



## Hello Summer!

July-September 2023

The weather is beginning to warm up, the flowers are in full bloom and there is a gentle hum from the busy bees in the air. Here at Splash SureStart we have lots of exciting adventures planned for the Summer season ahead. We are hoping that the sun will shine, but no matter what the weather we have lots of fun-filled activities planned.

There are only 18 Summers in childhood...  
together we can make this one count!



### A note from the Project Manager Catriona Maguire

You might have seen the recent news regarding the potential cuts to SureStart funding. I wish to use this opportunity to thank each and every one of you for your ongoing support during this time. The staff and myself were delighted to hear that currently Surestart Services will not receive any funding cuts. So with that positive note - the entire team are looking forwarding to seeing families during our summer programme. Remember to book onto activities quickly, as programmes book up fast.



**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)**



# Dads/Grandpa's Mournes Hike



Our Splash Sure Start Dads/Grandads are heading for a hike in the Mourne Mountains, on Saturday 23rd September, leaving at approximately 8am and returning by 4pm. The exact destination will be determined nearer the time. A mini-bus will be leaving/returning from Brownlow and Lurgan. A health questionnaire will be required in advance. Wear appropriate clothing and boots and bring your own packed lunch and water.

For further information, contact Keith at 07526006147 or Splash SureStart at 028 38 313 360.

## Family Yoga

4 Week Yoga for Parents and Children 2-4 years

Mindfulness poses with  
breathing, storytelling  
and relaxation

Tuesday, 5th September - 26th September  
at 10:00 - 11:00am

in the Training Room, Legahory

Booking Essential



## National Play Day

'Playing on a Shoestring  
- Making Every day  
an Adventure'

Wednesday, 2nd August 2023  
at 11am-12noon  
in Lurgan Park

Booking Essential





# Summer Programme

24th–28th July and 14th–18th August



## Activities in July

Monday	24th July	10am – 11:30am	Tannaghmore Gardens	Picnic in the Park and going on a bear hunt
Wednesday	26th July	1:00pm – 2:30pm	Taghnaven Community Centre	Splash into summer Beach themed play
Friday	28th July	10am – 11:30am	Church of the Nazarene, Lurgan	Fun Filled Friday with Messy Play



## Activities in August



Monday	14th August	10:30am – 12:00 noon	Brownlow Hub	The Breakfast at Brownlow with Play Activities
Wednesday	16th August	1:00pm – 2:30pm	St Anthony's Hall, Craigavon	Wacky Wednesday with Junk Art Play
Friday	18th August	10am – 11:30am	Lurgan Park	Physical Fun Friday with Outdoor Play

Please contact the office to place your name on an expression of interest list.

Summer activities is from ages 0–11 years.



Upcoming Activities for July to September					
Activity	Day	Dates	Times	Venue	My Notes & Bookings
Community Advice Workshops (money management/budgeting)	Monday	11th, 18th, 25th September	6pm - 7pm	Legahory Training Room	
Baby Massage 0-12 months	Monday	11th September - 9th October	11:00 - 12:00pm	Legahory Training Room	
A Time for us (parents & children)	Monday	11th September	11:00 - 12:00pm	Legahory Playroom	
Splash water babies 0-24 months	Monday	4th September - 2nd October	12:30 - 1:00pm 1:00 - 1:30pm	South Lakes	
Baby Cafe	Tuesday	4th July	10:45am - 11:45am	Brownlow Library	
Breastfeeding Support	Tuesday	22nd August	10:00 am - 1.00pm	Legahory Training Room	
OT Clinic	Tuesday	22nd August	10:00 am - 1.00pm	Family Room	
Ocean fun shop Crafts & Sensory Play	Tuesday	8th August	10:00 am - 11.00am (0-18m) 11:30am - 12:30pm (18m-4)	Legahory Playroom	
Family Yoga 2-3 years	Tuesday	5th ,12th ,19th ,26th September	10:00am - 11.00am	Legahory Training Room	
Dad's / Granda's Club Play Brunch Club	Tuesday	11th September - 12th December	10am - 12.00pm	Taghnaven Community Centre	
Time for me Forest Bathing	Tuesday	1st August	6pm - 7:30pm	Oxford Island Discovery Centre	
Health Promotion Kids take over the kitchen	Wednesday	13th September	11am - 12.00pm	Links, Lurgan	
Time for me Watercolour Wellness	Wednesday	5th July	6pm - 7:30pm	Legahory Training Room	
Nature Funshop Picnic in The Park	Wednesday	19th July	TBC	Oxford Island	
Fun for all	Wednesday	20th, 27th September	10.30am-12.00pm	Links, Lurgan	
Chat with the Midwife 1-1 sessions	Wednesday	24th August	9:30am- 12:00am	Legahory Training Room	
Fun Shop	Thursday	24th August	11am - 12pm (0-18m) 2pm - 3pm (18m-4)	Legahory Playroom	
SLT Clinic	Thursday	3rd August	9:30am - 12.30pm	Family Room	
Mini Movers Physical Play	Thursday	7th - 28th September	10am - 11am Pre walkers 11:30-12:30 Walkers	Legahory Training Room	
Pregnancy Birth to Baby programme	Thursday	7th - 28th September	11am - 12.00pm	Legahory Training Room	
Incredible Toddlers with limited creche spaces	Friday	8th September - 8th December	10am - 11:45 am	Legahory Training Room	
Busy Buggies	Friday	8th - 29th September	10:30am - 11:30 am	South Lakes	
Splash out Saturday	Saturday	30th September	10.30am-12.00pm	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					