



# Splash

SureStart

Brownlow Lurgan

## Hello Summer!

### July - September 2024

I've only 18 summers before I become a man/woman,  
So let me live them to the fullest and do everything I can.

Let me climb those trees, so I can touch the sky.

I'll never know my limits unless I try!

Let me run barefoot, across the fresh cut grass.

I'm living in the moment, for too soon the years will pass.

Let me dig in the dirt and have a water fight.

Stay up past my bedtime while the sky's still light

Let me build a den and go hunting for bugs

Go easy on the worry and heavy on the hugs.

Let me build a fire and camp out in a tent

The years go by so fast you'll wonder where they went.

I'm not a child for long, so let me enjoy it while I can,

I've only 18 summers before I become a man/woman.

## Supporting Families

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



## Our new Sensory Space

At Splash Sure Start, we want to continually meet the needs of our families by offering a range of possibilities and experiences for all your little ones!

We now have a sensory space in our Playroom at Legahory. In this area we have our interactive colour column, with mirrors surrounding reflecting the beautiful lights. We have fiber optic lights, and a range of other sensory resources available.

Book a slot with us by simply ringing the office on  
028 3831 3360  
or sending a message on our Facebook page!



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)



Health and Social  
Care Board



Department of  
Education





# Breastfeeding awareness week

1st- 7th August

## Breastfeeding celebration

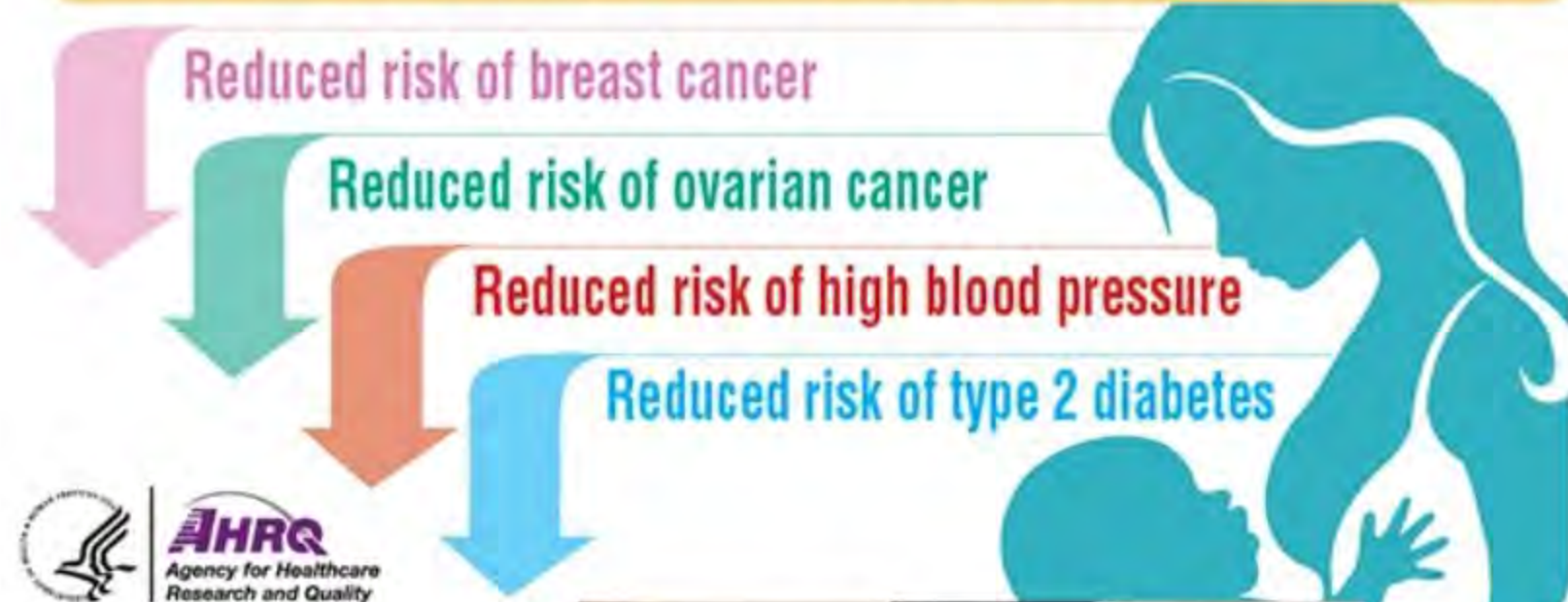
Tuesday 6th August Breastfeeding celebration day!  
11:30am-12:30pm  
Coffee & refreshments available

Breastfeeding Support  
Every Tuesday  
11:30am - 12:30pm  
Training Room

Scan the QR code for some useful leaflets and videos to help with your Journey



## Benefits Associated with Moms Who Breastfeed



## Aware NI

12 week programme

Back to Life, Back to normality  
Wednesday 18th September  
6:30pm - 8:30pm  
Legahory training room



For more information on our back to life, back to normality course scan the QR code.

# AWARE

## Mens Hike

Hike in the Mournes for our Dads and Grandads

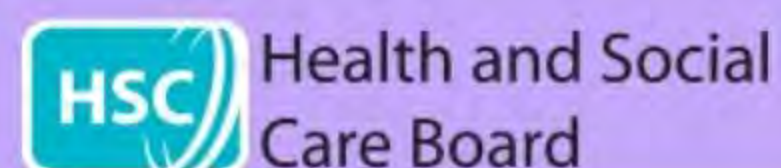
Saturday  
17th August 2024.  
8.15am -4.15pm.

Our mini-bus will be leaving from Legahory Centre at 8.15am and Lurgan at 8.30am

If you are interested in taking part then please contact Keith 02838313360 or 07526006147 for more information.



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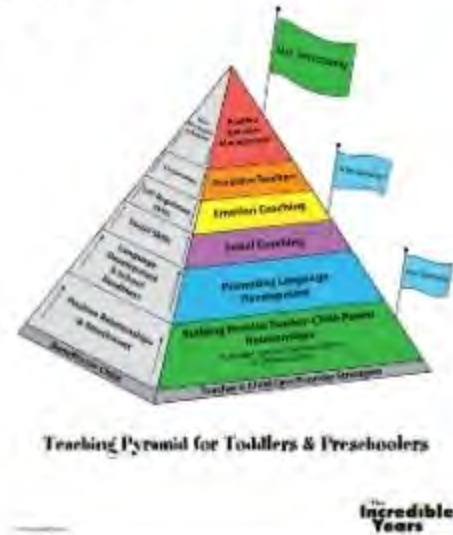


# Incredible Toddlers

14 week programme

This Programme gives advice and support to manage family life. We will cover problem solving, play, setting clear boundaries, rewards and celebrations.

Friday 13th September  
10:00am - 11:45am  
Legahory Training room  
14 week Programme  
**\*\*creche places are limited\*\***



# Bump-ercise

4 week antenatal programme

The Programme will focus on prenatal fitness, encouraging mums - to-be to stay energized, reduce common pregnancy discomforts and prepare your body for birth with tailored exercise. Don't let pregnancy slow you down!

This programme is delivered by a qualified instructor and our mid-wife Stella Antenatal Programme

17th July - 7th August  
Legahory Training Room  
6:30pm - 7:30pm



# National Play Day

Play is our brains favourite way of learning!

“we dont stop playing because we grow old, we grow old because we stop playing”

National Play Day is Wednesday, 7th August 2024  
at 11:30am - 1:00pm  
Lurgan Park



This years theme is “The Culture of Childhood”  
0-11YRS



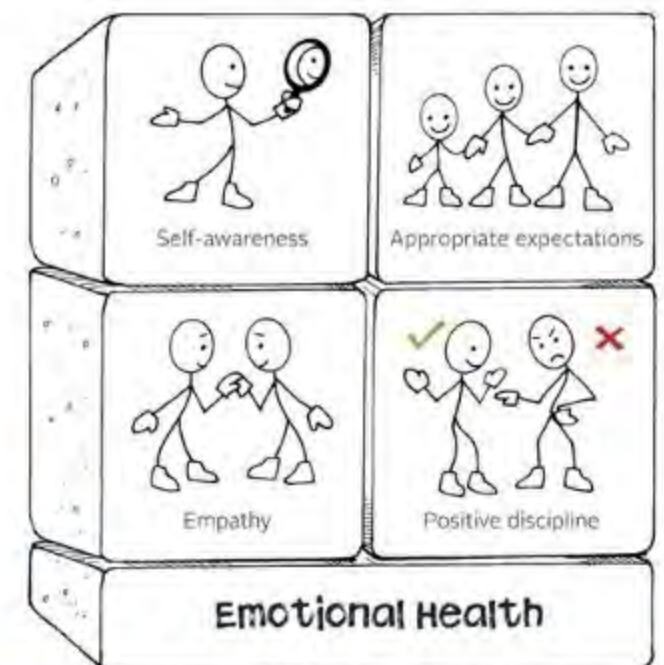
# Parenting Puzzle

5 Week Parenting Programme

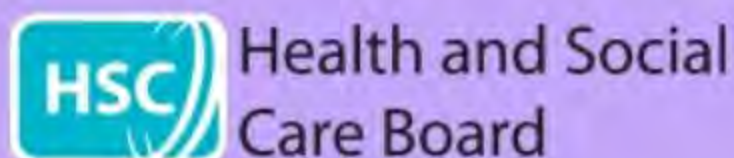
Tuesday 3rd September  
6pm-8pm  
Legahory Training room

This positive parenting programme will help you gain knowledge about :

- Praise
- Child Led Play
- The Art of Listening and Nurturing Ourselves.
- Families emotional health.



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# Summer Programme

## Activities in July



Monday	22nd	11.00am - 12:30pm	Tannaghmore Gardens	Join us for a day on the farm! Treats included
Wednesday	24th	1:30pm - 3:00pm	Taghnevan Community Centre	Splash into Summer under the sea themed play
Friday	26th	11:00am - 12:30pm	Church of the Nazarene	Disney Day. Come dressed up if you like!



## Activities in August

Monday	12th	11:30am- 1:00pm	Brownlow Hub	Big Breakfast/brunch morning!
Wednesday	14th	1:30pm- 3:00pm	Lurgan Park	Teddy Bears picnic in the park
Friday	16th	9:15am- 4:00pm	Kilbroney Park	Bus Trip, walk in the park/narnia trail

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

Buses will depart from Craigavon and Lurgan at 9.15am returning at 4.00pm

Please remember to bring a pack Lunch!

**\*\*Please note that places for the bus are limited\*\***