

StarNews

#07 Autumn 2023

10 Year Celebration!

In Star we are excited to be celebrating the milestone of a decade of service and commitment to local families. The Project held a Family Fun Day to recognise the great achievement. A big **'THANK YOU'** to all the families who attended the occasion. The theme of the event was around Stars, to reflect that all the children, really truly are the Stars of the Project!

Acknowledgement should also be given to the Star Sure Start Team, who consistently demonstrate

hard-work and passion. The team always strives for excellence, to ensure they achieve great things for our families. Their contribution and unwavering commitment to Star has been invaluable.

Look inside and see the wide variety of programmes on offer in Autumn in Star. If you are unsure about any of the activities listed, please do not hesitate to contact us.

Here's to many more amazing years in Star!!!!



Our fantastic team at Star Sure Start

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

Perinatal Parenting Services at Star



Star's Perinatal Parenting Worker, Wendy Ryan, offers support to families throughout pregnancy and babies first year of life. You will get to meet Wendy during most registration visits, as this gives her a great opportunity to get to know families. Wendy can deliver groups for parents during pregnancy and those with young babies, as well as carrying out one-to-one visits in the family home or in Star. Wendy also supports the Health Visitor in the delivery of Star Babies.

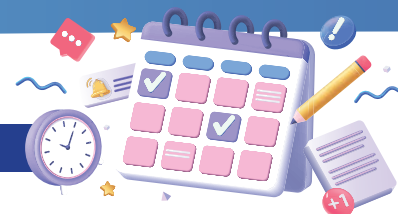
Some of the services Wendy can offer includes: preparing for babies arrival, how to take care of your baby, feeding advice and support, baby massage, baby yoga, baby swim, play support, sleep support and nurturing both baby and parents' mental health. She loves a chat, so give her a call!



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

Star Activities

OCTOBER – DECEMBER 2023


OCTOBER

ACTIVITY	DAY	DATE	TIME	VENUE/DURATION
Breastfeeding Support All Antenatal, Breastfeeding Families & Parents with Babies Under 1 Year Old	Wednesday	4th, 11th, 18th, 25th Oct, 8th, 15th, 22nd, 29th Nov & 6th Dec *Closed for Half Term 1st Nov*	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	4th, 11th, 18th, 25th Oct, 8th, 15th, 22nd, 29th Nov & 6th Dec *Closed for Half Term 1st Nov*	10:30am – 12noon	Star Sure Start Weekly Book-In Session
Playtime Children Aged 9 Months up to 4th Birthday	Friday	6th, 13th, 20th 27th Oct, 17th, 24th Nov & 1st Dec *Closed for Half Term 3rd Nov & 10th Nov Staff Training*	9:30am – 11:00am	Star Sure Start Weekly Book-In Session
AquaNatal Yoga All Antenatal Mums	Thursday	19th October	7:30pm – 8:30pm	Banbridge Leisure Centre – Learner Pool
Star Dads – Halloween Spooktacular All Dads/Carers and Children From Birth up to 4th Birthday inc Older Sibling's up to 7 Years Old	Saturday	21st October	10:00am – 11:30am	Star Sure Start
Save A Baby's Life All Parents With Babies Aged 0-12 Months	Monday	23rd October	6:30pm – 8:00pm	Star Sure Start
Simmer With Star All Parents/Carers	Monday	6th, 13th, 20th & 27th November	6:30pm – 8:30pm	Star Sure Start 4 Week Programme
Movement, Rhyme & Storytime From Birth up to 4th Birthday	Thursday	9th, 16th, 23rd & 30th November	2:30pm – 3:30pm	Star Sure Start 4 Week Programme
AquaNatal Yoga All Antenatal Mums	Thursday	16th November	7:30pm – 8:30pm	Banbridge Leisure Centre – Learner Pool
Your Voice Matters Coffee Morning All Parents and Children From Birth up to 4th Birthday	Monday	20th November	10:00am – 11:30am	Star Sure Start
Star Dads – Crafty Christmas All Dads/Carers and Children From Birth up to 4th Birthday inc Older Sibling's up to 7 Years Old	Saturday	25th November	10:00am – 11:30am	Star Sure Start
Employers for Childcare – Benefits Advice All Parents – *30 minute time slots will be allocated week before*	Friday	1st December	9:30am – 4:00pm	Star Sure Start
Take Time for You – Get Crafty for Christmas <i>Crèche Provided</i> All Parents	Thursday	7th December	10:00am – 11:30am	Star Sure Start
Take Time for You – Get Crafty for Christmas All Parents	Thursday	7th December	6:30pm – 8:00pm	Star Sure Start
Sleep Smart Workshop <i>Crèche Provided</i> All Parents/Carers	Friday	8th December	10:00am – 11:30am	Star Sure Start
Star's Magical Twilight Christmas Journey All Families inc Older Siblings Primary School Age	Friday	15th December	3:30pm – 5:30pm	Star Sure Start

NOVEMBER
DECEMBER

Interested in booking onto our groups?

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

AquaNatal Yoga



Individual Monthly Sessions

Thursday 19th October 7:30pm – 8:30pm

Thursday 16th November 7:30pm – 8:30pm

Aqua Natal Yoga is a water based programme for pregnant women with all levels of swimming abilities which incorporates some fitness, breathing and relaxation too! While enjoying some gentle exercise, mum's-to-be can; enjoy the social opportunities with other ladies, strengthening of the muscles and flexibility of the joints as well as the opportunity for relaxation, which can even be on your belly! ***Mum's to be can enjoy Aqua Natal Yoga for the entire duration of pregnancy.***

Take Time for You – Get Crafty for Christmas

Thursday 7th December (2 sessions offered)
10:00am – 11:30am or 6:30pm – 8:00pm

Christmas is the perfect time to get creative. Join us as we make some crimbo-themed crafts to decorate your home. We're offering 2 sessions, a morning session with a crèche and an evening session to facilitate working parents attending.



Sleep Smart Workshop

Friday 8th December 10:00am – 11:30am

Sleep or the lack of it is a huge part of life with young children. Come along to our friendly and fact filled workshop, that is hosted by our Health Visitor Caroline. Learn a little about the science of sleep, ask questions, and pick up tips to develop good sleep habits that suit your family. Limited crèche spaces are available for this workshop.



Star's Magical Twilight Christmas Journey

Friday the 15th of December 3:30pm – 5:30pm

Book your place on our Christmas Family Event this year and enjoy an interactive magical journey through Santa's indoor Grotto and outdoor winter wonderland, alongside our other Star families. Your little ones will get an opportunity to meet Santa Claus along with his joyful Elf and have the opportunity to get some festive photos taken. There will be interactive activities on offer along the way, some festive treats and some gifts to take home for all the family.



Creche for Cook-It



Move With Me



Developmental Programme for 2-3 Year Olds Graduation Day

The time has come to say goodbye to the 2022-2023 intake for the Developmental Programme for 2-3 Year Olds. It has been lovely watching each child grow and develop in confidence over the last year. It's never easy to say goodbye, but we know each child will flourish in their preschool journey. Goodluck to all our Little Stars!



CLASS OF 2023



Star's 10th Anniversary Family Fun Day



Christmas Holiday Closures

Office Closing Wednesday
20th December 2023

Office Re-Opening Tuesday
2nd January 2024



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 will 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!**

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Star Sure Start

