

StarNews

#06 Summer 2023

Back in Business!

★ Phew!! We are delighted to confirm the budget for 2023/24 has been confirmed with no cuts. Thank you so much to all our wonderful families for their support, it was greatly appreciated.

Summer is in the air and we are ready for take-off, with our summer programme of fun filled activities for all the family to enjoy. We will be making the most of our newly refurbished outdoor area within programmes, so please do bring hats and sun cream for your little ones.

We are always here to listen, we are always here to help and we are always here to support you, in any way that we can, when it is needed. From us to you, may you find many



little treasures to bring a smile to your face and may we take time to share our own lovely smile.

Have a brilliant summer!

Summer Play Programme 2023



Why not join us at Star Sure Start for a fantastic fun filled summer line-up. We have lots of play related activities and games on offer for you and your child. See Activity Listings information for all session dates and times. Booking is essential.

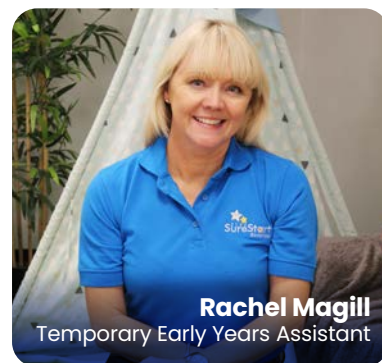
- ★ Stars Beach Bonanza
- ★ Let's Get Creative with Star
- ★ Picnic In the Park with Star at Tannaghmore Gardens
- ★ Little Star's Little Movers
- ★ Around the World with Star
- ★ Star's Big Day out in Newcastle

Like our page:
Star Sure Start



Star Sure Start, 2b/2c Newry Road, Banbridge, BT32 3HF
Tel: 028 406 22475 | **Email:** star.surestart@southerntrust.hscni.net

A Big Star welcome to our newest staff members...



Rachel Magill
Temporary Early Years Assistant



Zoe Magill
Family Support Worker

Office Closures

Monday 10th July –
Friday 14th July

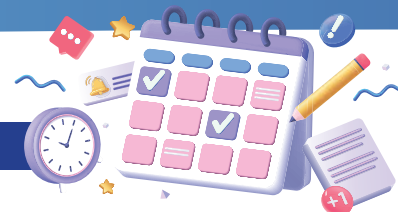
Bank Holiday
Monday 28th August



Scan the QR code to check out our website and for more info...

Star Activities

JULY – SEPTEMBER 2023



JULY

ACTIVITY	DAY	DATE	TIME	VENUE/DURATION
Star's Beach Bonanza From Birth up to 4th Birthday	Tuesday	18th July	1:30pm – 3:00pm	Star Sure Start
Let's Get Creative With Star From Birth up to 4th Birthday	Thursday	20th July	10:30am – 12noon	Star Sure Start
Picnic In The Park With Star at Tannaghmore Gardens From Birth up to 4th Birthday inc Older Siblings of Primary School Age	Friday	21st July	9:30am – 1:00pm	Tannaghmore Gardens Meeting at Star Sure Start at 9:15am *Transport Provided*
Employers for Childcare All Parents <i>*30 min time slots will be allocated*</i>	Wednesday	26th July	9:30am – 4:00pm	Star Sure Start
Breastfeeding Support Session All Antenatal, Breastfeeding Families & Parents with Babies Under 1 Year Old	Wednesday	26th July	10:00am – 10:30am	Star Sure Start
Baby Café Session All Antenatal, Breastfeeding Families & Parents with Babies Under 1 Year Old	Wednesday	26th July	10:30am – 12noon	Star Sure Start
Sensational Sensory Event All Families inc Older Siblings up to 7 Years Old	Thursday	27th July	1:30pm – 3:00pm	Star Sure Start
Breastfeeding Celebration Tea Party All Antenatal and Breastfeeding Families	Wednesday	2nd August	11:00am – 12:30pm	Star Sure Start
Little Star's Little Movers From Birth up to 4th Birthday	Monday	7th August	1:30pm – 3:00pm	Star Sure Start
Around the World With Star From Birth up to 4th Birthday	Tuesday	8th August	1:30pm – 3:00pm	Star Sure Start
Breastfeeding Support Session All Antenatal, Breastfeeding Families & Parents with Babies Under 1 Year Old	Wednesday	9th August	10:00am – 10:30am	Star Sure Start
Baby Café Session All Antenatal, Breastfeeding Families & Parents with Babies Under 1 Year Old	Wednesday	9th August	10:30am – 12noon	Star Sure Start
Star's Big Day Out In Newcastle From Birth up to 4th Birthday inc Older Siblings of Primary School Age	Thursday	10th August	9:30am – 4:30pm	Newcastle Meeting at Star Sure Start at 9:15am *Transport Provided*
Your Voice Matters Coffee Morning All Parents and Children From Birth up to 4th Birthday	Tuesday	15th August	11:00am – 12:30pm	Star Sure Start

AUGUST

Breastfeeding Support

Every Wednesday during Term Time 10:00am – 10:30am

Our weekly Breastfeeding Support Group is a relaxed and friendly space to share tips, encouragement and advice, facilitated by Caroline, our Health Visitor. Whether you have a specific question, or are just looking forward to a good chat with other mums we would love to see you.

Baby Café

Every Wednesday during Term Time 10:30am – 12noon

Baby Café is a friendly and informal group for all parents and babies under one year old. Take the time to sit and cuddle your little one, have some refreshments, and enjoy the chat with other mums. Caroline our Health Visitor can answer any questions you may have, and Sarah, our Early Year's Leader has great ideas for playing with your baby.



Interested in booking onto our groups?

Please contact the office on 028 406 22475 or email star.surestart@southerntrust.hscni.net

ACTIVITY	DAY	DATE	TIME	VENUE/DURATION
AquaNatal Yoga All Antenatal Mums	Thursday	17th August	7:30pm – 8:30pm	Banbridge Leisure Centre – Learner Pool
Star Dads – The Wonders of Play All Dads/Carers and Children From Birth up to 4th Birthday inc Older Sibling's up to 7 Years Old	Saturday	19th August	10:00am – 11:30am	Star Sure Start
Take Time for You – Crèche Provided All Parents	Monday	21st August	10:00am – 11:30am	Star Sure Start
Batch Cooking for Baby Workshop <i>Crèche Provided</i> All Families with Babies Under 1 Year Old	Thursday	24th August	10:00am – 12noon	Star Sure Start
Baby Massage Babies From Birth to 12 Months	Monday	4th, 11th, 18th, 25th Sept, 2nd & 9th Oct	10:00am – 11:15am	Star Sure Start 6 Week Programme
Potty Party Workshop – Crèche Provided All Parents With Children Aged 1 Year Old & Over	Tuesday	5th September	10:00am – 11:30am	Star Sure Start
Baby, Babble & Bounce Babies From Birth to 12 Months	Thursday	7th, 14th, 21st & 28th September	10:30am – 11:30am	Star Sure Start 4 Week Programme
Nurturing Programme – Crèche Provided Parents of Children Aged 9 Months & Over	Tuesday	12th, 19th, 26th Sept, 3rd, 10th, 17th, 24th Oct, 7th, 14th, 21st & 28th Nov *Closed for Half Term 31st Oct*	10:00am – 12noon	Star Sure Start 11 Week Programme
Breastfeeding Support All Antenatal, Breastfeeding Families & Parents with Babies Under 1 Year Old	Wednesday	13th, 20th & 27th September	10:00am – 10:30am	Star Sure Start Weekly Book-In Session
Baby Café All Antenatal, Breastfeeding Families & Parents with Babies Under 1 Year Old	Wednesday	13th, 20th & 27th September	10:30am – 12noon	Star Sure Start Weekly Book-In Session
Playtime Children Aged 9 Months up to 4th Birthday	Friday	15th, 22nd & 29th September	9:30am – 11:00am	Star Sure Start Weekly Book-In Session
AquaNatal Yoga All Antenatal Mums	Thursday	21st September	7:30pm – 8:30pm	Banbridge Leisure Centre – Learner Pool
Star Dads – Save a Child's Life All Dads & Carers Only	Saturday	23rd September	10:00am – 11:30am	Star Sure Start

AUGUST

SEPTEMBER

Your Voice Matters Coffee Morning

Tuesday 15th August 11:00am – 12:30pm

Come along and join Jennifer & Wendy to share your thoughts, views and opinions on Star Sure Start, to help shape the future in Star. The little ones can entertain themselves in play along with our team, whilst we enjoy some lunch together, discussing what you feel is working well for you, as well as considering your ideas and wishes. Lots of laughs are guaranteed!



Take Time for You – Introduction to WRAP

Monday 21st August
10:00am – 11:30am

This one-off workshop will help you to identify what wellness tools works best for you and start you off on your own personalised Wellness Recovery Action Plan. WRAP is for everyone and helps us think about getting and staying well. Limited crèche spaces available.



Baby & Toddler Swim



Nurturing Programme

Tuesday 12th September – 28th November
10:00am–12noon

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges, so that you can have a calmer, happier life. This is a tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel. Raising children can be puzzling at times, but puzzles have solutions! These sessions are informal and a great confidence booster!



Midwife Services at Star

Star Sure Start Midwife, Maria, can offer Hypnobirthing and The Real Birth Programme during one-to-one sessions with families, along with other specialised Antenatal evidence based advice.

Each session can be personalised to your individual family's needs. Sessions can be delivered in your own home, at Star, or even while enjoying a walk in the park. Any questions, don't hesitate to 'Call The Midwife'.



Breastfeeding Celebration Tea Party

Wednesday 2nd August 11:00am – 12:30pm

Join us as we celebrate World Breastfeeding Week, with a tea party treat for our breastfeeding mums. Enjoy savoury nibbles, scones and sweet treats, along with the usual tips and chat. Open to all breastfeeding families.



Movement, Rhyme & Storytime



Important Information

Updating Details

If any of your personal details have changed i.e telephone number, home address, email address or maybe you are expecting a baby or have recently had a baby, please contact the office on **028 406 22475** and we'll be happy to update your details on our system.

If you can't make it...

We love that all our families enjoy the programmes offered in Star, but if you are unable to attend for any reason, please contact the office to let us know, so we can allocate your place to another family. **Thank you for your support!**

Like our page:
Star Sure Start



Creative Kids



Physical Family Fun Event

