



### Kids Den

Kids Den has made a great start back to the school year, with lots of familiar faces and some new ones. It has been busy with homework, games and some autumnal arts & crafts. The Halloween party has also been a lot of fun, especially pumpkin painting and wrapping each other up as mummies and dancing to some Halloween music! We're now looking forward to the Christmas festivities and hope Kids will enjoy what we have in store!

The **ASD Afterschool clubs** have been into discovering and exploring new things. Everyone had a great time painting and playing with sand, water and cinnamon playdough.



Tel: 02890247600



### MD's Message

**Dolly Parton said; "If you want the rainbow, you have to put up with the rain".**

**Our rainbow in Sólás is a fairer world, a world that is compassionate and supportive; a world that recognises that every person has a role to play.**

**Everyday I see staff & volunteers here at Sólás passionately supporting vulnerable families, teaching new skills, offering a listening ear, working through behaviours, making visuals, etc etc. , all in the belief that someday, through the rain, we will see the rainbow. Keep going everyone x**

### Solas Saturday WW Club

*A new 10 week Saturday Club is due to start from Jan 11, 2020 to March 21, 2020 at Windsor Women's centre for primary school age children with additional needs.*

*Please contact Liz Carton on [respite@solasbt7.com](mailto:respite@solasbt7.com) or 0289247600 for application forms.*

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

### Celebrating Back on Track Success!



The BOT programme continues to grow with 38 schools and 73 active volunteers throughout NI. Some of our volunteers, who have been with us for several years have decided to take a step back and retire from volunteering, and we would like to take this opportunity to say a huge **THANK YOU** to them. They have made a huge difference to the lives of the children involved with the programme. However, we are very fortunate to have several new volunteers who are a welcome addition to the programme.



**YPI initiative:** A group of year 10 pupils from Bloomfield Collegiate chose our charity as part of the YPI (Youth & Philanthropy Scheme). Eight teams in the school 'pitched' to win a £500 donation for their chosen charity. Although the girls didn't win, they certainly raised the profile of our charity and gave a sound performance to the pupils and teachers involved in the initiative.



**Cluster Groups:** This year, we are focusing on Cluster Group meetings throughout N Ireland. These give our volunteers a chance to meet in a more informal setting, share experiences and learning something from each other over a cup of tea. So far we have had meetings in Newry and Belfast with Derry and Dungannon/Cookstown and beyond in the pipeline. More details to follow.

So far it has been a very busy new year but we are delighted that the programme continues to flourish thanks to our team of dedicated volunteers.

### Early Years

Our Early Years have been doing a lot of Autumn and Halloween activities. The children had great fun dressing up in their Halloween cos-



284a, Ormeau Road, Belfast

## Youth Club

The Youth Club is growing at present. We have an addition of 3 young girls to the clubs on Tuesdays and Thursdays evening. There has also been some location changes to the Club. Trampolining is moved to Belfast Model School for Girls and the Rosario Youth club sessions has been moved to The Village Church.



## Parents Clinic

A very successful advice session on Autism, hosted by our team, Liz Carton, Michelle Murdock, Catriona McGarvey and Kathryn Kelly was held at Holy Cross Boys Primary School. Almost 30 parents who attended the pre-booked session were provided with advice and practical guidance as well as referrals to Solas services.



A big Thank You to Mrs. Reel for her help in organising the session.

## Siblings Program



Siblings program has been busy with Arts, Yoga, Bowling. We have had lots of sensory play including making slime, time in the sensory room, playing with shaving foam, bubble wrap, making playdough and playing with fidget toys which helped the children understand what may help their brothers and sisters. For Halloween we had a party where we played lots of games and dressed up. We are finishing up with a Pizza Party this week and hopefully won't be long till we see each other again!

## Solas Christmas Grotto



When : Sunday, 8th December,

Time: 1:00pm - 4:00 pm

Booking is essential by 28th December, 2019

For more information please call

02890 247600

## Healthy & Friendly Treats!!

### Quinoa Brittle by Jeanne

You will need

- 1/2 cup uncooked white quinoa
- 3/4 cup pecans, chopped ( or your favourite nut)
- 1/4 cup gluten-free rolled oats
- 2 Tbsp chia seeds
- 2 Tbsp coconut sugar ( or brown sugar)
- 1 pinch sea salt (optional)
- 2 Tbsp coconut oil
- 1/2 cup maple syrup

### Instructions

1. Preheat oven to 162 C and line a baking sheet with parchment paper, ensuring it covers the entire surface and all the edges (to prevent spill over).
2. Add quinoa, pecans, oats, chia seeds, coconut sugar, and salt (optional) to a mixing bowl - stir to combine.
3. To a small saucepan, add coconut oil and maple syrup. Warm over medium-low heat for 2-3 minutes, stirring occasionally until the two are totally combined and there is no visible separation.
4. Pour over the dry ingredients and stir to thoroughly combine and coat. Arrange on parchment-lined baking sheet and spread into an even layer with a metal spoon. Try to get it as even as possible, or the edges will burn and the center won't crisp up
5. Bake for 15 minutes, then turn the pan around to ensure even browning. Bake 5-10 minutes more and watch carefully as to not burn. You'll know it's done when uniformly deep golden brown in color and very fragrant. The edges may appear to be getting too brown, but they're just getting crisp and caramelized, so don't be afraid of that!
6. Let cool completely before breaking into bite-size pieces with a sharp knife or your fingers. Once completely cooled, store leftovers in a sealed bag or container at room temperature for 1 week or in the freezer for up to 1 month.

This makes an excellent holiday dessert or gift!

**Thank You to all our service users, staffs and community for the support extended during 2019 so far.**