



Supporting Families

Providing services to children aged 0-4 years and their families



SPRING

April to June 2024



'A little seed for me to sow
 A little soil to make it grow
 A little hole, a little pat,
 A little wish, and that is that,
 A little sun, a little shower.
 A little while -
 And then, a flower!'



Meet our leaders!

Developmental programme for 2-3 year olds

Children eligible must have a date of birth between **02/07/21 - 01/07/22.**



Nicola



Angeline



Natalie



Maureen

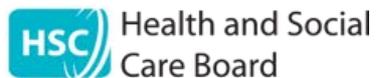
How can I apply?

Information sessions will be held in Legahory on **Wednesday 20th March 5:00-5:45pm or 6:00-6:45pm.** During these sessions you will find out all about the amazing programme, meet the staff, and receive expression of interest forms. These forms can also be downloaded from our website or available for pick up at our Legahory office From the 20th of March onwards.

Closing date for all completed forms is Friday 26th April.

To learn more about all our programmes visit our website.

Splash SureStart, Office 1 First Floor, Legahory Centre, Craigavon, BT65 5BE
 Tel: 028 3831 3360. Email: info@splashsurestart.org. Website: www.splashsurestart.org



After Schools Mini Movers

*Booking required

Join us for tumbling and balancing to dancing and stretching, Watch as your mini mover builds strength, co-ordination, and confidence while making friends and discovering the joy of physical activity.

Location: Legahory Playroom

Dates: Tuesday 21st May- 11th June

Time: 3:30pm-4:30pm

0-4 years



Baby Massage

*Booking required

Baby Massage offers you a special time for you and your baby to bond and unwind. These 5 weeks cover touch, movement, relaxation, interaction and communication. The quality of closeness between parent and baby has life-long benefits.

Location: YMCA Lurgan

Dates: Friday 12th April - 10th May

Times: 11:00am - 12:00pm



Bush Craft Family Event

*Booking required

Come join us at Kinnego Bushcraft Centre for our family event and compete for the Bushcraft Cup, against Blossom Sure Start, Portadown.

What to expect:

Bushcraft games, kids archery, hut building, fishing and more!

Bring a blanket and a picnic but also be prepared for all types of weather!

Location: Oxford Island

Dates: Saturday 15th June

Time: 11:00am - 1:00pm



Ladies Hike

*Booking required

Embark on a rejuvenating journey with our Mothers and carers hike to Tullymore Forest Park.

We've got your convenience in mind, providing transportation for a hassle-free experience.

Join us for a day of relaxation, laughter, and the joy of outdoor exploration.

Location: Tullymore Forest

Dates: Saturday 8th June

Times: 8:30 AM - 4:00 PM.



Mens Mental Health Week

	Activity	Day	Dates	Times	Venue	My Notes & Bookings
June	Family Fishing	Saturday	8th June	11:00am-2:00pm	South Lake Leisure Centre	
	Dads & Grandads kids club	Tuesday	11th June	10:00am -12:00pm	Taghnevan Community Centre	
	Pickle Ball for Dads & grandads	Wednesday	12th June	7:00pm -8:00pm	Taghnevan Community Centre	
	Family Gardening	Thursday	13th June	10:00am-12:00pm	Taghnevan Allotments	

Midwife Support & Antenatal Exercise

*Booking required

Keep active and fit during your pregnancy, while chatting with other parents to be, and to our midwife Stella.

Stella can offer 1-2-1 support and answer any pregnancy related questions. Tea and Coffee will be on offer afterwards.



Location: Legahory

Dates: Wednesday 14th June

Time: 11:00am-12:00pm

Make a Journey Stick!

Making a journey stick is such an easy, fun outdoor craft to do with the kids - and a great low-cost way to have some fun family time.



What will you need?

- A stick
- Paint (optional)
- String*
- Glue or tape*
- PVA glue and water (optional)
- A green space to walk through

Find natural items such as leaves, feathers, small stones and seeds, and attach them to the stick using glue, tape and/or string. Collect the items and attach them once you're home if this is easier.

Remember to only collect fallen items.

*Supervision required at all times



Busy Buggies

*Booking required

Busy Buggies walking group is a 4 week programme. Join us for a walk, chat with other parent & babies receive support, fresh air and boost your fitness. Suitable for children in prams or buggies.

Location: Lurgan Park

Dates: Friday 31st May to 21st June

Time: 11:00am-12:00pm



Pregnancy, Bump to Baby

*Booking required

This is a 4 week programme for parents to be.

Every week is a different topic including;

- Preparing for labour & birth
- Pain relief & birthing options
- Hospital bag information
- Bathing & feeding your baby



Location: Legahory Training Room

Date : Thursday 2nd - 23rd May

Time: 10:30am -11:30am

UPCOMING ACTIVITIES FOR APRIL TO JUNE 2024



April

Activity	Day	Dates	Times	Venue	My Notes & Bookings
Dads, Granddads & Kids Swimming 0-4yrs	Monday	8th & 15th April	12:30am -1:30pm	South Lakes Leisure Centre	
One off Swim Sessions 0-4yrs	Monday	22nd & 29th April	12:30am - 1:00pm 1:00pm-1:30pm	South Lakes Leisure Centre	
Baby Cafe Drop in. 0-12m	Tuesday	9th - 30th April	10:00am - 11:00am	Legahory Training Room	
Breast Feeding Support Drop in	Tuesday	9th - 30th April	11:30am -12:30pm	Legahory Training Room	
Dads, Granddads & Kids Play Club 0-4yrs	Tuesday	9th - 30th April	10:00am - 12:00pm	Taghnevan Community Centre	
Fun For All 0-4yrs	Wednesday	10th - 24th April	10:30am - 12:00pm	Links, Lurgan	
Pickle Ball for Dads & Granddads	Wednesday	10th - 24th April	7:00pm-8:00pm	Taghnevan Community Centre	
Sociable Babies - 0-3m	Wednesday	17th Apr - 5th June	10:00am - 12:00pm	Legahory Training Room	
Journey Junction 4 week Playtime - 0-4yrs *Quiet Session	Thursday	11th Apr - 2nd May	10:00am-11:00am *11:30am-12:30pm	Legahory Playroom	
Gardening Allotments	Thursday	18th April	10:00am - 12:00pm	Taghnevan Allotments	
Nurturing Programme *Limited Creche Spaces	Friday	12th April - 21st June	10:00am - 11:45am	Legahory Training Room	
Splash Out Saturday 0-11yrs	Saturday	13th April	10:30am -12:00pm	Tannaghmore Gardens	
Family Fishing 0-11yrs	Saturday	27th April	11:00am-2:00pm	South Lakes Leisure Centre	

*Quiet session - for those child with additional needs or anyone who may benefit from a smaller and quieter group

May

Family Swim 0-4yrs	Monday	13th May	12:30pm-1:30pm	South Lakes Leisure Centre	
Splash Water Babies. 0-2 yrs *excluding the 27th May	Monday	20th May - 24th June	12:30am - 1:00pm 1:00pm-1:30pm	South Lakes Leisure Centre	
Baby Cafe Drop in. 0-12m	Tuesday	7th - 28th May	10:00am - 11:00am	Legahory Training Room	
Breast Feeding Support Drop in	Tuesday	7th - 28th May	11:30am -12:30pm	Legahory Training Room	
Dads, Granddads & Kids Play Club 0-4yrs	Tuesday	7th - 28th May	10:00am - 12:00pm	Taghnevan Community Centre	
Parents Forum 0-4yrs	Tuesday	21st May	10:00am-11:45am	Legahory Playroom	
After Schools Mini Movers 0-4yrs	Tuesday	21st May - 11th June	3:30pm-4:30pm	Legahory Playroom	
Fun For All 0-4yrs	Wednesday	1st -29th May	10:30am - 12:00pm	Links, Lurgan	
Benefits Advice Clinic	Wednesday	1st May	9:30am-12:30pm	Links, Lurgan	
Pickle Ball for Dads & Granddads	Wednesday	1st-29th May	7:00pm-8:00pm	Taghnevan Community Centre	
Dental Care and Oral Hygiene 0-4yrs	Thursday	9th May	10:00am - 11:00am	Legahory Playroom	
Sun Safety Awareness with Cathy Devlin ABC COUNCIL. 0-4yrs	Thursday	30th May	10:00am - 11:00am	Legahory Playroom	
Gardening Allotments 0-4yrs	Thursday	2nd & 16th May	10:00am - 12:00pm	Taghnevan Allotments	
Time for Me - Cycling group *Parents and carers only	Thursday	9th May	6:30pm - 7:30pm	South Lakes Leisure Centre	
Men's Hike Dad's, Grandad's and Carers only	Saturday	11th May	8:30am -4:00pm	Mourne Mountains	

June

Paediatric First Aid	Monday	3rd & 10th June 17th & 24th June	6:00pm -9:00pm	Chrysalis Centre	
Baby Cafe Drop in. 0-12m	Tuesday	4th - 25th June	10:00am - 11:00am	Legahory Training Room	
Breast Feeding Support Drop in	Tuesday	4th - 25th June	11:30am -12:30pm	Legahory Training Room	
Dads, Granddads & Kids Play Club 0-4yrs	Tuesday	4th - 25th June	10:00am - 12:00pm	Taghnevan Community Centre	
Fun For All 0-4yrs	Wednesday	5th - 26th June	10:30am - 12:00pm	Links, Lurgan	
Pickle Ball for Dads & Granddads	Wednesday	5th - 26th June	7:00pm-8:00pm	Taghnevan Community Centre	
Gardening Allotments 0-4yrs	Thursday	6th & 20th June	10:00am - 12:00pm	Taghnevan Allotments	
Family Fishing 0-11yrs	Saturday	8th June	11:00am-2:00pm	South Lakes Leisure Centre	



Please like and follow our Facebook Page for updates on programmes running April -June and also for any additional programmes we may offer over the next few months.



Don't forget about our programmes mentioned on the inside!

All activities must be booked

Please contact the office on 028 3831 3360 to place your name on an expression of interest list

