

Autumn with Splash SureStart!

Supporting Families

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



October 2019

Men's Support in SureStart

From our Family Support Worker Keith Cullen

Within Splash Sure Start we aim to provide as many play opportunities for children and their fathers, grandfathers and any other male carer.

We have fortnightly Friday morning play sessions (requested by those on shift work) providing different aspects of play each week.



We also have a Saturday event each month for dads and their kids (up to Primary School age) offering trips, arts & crafts for special occasions and other regular activities such as swimming and fishing.



In response to those fathers who work weekends, we have also introduced a Monday afternoon play session. In addition, we have monthly evening swimming for the dads and work

alongside Blossom Sure Start to run a four week Diving with Dad water programme, as well as Bushcraft activities and Football for Fathers.

Dads contact Keith our Family Support Worker for additional men's support and for signposting onto educational and training programmes in the area.

If any Dads/Grandads or other main male carers are interested in our activities/events or require home support, please contact Keith on 028 3831 3360 or 07526006147.



New Staff

Splash SureStart would like to welcome to the staff team:

Kathryn Mack – Speech & Language Therapist

Sarah McCreanor – Early Years Deputy Leader

Joy Pardoe – Occupational Therapist
Lynsey Wright – Early Years Deputy Leader

Niamh Smyth – Early Years Assistant
Laura Parker – Early Years Leader



IMPORTANT DATES

All programmes and offices closed from

Monday 23 December 2019 to
Thursday 2 January 2020

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**





Arts and crafts



Sensory play

Play Cafe ages 0-4 years

Play Cafe runs every other Tuesday

8th October 2019 10:30am-12 noon

Links, Lurgan

No booking required, just feel free to come along

Ditch the Dummy

Have you concerns about your child using a dummy or do you need advice on when is the right time to give it up? Our Health Visitor and one of Santa's special elves are here to help to Ditch that Dummy!!

Thursday 12 December
10.00am-11.00am
Legahory Playroom

Booking Required



Be Balanced

If you're looking for relaxation and a healthier you, you have come to the right place. Take time to relax and improve your physical and mental health with our 6-week programme. During the 6 weeks we will focus on lifestyle choices, nutrition and mindfulness.

Crèche places available.

Thursday 7 November – 12 December
9.45am-11.45am, Splash Training Room
Booking Required



Antenatal Yoga

Pregnancy is the best time to start yoga, it is safe to practice from 14 weeks up until you have your baby. Our classes are relaxed and informal. They provide a



quiet space for 'mum to be' to develop a relationship with her unborn child, plus preparing them for labour.

Saturday 16 November – 7 December
11.00am-12.00pm, Splash Training Room
Booking required

Postnatal Yoga

Continue on your yoga journey after your baby has been born. Enjoy gentle exercises to help you tone after giving birth and enjoy some relaxation with your baby. Suitable for parents with children up to 12 months.



Saturday 16 November – 7 December
12.30pm-1.30pm, Splash Training Room
Booking required

Let's Talk and Move

Let's Talk and Move is an exciting new group suitable for parents and their children aged 3 years old. It is run by our Speech Therapist and Occupational Therapist. Each week we will be doing activities such as obstacle courses and ball games to improve our motor skills. We will also be doing play activities to help us listen and follow instructions and improve our speech and language. Come along and have some fun while improving your child's development.



Monday 18 November - 9 December, 2.00pm-3.00pm, Legahory Playroom
Booking Required

Upcoming Activities October to December 2019

Activity	Day	Dates	Times	Venue	Booking/Drop In
Eager 2 Play	Monday	7 Oct – 18 Nov	10.00am-11.00am	Legahory Playroom	Booking Required
Multicultural Group	Monday	7 Oct – 2 Dec	10.15am-11.45am	The Links	Booking Required
Home Safety Workshop	Monday	14 Oct	2.00pm-3.00pm	Legahory Playroom	Booking Required
Don't Forget to Play for Parents	Monday	14 Oct	6.30pm-7.30pm	Lurgan YMCA	Booking Required
OT Clinic	Monday	21 Oct & 11 Nov	10.00am-1.00pm	Splash Training Room	Booking Required
Let's Talk and Move	Monday	18 Nov – 9 Dec	2.00pm-3.00pm	Legahory Playroom	Booking Required
Advice Clinic	Monday	16 Dec	10.30am-12.00pm	St. Anthony's Hall	Booking Required
Christmas Party	Monday	16 Dec	10.30am-12.00pm or 2.00pm – 3.30pm	St. Anthony's Hall	Booking Required
Breastfeeding Support	Tuesday	1 Oct – 17 Dec	10.00am-10.30am	Legahory Playroom	Drop In
Baby Café	Tuesday	1 Oct – 17 Dec	10.30am-12.00pm	Legahory Playroom	Drop In
Sociable Babies	Tuesday	8 Oct – 3 Dec	10.00am-12.00pm	Splash Training Room	Booking Required
Play Café	Tuesday	8 & 22 Oct, 5 & 19 Nov, 3 Dec	10.30am-12.00pm	The Links	Drop In
Swimming Play Fun Shop	Tuesday	29 Oct	6.00pm – 7.00pm	Brownlow Pool	Booking Required
Winter Wonderland	Tuesday	10 Dec	10.00am-11.00am or 11.30am-12.30pm or 2.30pm – 3.30pm	Legahory Playroom	Booking Required
Breastfeeding Support	Wednesday	2 Oct – 11 Dec	10.00am-10.30am	The Links	Drop In
Baby Café	Wednesday	2 Oct – 11 Dec	10.30am-12.00pm	The Links	Drop In
Midwifery Clinic	Wednesday	23 Oct & 27 Nov	10.00am-11.30am	The Links	Drop In
Playtime	Wednesday	2 Oct – 23 Oct	10.00am-11.00am	Legahory Playroom	Booking Required
Advice Clinic	Wednesday	9 Oct	9.30am-12.00pm	The Links	Booking Required
SLT Clinic	Wednesday	9 Oct, 13 Nov, 4 Dec	9.00am-1.00pm	Splash Training Room	Booking Required
Advice Clinic	Wednesday	30 Oct	10.30am-12.00pm	The Links	Booking Required
Halloween Party	Wednesday	30 Oct	10.30am-12.00pm or 2.00pm – 3.30pm	St. Anthony's Hall	Booking Required
Night Night Play	Wednesday	6 Nov	6.30pm-7.30pm	The Church of the Nazarene	Booking Required
Baby & Child First Aid	Wednesday	6 Nov – 27 Nov	6.00pm – 9.00pm	The Links	Booking Required
Parenting Puzzle	Wednesday	6 Nov – 4 Dec	6.30pm-8.30pm	The Links	Booking Required
Don't Forget to Play for Parents	Wednesday	27 Nov	6.30pm-7.30pm	The Links	Booking Required
Winter Wonderland	Wednesday	11 Dec	10.00am-11.00am	Legahory Playroom	Booking Required
Weaning Session	Thursday	10 Oct	9.30am-10.30am	Lurgan HSSC	Drop In
Autumn Arts	Thursday	10 Oct	10.30am-11.30am	Legahory Playroom	Booking Required
Room on the Broom Halloween Experience	Thursday	24 Oct	10.00am-11.00am or 11.30am-12.30pm	Legahory Playroom	Booking Required
Be Balanced	Thursday	7 Nov – 12 Dec	9.45am-11.45am	Splash Training Room	Booking Required
Playtime	Thursday	7- 28 Nov	10.00am-11.00am or 11.30am-12.30pm	Mount Zion	Booking Required
Baby Massage	Thursday	7 Nov – 5 Dec	2.00pm-3.00pm	The Links	Booking Required

Upcoming Activities October to December 2019

Activity	Day	Dates	Times	Venue	Booking/Drop In
Ditch The Dummy	Thursday	12 Dec	10.00am-11.00am	Legahory Playroom	Booking Required
Nurturing Programme	Friday	4 Oct – 13 Dec	10.00am-12.00pm	Splash Training Room	Booking Required
Mr Rumbles	Friday	8 Nov – 29 Nov	10.30am-11.30am	St. Peter's Parish Hall	Booking Required
Splash Out Saturday	Saturday	19 Oct	10.30am-12.00pm	The Church of the Nazarene	Booking Required
Antenatal Workshop	Saturday	9 Nov	11.00am-12.00pm	Splash Training Room	Booking Required
Splash Out Saturday	Saturday	30 Nov	10.30am-12.00pm	St. Anthony's Hall	Booking Required
Antenatal Yoga	Saturday	16 Nov – 7 Dec	11.00am-12.00pm	Splash Training Room	Booking Required
Postnatal Yoga	Saturday	16 Nov – 7 Dec	12.15pm-1.15pm	Splash Training Room	Booking Required

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



Splash
SureStart
Brownlow Lurgan

JOIN US FOR OUR
HALLOWEEN PARTY

WEDNESDAY 30TH OCTOBER
10.30AM-12.00PM OR
2.00PM-3.30PM

ST ANTHONY'S HALL

PLEASE NOTE THIS IS FOR REGISTERED FAMILIES ONLY
AGE RANGE: 0-11 YEARS

PARTY FOOD • GAMES • ARTS & CRAFTS • FACE PAINTING • AND MORE...
OPTIONAL FANCY DRESS

Logos: Southern Childcare Partnership, Department of Education, early years, HSC Health and Social Care Board



JOIN US FOR OUR
Christmas Party

MONDAY 16TH DECEMBER
ST ANTHONY'S HALL
10.30AM-12.00PM OR
2.00PM-3.30PM

PLEASE CHOOSE ONE SESSION ONLY

Booking is essential please phone 028 3831 3360

FACE PAINTING > PHOTO BOOTH >
ARTS AND CRAFTS > SANTA'S GROTTO

FOR SURESTART REGISTERED FAMILIES ONLY.
AGE RANGE 0- 4

Logos: Southern Childcare Partnership, early years, Splash SureStart Brownlow Lurgan, HSC Health and Social Care Board, Department of Education

All activities are for children registered with Splash SureStart aged 0-4 years. However, older siblings up to age 11 are welcome to attend our **Halloween Party only**.

If you have recently changed any of your details e.g. address or phone number, or had another child please remember to update your details with us.