

## Siblings programme

This started in March with 12 children attending. Our first session consisted of yoga and mindfulness. We also enjoyed going to the park, making buns, playing group games and a trip to the cinema.



We've had lots of fun and made new friends, but we have also learnt loads over the past 6 weeks. The children have learnt more about Autism and how it may affect their brothers and sisters. They have developed coping mechanisms to use when their brother or sister is having a meltdown or becoming aggressive. They have also learnt about dealing with their feelings and emotions and how important it is to talk to parents or friends about how they are feeling. They learnt 2 new Makaton signs each week to communicate with their siblings in a more effective way. The programme comes to an end at Easter but we hope to run it again very soon.



## Newsletter Easter 2019

### M.D's message



It's been an incredible start to 2019, with our clubs running at full steam and our focus has been very much on developing supports for the wider family, with our new Sibling programme, parent programmes, 'Make & Take' sessions and Parent & Toddler group. We have been humbled by the generosity of our supporters recently, as many have raised funds for us and continue to do so into the summertime with the Belfast marathon. As planning for yet another summer scheme gets underway, we expect that summer 2019 will prove to be as energetic, fun and fulfilling as all the others!

Happy Easter everyone! With best wishes, Joan

Special thanks to our placement students from January to April - Charlie, Ian, Caroline & Abbey!



After-school club have been enjoying gardening, yoga, pancake Tuesday and Open Arts visits!



## Early Years

We've been busy bees in EY jumping into spring! We've celebrated Valentine's day, St. Patrick's Day, Mother's Day and some of our friend's birthdays! We've also been learning all about different springtime animals, including baby pigs, sheep and cows! We made a real splash with 5 weeks of swimming classes in the local pool and our new favourite song is Baby Shark!



September 2019 applications now open for children who turn age 2 before 2nd July 2019. Contact [kkelly@solasbt7.com](mailto:kkelly@solasbt7.com) for more info. Deadline for applications is Friday 31st May @ 4pm.

## Kidz Support Den

It's been a busy term! In February-March we had our new parents programme for the adults which was well received. In April the children enjoyed making some Easter crafts and for our snack time we had some Easter biscuits and hot cross buns... although they weren't everyone's favourite! The volunteers have been telling us about their homeplaces and the children have enjoyed learning new things about China and Malaysia! We finished up the term with an Easter party. We resume as normal on Monday 29th April and wish everyone a lovely Easter break!



Tel: 02890 247600

[www.solasbt7.com](http://www.solasbt7.com)

284a Ormeau road, Belfast BT7 2GB

### Back on Track cluster groups



We are embarking on a new scheme to bring volunteers together in a more informal setting to chat about their experiences so far on the Back on Track programme. In February, a small group got together over a cuppa at a coffee shop on the Antrim Road. The opportunity proved to be very useful. One volunteer commented:

*'Sharing experiences with other volunteers proved really helpful ahead of my first input and offered tips and useful exercises to do with the children. It was also good fun and lovely to hear about other people's experiences.'*

We hope to roll out the cluster groups to our volunteers throughout NI over the coming months.

### Wildlife and Cats Protection League visits



### Sólás Easter opening times

We're closed on Good Friday 19th April until Wednesday 24th April. Our office re-opens on Thursday 25th April, however children's clubs will begin again from Monday 29th April.

### NIHE furniture donation

We are fast running out of office space as our teams grow! Staff from NI Housing Executive have kindly donated desks to Sólás. Huge thankyou to NIHE and to Robert Hopkin and Gary Davison who delivered the desks in April.



### We have Summer 2019 volunteer opportunities on the following dates :

1st—5th July  
15th—19th July  
22nd—26th July  
29th July—2nd August  
Monday to Friday  
Times 9am to 3pm.

For further info please contact [jeanne@solasbt7.com](mailto:jeanne@solasbt7.com).  
Deadline 31st May 2019.



### Donations and thanks

A huge thankyou to the pupils and teachers at Donegall Road primary school, who kindly donated the proceeds of their recent 'wear blue for Autism' day.



We were also delighted to receive a donation from the pupils of Holy Cross Boys school from their recent fundraising event. A massive thankyou for all your support.

### Caroline's Easter 'Crown Cake' recipe

This recipe is from our Erasmus placement student Caroline, an authentic Austrian cake!

#### Ingredients

- ¾ cup (180gms) butter
- ¾ cup caster sugar
- 3 eggs lightly beaten
- 1 1/2 cups Self raising flour
- 2 Tablespoons milk
- Butter for greasing cake tin
- Breadcrumbs for cake tin
- Syrup or chocolate to coat



#### Method

Preheat oven to 180 degrees. Cream the butter and sugar with electric beaters until light and fluffy. Add eggs one at a time whilst still beating. Add flour and milk and mix all together with a spoon until well combined.

Lightly grease an 18cm ring mould cake tin and sprinkle with bread crumbs. Pour mixture into tin and bake in 180 degrees oven for about ½ hour. It's usually golden on top, but to be sure you can test the centre by poking a skewer into the middle, if it comes out clean- its cooked.



Remove from oven and cool in tin. Once cooled, turn the cake out onto a plate. You can coat it in chocolate or a coffee syrup. Make the recipe in an Easter bunny cake tin (see left) for a special Easter twist!

### EY Summer scheme applications 2019

Early Years Summer Scheme Applications are out now! This year we have 2 sessions per day over 2 weeks as follows:

Week 1 : 15th - 19th July (9am—12pm and 1pm - 4pm).  
Week 2 : 5th - 9th August (times as above).

Completed applications to be returned to Kathryn by Friday 3rd May @ 4pm. Limited spaces available.

### Afterschool Summer scheme applications 2019

Applications are now closed. Final payments for confirmed spaces must be received by deadline Friday 31st May 2019.

Applications for the waiting list may be returned to Jeanne. Please note we usually have very few drop-outs.



We would like to wish all of our service users, staff and the community a Happy & Peaceful Easter!

Thankyou for all your support during 2019 so far.

