

Splash

SureStart

Brownlow Lurgan

Programme

April—June 2018

Bump to Baby Workshops

Baby Keepsake Boxes

Design and decorate your Baby Keepsake Box. Keep all those scan photos and special items to mark your baby's first year. Refreshments available.



Saturday 28 April, 11.00am-12.30pm

Splash Training Room



Bump Art— New craze!!

Come along to this exciting session to get

your baby bump painted by a professional artist. The activity is limited to 6 places. Please book early to avoid disappointment. Light supper provided.

Wednesday 20 June, 6.30pm-8.00pm

The Links, Lurgan

Booking Required

CLOSED

Splash SureStart programmes will close

**Monday 2— Wednesday 4 April,
reopening on Thursday 5 April**

Monday 7 and 28 May

Bumpercise

If you're looking for a fitness regime for you and your growing baby bump, water exercise is a safe option to get you started.

It is a 6 week programme with only 10 places available.

Please book early to avoid disappointment.

Tuesdays, from 8 May to 12 June

7.00pm -7.30pm

Brownlow Swimming Pool

Midwifery Drop in Clinic

The clinic offers one-2-one antenatal checks, advice and support from our Midwife.

Hypnotherapy CDs can be collected at clinic or from staff in the office.

Phone 028 3831 3360 for more information.

**Every second Wednesday in The Links, Lurgan
10.00am-11.30am, starting 11 April 2018**

Breastfeeding Support

Would you like to meet with other breastfeeding mothers or do you need an individual advice session? Why not pop in before Baby Café between 10.00am-10.30am to speak with a Health Visitor.

Baby Café

Baby Café is a great drop-in group for you and your baby up to 1 year old. Make new friends and share your experiences. Just want to relax? Then come to Baby Café for help, advice, support or just to chat!

Tuesdays, Splash Training Room, 10.30am-12.00pm

Wednesdays, The Links, Lurgan, 10.30am-12.00pm

Starting Spoon Feeds with your Baby

Come join the health visitors to taste and get ideas for when you start introducing family meals to your baby.

Thursday 19 April 9.45am-11.00am

**Room 10, Lurgan Health & Social Services
Centre, Sloan Street, Lurgan**



Nurturing Programme

Do you want to get the best out of family life? Then join us and other parents to get tips to make this happen!

This 11 week programme will be in a relaxed environment and parents will gain an understanding of their own and their children's emotional needs. The Nurturing Programme can provide you with ideas to make the job of parenting easier, more fun and more survivable when the going gets tough.

Thursday 12 April to 28 June

9.45am-11.45am, Splash Training Room

Crèche available. Booking required.

The Parenting Puzzle

Becoming a parent is a bit like starting on a journey, sometimes we hit bumps on the road. Let us smooth your path by providing you tips and techniques on how to manage family life.

Tuesday 29 May to 19 June

6.30pm—8.30pm, The Links, Lurgan

No Crèche.



To book a place call 028 3831 3360.

To learn more about the programme visit our website.

Incredible Toddlers

A 14 week programme which gives parents and carers simple tips, advice and support to help manage the big and small issues of family life.

Each session runs from 10.00am until 12.00pm, booking is required and limited crèche places are available.

Introductory Session Monday 9 April

10.00am-12.00pm, Splash Training Room

Then every Friday from 13 April to 6 July

10.00am-12.00pm, Splash Training Room

Crèche available. Booking required.

To book a place call 028 3831 3360.

To learn more about the programme visit our website.

Baby Massage

Baby massage offers a wonderful experience and a special time for you and your baby.

Parents who attend a Baby Massage course learn so much more than just a massage routine. Our classes cover touch, movement, relaxation, interaction and communication.

Wednesday 6 June to 27 June

2.00pm—3.00pm Splash Training Room

To book your place phone 028 3831 3360.



Sociable Babies

This 8 week programme for parents/carers of babies aged 6 weeks to about 3 months aims to help you learn to communicate and understand your baby and how you can promote their healthy development.

The group will teach you baby massage and baby yoga. We also look at how the baby's brain develops so quickly in the early days and how parents can positively help this.



Thursday 3 May to 21 June

10.00am—12.00pm, The Links, Lurgan

Booking is required.

★ Sparkle and Shine ★

Sparkle and Shine.....

It's tooth brushing time!

Is brushing teeth a challenge for your children? Then this is a morning for you! Get advice, tips and some goodies to help the children with cleaning their teeth.



**Wednesday 6 June
10.30am—12.00pm
The Links, Lurgan**



Play Fun Shops

Pets At Home, Tuesday 15 May

Are you an animal lover? Let's visit Pets at home and meet some furry friends, reptiles, fish and lots more.

12 spaces available. Booking required.



6.00pm-7.00pm, Pets at Home, Rushmere

Boogie Beat, Tuesday 29 May

Love to dance? Drop in for a some dancing, moving and singing.

12 spaces available. Booking required.

2.30pm-3.30pm, Splash Training Room

Let's Mix and Mess, Thursday 7 June

Time for you and your child to explore messy play and bring home some fun filled family activities. 15 spaces available. Booking required.

10.30am—11.30am, Mourneview Community Centre



Spend some quality time with your children and explore lots of different themed activities in a relaxed and friendly environment.

Each week will provide new ideas and experiences that you and the family can try at home.

Playtime runs for 4 weeks (with the exception of Mount Zion which is 3 weeks only this quarter) and upon completion we will celebrate with a mini graduation.

Monday 16 April to 30 April
Mount Zion, Lurgan
10.00am-11.00am or
11.30am-12.30pm

Wednesday 9 May to 30 May
Playroom Legahory
10.00am-11.00am or
11.30am-12.30pm

Choose one location and one of the allocated time slots.
Booking required.

Night Night! Tuesday 24 April

An evening of soothing activities, supper and wind down before bed with a magical story.

P.S. Feel free to wear your pyjamas and bring along your teddy. 12 spaces available. Booking required.

6.30pm—7.30pm, Church of the Nazarene

The Ugly Duckling, Wednesday 11 April

Come to hear the wonderful story of The Ugly Duckling. Enjoy some mask making, egg painting, water play and search for the missing duckling.

10 Spaces available. Booking required.

Legahory Playroom

2.30pm-3.30pm

Little Artists

Wednesday 13 June

To all you little artists out there?



Design and make a special gift for someone you love.

10 Spaces available.
Booking required.

10.30am-11.30am

Legahory Playroom



Mr Rumbles



Lets get physical - Mr Rumbles would like you to join him in lots of exercises and movement activities. We will be practising balance, jumping, skipping and lots more. This programme is 4 weeks and aimed for children aged 2-4 years.

Monday 4 June to 25 June

10.30am-11.30am, Church of Nazarene
Booking required

Wind Down with Mr Wiggles

The programme is based on songs and music, a range of sensory resources and relaxation/wind down time. It is a 4 week programme for children aged 1-3 and their parents.



Tuesday 5 June to 26 June

10:30am-11:30am, Legahory Playroom
Booking required.



Fun for Under 1's

New and exciting programme for Under 1's.

Let them explore, get creative, get messy and find their voice through music.

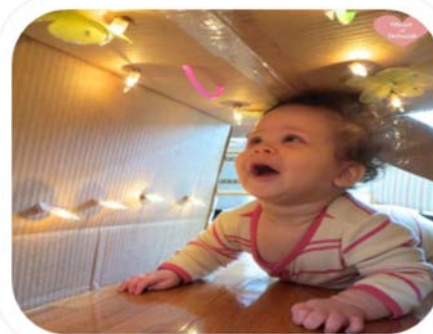
We are offering 3 sessions only:

Friday 27 April - Church of Nazarene, 11.00am-12.00pm

Monday 21 May - Mount Zion, 11.00am-12.00pm

Monday 18 June - Legahory Playroom, 3.00pm-4.00pm

Book Early to Avoid Disappointment!



Multicultural Group

We welcome children and parents from all corners of the globe in the Multicultural Group. Drop in for a chance to improve English language, get some tips on how to make family life easier while your children play in a relaxed and safe environment. Tea/coffee and healthy snacks provided.

Wednesday 11 April to 30 May,
10.30am-12.00pm, The Links, Lurgan



Don't FORGET! to Play for Parents



Fancy a little me time?

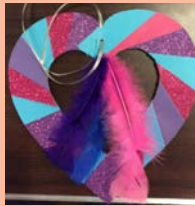
Come away from the hustle and bustle of life and relax over a cuppa with some simple crafts.

Parents Only- No crèche available.

Tuesday 10 April, 7.00pm—8.30pm

Brownlow Community Hub

Call 028 38 313360 to book.



Fun in the Sun!

Get ready for Mr Sunshine!
This session will have advice and tips on how to stay safe in the sun.
Free gifts for everyone attending.

Monday 11 June, 10.30am—11.30am
Splash Playroom

For more information and booking call 028 3831 3360.



Don't forget to let us know if any of your details have changed, i.e. Phone number, address, new pregnancy etc.

Call us on 028 3831 3360 so we can update your details.

Reminder!

employers

For Childcare

charitable group

ADVICE SERVICE

UNIVERSAL CREDITS are starting soon!
Universal credits are starting in the Brownlow and Lurgan areas on 30 May 2018. To make sure you are receiving your full benefits and entitlements this is an opportunity for Splash SureStart families to book an appointment with one of the Family Benefits Advisers.

11 April 9.30am-12.00pm The Links, Lurgan
13 June 9.30am-12.00pm The Links, Lurgan
15 May 9.30am-12.00pm Splash Training Room

To book phone 028 3831 3360.



Day @ the Farm

Splash Out Saturday

Saturday 21 April

Tannaghmore Gardens & Animal Farm
10.30am—12.00pm

Let's do some planting, digging and get to hold the new baby chicks. Enjoy a healthy tasty picnic at the park.



Baby & Child First Aid Course



Do you want more confidence in case you have to deal with a family medical emergency or incident?

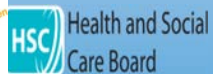
Then this is the course for you!

Saturday 5 May to 26 May

10.00am—1.00pm Splash Training Room

Call 028 38 313360 to book.

Splash Sure Start; Office 1 First Floor, Legahory Centre; Craigavon BT65 5EE. Tel: 028 3831 3360.



Website: www.splashsurestart.org