

Colin SureStart



2018-19

ANNUAL
REPORT

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"We would like to say heartfelt thanks for all your hard work, patience and kindness throughout the programme. You each contributed to providing a fun, stimulating and learning environment that our daughter thrived in. We are very thankful that she was able to participate in this programme that has had a positive impact on the key areas of her development."

THANKS

19



CHAIR'S ADDRESS

Theresa Brady, Chairperson



On behalf of the Colin Sure Start Management Committee, I am pleased to present the Annual Report for 2018-2019.

It has been a very busy year at Colin Sure Start delivering programmes, services or supports to a total of 7134 children, parents or families across the Colin area, as well as 2089 home visits across all our services. We celebrate some of these successes in the report. This was a challenging year from a leadership and management perspective, but the team here have shown real commitment and courage in rising to new challenges and finding solutions. We remain committed to working together and with our partners to achieve real and lasting change in the Colin area, highlighting Colin as a vibrant community where children's rights are respected and their childhood valued and promoted. We recognise parents and carers key role in this as children's first educators and we continue to seek ways to really listen and respond to the needs of families in our area. Colin Sure Start have focussed in this year, not just on recording the number of families and children attending our services, but on the outcomes, quality and impact of these services. We are committed to using this information in a process of self-evaluation to continue to develop and shape our services going forward.

As a community-based project, Colin Sure Start continues to seek ways to build up and complement the work of existing local services and provide families with children

under four information and support to access local services to sustain long term support and engagement. One way we achieve this is through close collaborative working with a varied range of partner organisations in the area. Working with, for example, Footprints Women's Centre, Colin Neighbourhood Partnership, St Luke's Parish and Community Centre, Mount Eagles Community Forum, Christ the Redeemer Lagmore Parish, Barnardos, Lagmore Community Forum, Lagan Valley Education Project, Ionad Na Fuiséoige, local nursery schools and community centres enabling us to maximise resources, share best practice and provide a comprehensive service to families. Colin Sure Start are seeking new ways to encourage feedback from parents, carers and partner organisations as this helps us to continue to ensure our services are meeting the needs of the Colin community, so please do let us know if you have any comments or suggestions about our services. I would also like to thank the Management Committee for continuing to provide strategic leadership to the project. In particular I wish to thank our outgoing member, David Simpson for his incredible commitment, passion and years of service on our board. I also wish to welcome very warmly our 3 newly appointed members and look forward to working with them going forward.



PROJECT COORDINATOR'S REPORT



In the end, everything we do is about the children. Providing great opportunities to discover and play, to explore nature and to be curious is what we are about.



All aboard the Colin Sure Start train! In looking back over the year 2018 – 19, one of the key pieces of work for us as a staff team was beginning to think about how our supports and groups link together, a bit like a train, from Antenatal Support Services right up until a child turns 4 and is moving into Nursery School. We took on board feedback from parents and families using our services in an effort to make the experience more effective and efficient. As many of our groups and services are aimed at a particular age and stage of development, we have started to make programmes 'flow' from one to the next. This wasn't without challenges, and required a new way of thinking about our services, but we have begun to see the benefits for children and families as they travel along on their journey. The other reason for doing this is that there is an increasing demand for many of our programmes as more families and parents want to become involved and see the benefits of these groups and supports for their children. This is fantastic news and is a reflection of the strong sense of community and desire to improve things for the next generation here in Colin.

It was a challenging year too as our Project Coordinator resigned during this period and we had a some key staff move on

which meant we all had to pull together to keep things going. As the newly appointed Project Coordinator, this gives me a great sense of pride that we have a staff team who are passionate and committed to our work and care a great deal. We are in a strong position now, we have developed links with health services in the Trust and we also developed our 3-Year Business Plan in this year which gives us a clear track going forward on which to steer our train. We welcomed 3 new members to our Management Board in this year: Florence Davidson, with a background in education, Diarmuid Moore, community development specialist from Early Years, and Judith Searle, from Barnardos.

Over the course of the 18/19 year, we were working with 944 families across our range of services and 951 children. These children and families engaged with a range of services and supports, some detail of which you will see in the following pages. But it goes without saying that this is a significant number and very encouraging. It is certainly a big responsibility for us to ensure that our services are meeting the needs of all those engaging. We are also aware of families with children 0-4 who during this year did not access services and we continue to reach out and seek to involve all families.



Colin Sure Start invested in our staff during this year, with staff professional development and training which included a specific training for Speech, Language and Communication development called ELKLAN, Incredible Years training for staff, as well as training for staff in early baby brain development and the importance of attachment and relationships called GroBrain. This is such a crucial issue and we are convinced that supporting parents and carers with information and programmes around these critical early relationships can have a real impact on children's outcomes and quality of life.

In the end, everything we do is about the children. Providing great opportunities to discover and play, to explore nature and to be curious is what we are about. Particularly in this age of technology, social media and screen time, it is challenging for parents and carers, however we are determined to support families and the rights of children to experience real play. We are privileged to work with children, who have so much hope, energy and enthusiasm and can teach us how amazing this world can be!

Once again as Project Coordinator, I would like to acknowledge and thank all the Colin Sure Start staff, the Directors, other

agencies, organisations who have worked with Colin Sure Start and particularly the families who use our services for their engagement and continued support throughout the year.

Roger
Project Coordinator

"Well what can I say about Colin Sure Start, they're outstanding at everything they do, they go above and beyond for us parents and set off amazing activities and summer schemes for the kids and there always willing to help in any way they can. The girls that run the 2yr old programmes are outstanding also. My son loved doing the 2yr old programme and broke his heart having to leave the staff, he had such a wee bond with them.

All I can say here is that you are a credit to be registered with. I couldn't recommend anyone better to work with my kids than you - you are a credit to the community "



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 help each child in the Colin area to reach their full potential by providing support to families and high quality experiences to children during the critical early years from pre-birth up to age 4. We do this by empowering parents and carers with social and educational programmes, home support and opportunities to have positive interactions with their children. We also aim to provide an environment where children are valued and respected, where they can access quality play, and where they develop imagination and skills through interaction with peers.

OUR IMPACT IN THE COLIN COMMUNITY OUTPUTS

NEW CHILDREN
REGISTERED 18-19

439

NEW MOTHERS
REGISTERED 18-19

299

NEW FATHERS
REGISTERED 18-19

122

PREGNANT MOTHERS
REGISTERED 18-19

52

CHILDREN AND FAMILIES REGISTERED WITHIN SURE START

Number of
Children
registered



% uptake of
Children using
services



Number of
Mothers
registered



% uptake
of Mothers
using services



Number
of Fathers
registered



% uptake of
Fathers using
services



Number
of Families
registered



% uptake of
Families using
services



- **Delivered 4605** Sessions of programmes and activities.
- **21,054** Attendances across programmes and activities, including;
- **54** Family events facilitated with **1113** people attending.
- **407** Developmental Programme for 2-3 Year olds sessions facilitated.
- **2089** Home Visits arranged, accessed – 80% access rate.
- **2299** Attendances across our Parent and Toddler Groups
- **667** Attendances at our popular Rhythm, Rhyme and Storytime.
- **544** Attendances at our Aquababes programmes.
- **237** Attendances at our Breastfeeding Support Group Milky Ways (delivered in partnership with CNP).
- **14,129** Resources given out to local families in need.
- **817** Signpostings.

OUR IMPACT IN THE COLIN COMMUNITY OUTCOMES

Aquababes Baby Swim Programme – Parent Evaluations (various times 2018)

The programme developed the relationship between me and my child.

75%
Strongly Agree

25%
Moderately Agree

The programme was a great opportunity for my child to develop coordination and physical skills.

88%
Strongly Agree

12%
Moderately Agree

The programme improved my confidence as a parent.

88%
Strongly Agree

12%
Slightly Agree

WellComm Speech, Language and Communication Development screening Pre- and Post DP423YO Programme (Programme ending June 2018)

Percent of children scoring Green pre-programme:

23%

Percent of children scoring Green post-programme:

47%
104% Increase

Percent of children scoring Red pre-programme:

63%

Percent of children scoring Red post-programme:

33%
91% Reduction

Parents Week Play Activities – Parent Evaluations (October 2018)

There were opportunities to meet and socialise with other local parents.

78%

Strongly Agree

19%
Moderately Agree

3%

Slightly Agree

The activities provided opportunity for learning and communication for my child.

91%

Strongly Agree

9%

Moderately Agree

There were opportunities to interact and play with my child.

90%

Strongly Agree

10%

Moderately Agree

Sensory Sessions, Summer Activities – Parent Evaluations (July and August 2018)

My child responded positively to the sensory play activities and I would try this again at home.

83%

Strongly Agree

17%
Agree

I have heard the importance of sensory play from Sure Start Staff before this event:

92%

Regularly or Often

Teddy Bears Picnic Speech and Language Activities – Parent Evaluations (July and August 2018)

This event was a positive experience for me and my child together.

95%

Strongly Agree

16%

Regularly

I have heard the importance of singing, rhymes and stories from Sure Start Staff before this event:

84%

Very Often



Supporting children's speech, language and communication is a key aim in all of our Colin Sure Start programmes and groups. The Speech and Language Therapy team continue to work with all members of the Colin Sure Start team and parents to make "Communication Everybody's Business".

"Thank you for being so patient, caring and positive with my child. We will always remember your kindness and really appreciate it"

Our Rhythm, Rhyme and Story Time groups that run weekly in 2 locations continue to see great attendance. Children benefit so much from learning rhymes, singing songs, playing instruments and listening to stories

especially when their parents continue to practice what they have learned at home. Each week we have a new theme (zoo, farm etc) with songs, rhymes and stories to help introduce new vocabulary and have fun. Feel free to drop in to this friendly group; we would love to see you!

The Speech and Language Therapy Team continue to input and support the staff and children of the Developmental Programme for 2-3 Year Olds throughout the academic year. The WELLCOMM screen is used a pre and post measure to monitor the progress of those children who attend the

"I love the monthly newsletters, songs and activities. Great communication between the therapist and myself"

group over the year. This helps to plan individual goals for the children as well as tracking progress in the areas of attention, listening, understanding of language, use of language, play skills and social communication.

Our 2 Rhymes by 2 messages continue to be rolled out to parents attending different Colin Sure Start groups in the South Eastern Health and Social Care Trust. We have 12 key messages to reinforce to parents how important their role is in the early years of their child to help them become effective communicators. Sing a rhyme anytime, start your child learning for a lifetime. Please like us on Facebook to get regular updates and advice in the area of speech and language.

 /2rhymesby2

We are looking forward to the new year where we plan to run 2 Rhymes by 2 Groups, Book Start sessions, staff training, parent training as well as continuing to work with families and Colin Sure Start staff members.

"We got to take home a page with the rhymes we learned that day which we would continue to sing through the week"

Sing a rhyme anytime
Start your child learning
for a lifetime!



"Brilliant classes for babies & other children to the girls are so lovely and always there for a shoulder to lean on as well as having great relationships with the children and parents use are a credit to your jobs- Thank you all so much"

HEALTH & WELL-BEING



Being healthy is one of Sure Start's 6 high level outcomes and in 2018-2019 Colin Sure Start continue to develop and promote this throughout the service ranging from providing up to date training and updates for staff and actively promoting health and well-being through a number of key initiative and programmes.

With continued support from PHA, Colin Sure Start have been able to provide fruit across 14 venues including all of our programmes, local playgroups and nurseries. This fall under the Healthy Eating Scheme.

As the Colin area is below the NI average for dental registrations and breastfeeding rates, here at Colin Sure Start, staff have made a concentrated effort to support to turn the curve with regards to these health outcomes. Our Breastfeeding group, The Milky Way, has gone from strength to strength with 237 attendances recorded for 2018-2019. This service continues to be offered in partnership with the Colin Early Parent Programme.

We delivered 15 Oral Health Workshops

and events throughout 2018-2019, including our very popular Tooth Fairy Event held in partnership with the SE Trust Dental Hygienists and the local Library Service. These services encouraged parents and carers to register their children with a dentist, and promoted the importance of diet and oral health. Information, advice and support on how dummy use can affect oral health and speech & communication is also a key part of this programme.

Throughout 2018-2019, we delivered 10 Weaning Workshops with 58 attendances promoting healthy weaning plans and providing parents with hands-on activities and simple recipes for first foods. We also facilitated a number of programmes promoting physical exercise and health – Mini MEND, Pramastics and Mum & Baby Circuits.

With regards to emotional and mental well-being, Colin Sure Start were able to support a number of parents – 19 – with the opportunity to try complimentary therapies. A key member of the Family Team was able to provide Reflexology to these parents who reported a sense of well-being and relaxation.

ADDITIONAL NEEDS SERVICES



Provision for children with additional needs has been an area of considerable growth and development over recent years in Colin Sure Start. Research and understanding around ways in which children with additional needs can be supported is constantly evolving, as are the needs of families. At Colin Sure Start we recognise every child as a unique individual and we aim to support each child the best way we can.

"My son attended sure start 2 year programme additional needs. Would like to say a massive thank you to all the staff that worked with him. They were fantastic and he loved his time there. Thank you for helping him get ready for his new chapter for primary school."

In 2018-2019 our Little Rainbows Group provided a social and play environment for 14 children with additional needs, with our additional needs worker taking the lead and linking with the Child Development Clinic, Development Intervention Service and other professionals.

Our additional needs service also provides support in the home for families. This service provides parents with advice, information and strategies to manage behaviour and aims to support development from the earliest point.

To compliment the home visiting service, the team delivered an Additional Support Play Programme, which has proven to be an invaluable service supporting parents with additional needs children while in a social setting. The programme focuses on structured learning of social skills and communication supported by highly skilled staff. Interactive workshops, regular sensory sessions and exciting activities continue to form an important part of this group. This Programme runs every Wednesday from 9:30am to 11:00am in St Kieran's Nursery School.

If you are interested in any of Colin Sure Start's Additional Needs Services please call Gael or Kitty on 02890601417.

PARENT & TODDLER GROUPS

Our Parent & Toddler groups at Colin Sure Start offer amazing opportunities for children aged 0-4 & those that care for them within our catchment area to spend time interacting with each other and forming friendships. These programmes are drop in services so no booking is required. We proudly facilitate five Parent and Toddler groups each week which enables us to provide high quality play experiences in as many areas as possible. We know that these experiences can be the first opportunities for children to interact with their peers outside of the home environment, therefore making these experiences invaluable to promoting children's social and emotional development. We at Colin Sure Start also want to emphasise that despite the title, these programmes are not just for parents or toddlers but for anyone within the Colin catchment whether that be grandparents, child-minders or a family member who looks after a child under the age of 4.

There is lots of careful planning put into our Parent and Toddler Groups throughout the year. We aim for our parent and toddler groups to spark inquisitiveness and curiosity within children that encourages them to try new things, test theories and learn new skills. We welcome feedback from everyone who is attending our groups and aim to use this feedback to adapt services to reflect the need of the community. We aim to provide lots of sensory play experiences, messy play and physical activities which allow everyone to get stuck in. During our Parent and Toddler groups we encourage adults to actively engage and be present during activities as this is the best way for little ones to get the most out of the play experiences.



During this year attendances to our Parent and Toddlers have steadily increased with the last quarter showing that our groups have either met or exceeded our targets. This has been extremely motivating for our teams who plan, deliver and review these groups and it shows them how much their hard work is appreciated and what a great job they are doing.

This trend continues into the current year with some of our venues at the point of exceeding capacity. As a result of the marked increase we are exploring alternative ways to meet demand but always want to encourage everyone to attend not only the parent and toddler closest to them but to drop it at any of our venues.

At Colin we are looking towards the future of what our Parent and Toddler groups can offer and how we can extend these services.

FAMILY SERVICES



Throughout 2018-19, the experienced Family team continued to offer the families in the Colin area home based support around key areas of child development including routines, behaviour management and speech & language support. The support was structured to meet the needs of the family with strong links maintained between all professionals working with the families including health, speech & language and additional needs support. The support was offered in a variety of means including home based, group support and telephone calls. In 18-19, 200+ families were visited within the home and 100+ families contacted via telephone or 1-1.

"We have been to a few of the booked programmes and the open classes. The girls and guys are brilliant always so welcoming and friendly. My little girl is 2 and a typical 2yr old won't sit down and Wendy has so much patience for this in rhythm rhyme and story time. Love all the classes they provide for us mummies also."

Families in Colin continued to benefit from the Home Safety Checks carried out by trained Sure Start staff along RoSPA guidelines and assessment procedures. In 2018-19, 179 Home Safety Checks were carried out and appropriate safety equipment was allocated to each family.

The Family Team continued to build on the successes of the Antenatal Services from the previous year engaging pregnant mums and dads in our groups and programmes promoting early communication with baby, baby brain development, responsive feeding and health & well-being in pregnancy. The Antenatal Drop in group changed to a weekly programme over 6 weeks with 71% regular attendance. Other antenatal programmes such as Aquanatal Exercise and Pregnancy Massage. Links continued to be strengthened with Health Visiting, Midwives and local Maternity Hospitals.

Staff were trained in GroBrain in 2018-2019 allowing an additional programme to be offered to the parents within the Colin area promoting an increased awareness of baby brain development, reading baby's cues and looking after oneself. This programme was offered both antenatally and postnatally with great success and parental involvement.

Colin Sure Start was also invited to be part of the pilot scheme for 'Building Blocks' by Save the Children. This scheme allowed staff to access a grant to provide a number of different household items and furniture to a family.



CASE STUDY



This family engaged with Colin Sure Start's Additional Needs Service. This service met the child's individual's needs and catered for and monitored their progress. The family were keen for their daughter to attend the Little Rainbows programme as they wanted to support her as much as possible. By attending this group throughout the year the family had hoped that –

- It would improve her social and emotional skills
- It would enable a quick settling into preschool
- It would allow her to play, learn and enjoy thereby reaching her full potential
- It would improve her physical development
- It would increase her levels of concentration and attention.

Through our continued partnership with the child and her family, we were able to get to know the child really well and identify her strengths and possible difficulties. We were able to provide the best possible care resulting in the child settling really well within the setting and being comfortable with her mummy dropping her off and was not unsettled by this. She struggled initially with the social aspects of the group as she preferred her own company and engaged in solitary play. However, as time went on this did slowly change. She became more aware of her peers and wanted to join in the activities that were of interest to her especially songs and story time. She really enjoyed songs that involved movement and we made this a big part of our session as it was aimed at building concentration, supporting speech & language and also encouraged the social element. As time went on, her play became more purposeful due to increased 1-1 input from the staff team.

Mum reported that she really enjoyed spending time at the weekly Additional Play Support Programme engaging with other parents. They became a great support system for each other especially around the time of transitions from the Little Rainbows group to Nursery places. This service also enabled them to engage with other professionals within the field which made the transition much less unsettling for parent and child.



MANAGEMENT COMMITTEE

THERESA
BRADY

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DIARMUID
MOORE

DIRECTOR

LYNDA
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ADVISOR

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MANDI
RAFFERTY

PROJECT SUPPORT
COORDINATOR

MARGARET
CLINTON

LEAD FAMILY
WORKER

KELLY
WATSON

EARLY LEARNING
COORDINATOR

AUDITORS

LYNN DRAKE
& CO.



FUNDED PARTNERS

In 2017 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 FUISEOIGE

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

ST LUKE'S FAMILY CENTRE – CARA HOUSE

Colin Sure Start provided funding to 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.

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.

ACKNOWLEDGMENTS

- IONAD NA FUISEOIGE
- ST LUKE'S FAMILY CENTRE
- BARNARDOS TRAVELLERS AND REFUGEE SUPPORT SERVICE
- SOUTHERN AREA CHILDCARE PARTNERSHIP
- SOUTH EASTERN HEALTH & SOCIAL CARE TRUST
- DEPARTMENT OF EDUCATION
- DEPARTMENT OF EMPLOYMENT & LEARNING
- CHRIST THE REDEEMER PARISH
- LAGMORE COMMUNITY FORUM
- COLIN NEIGHBOURHOOD PARTNERSHIP
- NICVA
- EARLY YEARS THE ORGANISATION
- SOUTH EASTERN EDUCATION & LIBRARY BOARD
- ORTUS
- FAMILY SUPPORT HUB
- HEALTH PROMOTION TEAM
- CHURCH OF THE VINEYARD FOOD BANK
- SOUTH / WEST BELFAST FOOD BANK
- LAGANVALLEY EDUCATION PROJECT
- CASH FOR KIDS
- PUBLIC HEALTH AGENCY
- SAVE THE CHILDREN
- MOUNT EAGLES COMMUNITY FORUM
- FOOTPRINTS WOMEN'S CENTRE
- BUSY BEE FRUIT & VEG
- BELFAST CITY COUNCIL
- HOUSING EXECUTIVE
- SUPERVALU
- HEALTH IMPROVEMENT MIDWIVES
- NEW COLIN COUNSELLING
- COLIN FAMILY CENTRE
- BROOKE ACTIVITY CENTRE KEVIN KINGSMORE & STAFF
- PATART
- PARENTING NI
- COFFEE & CO-DAIRY FARM
- LYNN DRAKE ACCOUNTANTS



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