



Please like and follow us on Facebook for any changes or updates to programmes.

Splash

SureStart
Resilience Program

July to
September
2025

SUMMER

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



Supporting Families

I can choose to be kind
Each and every day
I can choose to be kind
To everyone, in every way.

When I am Kind to others,
I make the world a little brighter.
when I am kind to others,
I make my heart a little lighter

Go plant a seed of kindness
And watch the world bloom.
So plant a seed of kindness
And chase away the gloom

Midwife and Health visitor services

We're proud to offer dedicated support for families through our experienced Health Visitor, Janet, and compassionate Midwife, Stella.

Janet provides expert guidance on child development, parenting, and family wellbeing, ensuring you feel confident and supported every step of the way.

Stella offers personalised care throughout pregnancy and beyond, helping you navigate this special journey with reassurance and expert advice.

Together, they form a caring team committed to your health and happiness, offering a listening ear, practical help, and trusted information whenever you need it

Janet
Health Visitor



Stella
Midwife



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



Department of
Education





July

Summer Programme

August



8th July 2025

Brownlow Hub

Theme: Splash into Summer (Beach day)

Time : 11:00am - 12:30



Buses available for both trips, leaving Legahory at 9:15am and Lurgan at 9:30, returning at 3:30pm. One trip per family. Contact the office for more details.



Trip 10th July

MO. Mowlam Park Belfast

Time 9:00am to 3:30pm

Limited Places

5th August 2025

Church of the Nazarene

Theme: Disney day

Times: 11:00am - 12:30



Trip 8th August

Fort Evergreen

Time: 9:00am - 3:30pm

Limited Places - TBC



Sun Safety

- Babies under 6 months old should be kept out of direct sunlight. Older babies should also be kept out of the sun as much as possible, particularly in the summer and between 11:00am and 3:00pm, when the sun is at its strongest.
- If you go out when it's hot, attach a parasol or sunshade to your baby's pushchair to keep them out of direct sunlight. **Do not cover your baby's pushchair or pram with a blanket because it could lead to overheating.** Check on them regularly to make sure they're not getting too hot.
- Do not dress your baby in too many layers. Choose lightweight clothing.
- If your baby is 6 months or over, apply a sunscreen with a sun protection factor (SPF) of at least 50 to their skin **(sunscreen is not recommended for babies under 6 months).**
- Make sure your child wears loose-fitting clothing, sunglasses and a sunhat with a wide brim or a long flap at the back to protect their head, ears and neck from the sun.



6 MONTHS

- Once you have started to introduce solid foods, you should offer your baby sips of water from a cup or beaker with meals. Remember that breastmilk or infant formula should be their main drinks during the first year. In hot weather, you may need to offer some additional water outside of mealtimes.



Summer Fun Ideas for home

Outdoor Adventures

Head to Lurgan Park, Craigavon Lakes or Oxford Island for a picnic day, nature trails or the park. You can make up some bingo cards of objects or animals likely to be spotted and mark them off as you go around.

Local Events & Activities

Look up your local library, community centres and council websites for activities that are on offer during the summer.

At home

Use everyday items at home to make up some fun activities such as;

- Pots and pans drum set
- Water painting outdoors
- Fort building
- Messy play ideas

Check out these ideas and many more online for some help on making fun memories during the holidays.



Paddle Boarding



Relax and unwind on the water with a calm, guided paddle boarding and kayaking sessions just for mums and careers, along with a session for dads and careers. No experience needed – all equipment provided!

Time: 6:30pm - 7:30pm

Date: 13th Aug for Mums & 20th Aug for Dads

Location: South Lakes Leisure Centre



Baby Massage



Baby Massage offers you a special time for you and your baby to bond and unwind.

These 5 weeks cover touch, movement, relaxation, interaction and communication. The quality of closeness between parent and baby has life long benefits.

Time: 11:00am - 12:00pm

Date: 4th July - 1st Aug

Location: Office 6, Legahory



Local Charities

advice ni - Providing advice to those who need it
advice@adviceni.net - www.adviceni.net

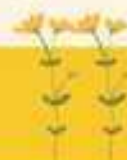
Parenting Focus- Parent support Line
08088010722 - www.parentingni.org

Family Benefits advice service
08000283008 - employersforchildcare.org

Domestic and Sexual Abuse Helpline
08088021414- www.dsahelpline.org

Lifeline- crisis Telephone & counselling service
0808808800- www.lifelinehelpline.info

Samaritans
116123 - www.samaritans.org



UPCOMING ACTIVITIES JULY TO SEPTEMBER

Activity

Day

Dates

Times

Venue

My Notes & Bookings

July

Story & Rhyme

Monday

28th July - 18th Aug

10:30-11:30am

Office 6, Legahory Centre

Beach day

Tuesday

8th July

11 - 12:30pm

Brownlow Hub

Baby Cafe

Tuesday

22nd July- 30th Sep

10 - 11am

Training Room,
Legahory Centre

Breastfeeding Support

Tuesday

22nd July- 30th Sep

11:30 - 12:30pm

Training Room,
Legahory Centre

Breastfeeding Celebration

Tuesday

29th July

11:30 - 12:30pm

Training Room,
Legahory Centre

SLT Clinic

Wednesday

23rd July

9:30-1:30pm

Family Room ,
Legahory Centre

45 min slots

Gardening Funshop

Thursday

24th July

11 - 12pm

Taghnevan Allotments

Summer Trip

Thursday

10th July

9:30 - 3:30pm

Mo. Mowlam Park, Belfast

Baby Massage

Friday

4th July - 1st Aug

11 - 12pm

Playroom , Legahory Centre

Hypnobirthing

Monday

18th Aug

10:30 - 11:30am

Training Room,
Legahory Centre

Disney Day

Monday

5th Aug

11 - 12:30pm

CON

National Play Day

Tuesday

6th Aug

1:30 - 3pm

St Peters

Dads Group

Tuesday

12th & 19th Aug

10 - 12pm

Lurgan Park

Registration evening

Wednesday

5th Aug

6 - 7:30pm

Training Room,
Legahory Centre

Paddle Boarding Mums

Wednesday

13th Aug

6:30- 7:30pm

SLLC

Paddle Boarding Dads

Wednesday

20th Aug

6:30 - 7:30pm

SLLC

Allotments

Thursday

14th 21st 28th

10 - 12pm

Taghnevan

Baby Massage

Friday

4th July - 1st Aug

11 - 12pm

Office 6 , Legahory Centre

Summer Trip

Friday

8th Aug

9 - 3:30pm

Fort Evergreen

Mens Hike

Saturday

30th Aug

8 - 4 pm

TBC

Splash water tots

Monday

1st - 29th Sep

12:30 - 1pm
1 - 1:30pm

SLLC

1 - 2 YRS
2 - 4 YRS

Hypnobirthing

Monday

8th - 29th Sep

10:30 - 11:30am

Training Room,
Legahory Centre

Listen, Move & Play

Monday

8th - 29th Sep

11 - 12pm

Playroom , Legahory Centre

First Aid

Tuesday

8th - 15th OR
22nd - 29th Sep

6 - 9pm

Training Room

Dads & Kids Club

Tuesday

9th & 23rd Sep

10 - 12pm

Playroom , Legahory Centre

Fun for all

Wednesday

17th - 24th Sep

10:30 - 12pm

Links Lurgan

Busy Buggies

Thursday

4th - 25th Sep

10:30 - 11:30pm

Lurgan Park

Allotments

Thursday

4th 11th & 18th Sep

10 - 12pm

Taghnevan

Incredible Toddlers

Friday

5th Sep - 12th Dec

10 - 11:45pm

Training Room,
Legahory Centre

Limited Creche

Splash out Saturday

Saturday

20th Sep

10 - 11:30am

Office 6 , Legahory Centre

All activities must be booked *activities only for registered families*

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