

## CRACKING WAYS To Cut Costs

The consumer council can provide price checks on your electric, gas and oil bills

Tips on how to cut Food shopping bills, Personal Finance, and Budgeting and much more check out their link below:

[www.consumer council.org.uk](http://www.consumer council.org.uk)

If you're in need of advice whether it is for debt management, housing or benefits, the link below has a list of organisations that can help for free...  
[www.midulstercouncil.org/resident/community/community-help-and-support/advice-services](http://www.midulstercouncil.org/resident/community/community-help-and-support/advice-services)

Did you know you can buy £5 fuel stamps to collect towards your fuel cost. For further information see link below:  
[www.midulstercouncil.org/resident/health-wellbeing/fuel-stamp-saving-scheme](http://www.midulstercouncil.org/resident/health-wellbeing/fuel-stamp-saving-scheme)

Affordable warmth: You may be entitled to a replacement boiler or insulation in your home, see the link below:  
[www.midulstercouncil.org/resident/health-wellbeing/affordable-warmth](http://www.midulstercouncil.org/resident/health-wellbeing/affordable-warmth)

## FOOD WASTE IDEAS

We are looking for ways to cut down on our weekly shop. While many things we buy in our weekly shop are essential, there are clever ways to make savings while stocking up the fridge, here are a few tips on how to shop, cook and store in a way that is better for your budget.

[www.goodhousekeeping.com](http://www.goodhousekeeping.com)

**MAKE THE MOST OF YOUR FREEZER.** freeze leftover herbs, butter, hard cheese fruit and vegetables rather than waste them. Herbs freeze well in individual portions and hard cheese can be grated and frozen ready to top pasta bakes and gratins. If you are making a batch of stew, sauce or stock most can easily be doubled and frozen in portions, ready for a speedy hearty dinner

**BUY IN SEASON.** seasonal produce is much cheaper, so make sure you're taking advantage of the availability. Many items can be preserved and used at a later date e.g. you can bulk buy berries when they are at their best and most economical and freeze them for delicious for crumbles, breakfast toppings and smoothies

**SHOP AROUND.** various shops, price compare and watch out for special offers and use money-off tokens, look out for online shopping deals with free delivery to save yourself time and money

**DID YOU KNOW:** Food waste bags are provided free of charge in the Omagh area and can be picked up at your local council depot in Omagh area this is: Gortrush Industrial Estate council depot or the connect centre Omagh.

For Dungannon area food waste bags are available from the council offices on the circular road at a charge of £1:00 per roll

## HOW TO SHOP SMART TIPS

Make a shopping list and stick to it

Set a realistic shopping budget

Organise your list into sections according to the layout of the supermarket

Check your food dates

Don't shop hungry

Avoid impulse buys!

Always price compare, shop own brands are on the lower down shelves!



### Upcoming Events

Make Chatter Matter  
Friday 4th February 2022  
"I'm a little teapot"

World Book Day  
Thursday 3rd March 2022



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# ALL ABOARD

Winter Issue 2021  
Clogher Valley  
SureStart

Hi Everyone,

A warm welcome to our Christmas Newsletter 2021.

Our Autumn programmes were hugely successful and well attended. Highlights included: Put Yourself in My Shoes, Woodland Wonders, Meaningful Mess, Hanen You Make the Difference, and we have some lovely action pictures of all our families included inside.

Many congratulations to our active Sure Start Dads, who took part in Move-ember and managed a collective weight loss of 31 lbs, a fantastic effort. In this newsletter we have included useful tips and website links to help families save, as the cost of living continues to rise. We have also provided lots of fun ideas for free family activities to keep everyone entertained during the holidays.

Clogher Valley Sure Start have exciting programmes planned for 2022, so please check out our Dates for Diary for January and sign up to start the New Year in a positive way.

If you need any help or support please get in touch, lift the phone or drop us a PM or email, we are always happy to help.

Our Clogher Valley Sure Start Team would like to wish all our families a healthy and Peaceful Christmas and a Happy New Year.

### CVSS MAKATON SIGN OF THE MONTH IS 'TO PLAY'

Makaton is a language programme using signs, symbols and speech to encourage communication skills.

Learn a new sign each month with Patricia!





**BABY REFLEXOLOGY**



**DAD'S MOVE-EMBER**



**BABY SENSORY**



**MEANINGFUL MESS**

**CVSS Celebrating Parents Week  
RESET AND RECONNECT**



**LITTLE GREEN FINGERS  
CHARLOTTE'S CARROTS**



**HANEN YOU MAKE THE DIFFERENCE**

A Woodland Walk, this could include exciting things such as: a bug hunt, eye spy, making a forest wand, guessing animal homes, boat leaf races on a bridge over a stream, making mud pie, Den building, climbing falling trees, listening to hear how many animal sounds you can hear and jumping in Mud.

Salt dough, (great for making Christmas tree decorations) 2 cups of flour, 1 cup of salt, 1 cup water, mix all together, add food colour and have fun.

Playing pairs. Socks and Tin cans are great for playing pairs with your children.

Build a Den, give your child some pegs and sheets and let their imagination run wild. You could pretend it's their restaurant and have a picnic in it with them

What's on TV. Cut a window from a large box and invite the family to paint and decorate it. Pop on the table and invite them to take turns being on TV, extend play by adding some adult clothes and jewellery for dressing up.

Easy tray bakes. Using your cereal and chocolate make some crunchy buns.

Make Christmas stocking on paper and let the children rip and stick what they like.

Play hide and seek.

Using your saucepans and wooden spoons etc set up a band and have a singing show.

Relax with your child, rub their back, take time to teach them how to unwind.

Superhero work out, carry out light exercise to the beat of their favourite song.

Toilet roll tower - use soft objects to build tower.

**FREE! FUN FAMILY ACTIVITIES TO  
DO THAT DON'T COST ANYTHING!**



**FUNDADMENTALS**



**PUT YOURSELF IN MY SHOES**



**WHACKY WOODCRAFT**



**WOODLAND WONDERS**



**NATIONAL OUTDOOR  
CLASSROOM DAY**



**MINDFULNESS WITH SHANNEN**