

QUICK GUIDE TO LFAP'S UPCOMING PROGRAMMES

What	When	Where
Safe Food Community Food Initiative Networking Event Preschool Messy Play Session	Saturday 30 July 12pm-2pm	Aghagallon Community Centre
Family Fun Workshops	Tuesday 2, 9, 16 August 10am-12pm	Milltown Parish Hall
Family Fun Workshops	Thursday 11, 18, 25 August 10am-12pm	Sarsfield's Community Hall
Family Fun Workshop	Tuesday 23 August 10am-12pm	The Rink, Portadown
Drama Summer Scheme	Monday 8-Friday 12 August 10am-2pm	Maghery Community Hall
Drama Summer Scheme	Monday 15-Friday 19 August 10am-2pm	Aghagallon Community Centre
Prepare for Coney	Friday 26 & Saturday 27 August 10am-1pm	Day 1—Bushcraft Centre @ Kinnego Day 2—Maghery Country Park
Derrytrasna Toddler Group start back	Thursday 1 September 10am-12pm	Sarsfield's Community Hall
Preganancy Yoga	Saturday 3, 10, 17, 24 September 10am-11am	Lough Neagh Discovery Centre
Little Swimmers	Tuesday 6, 13, 20, 27 September Tuesday 4, 11 October 11.30am-12pm	Blue Haven, 3 Derryhirk Road, Lurgan
'Helping Mothers' Sewing Group Make a Tea dress course	Tuesday 6, 13, 20, 27 Tuesday 4, 11 October 6.30pm-8.30pm	Seagoe Parish Community Centre
Aghagallon Toddler Group start back	Friday 9 September 10am-12pm	Aghagallon Community Centre
Loughshore Mummies Relaxation Morning	Monday 12 September 10am-1pm	Lough Neagh Discovery Centre
Loughshore Family Bootcamp	Tuesday 13, 20, 27 September Tuesday 4 October 6pm-6.30pm	St. Mary's PS, Maghery
Milltown Toddler Group start back	Thursday 15 September 10am-12pm	Milltown Parish Hall
Citizen's Advice Bureau Drop-In Advice Clinic	Friday 30th September 9.30am-12.30pm	Unit 1, Maghery Business Centre
Paediatric First Aid Course	Tuesday 4, 11, 18, 25 October 6.30pm-9.30pm	Sarsfield's Community Hall
'Helping Mothers' Balloon Release	Sunday 9 October 12pm-1pm	Lough Neagh Discovery Centre
Halloween Messy Play Session	Friday 28th October 10am-12pm	Brownlow Community Hub
Christmas Family Outdoor Fun Day	Saturday 3rd December Start 11am	Todd's Leap, Dungannon, BT70 2BW



Loughshore Family Action Project

LFAP

August 2016

WELCOME

We have been very busy out and about in the south Lough Neagh community. We hope you have enjoyed the activities provided as much as we have.

We have provided a variety of activities, programmes and events and would like to take this opportunity to thank you for your support and participation in these programmes. Also, a massive thank you to The Big Lottery's Reaching Out and Supporting Families funding.

We look forward to bringing you a wide range of programmes over the coming months and look forward to seeing you. Our programme of activities is outlined in this newsletter with a quick reference at the back.

If you are interested in the project or any of the activities detailed in this newsletter, please do not hesitate to contact any member of staff for more details or to book a place on 028 3885 1897 or email info@loughshorefamily.com.

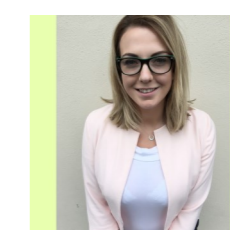
LFAP STAFF

Loughshore Family Action Project
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Martin Larkham
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Louise Taylor
Family Support Worker



Ann Ogilby
Family Support Worker

What people are saying about LFAP:

"Want to thank you yet again for a great day out for Father's Day today at Todd's Leap. 100% for fun and quality time for the whole family...everyone thoroughly enjoyed the day, both young and 'old', especially when mummy got drenched. Great time you guys...thanks a million." - The Shanks Family, Derrytrasna

A principal from our partnership said of the Project,

"The programme has to date exceeded my expectations. It has enabled me to work cooperatively and collaboratively with the school leaders in six other primary schools, for the mutual benefit of each of our schools and the wider community.

On behalf of the children, their parents, our staff and the wider school community, I would like to extend my sincere appreciation to LFAP for its efforts over this year, to enhance the quality of the experiences we try to provide for our children. Thank you so much."



Programmes to date

LFAP FAMILY DAY

Over 300 people came to our first Family Day on 16th April at Discovery Centre Oxford Island. There were lots of interactive activities for families, including cupcake decorating, face painting, sensory play for children, pond dipping, arts, crafts and sing-a-longs. A great day was had by all and watch out for our next Family Day.



BIRCHES PS CELEBRATES 50 YEARS

We want to congratulate Birches PS on its 50 year milestone and we were delighted to contribute to the celebration by arranging for Gingernut Cakes to help pupils decorate cookies which they took home with them.



GATHERING DRUMS

Joe from The Gathering Drums travelled around the seven local primary schools in the south Lough Neagh area to contribute to their end of year celebrations. Pupils from P1-P7 participated and were not disappointed.



FATHER'S DAY AT TODD'S LEAP

We took 9 families to Todds Leap to celebrate Father's Day. Everyone enjoyed family time with a twist. The parents and children had the opportunity to drive a 4x4 blindfolded through dirt tracks. The families left wanting to come back next year. We wish to thank everyone for coming along and we hope to see you soon.

One parent said, "I have been meeting with these families at the school gates for the past year and hadn't the confidence to speak to them, getting to meet them today has built confidence in me to chat to them when I meet them."



- Enrolling and encourage volunteering to be actively involved in the PTA
- Improve Communication with the teachers and parents
- Fund raising to provide funds for additional school resources
- Ensuring that the child's overall experience at school is an enjoyable and positive experience

One principal said, "The programme has been of particular assistance to me in relation to the work around the formation and registration of a new PTA which is now compliant with the current regulations. The workshops were informative and there is now an impetus with the parent's groups which I hope will bear much fruit in the coming years, and have a positive impact upon the whole school community."

LOUGHSHORE PARENT FORUM

Loughshore Family Action Project (LFAP) is delivering of a comprehensive five-year programme of activities and interventions aimed at supporting families address various needs and overcome challenges that arise during the following phases: ante-natal, post-natal, early years, pre-school, primary school, and the transitional stage from primary to secondary school. To help us carry out this work a parent forum has been established.

The role of the Loughshore Parent Forum is to participate and contribute to decision-making on the range of programmes LFAP delivers, the evaluation techniques we use and to give feedback on the views of parents and families who participate in the programmes.

The Loughshore Parent Forum will meet twice a year.

If you would like to be involved in the parent forum please phone us on 028 3885 1897 for more details.

LOUGHSHORE PLAYGROUPS

There will be some exciting work happening within the playgroups in the first term.

Early Movers—LFAP and The Fitzone Foundation are running an introduction to physical activity within the local playgroups. Children have the opportunity to explore how to move in different ways to help not only their physical development but also build on their confidence and skills.

Safe Food Programme—LFAP is working in partnership with Tesco to provide a programme of small projects that promote the importance of healthy eating while encouraging family engagement throughout the whole activity, from shopping to preparation, cooking and eating.

Wee Wonders—Will and Wendy Wonder will be in the playgroups in the new term. Please look out for details of these programmes through your local playgroup.



SOUTH LOUGH NEAGH REGENERATION ASSOCIATION (SLNRA) IS CELEBRATING THE 25TH ANNIVERSARY

To mark this occasion SLNRA is organising a number of heritage/cultural programmes to be held in the local community. These events will focus on the cultural traditions of storytelling, music, crafts and people's memories from the Lough Neagh area and will preserve and raise awareness of the rich heritage in the South Lough Neagh area, including:

Summer Ramble

Older People's Reminiscence Programme

School's Wetlands Programme

Willow Weaving Programme

SLNRA's 25th Anniversary Celebration Event will be taking place on Thursday 10th November 2016 at 7.30pm in the Civic Centre in Craigavon.

We will be celebrating local talent, music and dance. The night will be hosted by Colum Sands, a member of the internationally renowned Sands Family from County Down, and Pamela Ballantine will be joining us as our keynote speaker. St Mary's Pipe Band and Joseph Forde Memorial Pipe Band will also be performing. This is an experience not to be missed!

The local schools and community groups will be displaying their creative writing and willow craft creations and the Storytelling CD will also be available.

Don't miss out on this extravaganza of local talent at our 25th Anniversary Event!



LOUGHSHORE SCHOOLS

School	Address	Principal	Contact No
St. Patrick's Primary School, Aghacommon	14 Derrymacash Road Craigavon BT66 6LG.	Mr Jim Lee	028 3834 3230
The Birches Primary School	14 Clonmakate Road, Portadown BT62 1LR	Mrs Patricia Watson	028 3885 1443
St. Patrick's Primary School, Aghagallon	3 Aghalee Road, Aghagallon, Craigavon BT67 0AR	Mr Kevin O Hara	028 9265 1017
St. Mary's Primary School, Maghery	84 Maghery Road, Dungannon, BT71 6PA	Mrs Feena Hughes	028 3885 1778
St. Mary's Primary School, Derrytrasna	191 Derrytrasna Road Lurgan BT66 6NR	Mrs Joan Aldridge	028 3834 0295
St. Mary's Primary School, Derrymore	20a Derrymore Road Gawley's Gate Craigavon BT67 0BW	Mrs Catriona McAtarsney	028 9265 1556
St. Teresa's Primary School, Cornakinnegar	36 Tarry Lane Lurgan BT67 9LQ	Mrs Ann Doran	028 3832 3425

LFAP's partnership includes Education Authority , SHSCT, Early Years Organisation for Children & Young People, SLNRA, Local playgroups and the seven local primary schools listed above.

The partnership has proven to be vital in the successful year LFAP has enjoyed.

There is a lot of activities happening within your schools in the new term.

P1 Parent's First Morning—Parents of P1 children are invited to a morning of tea & biscuits after they drop their little ones off at school. This is a chance to meet other people and chat about this often difficult time for parents.

RSPB—This programme aims to delve into memories of the children about living around the south Lough shore area, celebrating this special place and the wildlife habitats within it.

Family Learning Organisation—This Family Learning Programme for parents is being provided in your schools over term 1 and term 2. The aim is to give parents the opportunity to discuss, plan and develop strategies which they can use at home with their children and young people.

St. Mary's PS, Derrymore—19th Spetember—24th October

St. Patrick PS, Aghagallon—3rd October—14th November

St. Mary's PS, Derrytrasna—17th October—28th November

St. Mary's PS, Maghery—7th November—12th December

St. Patrick's PS, Aghacommon—16th January—27th February

Birches PS—30th January—13th March

St. Teresa's PS, Cornakinnegar—20th February—27th March

Please look out for information about this programme from your school.

World Food Day—For this programme, LFAP and ASDA are working in partnership to provide a programme of celebration of World Food Day. The programme runs across the 7 local primary schools, and each school will have the chance to prepare and cook something associated with one of the seven continents. This will give children the opportunity to sample some new foods and learn about where different foods come from.

PARENT TEACHER ASSOCIATION (PTA)

LFAP is working closely with the seven local primary schools PTA's. Over the past year we have supported them with the development of their constitutions, charity registration and devising a fundraising strategy.

The seven PTAs are now registered members of PTA-UK.

LFAP will be facilitating Basic First Aid and Child Protection Training for the members of the PTAs in September.

The role of a PTA is to enhance the child's experience of school. This is achieved by:

LOUGHSHORE FAMILY BOOT CAMP

We provided a programme of exercise at our Loughshore Family Boot Camp. Parents and their children had lots of good old fashioned family fun while exercising and working together as a family.

Please look out for upcoming programmes.



'HELPING MOTHERS'

BEREAVED MOTHERS SEWING COURSE

We held a sewing course for mummies who have suffered from child loss. The mummies found sewing very therapeutic and they were able to offer peer support. The mummies have decided to continue the class on a fortnightly basis, making angel gowns for stillborns.

One mother said, "I am finding helping other mothers who were in the same position very helpful, and it is helping my grieving process."

Each of the mums received a sewing kit to say 'thank you' for their continued voluntary contributions.



SCOTCH STREET/LFAP LITTLE RASCALS SUMMER SCHEME

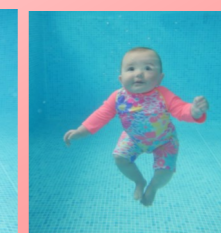
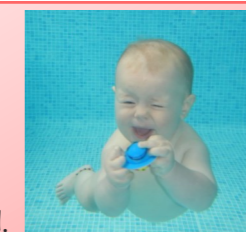
Sensory Sensations visited Scotch Street Little Rascals. The children got stuck in and had a ball with the messy play. We took a trip to C&J's farm where the children got to hold snakes and lizards. The summer scheme ended with Wee Wonders and a magician.



LITTLE SWIMMERS

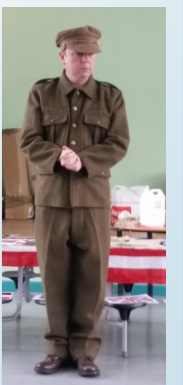
Following the success of Little Swimmers programmes, we held another 6 week course in Blue Haven, Aghagallon. The babies took to the water like a duck to a pond and they wriggled and giggled the entire time. This was a great opportunity for mothers and their babies to bond.

Mummy Helen & Baby Jack
"Jack really enjoyed it, it was also great to meet with other mothers and babies the same age as Jack, funny to think that most of them in the wee class will be in the same class at school".



WORLD WAR I & II RE-ENACTMENT

Navan Fort staff facilitated a WW I & II re-enactment in St. Mary's PS Derrytrasna to support their learning of the Wars. They brought along memorabilia and dressed as a soldier from the Wars.



TODDLER GROUPS

Derrytrasna Toddler Group enjoyed visits to Lurgan Fire Station and Lurgan Library, followed by a picnic in the park. The adults had as much fun as the children at these visits.

They also enjoyed a day trip to Streamvale Farm, where the children had the opportunity to pet and feed animals and have fun in the play areas.



Upcoming Programmes

SAFE FOOD COMMUNITY FOOD INITIATIVE NETWORKING EVENT PRESCHOOL MESSY PLAY SESSION

LFAP is holding a messy play session for children of preschool age and their families. There will be a range of different information stalls for parents including Tesco, Magee's Dental and Action Mental Health.

Saturday 30th July
Aghagallon Community Centre
12pm-2pm
Please come along.



LOUGHSHORE MUMMIES

Come along for a morning of relaxation. There will be make-up tips, reflexology taster sessions and more...

Monday 12th September, 10am-1pm at Lough Neagh Discovery Centre.

Booking essential as places are limited.

BALLOON RELEASE

'Helping Mothers' peer support group is arranging a balloon release. This entails a meaningfully planned gathering of bereaved parents who release a balloon as a way to remember their little angel.

Lough Neagh Discovery Centre
Sunday 9th October, 12pm-1pm

For help and support please contact your local Portadown SANDS Group on 077 4099 3450.



COMMUNITY EDUCATION

Paediatric First Aid Training
Sarsfield's Community Hall
Tuesday 4th, 11th, 18th, 25th October

6.30pm-9.30pm

Participants must attend all four sessions to receive their accreditation. This is a free course.

Booking essential as places are limited.



DIABETES UK

If you or a member of your family is impacted by diabetes, and you would like more information, Diabetes UK is setting up a peer support group within the area. If you would like more information, please contact us on 028 3885 1897.

EXPECTING MUMS

If you are pregnant and looking for ways to relax or stay fit, you might want to consider prenatal yoga. Did you know that prenatal yoga might also help you prepare for labour and promote your baby's health?

Lough Neagh Discovery Centre, Lurgan
Saturday 3rd, 10th, 17th, 24th September,
10am-11am

Booking essential as places are limited.

LOUGHSHORE DADDIES

A 2 day Father & Son/Daughter Programme
Friday 26th & Saturday 27th August
10am-1pm

Let us teach you how to row on the shores of Lough Neagh and build up your communication and coordination skills in preparation for rowing to Coney Island, celebrating with a BBQ.

This programme is fully booked, however we are taking a reserve list.

LITTLE SWIMMERS

Babies are born to swim, and swimming classes for you and your little one can be very beneficial. Anyone who has ever watched a tiny baby propel themselves through the water, giggling and kicking will understand that it's never too early to introduce your little one to swimming.

Tuesday 6th, 13th, 20th, 27th September,
4th, 11th October

Blue Haven, 3 Derryhirk Road, Lurgan
11.30am-12pm

Booking essential as places are limited.

TODDLER GROUPS

Return dates for toddler groups:

- Derrytrasna— Thursday 1st September
Contact Nicki on 077 6932 5486
- Aghagallon— Friday 9th September
Contact Julie on 028 9265 1364
- Milltots—Thursday 15th September
Contact Jeanette on 075 1397 1296

All groups run weekly from 10am-12pm.

If you are interested in any of these programmes, please phone the office on 028 3885 1897 or email info@loughshorefamily.com.

If you have any ideas for programmes you would like to see, we would love to hear from you.

SUMMER SCHEMES

LFAP is working with local summer schemes. See details below.

Drama Summer Scheme	Monday 8th— Friday 12th August 10am-2pm	Maghera Community Hall
	Monday 15th— Friday 19th August 10am-2pm	Aghagallon Community Centre
Wolfe Tones, Derrymacash	Tuesday 9th August—Friday 12th August 10am-2pm	GAA Pitches
Aghagallon Family Fun Day	Sunday 4th September	Aghagallon Parish Football Pitch

FAMILY FUN WORKSHOPS

These fun workshops will provide activities like cupcake decorating, singing, arts and crafts.

Milltown Parish Hall	Sarsfield's Community Hall
Tuesday 2 August	Thursday 11 August
Tuesday 9 August	Thursday 18 August
Tuesday 16 August	Thursday 25 August
Tuesday 23 August - THE RINK	Tuesday 23 August - THE RINK

10am-12pm

Sarsfield's is fully booked, however, there are places available at Milltown.

If you are interested in getting involved with the Loughshore Family Action Project in any way, please contact a member of staff for more details.

Volunteering opportunities include:

- PTAs
- Toddler Groups
- Parent Forum

LOUGHSHORE FAMILY BOOTCAMP

Bring the children along to a family bootcamp near you.

We are teaming up with Active Communities coaches to deliver a 4 week bootcamp in St. Mary's PS, Maghera, starting on Tuesday 13th September from 6pm-6.30pm.

Please get in contact for more information.

HELPING MOTHERS SEWING GROUP

Make your tea dress 6 week sewing class.

We are putting our mummies new sewing skills to use.

Tuesday 6th, 13th, 20th, 27th September,
4th, 11th October

6.30pm-8.30pm

Seagoe Parish Community Centre

Our sewing classes are for mums who are suffering an infant loss.



SAFE FOOD COMMUNITY FOOD INITIATIVE NETWORKING EVENT

HALLOWEEN MESSY PLAY SESSION

Please join us for an afternoon of Halloween themed messy play.

Saturday 29th October, 12pm-2pm

Brownlow Community Hub

Please wear old clothes, and a change of clothes is also advisable.

Booking essential as places are limited.

DROP-IN ADVICE CLINIC

Citizens Advice Craigavon will be holding an advice clinic in Unit 1 Maghera Business Centre, Maghera Road, Dungannon, BT71 6PA on Friday 30th September from 9.30am-12.30pm.

Citizen's Advice Bureau is a local charity and its service is free and confidential.

It can provide help and advice on a range of matters and you can access its service by booking an appointment to see an adviser in Maghera Business Centre on 30th September please ring Citizen's Advice reception number on 028 3836 1181 or email us on craigavondistrictcab@citizensadvice.co.uk

CHRISTMAS EVENTS

Please keep a look out for local events in your schools and on our Facebook page.

