

# Winter with Splash SureStart!



January 2020

## Baby Café & Play Café

*Recent changes to programmes in the Links, Lurgan*

The Baby Café in the Links, Lurgan has been running for many years, however due to changes in the staff team this programme will be replaced by Play Café.

**Baby Café** will still be available in **Legahory every Tuesday** morning from 10.30am-12.00pm and all registered parents and their babies under 1 year old are welcome!

**Play Café** will run on twice a month on a **Wednesday** in **The Links, Lurgan** (see dates below).

This exciting new programme offers a drop-in service suitable for all registered children 0-4 Years.

- Designated Baby Areas
- Sensory Play
- Songs and Rhymes
- Creative Play
- Imaginative Play
- Buffet Breakfast

SUITABLE FOR ALL CHILDREN 0-4 YEARS

# PLAY CAFE

WEDNESDAY 8, 22 JAN, 5, 12 FEB, 4, 18 MAR  
10.30AM - 12NOON LINKS, LURGAN

**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](mailto:info@splashsurestart.org). Website [www.splashsurestart.org](http://www.splashsurestart.org)



# Supporting Families

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



## It's a New Day for our Multicultural Group!

*As you may know we have changed the day for our Multicultural Group.*

**Here are the new details:**  
*Tuesdays The Links  
10.15am-11.45am  
(see timetable on page 3 for dates running January to March)*

*For more information on this group contact Agnieszka on 07739869443 or 028 38313360.*



### IMPORTANT DATES

All programmes and offices closed on

Tuesday 17 March 2020

## Eager 2 Play

A 6-week programme for 2-3 year olds with the aim to help children settle into new environments e.g. playgroups, daycare or nursery, and support them with separation anxiety.

Week 1 – Parent and Child -Stay and Play

Weeks 2-5 - Time for Children – Play based activities to support learning and development

Week 6 – Parent and Child – Celebration day

**Session 1 – Friday 10 January then every Monday from 13 January – 10 February 10.30am-11.30am Splash Training Room Booking Required.**

## Antenatal Reflexology

Have you thought about how reflexology can help throughout your pregnancy? Over the 4 weeks in this **exciting new programme** you will:

- Practice some reflexology treatments using essential oils for common pregnancy problems such as; heartburn, sleep, low energy and headaches.
- Make your own bath salts.
- Learn how reflexology can help prepare you for labour.



Wednesday 5 February – 26 February  
6.30pm-8.00pm Splash Training Room  
Booking Required

## Incredible Toddlers

A 14 week programme that provides parents and carers advice and support to help manage the big and small issues of family life. We will cover problem solving, play, setting clear limits, rewards and celebrations.



Each session runs from 10.00am until 12.00pm.

**Thursday's from 9 January – 2 April 09.45am-11.45pm Splash Training Room**

**Group will run on Friday 20 and 27 March as well as the Thursdays those 2 weeks.**

Booking required. Limited Crèche available.

## Makaton Signing for Babies

Makaton Signing for Babies is an exciting new programme in Splash SureStart. It is a simple form of sign language. Using Makaton with young children and babies can help to:

- Encourage speech and language development
- Reduce frustration while they are learning to talk

Come along with your baby to play, sing songs and learn up to 100 signs and gestures to use while you talk with your little one!



This has great benefits for babies whatever their stage of speech and language development. Suitable for babies aged 6-18 months.

Wednesday 15 January– 26 February  
10.30am-11.30am Legahory Playroom  
Booking Required

## Parent's Training

**Level 2 Food Hygiene Certificate.** Do you need your Food Hygiene Certificate for employment purposes, or do you just want to update your skills in food preparation and storage to keep your family safe? **Booking Required, Limited Creche places.**

**Monday 13 Jan, 9.45am-1.00pm, Chrysalis Women's Centre, Burnside**



**Baby, Child & Adult First Aid.** Would you know what to do if your baby or child stopped breathing, or had any other medical emergency? **Booking Required. No creche.**

**Monday 3 Feb – 24 Feb, 6.00pm-9.00pm, Chrysalis Women's Centre, Burnside**

# Upcoming Activities January to March 2020

Activity	Day	Dates	Times	Venue	Booking/Drop In
<b>Eager 2 Play (ages 2-3 years)</b>	Monday	10 Jan (Friday) 13 Jan-10 Feb	10.30am-11.30am	Legahory Playroom	Booking Required
<b>Level 2 Food Hygiene Certificate</b>	Monday	13 Jan	9.45am-1.00pm	Chrysalis Women's Centre, Burnside	Booking Required (limited creche)
<b>Don't Forget to Play for Parents</b>	Monday	20 Jan	6.30pm-7.30pm	Splash Training Room	Booking Required
<b>Promoting Children's Mental Health</b>	Monday	3 Feb	11.00am-12.00pm	Splash Training Rm	Booking Required
<b>Baby, Child &amp; Adult First Aid</b>	Monday	3 Feb-24 Feb	6.00pm-9.00pm	Chrysalis Women's Centre, Burnside	Booking Required
<b>Baby Massage</b>	Monday	24 Feb-23 Mar	11.00am-12.00pm	Splash Training Rm	Booking Required
<b>Cook with Polly Play Programme</b>	Monday	24 Feb-30 Mar	10.30am-11.30am	Legahory Playroom	Booking Required
<b>OT Clinic</b>	Monday	24 Feb	10.00am-1.00pm	Office 6, Legahory	Booking Required
<b>Breastfeeding Support</b>	Tuesday	7 Jan-31 Mar	10.00am-10.30am	Legahory Playroom	Drop In
<b>Baby Café</b>	Tuesday	7 Jan-31 Mar	10.30am-12.00pm	Legahory Playroom	Drop In
<b>SLT Clinic</b>	Tuesday	14 Jan & 11 Feb	9.30am-12.30pm	Splash Training Rm	Booking Required
<b>Multicultural Group</b>	Tuesday	14, 21, 28 Jan, 4, 11 Feb, 3, 10, 24 Mar	10.15am-11.45am	The Links	Drop In
<b>Fun for Under 1's Funshop (ages 0-1 year)</b>	Tuesday	21 Jan	10.30am-11.30am	The Links	Booking Required
<b>Pancake Funshop (ages 1-4 years)</b>	Tuesday	25 Feb	2.00pm-3.00pm	Legahory Playroom	Booking Required
<b>Let's Talk and Move (age 2 years)</b>	Tuesday	3 Mar-31 Mar (closed 17 Mar)	11.00am-12.00pm	Splash Training Rm	Booking Required
<b>Play Café (ages 0-4 years)</b>	Wednesday	8, 22 Jan, 5, 12 Feb, 4, 18 Mar	10.30am-12.00pm	The Links	Drop In
<b>Midwifery Clinic</b>	Wednesday	15 Jan, 12 Feb, 11 Mar	10.00am-11.30am	Splash Training Rm	Drop In
<b>Makaton Signing for Babies (ages 6-18 months)</b>	Wednesday	15 Jan-26 Feb (closed 19 Feb)	10.30am-11.30am	Legahory Playroom	Booking Required
<b>Antenatal Workshop</b>	Wednesday	22 Jan	6.30pm-8.00pm	Splash Training Rm	Booking Required
<b>Antenatal Reflexology</b>	Wednesday	5 Feb-26 Feb	6.30pm-8.00pm	Splash Training Rm	Booking Required
<b>Fun for Under 1's Funshop (ages 0-1 year)</b>	Wednesday	26 Feb	10.30am-11.30am	The Links	Booking Required
<b>SLT Clinic</b>	Wednesday	18 Mar	9.30am-12.30pm	Splash Training Rm	Booking Required
<b>Benefits Advice Clinic</b>	Wednesday	22 Jan	10.30am-12.00pm	The Links	Booking Required
<b>Parenting Puzzle</b>	Wednesday	4 Mar-1 Apr	6.30pm-8.30pm	Splash Training Rm	Booking Required
<b>Incredible Toddlers</b>	Thursday	9 Jan-2 Apr (also Fri 20 & 27 Mar)	09.45am-11.45pm	Splash Training Rm	Booking Required (limited creche)
<b>Playtime (ages 1-4 years)</b>	Thursday	9 Jan-30 Jan	10.00am-11.00am or 11.30am-12.30pm	Zion's Den, Mount Zion House	Booking Required
<b>Mr Rumbles (ages 1-4 years)</b>	Thursday	6 Feb-5 Mar (closed 20 Feb)	10.30am-11.30am	Church of the Nazarene	Booking Required
<b>World Book Day Funshop (ages 0-4 years)</b>	Thursday	5 Mar	6.30pm-7.30pm	Church of the Nazarene	Booking Required
<b>Swimming Funshop (ages 0-4 years)</b>	Thursday	26 Mar	6.30pm-7.30pm	Brownlow Pool	Booking Required
<b>Family Health Initiative</b>	Friday	17 Jan-13 Mar	10.00am-12.00pm	Splash Training Rm	Booking Required (limited creche)
<b>Baby Yoga (ages 12 weeks to 1 year)</b>	Friday	24 Jan-14 Feb	11.00am-12.00pm	Office 6, Legahory	Booking Required
<b>Splash Out Saturday</b>	Saturday	18 Jan	10.00am-11.00am	Lurgan Fire Station (subject to availability)	Booking Required
<b>Antenatal Workshop</b>	Saturday	7 Mar	11.00am-12.00pm	Splash Training Rm	Booking Required
<b>Splash Out Saturday</b>	Saturday	21 Mar	10.30am-12.00pm	Church of the Nazarene	Booking Required
<b>Antenatal Event</b>	Saturday	28 Mar	10.30am-12.00pm	Brownlow Hub	Booking Required

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

# Upcoming Activities January to March 2020



You are invited to our

## Pregnancy and Baby Fayre

28th March 2020  
Brownlow Community Hub



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
- First Aid Demonstrations
- Breastfeeding Support
- Pregnancy and Dental Care
- Benefits Advice Clinic
- Pregnancy and Postnatal Yoga Taster Session
- Pamper Session for Mummy
- Nursery Furniture & Prams Showcase
- Free Goody Bags for all Parents
- Light Refreshments Provided
- And much more .....

**This event is open to everyone,  
not only Splash SureStart families!**

**Saturday 28 March, 10.30am-12.00pm  
Brownlow Community Hub**

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*All activities are for children registered with Splash SureStart aged 0-4 years.*

*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.*

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