

APRIL- JUNE 2023

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



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.

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

RYTHM, RHYME & STORYTIME



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





Health and Social Care Board





BACK TO LIFE, BACK TO NARE NORMALTY 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 This programme is



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

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

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



Food provided

Children can bring along their favourite teddy bear or cuddly toy

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



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

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

UPCOMING ACTIVITIES FOR JANUARY TO MARCH 2023

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Splash out SaturdaySaturday13th May11:00 - 12:00pmLurgan Fire StationFishing for Fathers & FamiliesSaturday29th April & 27th May11:00 - 2:00pmSouth Lakes Leisure CentreSplash Out Saturday International Dance DaySaturday29th April11:00 - 12:00pmSouth Lakes Leisure CentreAntenatal W'shopSaturday29th April10:30 - 12:00pmTo be confirmed	In conjuction with national	Friday		10:30-11.30am	Lurgan Park	
SaturdaySaturday13th May11:00 - 12:00pmCurgan Pire StationFishing for Fathers & FamiliesSaturday29th April & 27th May11:00 - 2:00pmSouth Lakes Leisure CentreSplash Out Saturday International Dance DaySaturday29th April10:30 - 12:00pmTo be confirmedAntenatal W'shopImage: Saturday International Dance DaySaturdayImage: Saturday Image: SaturdayImage: Saturday Image: SaturdayImage: Saturday Image: SaturdayImage: Saturday Image: Saturday	SLT advice clinic	Friday	28th April	9:30 -12:00pm	Legahory Centre	
& Families Saturday 27th May T1:00 - 2:00pm Leisure Centre Splash Out Saturday Saturday 29th April 10:30 - 12:00pm To be confirmed International Dance Day Antenatal W'shop International Dance Day International Dance Day International Dance Day	-	Saturday	13th May	11:00 - 12:00pm	Lurgan Fire Station	
Saturday International Dance Day Saturday 29th April 10:30 - 12:00pm To be confirmed Antenatal W'shop Image: Saturday Image: Saturday Image: Saturday Image: Saturday Image: Saturday	_	Saturday	-	11:00 - 2:00pm		
Antenatal W'shop	Saturday	Saturday	29th April	10:30 -12:00pm	To be confirmed	
Baby Keepsake Crafts & Coffee morning Saturday 22nd April 10:30 -12:00pm Legahory Centre	Baby Keepsake Crafts &	Saturday	22nd April	10:30 -12:00pm	Legahory Centre	

All activities must be booked

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