 17th edition of Over the Rainbow Chatter!

I'm delighted to report that we are finally seeing some signs of spring and hopefully something yellow and bright will appear in our skies shortly!! We really do hope you will not be disappointed with our newsletter and with the smell of spring in the air it will encourage you all to come and join us.

The Rainbow girls have as usual been extremely busy planning another packed programme to provide excitement and challenge for you and your child .

So when you get a moment, sit down, browse through our Newsletter then pick up the phone and give us a ring to book your well deserved place.

Looking Forward to seeing you all soon!

Yvonne Tracey
(Project Co-ordinator)

Over the Rainbow Chatter

Rainbow SureStart
5 Prospect Court,
Castlederg,
BT81 7PT
T: 028 8167 9483
F: 028 8167 8946

Rainbow SureStart
Centre 2000,
17 Moyle Road,
Newtownstewart,
BT78 4AP
T: 028 8166 1666

Rainbow SureStart
The Old Mill,
2a Main Street,
Drumquin,
BT78 4SB
T: 028 8283 1069

E: info@rainbowsurestart.org

CONGRATULATIONS TO EDEL McNULTY WHO WON A £20 VOUCHER FOR THE EARLY LEARNING CENTRE.

Watch out for our next newsletter to see who our next lucky registered family will be.



RAINBOW SURESTART PARENTS FORUM

Any registered parent/carer are invited to come along to a short informal discussion to help shape the future of Rainbow SureStart services and programmes. It is really important that we have the opportunity to hear from you to ensure you feel we are supporting you in giving your children the best start in life .We also need you to share with us how we can improve our programme delivery so please come along !

Date	Time	Venue
Thursday 13th June	10.00-11.00am	Rainbow SureStart Office, Castlederg

Please call the office on 028 8167 9483 to confirm attendance
Childcare available on request



Find us on Facebook 'Like' the Rainbow SureStart page on Facebook and keep up to date with all our programmes and event

HOW TO GET REGISTERED

If you are pregnant or have a child or children between 0-4 years and live in the areas of:
• Castlederg • Clare • Glenderg • Newtownstewart • Drumquin

The only criteria for registering is if your postcode is within our designated area (as set by the Western Area Childcare Partnership) and the ages of your children. It is a free service and is not dependant on income or family circumstances.

To register and start availing of SureStart Services just call into the office or ring 028 8167 9483.

PROGRAMMES FOR YOU AND YOUR BABY



HYPNOBIRTHING

With Amanda Lafferty BSc(HONS), ADM, RGN, RM

Commencing Tuesday 14th, 21st, 28th May & 4th June 2013
7.00 – 10.00 pm
The Old Mill, Drumquin

The Hypnobirthing Advantage:

- Eliminates the Fear-Tension-Pain Syndrome before, during and after birthing.
- Eliminates or greatly reduces the need for chemical painkillers.
- Shortens the first stage of labour by several hours.
- Eliminates fatigue during labour, leaving mother fresh, awake, and with energy for actual birthing.
- Promotes special bonding of mother, baby, and birthing companion.
- Fosters more rapid postnatal recovery.
- Prepares you for labour and birth

You Will Learn

- Relaxation and self-hypnosis techniques to eliminate the fear and tension that cause long labour and pain, replacing them with confidence, calm, and comfort.
- Other techniques to produce a shorter, more comfortable labour.
- To practice deep relaxation during and between uterine surges.
- The importance of antenatal and perinatal bonding.

Please call the office on 028 8167 9483 to book a place

MATERNITY REFLEXOLOGY

Reflexology in pregnancy improves general wellbeing, is pleasant to receive and induces a deep relaxation. Reflexology can help put you in the best possible condition for whatever type of birth you experience. Available from 37+ weeks and on referral from your midwife.



For further information contact Breege on 028 8167 9483.

SURESTART BABYSTART:

Come along for a chat, play, help and support if you have a baby under 1 year old and meet the Health Visitor and other members of the Rainbow SureStart team.

Please note we cannot accommodate older children in this programme.

VENUE	DATE	TIME
2000 Centre, Newtownstewart	Thursday 18th April Thursday 16th May Thursday 20th June	10.30 - 12.00
Healthy Living Centre, Castleberg	Monday 29th April Monday 20th May Monday 24th June	10.30 - 12.00
The Old Mill, Drumquin	Thursday 25th April Thursday 30th May Thursday 27th June	10.30 - 12.00

BREAST FEEDING SUPPORT GROUPS(BFS)

DATE	TIME	VENUE
Bosom Buddies BFS meet every Monday (except bank holidays)	10.00 – 11.30am	Healthy Living Centre Castleberg

Contact 07522042587 for further information.

DATE	TIME	VENUE
Rainbow Surestart BFS Meet every Wednesday	10.00 – 11.00am	Old Mill Drumquin.

Contact Breege on 02881679483 for further information



BABY REFLEXOLOGY

Baby Reflexology is safe, non-invasive therapy specially adapted for babies. It is suitable for babies from 4 weeks. The programme is offered over 3 weeks as hourly sessions.

Week 1: Well-being, Feeding and digestion
Week 2: Sleeping and Comforting

VENUE	DATES	TIME
2000 Centre Newtownstewart	Tuesday 7th & 14th May	10.30 – 11.30 am
Around the Corner, Castleberg	Thursday 16th & 23rd May	1.30 – 2.30 pm
Old Mill, Drumquin	Tuesday 12th & 19th June	1.30 – 2.30 pm

For information and to book your place. Contact the office on 028 8167 9483.

INFANT MASSAGE

Infant Massage offers a way of communicating, bonding and relaxation, through nurturing touch. Massage can help relieve colic, teething and constipation.



This programme is suitable for infants from 8 weeks to 9 months old.

VENUE	DATES	TIME
2000 Centre Newtownstewart	Tuesday 21st, 28th May, & 4th, 11th June	10.30 – 11.30 am
Old Mill Drumquin	Wednesday 15th, 22nd, 29th May & 5th June	1.30 – 2.30pm
Around the Corner, Castleberg	Thursday 11th, 18th, 25th May & 1st June	1.30 – 2.30 pm

For information and to book your place. Contact the office on 028 8167 9483.

RHYTHM KIDS

A fun way for you to use music and rhymes to develop your child's speech and language and enhance their growth and development. Best suited for babies from 8 weeks to crawling



VENUE	DATES	TIME
2000 Centre Newtownstewart	Tuesday 18th, 25th June & 2nd, 9th July	10.30 – 11.30 am
Around the Corner, Castleberg	Thursday 30th May, 6th, 13th, 20th June	1.30 – 2.30 pm
Old Mill, Drumquin	Wednesday 26th June 3rd, 10th July	1.30 – 2.30 pm

Please contact Sandra or Breege on 028 8167 9483 to book a place

INCREDIBLE YEARS BABY PROGRAMME

This is an exciting new programme for Rainbow SureStart and is open to parents with babies aged up to 6 months.



The topic areas include:

- Getting to know your baby
- Babies as Intelligent learners
- Providing physical, tactile and visual stimulation
- Parents learning to read babies' minds
- Gaining Support

Starting Tuesday 30th April for 8 consecutive weeks 10 – 12.00 Around The Corner, Castleberg

Babies attend with parent/s but daycare can be offered for older children.

For more information or to book a place, please call the office on 028 8167 9483

PROGRAMMES FOR FUN AND ENJOYMENT



PLAY AND LEARN

'Play and Learn' in Partnership with Rainbow SureStart will continue in conjunction with the local libraries with time for play, stories and rhymes.

No need to book a place, just call in and join the fun Children must be accompanied at all times during the Play and Learn session.

Every Tuesday	Every Wednesday	Every other Friday
In The Old Mill, Drumquin	In Castleberg Library	In Newtownstewart Library
10.30 – 11.30am	10.30 – 11.30am	10.30 – 11.30am
		Commencing 26th April 2013



Rhymes & Fun in the Sun
Castleberg Library
Wednesday 10th July
10.30 – 12.00

Rhymes & Fun in the Sun
Old Mill Drumquin
Tuesday 6th August
10.30 – 12.00

Rhymes & Fun in the Sun
Newtownstewart Library
Friday 9th August
10.30 – 12.00

Contact Christine on 028 8167 9483 for further information

YOUNG PARENTS GROUP

Are you 25 years or under and pregnant or have children? Join us for some fun, help and support. Let us know if you need assistance with transport.



VENUE	DATE	TIME
Around The Corner, Castleberg	Tuesday 11th June	3.00 – 4.30
Young Parents Trip to Barontop Farm	TBC	Details will follow

If you don't already receive text reminders about this group, give Diane or Moira a call on 028 8167 9483 or text on 07525687823



FUNSTART

This programme for 2-4 year olds gives parent (or other carers) and children the opportunity to experience some cheap and cheerful play ideas which can be repeated at home.

Old Mill, Drumquin
Friday 3rd, 10th & 17th May
10.00 – 11.00

2000 Centre, Newtownstewart
Friday 24th, 31st May & Friday 7th June
10.00 – 11.00

Please call the office on 028 8167 9483 to book a place



REFLECTIONS

Reflections is especially for all children who have additional or extra needs. Come along and join us in our Sensory Place, Old Mill Drumquin

Contact Breege on 028 8167 9483 for further information.

DATE	TIME	VENUE
Tuesday 7th May	1.00 – 2.00 pm	The Old Mill, Drumquin
Tuesday 4th June	1.00 – 2.00 pm	The Old Mill, Drumquin
July (TBC)	TBC	Summer Trip (TBC)

DATES FOR YOUR DIARY

FAMILY SUMMER OUTDOOR FUN DAY



Hands in the Sand



Mud pie Kitchen

Saturday 27th July
11.30am – 1.00pm
The Old Mill Drumquin

Please contact the office on 028 816 79483 to confirm attendance

PROGRAMMES FOR A HEALTHIER YOU



COOK IT

Fast, Affordable, Nutritious Food for Families (and a bit of fun as we go along).

Starting Friday 26th April
10.00 am – 12.00 noon
for 6 consecutive weeks in the Rainbow SureStart Office, Castleberg.

Childcare available on request
Please call the office on 028 8167 9483 to book your place

PAEDIATRIC FIRST AID INFORMATION*

This session provides basic First Aid information from Order of Malta on how to deal with accidents and emergencies affecting babies and children.



VENUE	DATE	TIME
The Old Mill, Drumquin	Tuesday 11th June	7.00 – 9.00 pm

Please contact the office on 028 8167 9483 to book a place

*Please note this is not an accredited course



WEANING WORKSHOP

The weaning workshop provides practical advice to help you feel more confident about how and when to start weaning your baby.

Wednesday 8th May
In Around The Corner, Castleberg
10.00am – 12.00 noon

Childcare is available on request.
To book your place, please contact the office on 028 8167 9483

NEW PROGRAMME



SOLID START PROGRAMME

Come and enjoy practical sessions on preparing Healthy weaning foods for your baby.

Wednesday 22nd, 29th May & 5th June 10am -12 noon
Rainbow Surestart Office, Castleberg.

Contact Sandra to book your place on 028 816 7948.

NEW FOR YOU!!! BUGGYCISE



This new innovative four week programme provides a fun way for mums to beat the baby blues, and shake off the post baby weight. Having your baby with you whilst exercising means you can stop to feed, or change them when you need to. All parents with children in a buggy are welcome to join us!

Date	Time	Venue
Thursday 6th ,13th, 20th & 27th June	9.30-10.30am	Derg Parish Youth Hall ,Castleberg
Thursday 6th ,13th, 20th & 27th June	11.30-12.30	Centre 2000, Newtownstewart
Friday 24th 31st May 7th & 14th June	10am-11am	Old Mill Drumquin

Please call the office on 028 8167 9483 to book a place.

POTTY TRAINING WORKSHOP



Potty training is an important milestone for your child but can be stressful for parents.

Come along for tips to make potty training simple, smooth and successful.

DATE	TIME	VENUE
Thursday 23rd May 2013	10.30am-11.30am	Around the Corner, Castleberg

Childcare available on request
For further information or to book a place contact the office on 028 8167 9483