



Supporting
Families

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

APRIL- JUNE 2023



SPRING IS IN THE AIR AND WE ARE READY FOR TAKE-OFF WITH
OUR PROGRAMME OF EVENTS FOR THE NEXT FEW MONTHS!

OUR SURESTART FAMILY IS GROWING...



My name is Cara Martin and I am the new Speech and Language Therapist at Splash Sure Start. Over the coming weeks I will be visiting and delivering programmes to support our Splash families. I am very passionate about supporting staff, parents and carers to develop children's early communication skills. I look forward to meeting you all. See below & throughout the newsletter for details of programmes I will be running.

RYTHM, RHYME & STORYTIME

*Come along and enjoy rhymes,
music and stories at SureStart
Rhythm, Rhyme & Story Time.*

For 0-4 years

1st, 8th, 15th & 29th June 10.30-11.30am

At the Legahory Centre



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

BACK TO LIFE, BACK TO

AWARE

OVERCOMING DEPRESSION.
CHANGING LIVES.

NORMALITY

12 WEEK PROGRAMME

*6 Weeks Cognitive Behavioural
Therapy
April 19th-May 24th*

*6 Weeks Mindfulness
31st May-July 5th*

6.30-8.30pm

At the Legahory Centre



This programme will help you manage your feelings when you are stressed, worried or depressed. You'll learn simple, practical skills to help you cope with life's challenges. You'll also be introduced to the practice of mindfulness and learn how to apply it to everyday life to feel calmer and less stressed.

LISTEN, MOVE & PLAY



In addition to play opportunities for your child, you will also receive written and verbal information, advice, and practical tips that will help support you & your child.



*Tuesday May 16th- 20th June
Playroom in Legahory Centre*

This programme is focused on the development of play skills with input from our Speech & Language Therapist as well as our Occupational Therapist.

TEDDY BEAR'S PICNIC

You're Invited to a Beary special Picnic at Lurgan Park from 12.30pm-1.30pm on Thursday, 22nd June for ages 0-4 years



Children can bring along their favourite teddy bear or cuddly toy

Food provided

All activities must be booked

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

TIME FOR ME WATER AEROBICS



At water aerobics you will experience a 45 minute class of stretching, movement and exercise within the water. These classes will be facilitated by a member of South Lake Leisure Centre, and of course there will be music to complete these fantastic sessions.

3rd of April 12:30 to 1.15pm

17th of April 12:30 to 1.15pm

24th of April 12:30 to 1.15pm

FOR PARENTS & CARERS ONLY

Hop along to our Easter fun & crafts in the playroom at the Legahory Centre

EASTER FUNSHOPS

Thursday, April 6th

10.00am-11.00am Quiet Session (0-4 years)

11.30am-12.30pm (0-18 months)

2.30pm-3.30pm (18 months-4 years)



FAMILY EVENT: BUSHCRAFT

Come join us at Kinnego Bushcraft Centre for our Family Event on Saturday 17th June from 11am to 1pm. There will be Bushcraft Games, Kids' Archery, Hut Building, Drumming, Fishing and more. Just bring a blanket and a picnic and be prepared for all types of weather.



ANTENATAL PILATES



Antenatal Pilates will help to develop greater core strength by strengthening the muscles of the stomach, back and pelvic floor.

It can help avoid common problems that can occur such as backache, postural imbalances, low-energy levels and poor circulation during pregnancy.

Friday, 2nd June-23rd June

11am-12pm

Room 6, Legahory Centre

All activities must be booked

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UPCOMING ACTIVITIES FOR JANUARY TO MARCH 2023

Activity	Day	Dates	Times	Venue	My Notes & Bookings
Time for Me Water Aerobics	Monday	3rd, 17th & 24th April	12.30-1.15pm	South Lakes	
Splash Babies 0-2 years	Monday	5th June- July 3rd 5 weeks	12.30-1.00pm 1.00-1.30pm	South Lakes	
OT Clinic	Monday	24th April & 5th June	10.00-1.00pm	Legahory Centre	
Paediatric First Aid for parents	Monday	5th & 12th June 19th & 26th June	6.00-9.00pm	Chrysalis Women's Centre	
Time for Us 0-4 year swim session	Monday	15th May & 22nd May	12.30-1.15pm	South Lakes	
Baby Cafe Drop in	Tuesday	18th April- 27th June	10.00-11.00am	Training Room Legahory Centre	
Breastfeeding Drop in	Tuesday	18th April- 27th June	11.30-12.30pm	Training Room Legahory Centre	
Parent's Forum	Tuesday	25th May	6.30-7.30pm	Legahory Centre	
Baby Massage	Tuesday	18th April- 16th May	10.30-11.30am	Legahory Centre	
Dad's & Grandad's Play & Brunch club	Tuesday	18th April- 27th June	10.00-12.00pm	Taghnevan Community Centre	
Listen, Move & Play	Tuesday	16th May -20th June	10.00-11.00am	Playroom Legahory Centre	
Sociable Babies	Wednesday	3rd May - June 21st	10.00-12.00pm	Training Room Legahory Centre	
Fun for all	Wednesday	19th April- 21st June	10.30-12.00pm	Links, Lurgan	
Advice Clinic	Wednesday	26th April	9.30am-12.00pm	Links, Lurgan	
Oral Health Workshop	Wednesday	14th June	11:00 - 12:00pm	YMCA	
Incredible Babies	Thursday	4th May - 29th June	10.00-12.00pm	Training Room Legahory Centre	
Rhythm & Rhyme 0-4 years	Thursday	1st - 22nd June	10:30 - 11:30am	Legahory Centre	
Health Promotion Workshop Mental Health Awareness	Thursday	11th May	10:30 - 11:30am	Playroom Legahory Centre	
4 week Playtime	Thursday	18th May - 8th June	10:00 - 11:00 (0-18mth) 11:30 - 12:30 (18mth-4 yrs)	Playroom Legahory Centre	
Nurturing Programme limited creche places	Friday	April 21st - June 30th (11 weeks)	10:00 - 11:45am	Training Room Legahory Centre	
Busy Buggies In conjunction with national walking month	Friday	5th,12th,19th & 26th May	10:30-11.30am	Lurgan Park	
SLT advice clinic	Friday	28th April	9:30 -12:00pm	Legahory Centre	
Splash out Saturday	Saturday	13th May	11:00 - 12:00pm	Lurgan Fire Station	
Fishing for Fathers & Families	Saturday	29th April & 27th May	11:00 - 2:00pm	South Lakes Leisure Centre	
Splash Out Saturday International Dance Day	Saturday	29th April	10:30 - 12:00pm	To be confirmed	
Antenatal W'shop Baby Keepsake Crafts & Coffee morning	Saturday	22nd April	10:30 -12:00pm	Legahory Centre	

All activities must be booked

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