

What's on in Star?

January—March 2022

To express an interest in coming to any event or group

Phone: 028 4062 2475

or email star.surestart@southerntrust.hscni.net

All groups are held at Star unless stated

For more information on groups and activities, check out our Facebook page for pictures, videos and flyers.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 JAN	4 JAN	5 JAN	6 JAN	7 JAN	8 JAN
10 JAN Move With Me Runs for 4 Weeks 10am — 11am Children Aged 1—2 yrs	11 JAN Parenting Puzzle 'Time for You' Runs for 4 Weeks 9:30am—11:45am All Parents **Crèche**	12 JAN Baby Café & Breastfeeding Support **Weekly Book-In ** 10am — 12noon All Antenatal & Breastfeeding Families Physical Play Runs for 4 Weeks 10am—11am Children Aged 18mths— Up to 4th Birthday *St Theresa's Church Hall*	13 JAN	14 JAN Playtime 2 Sessions—Book In **Weekly Book-In ** 9:30am—10:30am & 11:30am—12:30pm Children Aged 9mths— Up to 4th Birthday *Star Sure Start*	15 JAN Physical Family Fun Event 12noon—1:30pm All Families & Siblings Aged Up to 7 Yrs Old *Banbridge Leisure Centre*
17 JAN Incredible Babies Runs for 8 Weeks 9:45am—11:45am All Parents & Babies Aged Up to 12mths Move With Me Week 2 10am — 11am	18 JAN Parenting Puzzle Week 2 9:30am—11:45am	19 JAN **Book In** Baby Café & Breastfeeding Support 10am — 12noon Physical Play Week 2 10am—11am Hypnobirthing® 'Time for You' Runs for 4 Weeks 6pm—9pm Suitable from 14—42 Wks	20 JAN	21 JAN Playtime 2 Sessions *Book In* 9:30am—10:30am or 11:30am—12:30pm	22 JAN Star Dad's—Energize 10am — 11:00am All Dads and Children
24 JAN Incredible Babies Week 2 9:45am—11:45am Move With Me Week 3 10am — 11am	25 JAN Parenting Puzzle Week 3 9:30am—11:45am	26 JAN **Book In** Baby Café & Breastfeeding Support 10am — 12noon Physical Play Week 3 10am—11am Hypnobirthing® Week 2 6pm—9pm	27 JAN	28 JAN Playtime 2 Sessions *Book In* 9:30am—10:30am or 11:30am—12:30pm	29 JAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 JAN Incredible Babies Week 3 9:45am—11:45am</p> <p>Move With Me Week 4 **LAST WEEK** 10am — 11am</p> <p>Take 5 'Time for You' 6:30pm—7:30pm All Parents</p>	<p>1 FEB Parenting Puzzle Week 4 **LAST WEEK** 9:30am—11:45am</p>	<p>2 FEB **Book In** Baby Café & Breastfeeding Support 10am — 12noon</p> <p>Physical Play Week 4 **LAST WEEK** 10am—11am</p> <p>Hypnobirthing® Week 3 6pm—9pm</p>	<p>3 FEB</p>	<p>4 FEB Playtime 2 Sessions *Book In* 9:30am—10:30am or 11:30am—12:30pm</p>	<p>5 FEB</p>
<p>7 FEB Incredible Babies Week 4 9:45am—11:45am</p>	<p>8 FEB</p>	<p>9 FEB **Book In** Baby Café & Breastfeeding Support 10am — 12noon</p> <p>Hypnobirthing® Week 4 6pm—9pm **LAST WEEK**</p>	<p>10 FEB</p>	<p>11 FEB Playtime 2 Sessions *Book In* 9:30am—10:30am or 11:30am—12:30pm</p>	<p>12 FEB</p>
<p>14 FEB **Incredible Babies closed for Half Term Break**</p>	<p>15 FEB</p>	<p>16 FEB **Baby Café & Breastfeeding Support closed for Half Term Break**</p>	<p>17 FEB</p>	<p>18 FEB **Playtime closed for Half Term Break**</p>	<p>19 FEB</p>
<p>21 FEB Incredible Babies Week 5 9:45am—11:45am</p>	<p>22 FEB Steps to Play Runs for 4 Weeks 9:45am—11:45am All Parents & Babies Aged 18mths Up to 4th B'day **Crèche**</p>	<p>23 FEB **Book In** Baby Café & Breastfeeding Support 10am — 12noon</p>	<p>24 FEB</p>	<p>25 FEB Playtime 2 Sessions *Book In* 9:30am—10:30am or 11:30am—12:30pm</p>	<p>26 FEB Star Dad's— Let's Get Messy 10am — 11:00am All Dads and Children</p>
<p>28 FEB Incredible Babies Week 6 9:45am—11:45am</p> <p>Save a Child's Life 6:30pm—8pm All Parents With Children Aged 1 Year Old Up to 4th Birthday</p>	<p>1 MAR Steps to Play Week 2 9:45am—11:45am</p>	<p>2 MAR **Book In** Baby Café & Breastfeeding Support 10am — 12noon</p>	<p>3 MAR Creative Kids Runs for 4 Weeks 10am — 11am Children Aged 18mths Up to 4th Birthday</p>	<p>4 MAR Playtime 2 Sessions *Book In* 9:30am—10:30am or 11:30am—12:30pm</p>	<p>5 MAR</p>
<p>7 MAR Incredible Babies Week 7 9:45am—11:45am</p>	<p>8 MAR Steps to Play Week 3 9:45am—11:45am</p> <p>Paediatric First Aid— Level 3 Runs for 4 Weeks 6pm—9pm All Parents</p>	<p>9 MAR **Book In** Baby Café & Breastfeeding Support 10am — 12noon</p>	<p>10 MAR Creative Kids Week 2 10am — 11am</p>	<p>11 MAR Playtime 2 Sessions *Book In* 9:30am—10:30am or 11:30am—12:30pm</p>	<p>12 MAR</p>
<p>14 MAR Incredible Babies Week 8 **LAST WEEK** 9:45am—11:45am</p>	<p>15 MAR Steps to Play Week 4 **LAST WEEK** 9:45am—11:45am</p> <p>Paediatric First Aid Week 2 6pm—9pm</p>	<p>16 MAR **Book In** Baby Café & Breastfeeding Support 10am — 12noon</p>	<p>17 MAR Office Closed for St Patrick's Day</p> 	<p>18 MAR Playtime 2 Sessions *Book In* 9:30am—10:30am or 11:30am—12:30pm</p>	<p>19 MAR</p>
<p>21 MAR</p>	<p>22 MAR Paediatric First Aid Week 3 6pm—9pm</p> <p>Potty Party Workshop 9:30am—11am All Parents With Children Aged 18mths Up to 4th Birthday **Crèche**</p>	<p>23 MAR **Book In** Baby Café & Breastfeeding Support 10am — 12noon</p>	<p>24 MAR Creative Kids Week 3 10am — 11am</p>	<p>25 MAR Playtime 2 Sessions *Book In* 9:30am—10:30am or 11:30am—12:30pm</p>	<p>26 MAR</p>
<p>28 MAR</p>	<p>29 MAR Crafty Mums 'Time for You' 6pm—8pm All Mums</p> <p>Paediatric First Aid Week 4 6pm—9pm **LAST WEEK**</p>	<p>30 MAR **Book In** Baby Café & Breastfeeding Support 10am — 12noon</p>	<p>31 MAR Creative Kids Week 4 **LAST WEEK** 10am — 11am</p>		