

# Splash into New Year with SureStart!

January 2019

# Supporting Families

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



## Introducing the Play Team...

*"Play is our brain's favourite way of learning"* (Diane Ackerman)

Our team consists of 4 members of staff including Play Development Team Leader Mary Boyce and Play Development Workers - Rachel Scroggie, Natasha Greer and Patricia Mulholland.

Fun, creativity and learning is what we are all about. We do this through PLAY.

Our play programmes gives you and your child:

- ❖ the space and time to play together
- ❖ the opportunity to learn, grow and develop
- ❖ ideas for low cost activities that are easily recreated at home
- ❖ the chance to meet other parents and children
- ❖ fun in a relaxed creative environment



Our play team offer a variety of group based and home based activities including; our very exciting new drop-in Play Café for ages 0-4 years, Eager to Play, Mr. Rumbles, Music Makers, Night Night, Create with Polly and Fun for Under 1's. We provide play home visits for parents and children too.

We also recognise how important it is for our parents/guardians to have some "me" time. Our Don't Forget To Play evenings have been very popular. During these sessions, our parents get to relax, be creative, have a cuppa and a chat. Please keep an eye out for upcoming dates of all our play programmes which are listed in the newsletter, our website and Facebook.

If you would like any more information about any of our programmes please contact Mary Boyce, Play Development Team Leader on 028 3831 3360.

Hope you all have a very Happy Christmas and Best wishes for 2019.



Do you and your little explorer fancy joining us on a journey visiting the wonders of the world through play? Each week will be a different and exciting new adventure. If you want to get your passport stamped travelling through Egypt, Italy, the Amazon Rainforest, and China, then book your seat now! Seats are limited so book in advance. Bon Voyage!!!

Legahory Playroom  
Wednesday

16 January – 6 February  
10.00am to 11.00am or  
11.30 am to 12.30 pm

Zion's Den, Lurgan  
Thursday 7 March – 28 March  
10.00am to 11.00am or  
11.30 am to 12.30 pm

Suitable for ages 0 to 4 years

### IMPORTANT DATES

All programmes closed  
18 March 2019

**To learn more about all our programmes visit our website.**

Splash Sure Start; Office 1 First Floor, Legahory Centre; Craigavon BT65 5EE.  
Tel: 028 3831 3360. Email: [info@splashsurestart.org](mailto:info@splashsurestart.org). Website [www.splashsurestart.org](http://www.splashsurestart.org)

# Pregnancy and Baby Fair!

Splash Sure Start presents our annual Antenatal Event!

Parents-to-be and new parents are invited to a fun packed morning to celebrate your new arrival(s)!

Activities include:

- Maternity Wear and New Baby Fashion Show
- Car Seats Advice and Demonstrations
- Pregnancy and Postnatal Yoga Taster Session
- Midwifery and Health Visiting Advice
- Pamper Session for Mummy
- Health Checks
- Nursery Furniture & Prams Showcase
- Free Goody Bags for all Parents
- Light Refreshments Provided

**Saturday 2 March, 11.00am-1.00pm**  
**Brownlow Community Hub**



## The Parenting Puzzle

Puzzled by parenting? Our 4-week programme can provide you with tips and ideas on building on your relationship with your family and supporting your children's behaviour and development.

**Tuesday 26 February – 26 March**  
**6.30pm-8.30pm, The Links, Lurgan**

Booking required. No crèche available.



## The Nurturing Programme

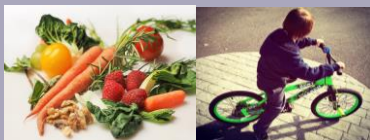
This 11-week parenting programme gives parents support to help manage the big and small issues of family life. Understand the importance of caring for yourself so you can look after those around you.

**Thursday 10 January – 28 March**  
**9.45am-11.45am**  
**Splash Training Room**

Booking required.  
Crèche available.



## Healthier Choices



## Healthier Families

The Family Health Initiative is a family focused healthy lifestyle programme which includes lots of family fun through games, activities, healthy eating and learning how to be healthy as a family. During the 8 weeks we will enjoy story-time with our puppets, play activities and healthy snacks. Each week parents will take away various fruit and vegetables to try at home with the whole family.

A limited number of crèche places will be available. Booking Required.  
**Friday 18 January to 8 March, 10.00am-12.00pm**  
**Splash Training Room**

# Upcoming Activities January-March 2019

Activity	Day	Dates	Times	Venue	Booking/Drop In
<b>Baby Massage</b>	Monday	21 Jan – 18 Feb	11.30am-12.30pm	Splash Training Room	Booking Required
<b>Sociable Babies</b>	Monday	14 Jan – 4 Mar	2.00pm-4.00pm	The Links	Booking Required
<b>Baby &amp; Child First Aid for Parents</b>	Monday	4 Feb – 25 Feb	6.00pm-9.00pm	Chrysalis Women Centre	Booking Required
<b>Food Hygiene Level 2</b>	Monday	28 Jan	9.30am-1.00pm	Chrysalis Woman Centre	Booking Required (crèche available)
<b>Eager 2 Play</b>	Monday	4 Feb-11 Mar	10.00am-11.30am	Legahory Playroom	Booking Required
<b>Breastfeeding Support</b>	Tuesday	8 Jan – 26 Mar	10.00am-10.30am	Splash Training Room	Drop In
<b>Baby Café</b>	Tuesday	8 Jan – 26 Mar	10.30am-12.00pm	Splash Training Room	Drop In
<b>The Parenting Puzzle</b>	Tuesday	26 Feb - 26 Mar	6.30pm-8.30pm	The Links	Booking Required
<b>Pancake Tuesday – Fun Shop</b>	Tuesday	5 Mar	2.30pm-3.30pm	Legahory Playroom	Booking Required
<b>Don't Forget to Play for Parents – Time for Me</b>	Tuesday	22 Jan	6.30pm-7.30pm	Brownlow Community Hub	Booking Required
<b>Play Café</b>	Tuesday	8 Jan & 22 Jan, 5 Feb & 26 Feb, 5 Mar & 19 Mar	10.30am-12.00pm	The Links	Drop In
<b>Breastfeeding Support</b>	Wednesday	9 Jan – 27 Mar	10.00am-10.30am	The Links	Drop In
<b>Baby Café</b>	Wednesday	9 Jan – 27 Mar	10.30am-12.00pm	The Links	Drop In
<b>Playtime Around The World</b>	Wednesday	16 Jan – 6 Feb	10.00am-11.00am or 11.30am-12.30pm	Legahory Playroom	Booking Required
<b>Multicultural Group</b>	Wednesday	16 Jan-30 Jan, 6,13 & 27 Feb, 6 Mar – 13 Mar	10.15am-11.15am or 11.30am-12.30pm	The Links	Booking Required
<b>Nurturing Programme</b>	Thursday	10 Jan – 28 Mar	9.45am-11.45am	Splash Training Room	Booking Required
<b>Weaning Session</b>	Thursday	7 Feb	9.30am-10.30am	Lurgan HSS Centre	Booking Required
<b>Valentine's Day</b>	Thursday	14 Feb	2.30pm-3.30pm	St. Anthony's Hall	Booking Required
<b>World Book Day</b>	Thursday	7 Mar	2.30pm-3.30pm	Legahory Playroom	Booking Required
<b>Playtime Around The World</b>	Thursday	7 Mar– 28 Mar	10.00am-11.00am or 11.30am-12.30pm	Zion's Den, Lurgan	Booking Required
<b>Oral Health Session</b>	Thursday	7 Mar	10.00am-11.00am	The Links	Booking Required
<b>Swimming - Fun Shop</b>	Thursday	21 Mar	6.30pm-7.30pm	Brownlow Leisure Centre	Booking Required
<b>Healthier Choices, Healthier Families (Family Health Initiative)</b>	Friday	18 Jan – 8 Mar	10.00am-12.00pm	Splash Training Room	Booking Required
<b>Music Makers... Shake, Rattle &amp; Roll Fun Shop</b>	Friday	15 Feb	10.30am – 11.30am	The Links	Booking Required
<b>Mr. Rumbles</b>	Friday	1 Mar – 22 Mar	10.30am-11.30am	The Church of the Nazarene	Booking Required
<b>Antenatal Workshop</b>	Saturday	19 Jan	11.00am-12.30pm	Splash Training Room	Booking Required
<b>Antenatal Yoga</b>	Saturday	23 Feb – 30 Mar	11.30am-12.30pm	Splash Training Room	Booking Required
<b>Postnatal Yoga</b>	Saturday	23 Feb – 30 Mar	12.45pm-1.45pm	Splash Training Room	Booking Required
<b>Pregnancy and Baby Fair</b>	Saturday	2 Mar	11.00am-1.00pm	Brownlow Community Hub	Booking Required
<b>St. Patrick's Day</b>	Saturday	16 Mar	10.30am-12.00pm	St. Anthony's Hall	Booking Required
<b>Mother's Day</b>	Saturday	30 Mar	10.30am-12.00pm	The Church of the Nazarene	Booking Required

**To learn more about all our programmes visit our website: [www.splashsurestart.org](http://www.splashsurestart.org)**



# Upcoming Activities January-March 2019

## Play Cafe

Exciting NEW drop in programme for parents with children aged 0 - 4 years.



An opportunity for you and your child to explore a range of play activities such as crafts, messy play and much more.

Time: 10.30am - 12.00pm

Where: The Links, Lurgan



Music



Healthy Snack

Playcafe returns on Tuesday 8th January and will run every other Tuesday morning!

\*No booking required, just feel free to come along!\*

## Don't Forget To Play 'Time for Me'

Parents!!! Take some time out for yourself and discover some ways to relax and have some 'me time'.

Enjoy a chat and a cuppa while trying out some reflexology, aromatherapy, mindfulness and self-care practices.

**Brownlow Community Hub**

**Tuesday 22 January**

**6.30pm-7.30pm**

**Booking Required**



## Eager 2 Play

Are you preparing your child for nursery school? Our Eager to play programme is here to help!

This is a 6 week play programme for children aged 2 – 3 years old. Children and parents will explore different aspects of physical play, role play, imaginary play, arts and crafts. They gain new skills along the way, make friendships and most importantly have **FUN**.

**Monday 4 February to 11 March, Legahory Playroom, 10.00am-11.30am**  
**12 spaces available. Booking required.**

