

Splash

SureStart

Brownlow Lurgan

Supporting Families

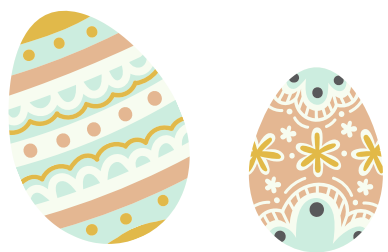
Providing services to children aged 0-4 years and their families

Goodbye Winter... Hello Spring!

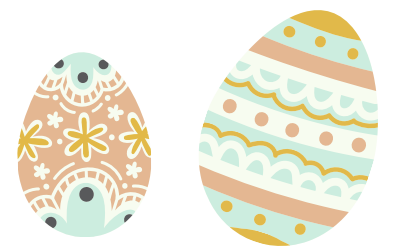
Spring is the season of opportunities and since there is plenty happening at Splash SureStart, why don't you put a spring in your step, and join us over the next couple of months for some eggciting, fun-filled activities?! We've got everything covered, from Aqua-Natal Yoga to Easter fun with Peter Rabbit. So if you fancy brushing off those cobwebs and putting your name down as an expression of interest, as always, just give us a call on 02838313360 or message us on our new Facebook page. We will shortly be sending out application forms for the Developmental Programme for 2-3 Year Olds to all eligible families. Please see inside for more details.



Just for fun...



See if you and your wee one can spot all the Easter Bunnies hidden in this edition of our newsletter. There are 10 in total.



Join Peter Rabbit for some hippity-hoppity Easter Fun!

NOTES

Explore Mr McGregor's Garden, listen to a story about Peter Rabbit and his friends, enjoy Easter themed play activities and plant some vegetables to take home!



Playroom, Legahory

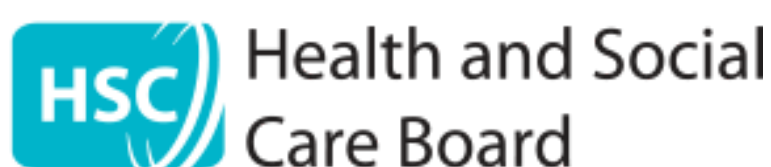
Monday 11th April 10am-11am
& 11.30am-12.30pm

Tuesday 12th April 1pm-2pm
Quiet session 2.30pm-3.30pm

BOOKING ESSENTIAL

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. Website: www.splashsurestart.org



PLAY CAFE AND MULTICULTURAL GROUP

ARE COMING TOGETHER IN A NEW WEEKLY PROGRAMME CALLED

... *Fun For All*



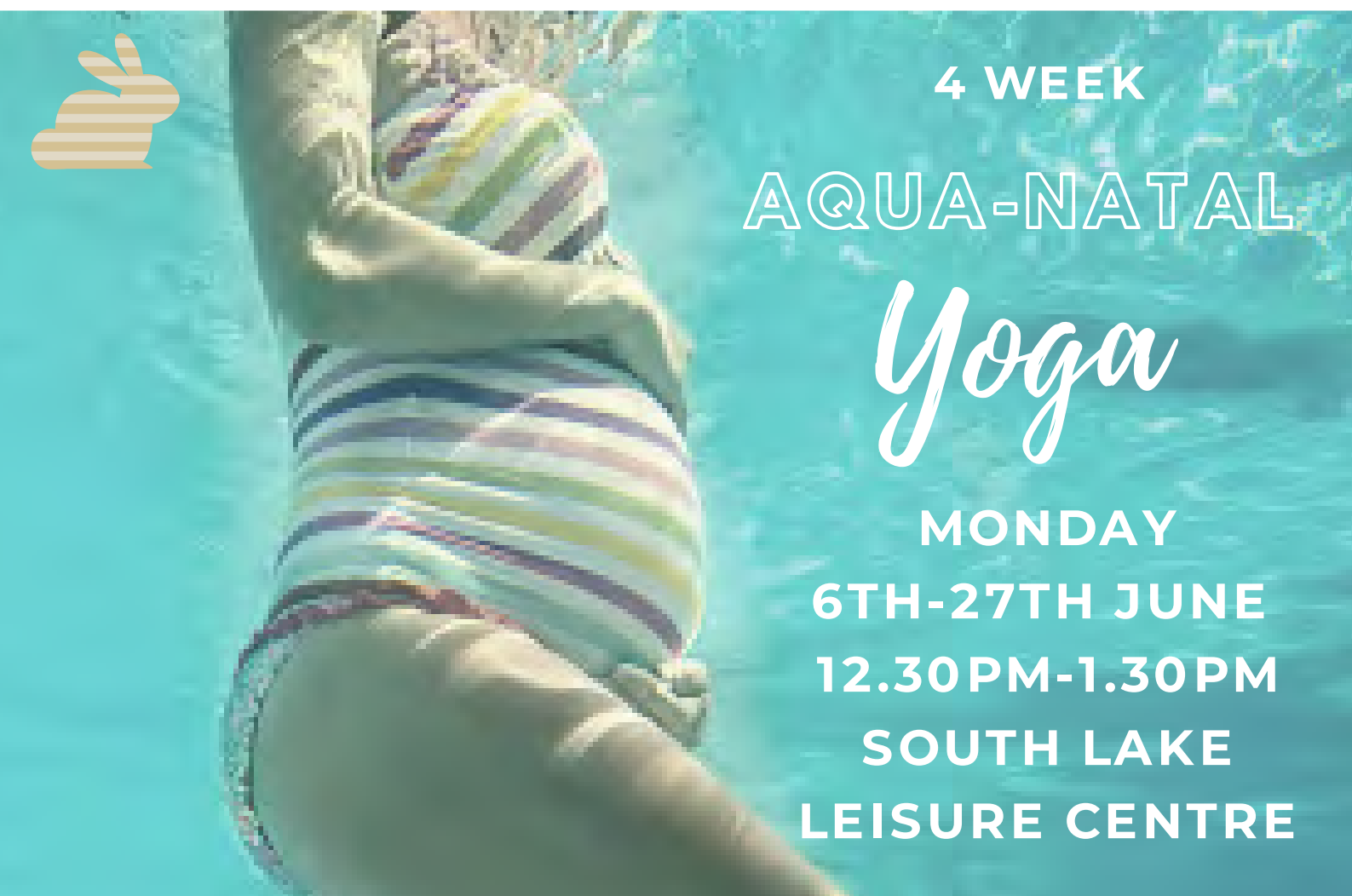
EACH WEEK THERE WILL BE LOTS OF OPPORTUNITIES FOR YOU AND YOUR CHILD TO EXPLORE CREATIVE PLAY TOGETHER. A DESIGNATED BABY AREA WILL BE AVAILABLE. THESE FUN FILLED PLAY SESSIONS WILL BE FACILITATED BY THE PLAY TEAM AND MULTICULTURAL SUPPORT WORKER. LIGHT REFRESHMENTS WILL BE AVAILABLE

SUITABLE FOR ALL CHILDREN 0-4 YEARS

WEEKLY SESSIONS BEGINNING
WEDNESDAY, 6TH APRIL 2022 AT 10.30AM-12PM
(CLOSED EASTER 20TH APRIL)
IN THE LINKS, LURGAN

BOOK IN ONLY

NUMBERS ARE LIMITED PLEASE CONTACT THE OFFICE TO BOOK A PLACE



4 WEEK
AQUA-NATAL
Yoga
MONDAY
6TH-27TH JUNE
12.30PM-1.30PM
SOUTH LAKE
LEISURE CENTRE

FOR PREGNANT MUMS TO BE FROM 14 WEEKS UP TO BIRTH. DURING YOUR SESSIONS IN THE WATER, YOU WILL EXPERIENCE A SOOTHING AND RELAXING ENVIRONMENT WHICH WILL HELP YOU PREPARE FOR BIRTH AND ESPECIALLY FOR WATERBIRTH.

- AQUANATAL YOGA WILL ALLOW YOU TO INCREASE YOUR FITNESS,
- ENCOURAGE BONDING WITH YOUR BABY
- HELPS INCREASE POSITIVE MENTAL HEALTH & WELLBEING BOTH DURING PREGNANCY AND AFTER BIRTH IN THE POSTNATAL PERIOD.

CONTACT THE OFFICE TO BOOK A PLACE

INCREDIBLE YEARS BABIES PROGRAMME

THIS PROGRAMME HAS BEEN DESIGNED TO:

- STRENGTHEN ATTACHMENT AND BONDING
- SUPPORT EXISTING PARENTING SKILLS
- PROMOTE CHILDREN'S DEVELOPMENT SOCIALLY, EMOTIONALLY, PHYSICALLY AND EDUCATIONALLY

THIS PROGRAMME IS PROVEN TO INCREASE CONFIDENCE IN PARENTING.
FOR PARENTS & BABIES FROM BIRTH TO 12 MONTHS

CONTACT THE OFFICE TO BOOK A PLACE

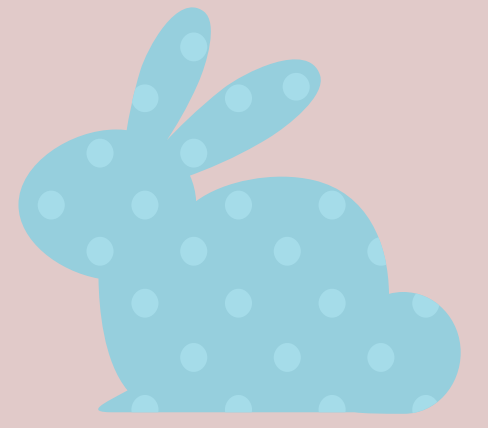
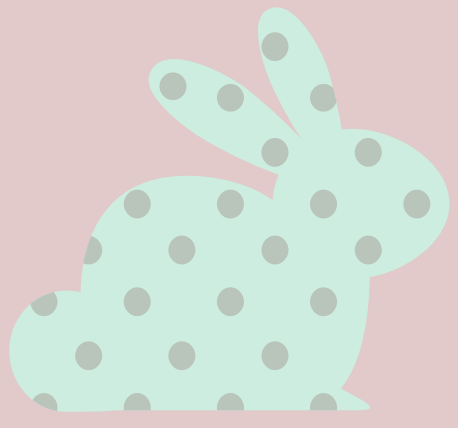


Incredible Babies
Splash Training Room
Legahory
9 WEEKS
THURSDAY
5TH MAY-30TH JUNE
10AM-12PM
Incredible Years
Baby Scientist



Developmental Programme for 2-3 Year Olds

September 2022/2023



The Expression of Interest forms for the Developmental Programme for 2-3 Year Olds will become available week beginning 14th March 2022

An information session will be held on Tuesday, 15th March at 6.30pm-7.30pm in the Splash SureStart Training Room

Please contact the office if you wish to attend.

How can I apply?

To be eligible for the Programme:

- Children must live at an address within one of the following designated ward areas: Church, Court, Drumgask, Drumgor, Drumnamoe, Mourneview, Taghnevan, Woodville-1 and the Parkmore Estate
- Children should have a date of birth between 02/07/2019 and 01/07/2020
- Children must be registered with Splash SureStart before Friday 15th April 2022 at 4:30pm

Expression of Interest Packs will be posted to all eligible families registered with Splash SureStart. Forms will also be available to download from the Splash SureStart website from the 14th March 2022

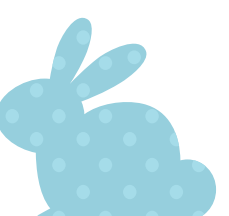
Expression of Interest closing date is Friday **15th April 2022 at 4:30pm**

Forms can be posted back to Splash SureStart (address on form)
or emailed to info@plashsurestart.org

Please note, if you do not receive an email confirming receipt of your interest within 5 working days, please email info@plashsurestart.org or call the office on 028 3831 3360 and leave a message.



Please note, late applications cannot be accepted.



UPCOMING ACTIVITIES FOR APRIL TO JUNE

Activity	Day	Dates	Times	Venue	My Notes & Bookings
OT Clinics	Monday	4th April and 6th June	9.30am-12.30pm	Legahory Playroom	
Fathers & Families Storytime	Monday	11th April, 16th May & 20th June	12.30pm-1pm	Lurgan Library	
Splash Water Babies (0-1yr)	Monday	25th April-30th May excluding 2nd May	12.30pm-1pm 1pm-1.30pm	South Lakes	
Baby Massage (0-1yr)	Monday	9th May-6th June	11am-12pm	Splash Training Room	
Mr Rumbles (1-2yrs) *Quiet Session	Monday	9th-30th May	10am-11am & *11:30am-12:30pm	Legahory Playroom	
Busy Buggies Walking Group	Monday	6th-27th June	11am-12pm	Lurgan Park	
First Aid for Parents	Monday	6th & 13th June or 20th & 27th June	6pm-9pm	Chrysalis Women's Centre	
Dads & Kids Play Club (0-3yrs)	Tuesday	5th April-21st June excluding 19th April	10am-12pm	Taghnaven Community Centre	
Baby Cafe (0-1yr)	Tuesday	5th April-28th June excluding 19th April	10am-11am	Legahory Playroom	
Breastfeeding Support	Tuesday	5th April-28th June excluding 19th April	11.30am-12.30pm	Legahory Playroom	
Watersports & Health For Dads & Grandads	Tuesday	12th April-17th May	6.30pm-7.30pm	South Lakes	
Time For Me Crafts for Parents & Carers	Tuesday	26th April	6.30pm-7.30pm	YMCA Lurgan	
Parent's Forum	Tuesday	14th June	6.30pm-7.30pm	Splash Training Room	
Sociable Babies (0-3mths)	Wednesday	27th April-15th June	10am-12pm	Legahory Playroom	
Sun Safety Workshop (0-4yrs)	Wednesday	4th May	12pm-1pm	LINKS Lurgan	
Benefits Advice Clinic	Wednesday	11th May	10.30am-12pm	LINKS Lurgan	
Infant Mental Health Workshop(0-1yr)	Wednesday	15th June	2.30pm-3.30pm	Legahory Playroom	
Time For Me for Parents & Carers	Wednesday	15th June	6.30pm-7.30pm	TBC	
4Week Playtime (0-4yrs) *Quiet Session	Thursday	7th April - 5th May excluding 21st April	10am-11am & *11:30am-12:30pm	Legahory Playroom	
Nature Funshop(0-4yrs) *Quiet Session	Thursday	19th May	10.30am-11.30am & *12pm-1pm	Lurgan Park	
Time For Us - Crafts for Parent/Carer and child	Thursday	26th May	10:30am-11:30am	Legahory Playroom	
Ocean Funshop (0-4yrs) *Quiet Session	Thursday	9th June	10:30am-11:30am *12pm-1pm	Lurgan Park	
Nurturing Programme Limited Creche Available	Friday	8th April -1st July excluding 22nd April & 3rd June	10am-12pm	Splash Training Room	
Teddy Bears Picnic (0-4yrs)	Friday	6th May	11am-12pm	Lurgan Park	
Antenatal Workshop	Saturday	9th April	10.30am-12pm	Splash Training Room	
Fathers & Families Fishing	Saturday	TBC	TBC	South Lakes	
Splash Out Saturday International Children's Day	Saturday	14th May	10:30am-12pm	Lurgan Park	
Fathers & Families Bushcraft Event	Saturday	18th June	11am-1pm	Oxford Island	

All activities must be booked

Please contact the office on 028 3831 3360 to place your name on an expression of interest list