



## New Year with Splash SureStart

Happy New Year to all our Splash families!

Here's hoping that this one will be better than the last...as the song goes...things can only get better, right?! You may have found that the trials and tribulations of the past year have taken a toll on your health, both physically and mentally, but as ever, Splash SureStart are here for anyone that needs us. We continue to operate as normal and are contactable in all the usual ways by telephone, Facebook, email etc. Although our programmes will mostly be online during the next few weeks, Splash SureStart encourage you to get involved however you can. Staying connected seems to be more important now than ever. Hopefully, there is now light at the end of the tunnel and this time next year, 2020 will be a distant memory!

TAKE SOME TIME FOR YOURSELF

**MENTAL HEALTH MATTERS**

Monday, 18th January 2021  
6.30-7.30pm Via Zoom

WHY NOT TAKE PART IN OUR ONE OFF SESSION TO PROVIDE YOURSELF WITH THE TOOLS TO BUILD YOUR RESILIENCE. SUPPORTING YOUR WELLBEING WHILE RECOGNISING THE SIGNS AND SYMPTOMS OF STRESS AND ANXIETY.


### Relaxation Workshop

If you are presently feeling more anxious or stressed than usual then these relaxation sessions will be perfect for you. One of the most effective methods of reducing your anxiety is to use breathing techniques to help you cope. The previous sessions on Zoom were a great success. Everyone who took part remarked how they noticed a significant improvement in their mood and wellbeing, their ability to relax and that it also helped to improve their sleeping patterns.

If you want to find out more or would like to book your place then call or message Keith on 07526006147.

To learn more about all our programmes visit our website

Splash SureStart; 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)



# Challenging Chaos

Splash SureStart are running an online programme based on the challenges you may be facing at home during this lockdown period.

Do you have any concerns around behaviours, toilet training, sleeping routine, the importance of play? We are planning on covering topics like these but would really like to have your input on what you would like to see in this programme. We would really appreciate any feedback so that we can tailor this programme to meet your needs.

**DATES**  
 21st January, 10am - 10:30am & 11am to 11:30am  
 28th January, 2pm - 2:30pm & 3pm - 3:30pm  
 This will be a small group over Zoom or a one to one if this is preferred.

**Mentors - Roisin and Mary**





# PAMPER PERFECT TIME FOR ME

**WHEN:** Friday 12th February 2021

**WHERE:** Online Via Zoom

**WHAT:** Parents & carers- join us for a well earned relaxing pamper session where we will be making some natural pamper products. This is the perfect opportunity to grab a cuppa, have a chat with other parents and take some quality time to yourself.

Please contact the office 028 3831 3360 to book your place  
 These sessions are only for families who are registered with Splash SureStart

## JOURNALING AND RELAXATION

# Time For Me

MONDAY, 25TH JANUARY 2021  
 2-3PM VIA ZOOM

PRACTICAL IDEAS TO HELP YOU CLEAR YOUR MIND, RELAX YOUR BODY AND IMPROVE YOUR FOCUS THROUGH CREATIVE JOURNALING. YOU CAN WRITE, DRAW OR DOODLE, EXPLORING NEW WAYS TO DECLUTTER YOUR MIND



**don't forget to...** { notes to self }

- FOCUS ON THE GOOD. (It's there.)
- DO SOMETHING YOU LOVE. (Like reading or drawing or playing or dreaming)
- GO OUTSIDE.
- LOVE WHO YOU ARE NOW. (The past is over. Let it go.)
- KEEP BEING BRAVE. (it might feel hard sometimes, but the night'll end & the clouds'll part.)

A LITTLE BOX OF SELF CARE TIPS AND MOTIVATIONAL INSPIRATION WILL BE DROPPED THROUGH YOUR DOOR FOR YOU TO TAKE PART

## PLAYTIME

# ALL CREATURES

### BIG and Small




4 week- Playtime  
 Via Zoom  
 Wednesday 20th January - 10th February 2021  
 11am - 12pm  
 Please call the office to book your place - 028 3831 3360  
**Please note this is for families who are registered with Splash Sure Start**




# *Useful Numbers*

If you have any concerns about a family or a child you can contact your local social services gateway team

Central Gateway - 028 3756 7100

Craigavon Gateway - 082 3756 0707

Opening Hours - Monday - Friday 9am - 5pm

## **Food Banks**

The Hope Centre, Lurgan - 0845 2000136

The Beacon Centre, Portadown - 0845 2000136

## **Opening Hours**

The Hope Centre, Lurgan - Monday 6pm - 8pm & Wednesday  
12pm - 2pm

The Beacon Centre, Portadown - Tuesday 1pm - 3pm &  
Thursday 6pm - 8pm

## **Benefits Advice**

08000283008

Opening Hours - Monday - Friday 8am - 5pm

## **Counselling Services**

Links - 0333 0503223

## **PIPS**

0808 808 8000

Lurgan Office - 028 3831 0151

## **Parenting NI**

0808 8010 722

Opening Hours - Monday - Thursday 9:30am - 3:30pm & Friday  
9:30am - 12:30pm

## **Barnardos**

028 9067 2366

Opening Hours - Monday 9:30am - 12:30pm, Tuesday 9:30am -  
12:30pm & Friday 10am - 12:30pm

## **Samaritans**

116 123

Opening Hours - 24/7 365 days a year

## **Women's Aid**

0808 802 1414 - 24hours a day

028 3839 7974 - Line can be busy if no answer please leave a  
message and you will be called back by a private number

# UPCOMING ACTIVITIES FOR JANUARY AND FEBRUARY

Activity	Day	Dates	Times	Venue	Booking/Drop In
Benefits/Employment Advice (30min Slots)	Monday	18 Jan & 22 Feb	10am - 12pm	Zoom	Booking Required
Tips for Creating a Settled Baby Workshop	Monday	18 Jan	2pm - 3pm	Zoom	Booking Required
Your Mental Health Matters	Monday	18 Jan	6:30pm - 7:30pm	Zoom	Booking Required
Time for me: Journaling & Relaxation	Monday	25 Jan	2pm - 3pm	Zoom	Booking Required
Tumbling Toddlers	Monday	1 Feb	11am - 12pm	Zoom	Booking Required
Baby Café (0 - 1yrs)	Tuesday	12 Jan - 23 Feb	10am - 10:30am	Zoom	Booking Required
Breastfeeding Support	Tuesday	12 Jan - 9 Feb	11am - 11:30am	Zoom	Booking Required
Antenatal Yoga	Tuesday	26 Jan - 16 Feb	6:30pm - 7:30pm	Zoom	Booking Required
Multicultural Group	Wednesday	13 Jan - 24 Feb	10am - 10:40am & 11am - 11:40am	Zoom	Booking Required
Playtime All Creatures BIG and Small (0-4 years)	Wednesday	20 Jan - 10 Feb	11am - 11:40am	Zoom	Booking Required
Relaxation Workshop	Wednesday	20 Jan - 24 Feb	6:30pm - 7:30pm	Zoom	Booking Required
Makaton Signing for Babies (6-12 months)	Thursday	14 Jan - 18 Feb	10:30am - 11:15am	Zoom	Booking Required
Challenging Chaos: Positive Parenting Tips	Thursday	21 Jan	10am - 10:30am & 11am - 11:30am	Zoom	Booking Required
Dad's Online Forum	Thursday	28 Jan	11am - 12pm	Zoom	Booking Required
Challenging Chaos: Positive Parenting Tips	Thursday	28 Jan	2pm - 2:30pm & 3pm - 3:30pm	Zoom	Booking Required
FunShop Music Makers (0-1 years)	Thursday	25 Feb	10am - 10:30am	Zoom	Booking Required
FunShop Music Makers (1-4 years)	Thursday	25 Feb	11am - 11:30am	Zoom	Booking Required
Friday Story Time	Friday	15 Jan - 26 Feb	4pm	Facebook	Video Published on Facebook
Baby Massage (0-6 months)	Friday	22 Jan - 12 Feb	11am - 12pm	Zoom	Booking Required
Time for Me	Friday	12 Feb	11am - 12pm	Zoom	Booking Required

## COVID-19 GUIDELINES

**We are here to keep you safe!**

**In line with Public Health Agency guidelines we have safety measures in place. These include - Health Checks, good personal hygiene, social distancing, additional cleaning to all premises and increased hand washing and sanitising. If you are booked into any programmes / groups and you are showing symptoms or awaiting test results then please do not attend and let a member of staff know if that is possible.**

**Please keep safe and well!**