

SureStart^{Colin}



15-16

Annual
Report

"Giving every child the best possible start in life"

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Vision & Mission

VISION

Colin Sure Start aims to reach out to families with children aged 0-4 years..... laying foundations, creating opportunities and working in partnership to give every child the best possible start in life.

MISSION

Our mission is to work in partnership to deliver services for families of children aged 0-4 years through antenatal engagement and postnatal support thus enabling smooth transitions into early years services.



Sure Start Principles and Outcomes

The Sure Start Programme is supported by a number of key principles:

- *To co-ordinate, streamline and add value to existing services for young children and their families in local communities.*
- *To involve parents.*
- *To avoid stigma.*
- *To ensure lasting support.*
- *To be sensitive to local families needs.*
- *To promote the participation of all local families.*

Sure Start work is focused on six high level outcomes to ensure children are:

- *Being healthy.*
- *Enjoying learning and achieving.*
- *Living in safety and with stability.*
- *Living in a society which respects their rights.*
- *Experiencing economic and environmental well-being.*
- *Contributing positively to community and society.*

How do we apply these Sure Start Principles and Outcomes?



Improving health, by supporting parents in caring for their child's health needs



Improve social development, by encouraging positive parenting and strong early relationships between parents and their children



Improve ability to learn by encouraging play, improving language skills and providing early intervention where it is needed

Coordinator's Foreword



Coordinator's Report 15-16

The Colin Sure Start was once again extremely busy throughout the 2015-2016 year. Our previous Project Coordinator, Jacqui Adair, moved to pastures new in November 2015 and in the interim to my appointment in April 2016 the Management Committee and senior management team ensured that the project continued to be delivered to the highest of

standards throughout the area.

This Coordinator's report is therefore more of a reflection of the Colin Sure Start team's efforts and I would like to take this opportunity to recognise the dedication and hard work of all those involved in delivering our services over the past year.

Our Sure Start Developmental Programme for 2-3 Year Olds continues to be in great demand. This programme aims to enable children to reach their full potential and to make the transition into preschool and nursery a lot smoother for both children and parents. It was once again over subscribed for the September 2015 intake but we are delighted to announce that all children secured a place on one of our Sure Start services helping ensure that they get the best start in life.

A focal point for the year was when we held an open day in September working in partnership with over 20 local agencies and professionals, providing information on services that can be accessed in the Colin area. The event was celebrated with the Lord Major of Belfast, was attended by many families and was a great success. Examples of the agencies that attended included:

- **Family Nurse Partnership**
- **Health Promotion**
- **Midwife Led Unit – Lagan Valley**
- **Speech & Language**
- **Community Dental**
- **Community Police**
- **Belfast City Council**
- **Bounty**
- **Bryson Energy**
- **Bryson Future Skills**
- **Citizens Advice Bureau**
- **Library**
- **Craft Stalls**

We also revamped our quarterly newsletter which has been favourably received. The new look enables us to provide more detailed information on the various programmes we offer and also share photographs from recent projects we have run. We welcome all feedback on the newsletter so we can continue to develop it, please let us know if you have any comments. If you have other suggestions about our programmes why not get involved in our Parents Forum? Look out for details of our next meeting and come along, your input helps shape the services we deliver.

Partnerships are an integral factor to Sure Start's success, it is by working together that we can maximise resources and have a bigger positive impact on young children's lives. It is my role to develop existing partnerships and to establish new ones, and I am keen to explore this over the following year. I would also like to take this opportunity to thank all our current partners for the continued support, hard work and commitment they have exhibited over the past year.

In addition to myself joining the team in April there have been a number of new staff joining the project over the past year, details of our staff can be found within this annual report. Some of these changes have been due to a mini baby boom that has occurred in the staffing team over the past year, there must be a hot seat somewhere! Many congratulations to all new staff joining Colin Sure Start and also to all our wonderful new mummies and their bundles of joy. There has also been a number of changes within the Management Committee within the year that has seen the arrival of Kate Lavery from Colin Counselling, David Simpson from Colin Neighbourhood Partnership and Paula Irvine from Footprints Women's Centre.

Can I finally thank everybody for making me feel so welcome in my short time here, I look forward to meeting and working with many of you over the forthcoming months.

Another exciting year lies ahead; a year in which we will continue to develop programmes in line with Colin's needs and a year where parents and children can bond, grow and thrive together, what better place is there to be?

Glenda Burns
Project Coordinator



Chairperson's Foreward



On behalf of the Colin Sure Start Management Committee, I am pleased to present the annual report for 2015 to 2016, which demonstrates yet another successful year for the organisation.

Today I would like to take the opportunity to acknowledge the continued progress that has been made whilst also looking forward to the future with enthusiasm. In the year since our last AGM we have continued to make a difference in the lives of those we work with in the Poleglass, Twinbrook, Lagmore, Derriaghy and Kilwee areas of Colin.

This annual report shows the depth and breadth of the activities of the organisation, celebrating successes at every level. Everyone can read about the impact that Colin Sure Start and its ground-breaking programmes and activities are making on the early years arena, as well as celebrating achievements from all of the settings working alongside Colin Sure Start. This year we are celebrating fifteen years of Colin Sure Start, and whilst much has changed both inside the project and in the world around us, one thing has never changed; families and children remain at the heart of everything we do, and we are guided by their needs, interests and rights.

This focus on children's rights underpins everything we do, it makes sure that we are well placed to innovate and grow in the coming years! The aims of Sure Start are to complement the work of existing local services and provide families with children under four with support, advice and programmes to help their young ones get the best start in life.

One way we achieve this is through close collaborative working with a varied range of partner organisations in the area. Working with, for example, Footprint Women's Centre, Colin Neighbourhood Partnership, St Luke's Cara House, Christ the Redeemer Lagmore Parish, Barnardos, Lagan Valley Education Project, Ionad Na Faiseoige, local nursery schools and community centres enables us to maximise resources, share best practice and provide a comprehensive service to families.

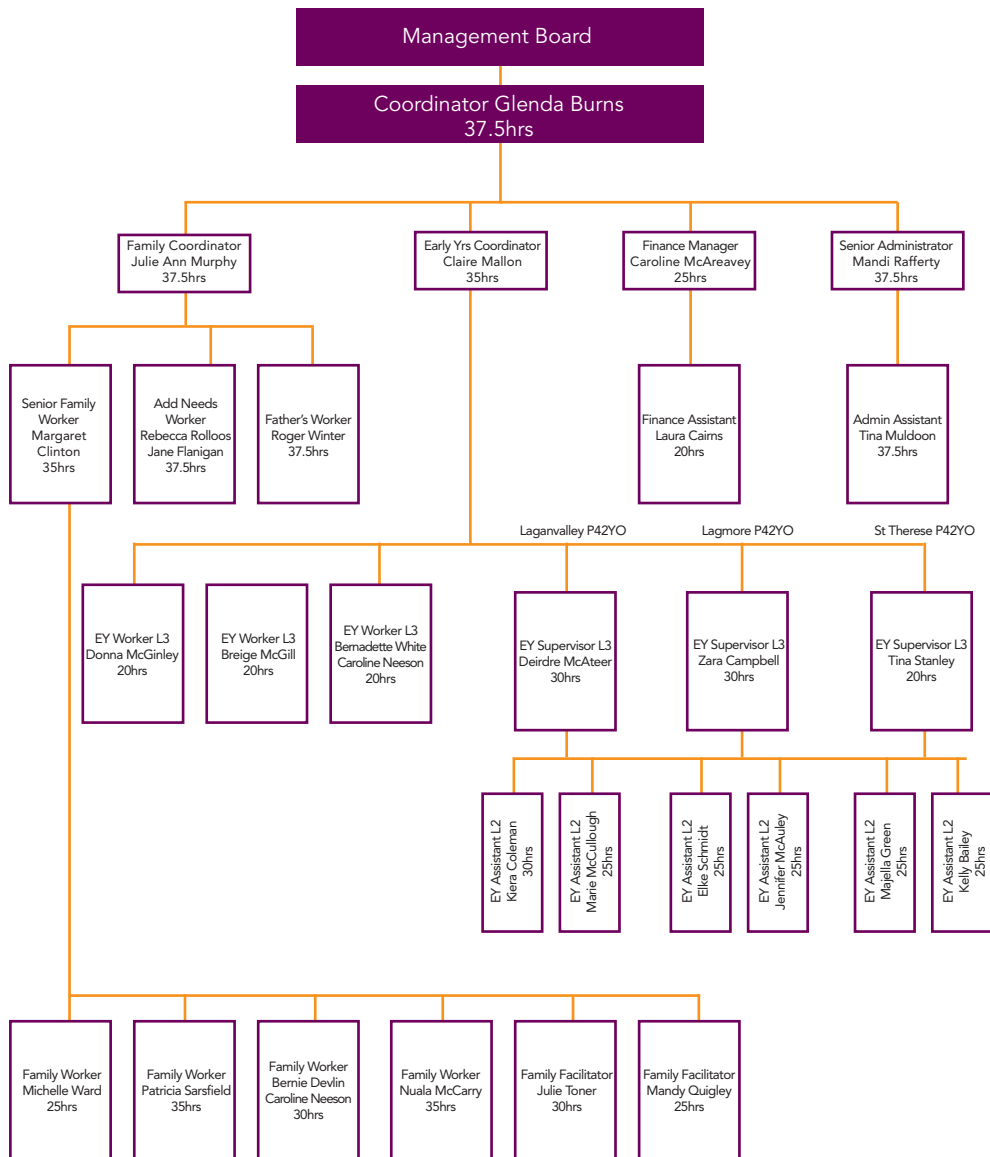
2015 was a year of continuing change and development for us all and we know that 2016 will also present more challenges but we are confident that Colin Sure Start is well placed to meet the coming year in a positive and proactive way. We are excited and ready for the year ahead and we are looking forward to developing our services further to suit our local families.

Finally, I'd like to congratulate the Management Committee and Sure start staff for their continued commitment and dedication demonstrated in all the activities presented in the past year. These qualities have helped shape Colin Sure Start, and everyone should be very proud of their contribution.

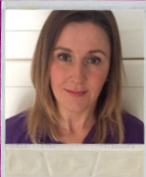
Thank you

Theresa Brady Chairperson

Organisational Chart



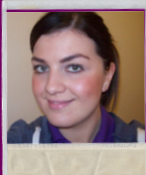
Early Years Team



Claire Mallon
Early Years
Coordinator

Sure Start Developmental Programme for 2-3 Year Olds

Lagmore



Zara Campbell
Programme
Supervisor



Elke Schmidt
Early Years Worker



Jennifer McAuley
Early Years Worker

Laganvalley



Deirdre McAteer
Programme
Supervisor



Kiera Coleman
Early Years Worker



Marie McCullough
Early Years Worker

St Therese



Tina Stanley
Programme
Supervisor



Anne Morelli
Early Years Worker



Kelly Bailey
Early Years Worker

Developmental Programme for 2-3 year olds



Colin Sure Start continues to deliver the Sure Start Developmental programme for 2 – 3 year olds for 48 Children and their Parents in the Lagmore, Twinbrook, Colinglen and Poleglass wards. Each setting delivers a high quality programme with a strong focus on constructive play, which is designed around the needs of each individual child. Regular speech therapy input is woven into the programme, to ensure that each child is offered the opportunity to build on their essential language and communicational skills. In addition to this, the speech and language service is extended to the Parents,

through information sessions, guidance, support and signposting when needed. Each of our four programmes aim to enhance children's social and emotional development and encourages learning and imagination through play. An emphasis on engaging parents through monthly stay and plays and termly home visits, are integral to each programme, in order to support our families to extend the learning in the home.

Colin Sure Start have recently completed another successful year in all Sure Start development programmes. Our quality assurance methods include inspections and feedback from Social Services and from a Department of Education Early Years Specialist, to ensure standards are highly maintained. The social work team from the South Eastern Trust commented that inspections had been positive and added, ***"Inspections reflected the diligence and commitment of the management and staff team in service delivery to meet the minimum standards requirements (2010)"***. This year, Colin Sure Start welcomed the new allocated Early Year's Specialist, Cathy Crawford. Cathy conducted termly visits to each programme and provided a wealth of positive and constructive feedback to support the staff in providing best practice and evaluation of their services. Cathy's feedback included evidence that the

children were displaying high levels of wellbeing, involvement and eagerness to learn. Cathy also noted that staff had responded well to these observations, with the provision of a wide variety of invitations to play.

Finally and most importantly, the feedback from our parents has been very encouraging, not to mention how this makes our work at Colin Sure Start, all the more worthwhile. I have compiled a variety of short statements below, provided from our 2015/2016 programme parents to demonstrate how each programme has impacted on the lives of the local families.

"My child has thrived in the programme in every area. I especially loved how independent he has come"

"My child has come along brilliantly, especially with his speech"

"The programme has helped my child a lot with mixing and sharing with others"

"I have seen a massive improvement in my child's speech and social skills"

"I have always felt comfortable when approaching staff about any issues and they were more than helpful"

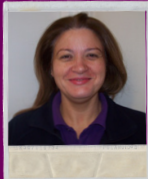
"I found the programme excellent and our son has come on since he started – we have been kept up to date with his progress"

"My child was recognised as an individual – he had a great keyworker who kept me well informed through the year"

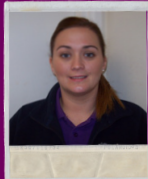
"The programme helped immensely, his social skills have improved and he enjoys playing with other children now"

The early year's management and team look forward to another busy and productive year ahead in the Sure Start Developmental Programme for 2 – 3 year olds.





Donna McGinley
Early Years Worker



Bernadette White
Early Years Worker



Breige McGill
Early Years Worker



Caroline Neeson
Early Years Worker

Parent and Toddler Groups

The Colin Sure Start Early Years team have worked well to establish a number of excellent parent and child sessions, throughout the Colin area. The team have continued to evaluate their services in order to deliver to the needs of local parents as well as ensuring an exciting range of activities are offered on a daily basis. From Monday to Friday, a Parent and toddler group is available in various locations throughout the Colin area. Each group includes a range of learning experiences to encourage development in children's speech, language, social, emotional and physical development. Our staff strive to provide a play and development service that parents can take away to encourage further learning at home. This role model provided by staff supports our parents with ideas, strategies and practical solutions on how to create low cost, no cost play opportunities in the home. Our parent and toddler sessions are an essential service in our community and allow families with flexibility to be sociable with their own child and with others. This year, the addition of a new support group has given local parents the opportunity to come along and



discuss any concerns or issues they may have regarding any aspect of their child's development. The staff are available weekly to provide advice, support, strategies and signposting where necessary. The group promotes an early intervention ethos and is helping to break down some of the barriers that local families may experience when it comes to getting the support they require.

The wonderful feedback from parents will help demonstrate how enjoyable and valuable our parent and toddler sessions are.

"The support is fantastic, the staff are always ready with advice and direct you to the right resources"

"I find it easier to manage my child's behaviour now"

"My child loves the groups – great for confidence and making new friends"

"I get loads of interaction with adults and children – the singing and dancing is great"

"My child will eat fruit now – he never did before coming to the groups"

"Great play ideas and advice on speech and dental hygiene"

*"I'm in a better routine now
– I get up and out of the house"*

"There's something for all ages"

*"The group offers a great
range of arts, games,
rhymes that my child
has loved"*

*"I have started nursery
rhymes now every night
at home"*



Play 2 Learn

The Play 2 Learn Development group was developed in 2015 as a result of high demand for the Sure Start Developmental Programme for 2 – 3 year olds. As a limited amount of places were in supply, Colin Sure Start Management Team designed an additional programme to compliment the services already on offer, but that also reflected local need. The pilot proved to be a success and the Play 2 Learn programme is now operating in the Poleglass and Lagmore wards. The addition of this programme has created a play and development place for up to 36 children and their parents living in the area. Play 2 Learn runs similarly to the Sure Start Developmental Programme and has been designed with similar principles at the core. Play 2 Learn recognises;

- **That each child is individual**
- **That Parents are the primary and most important educator in their child's life**
- **That Parents should be encouraged to engage in their child's learning where possible**

The programme aims to deliver outcomes for children's physical, social, emotional and cognitive development, with a focus on constructive and purposeful play based learning. Play 2 Learn offers additional speech and language therapy, to ensure that communicational outcomes are also embedded within the programme. To maximise the learning outcomes, parental involvement is included in the programme, through monthly stay and play sessions. These sessions allow parents to view and participate in the play and learning that is offered in the programme, in the hope that this will be emulated at home. The initial feedback and evaluations from local parents has been extremely encouraging. The early year's management and team are enthusiastic that the programme will continue for many years to come.



Family Team



Julie Anne Murphy
Family Coordinator



Margaret Clinton
Senior Family Worker



Michelle Ward
Family Worker



Bernie Devlin
Family Worker



Patricia Sarsfield
Family Worker



Nuala McCarry
Family Worker

Colin Sure Start Family Team offer support in the home for the carer and child.

Home safety checks can also be carried out using the ROSPA check list and appropriate safety equipment can be given to the family.

Antenatal Support and advice is also offered by the family team.

Throughout the year seasonal events will take place at Colin Sure Start eg, Fun in the Sun, Parents Week, Tooth Fairy Day, Summer Scheme and Christmas Trips.



Family Services

One of the services the Family Support Team conduct is visiting families in their homes to offer support, advice and some early intervention services. During 2015 the staff carried out 249 initial visits and a further 1039 home visits supporting 159 families over the course of the year. Families can be referred to the family support team either by a health professional or a parent can also self-refer.

Breastfeeding Support Group

The Family Team recently established a local breastfeeding support group that takes place every Monday morning in the Colin Community Hub from 10.30 – 12.00am. At the group family workers offer support and advice to antenatal and breastfeeding mums. It is also a lovely way to meet other feeding mummies and share experiences about your new bundles of joy. The group has been positively received and numbers attending are continually growing



Colin Sure Start is committed to being a UNICEF Baby Friendly organisation and we work closely with the South Eastern Health and Social Care Trust to ensure that we meet the requirements set out by UNICEF for this accreditation at an area wide level.

Colin Sure Start Funded Partners

In 2015 Colin Sure Start funded a number of local partners to help us to deliver core services in the Colin area. We would like to thank these partners for their continued cooperation and dedication in delivering early year's services in the Colin vicinity.

These funded partners are:

Ionad Na Fuisseoige

Colin Sure Start provided funding to assist Ionad Na Fuisseoige to deliver a Developmental Programme for 2 to 3 Year Olds and also morning and afternoon crèche services.



Barnardo's Travellers Early Year's Service

Colin Sure Start provided funding to assist Barnardo's in delivering their Traveller Early Year's Services in the area. This included one to one support, sessional day care, parent programmes and media initiative training / cultural awareness sessions to nursery units.



St Luke's Family Centre, Cara House

Colin Sure Start provided funding assist St Luke's with providing crèche services in the Twinbrook area. An aim of the crèche was to enable parents/carers to attend Colin Sure Start programmes that ran parallel to the crèche in Cara House.



South Eastern Health & Social Care Trust, Speech & Language Therapy Service

Colin Sure Start provided funding to assist the SEHSCT in delivering various early year's speech & language services in the Colin area. These services included the early identification, intervention and prevention screening in the Developmental Programme for 2 to 3 Years Olds, Chatterbox Groups, Rhythm Rhyme and Storytime and other Early years services.



Christ the Redeemer Parish, Lagmore

Colin Sure Start provided funding to assist Christ the Redeemer Parish to run an Early Year's Playgroup.

Family Facilitation Team



Julie Toner
Family Facilitator



Mandy Quigley
Family Facilitator

Colin Sure Start Family Facilitation Team offer a wide and varied range of activities for carer and child. Activities include:

- **Incredible Years Baby & Toddler Programmes**
- **Cook-it**
- **Baby Massage**
- **Baby Yoga**
- **Aquababes**
- **Pramtastics**
- **Paediatric First Aid**
- **Solid Start Weaning Programme**
- **Reflexology**
- **Mini-Mend**
- **Ante-natal Support**
- **Breast feeding Support**



Father's Worker



Roger Winter
Father's Worker

Colin Sure Start recognises the important role of fathers during the early years and the benefits that father involvement can have on outcomes for children in later life. We continue to encourage the uptake of fathers, grandfathers and male carers in Sure Start services and programmes. Recruitment and registration of fathers has been increasing with a number of activities and groups specifically aimed at fathers/male carers now in place with more planned for the upcoming months:

- **Dads and Active Kids Group** - a play session specifically aimed at fathers and toddlers, with a focus on physical activity. The group has been running for over a year now, one afternoon per week in Brook Activity Centre. The aims of the group are to enhance gross motor skills, develop coordination and balance and to build on the relationship between children and fathers of male carers. This group has grown since starting and now has a good following and regular attendance.
- **Dads Cook It** - A 7 week programme that looks at healthy eating on a budget in a hands-on way. All parents know that dinner time can be a major source of conflict! But it is also a brilliant opportunity to start to introduce healthy, home-cooked food that support healthy development in children. This programme has been very successful with many fathers showing an interest and great feedback from those who completed it over the past year
- **Summer Scheme** - This year we have built on last year's summer scheme with growing participation by dads in our summer activities. We listened to feedback from dads in our Parents Forum and offered activity days in evenings and at the weekend, both these activities were very well attended by dads.



- **Fathers Aquababes** – A 6 -week baby swimming programme to introduce children to the pool and water, develop muscles and coordination and best of all develop a trusting and strong bond between father and child. We offer this programme for dads in the evening at Andersonstown Leisure Centre, and the interest and uptake has been unbelievable! Three groups of 12-15 dads and babies so far, with more planned for this year, starting in September.

- **Anger Management programme** – This year we delivered our first Parents Anger Management Programme. We found this to be a useful trial experience and will be looking to offer this programme again in the next year. We have also been using this programme on a one to one basis with several dads who completed this 8-week programme.

- **Dads Parenting Support** – This year we ran another successful Incredible Years Basic Parenting Programme over 14 weeks. Colin Sure Start are committed to offering a parenting programme specifically for dads and at a time that is suitable to fathers. This year we have teamed up with Parenting NI to run a new programme called 'Fathers and Families' this includes a research programme from Queen's University into the benefits of father specific programmes.

- **Colin Fathers Support Group** – A new development that began this year was a Colin Father's Group. This is a father's support group that runs fortnightly on a Wednesday evening in Cara House. The group has included information sessions, play activities for dads and kids, as well as being a support for fathers with limited contact with their children. We have run Paediatric First Aid, Housing advice sessions, legal advice, health fair, mental health & stress awareness programmes and are looking to continue this group from September 2016.



Family Worker with Additional Needs Focus



Rebecca Rolloos
Family Worker with
Additional Needs Focus



Laura Flanigan
Family Worker with
Additional Needs Focus



Little Rainbows Additional Needs Group

The first year of our additional needs programme has just completed and we are pleased to report the programme has been successful and is set to continue for the foreseeable future. The success of Little Rainbows has been reflected in the views of parents who have been involved in the programme. Parents provided comments that stated, children were treated as individuals and added that the smaller group was an excellent service for their child. The Little Rainbows group offers a play space for up to eight 2 – 3 year olds, who have been referred to, or are already known to additional or specialist services. The group ensures that communication between parents, community and statutory agencies is shared and that Parents are supported with these channels of communication. A ratio of 1:2 can be offered in the sessions, where the focus is geared towards each individual child's ability, interests and needs. At Little Rainbows, you will discover a calm setting with a host of sensory and natural resources and materials, which the children display a great sense of enjoyment when using. Visual support schedules can also be used in the setting and have proven to be a great learning tool for some children in the setting. Ongoing training and expertise is afforded to the staff from our allocated Speech Therapist and training organisations such as CINI. The management and staff team are excited to develop this programme and will continue to evaluate its outcomes.



Special Needs Home Support Service

Colin Sure Start offers this service for families who require tailored support for diverse needs. Each family availing of this service presents with a range of referral recommendations; for example, a 3year old who has been referred by the Speech and Language team with language delay, or a 16month old referred by a Health Visitor, due to presenting with inadequate play skills.

Part of the role of the 'Family Support Worker with Additional Needs Focus' is to link with such professionals and ensure the home support service targets the areas of the child's development which have been identified as requiring additional support, mainly through play based activities.

A primary aspect of this service involves liaising with other professionals and becoming a point of contact between services and organisations that may also be involved with the family.

Further, parents often require support throughout the assessment and diagnosis process as this can be a daunting and emotional experience for the whole family. Whether they require assistance with filling in forms, applying for funding, reminders of upcoming appointments, or someone to listen to their concerns, the home support service accommodates all of the above.

This is a complex and developing service which continues to grow with increasing referrals emerging on a regular basis.



Office Team



Caroline McAreavey
Finance
Manager



Mandi Rafferty
Senior
Administrator



Tina Muldoon
Administration
Assistant



Management Committee

Chair

| | |
|--------------|--------------------------------|
| Name | Theresa Brady |
| Title | Manager |
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| Postcode | BT17 0RL |
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| Email | theresabradylbtinternet.com |

Treasurer

| | |
|--------------|--------------------------------|
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Member

| | |
|--------------|---------------------------------------|
| Name | Carla Fraser |
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Member

| | |
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Member

| | |
|--------------|--|
| Name | David Simpson |
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Advisor

| | |
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Member

| | |
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| Name | Kathleen Laverty |
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Member

| | |
|--------------|--|
| Name | Pamela Kirk |
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| Tel | 028 90673967 |
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Partnerships and Acknowledgements

We would like to thank the following partnerships and organisations who have worked alongside us and supported our work over the past year:

- ST LUKES FAMILY CENTRE - CARA HOUSE
- IONAD NA FUISEOIGE
- CHRIST THE REDEEMER
- FOOTPRINTS WOMEN'S CENTRE
- BARNARDOS
- COLIN NEIGHBOURHOOD PARTNERSHIP
- NICVA
- SOUTH EASTERN EDUCATION AND LIBRARY BOARD
- SOUTHERN AREA CHILDCARE PARTNERSHIP
- SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST
- DEPARTMENT OF EDUCATION
- DEPARTMENT OF EMPLOYMENT AND LEARNING
- DAIRY FARM CENTRE MANAGEMENT TEAM
- FAMILY SUPPORT HUB
- EARLY YEARS TEAM
- HEALTH PROMOTION TEAM
- CHURCH OF THE VINEYARD FOOD BANK
- SOUTH EASTERN TRUST – HUMAN RESOURCES
- CAMHS TEAM
- MENCAP
- LAGAN VALLEY EDUCATION PROJECT
- COLIN EARLY INTERVENTION COMMUNITY
- STEPHEN, LOUISE KIRKPATRICK, JANE LAVERY, KERRY LOUISE GROGAN, JACQUI ADAIR, LORNA HOUSTON, JENNIFER BOYLE, PAULINE CLEARY, BRONAGH MCGUINNESS AND BENNY MCDANIEL
- PARENTING NI
- AQUABABES
- COMMUNITY DENTAL
- BOUNTY
- CITIZENS ADVICE

Thank You !

Colin Sure Start also wish to acknowledge the invaluable support from the South Eastern Trust, Health Visitors, Midwives, Social Workers, and General Practitioners.

Our final acknowledgement goes to all parents and carers who participated and supported us during the last year.





Colin
SureStart

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