

Splash into Summer with SureStart!



Supporting Families

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



July 2019

Introducing the Health Visitors

The Health Visitors in Splash SureStart are Janet and Sharon. The Health Visitors support parents to give their children the best start in life.

Our Health Visitors offer a variety of group based activities and home visits ranging from advice when a baby is unsettled, breastfeeding, when your mood is low, starting to wean your baby or toilet training.

We run the Baby Cafés each week, one in The Links, Lurgan the other in our Legahory Playroom. Baby Café is a drop in programme for parents and babies from birth to 1 year. It's a chance to meet other parents, enjoy a cuppa and a chat. We are there to support you and answer any questions you may have. Other service we provide include baby massage, baby yoga, Solihull approach, sociable babies and VIG.



VIG involves using video clips of you and your baby together. This can support relationships, communication and bonding with your baby. We also offer it to parents whose babies have been born early or were in the neonatal unit.

If you wish to find out more about this service click on the link below or call the Health Visitors on 028 3831 3360.

www.videointeractionguidance.net

Breastfeeding Celebration!

Breastfeeding Awareness Week

Wee Wonders will be coming to provide entertainment for the babies and there will be activities for those under 4 years old. Antenatal parents are also welcome to come along.

Thursday 25 July
10.30am - 12.00pm
The Links, Lurgan



IMPORTANT DATES

All programmes and office closed
12 July - 15 July and 26 August

See Baby Café dates on Page 3 for summer closure dates

To learn more about all our programmes visit our website.

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



Parenting Puzzle

This 5 week programme provides parents with ways to deal with everyday challenges.

Week 1 – Introduction to the Parenting Puzzle
Week 2 – Understanding Children's Behaviour
Week 3 – Praise and Guidance vs Criticism
Week 4 – Boundaries and Parenting Styles
Week 5 – Choices and Consequences

Tuesday 6 August – 3 September
6.30pm-8.30pm, Brownlow Community Hub

Booking Required.
No crèche available.



Baby Babble & Bounce

Baby Babble and Bounce is a fun group for babies 6-12 months old and who are not yet walking. It is run by our Occupational Therapist Joy.

The aim of the group is to encourage early movement through your child's developmental milestones (rolling, sitting up, crawling and standing all in preparation for starting to walk) using a variety of activities.

Early communication and sensory skills are also included through play and songs. It's a great chance to get to know other parents and have a chat too!

Monday 9 September – 30 September
11.00am-12.00pm, Legahory Playroom.
Booking Required.

Smile & Shine Dental Workshop

Got my toothpaste, got my brush,
I won't hurry, I won't rush!
Making sure my teeth are clean
Front and back and in between
When I brush for quite a while
I will have a happy smile!

Monday 23 September
10.00am-11.00am
Splash Training Room & Brownlow Family Dental Care
Booking Required

National Play Day Trash To Treasure

"I begin with an idea...then it becomes something else" Picasso

Let your imagination run wild and turn old boxes and cartons into mini masterpieces. Will it be a castle, a racing car or a rocket? The list is endless...

Thursday 8 August
10.30am-12.00pm or
2.00pm-3.30pm

The Church of the
Nazarene, Lurgan

Booking Required



Elklan Let's Talk With Your Baby

Elklan Let's Talk With Your Baby is a 7 week course, aimed at parents and their babies (3-12 months old), led by Kathryn, Speech & Language Therapist.

Come along and experience some interactive, fun activities which promote early communication skills in babies and positive adult-child interaction. We will be enjoying activities like water play, turn taking, songs and rhymes, messy play, and using these to have fun and communicate with our babies.

Thursday 18 July- 29 August,
10.30am-11.30am, Legahory Playroom
Booking Required.

Elklan
aiming high with communication



Upcoming Activities July-September 2019

Activity	Day	Dates	Times	Venue	Booking/Drop In
Smile and Shine Dental Workshop	Monday	23 Sept	10.00am-11.00am	Splash Training Room/Brownlow Family Dental Care	Booking Required
OT Clinic	Monday	8 July	10.00am-1.00pm	Splash Training Room	Booking Required
Baby Babble & Bounce	Monday	9 Sept – 30 Sept	11.00am-12.00pm	Legahory Playroom	Booking Required
Baby & Child First Aid	Monday	9 Sept – 30 Sept	6.00pm-9.00pm	Chrysalis Women's Centre	Booking Required
Multicultural Group	Monday	23 & 30 Sept	10.15am-11.45am	The Links	Drop In
Breastfeeding Support	Tuesday	2 July—24 Sept (Closed 16, 30 July & 6.13 Aug)	10.00am-10.30am	Legahory Playroom	Drop In
Baby Café	Tuesday	2 July—24 Sept (Closed 16, 30 July & 6.13 Aug)	10.30am-12.00pm	Legahory Playroom	Drop In
Don't Forget to Play for Parents	Tuesday	2 July	6.30pm-7.30pm	Brownlow Community Hub	Booking Required
The Parenting Puzzle	Tuesday	6 Aug-3 Sept	6.30pm-8.30pm	Brownlow Community Hub	Booking Required
OT Clinic	Tuesday	3 Sept	10.30am-1.00pm	Splash Training Room	Booking Required
Play Café	Tuesday	10 & 24 Sept	10.30am-12.00pm	The Links	Drop In
Advice Service	Tuesday	24 Sept	10.30am-12.00pm	The Links	Booking Required
Breastfeeding Support	Wednesday	3 July—25 Sept (Closed 10, 17 July & 7.14 Aug)	10.00am-10.30am	The Links	Drop In
Baby Café	Wednesday	3 July—25 Sept (Closed 10, 17 July & 7.14 Aug)	10.30am-12.00pm	The Links	Drop In
SLT Clinic	Wednesday	16 July & 21 Aug	9.00am-1.00pm	Splash Training Room	Booking Required
National Play Day (Trash to Treasure)	Thursday	8 Aug	10.30am-12.00pm & 2.00pm-3.30pm	The Church of the Nazarene Lurgan	Booking Required
Advice Service	Wednesday	14 Aug	11.00am-12.30pm	Splash Training Room	Booking Required
Antenatal Workshop	Wednesday	21 Aug	6.30pm-8.00pm	Brownlow Community Hub	Booking Required
Baby Massage	Wednesday	4 Sept -2 Oct	11.30am-12.30pm	Splash Training Room	Booking Required
Me Time Before Baby	Wednesday	11 Sept-2 Oct	6.30pm-8.00pm	Brownlow Community Hub	Booking Required
Dear Zoo - Library Funshop	Thursday	4 July	10.30am-11.30am	Lurgan YMCA & Lurgan Library	Booking Required
Breastfeeding Celebration	Thursday	25 July	10.30am-12.00pm	The Links	Drop In
Elklan Baby	Thursday	18 July-29 Aug	10.30am-11.30am	Legahory Playroom	Booking Required
Story & Rhyme Time (SLT)	Thursday	25 July-22 Aug	2.30pm-3.30pm	Legahory Playroom	Booking Required
Swimming Funshop	Thursday	26 Sept	6.30pm-7.30pm	Brownlow Pool	Booking Required
Create with Polly Play Programme	Friday	6 Sept- 27 Sept	11.00am-12.00pm	Legahory Playroom	Booking Required

To learn more about all our programmes visit our website: www.splashsurestart.org

All activities are for Splash SureStart registered families only.

Summer Programme

Week 1

All activities are for Splash SureStart registered families only.

Activity	Day	Date	Time	Venue	Details
Splash into Summer!	Monday	29 July	11.30am-1.00pm	St Anthony's Hall	Sand and sun... summer has begun! Join us for sand, water and summer fun activities. Cool down with some delicious ice-cream.
Pond Dipping & Walks	Tuesday	30 July	10.30am-12.00pm	Oxford Island	Time to get out and discover the amazing nature and wildlife right on our doorstep. Bring along a picnic and take in the beautiful scenery. Please dress appropriately for the weather.
Physical Play	Wednesday	31 July	2.00pm-3.30pm	Taghnevan Community Centre	Get your heart racing and explore how physical activity can be easy and fun! 60 minutes a day and that's it done!

Week 2

Activity	Day	Date	Time	Venue	Details
Where Dreams Come True	Monday	12 Aug	2.00pm-3.30pm	The Church of the Nazarene	Dress up as your favourite Disney character and enjoy a magical afternoon tea party with some special guests!
Teddy Bear's Picnic	Tuesday	13 Aug	11.00am-12.30pm	Tannaghmore Gardens	If you go down to the woods today... Feed the animals and play on the swings, run the maze, all before the bell dings!! Please dress appropriately for the weather.
The Big Breakfast	Wednesday	14 Aug	11.00am-12.30pm	Brownlow Community Hub	Breakfast is the most important meal of the day, join the Chef for your breakfast buffet.

Day Trips (Owing to limited places on the bus there is a maximum of 2 adults per family. Please choose one day trip only if travelling on the bus, or alternatively you can travel by car and meet us there.)

Trip to Slieve Gullion Forest Park

Don't wake the Giant!! Slowly tiptoe around the Giant's Lair and journey through the magical world of the fairies. Enjoy some time at the adventure play park, take part in our giant garden games such as snakes and ladders, buzz wire and connect 4. Bring a packed lunch and note there is a café on site. Please be prepared for all types of weather.

Thursday 1st August. Buses will leave @ 9:30am sharp and will leave Slieve Gullion at 3pm to return home.

Trip to Newcastle

Dig out those buckets and spades to build sand castles on the beach. Stroll along the promenade, enjoy the beautiful scenery of the Mourne Mountains, bring a packed lunch and savour a cuppa by the sea. There are lots of cafes and shops along the main street. Please be prepared for all types of weather.

Thursday 15th August. Buses will leave @ 9:30am sharp and will leave Newcastle at 3pm to return home.

BUS PICK UP & RETURN POINTS ARE: ST. ANTHONY'S HALL, CRAIGAVON & MILLENNUM WAY – OUTSIDE TESCO, LURGAN

Top Tips for Summer Programme.... Booking is essential for all activities. Parents and carers are responsible for supervising their children at all times whilst attending the summer programme. We would ask parents and carers to bring a change of clothes to each session.

Activities are for children registered with Splash SureStart aged 0-4 years. However, older siblings up to age 11 are welcome to attend summer activities only.