

StarNews

#08 Winter 2023

Family Time

The Christmas holidays is a special time for the Star Team, as they get to spend some quality time with their families and enjoy a well-earned break. Day to day life is so hectic, that it is important to remind ourselves what really matters – our family, the relationship we have and build with others, appreciating the world we live in and encouraging our children to enjoy the simple things in life.

Star can provide opportunities for all the family to enjoy, with the wide variety of programmes we have on offer this winter. If you are unsure about any of the activities listed inside, please do not



hesitate to contact us.

May all that is beautiful, meaningful and brings you joy be yours this holiday season and throughout the coming year! Merry Christmas!

We are thankful for all your support and wish our families a very healthy and prosperous year ahead.

Star x

****Office Closed****
Monday 18th March St Patrick's Day

Star Dad's Saturdays

Let's Get Physical – Banbridge Leisure Centre

Saturday 13th January
10:00am – 11:30am

January can be a long month with the dark evenings and non-stop rain. So we would love to invite our Dad's, Grandad's and male Carer's to join us at Banbridge Leisure Centre for a fun-filled physical play session.



Let's Get Messy – Star Sure Start

Saturday 24th February
10:00am – 11:30am

Who loves to get messy? Come and join us for a fun filled morning exploring a range of materials such as jelly, shaving foam gloop and sand.

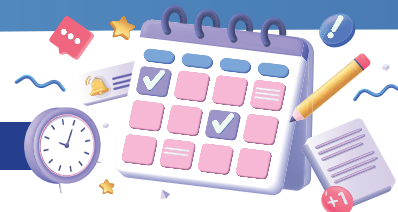
Star Crèche



Like our page:
Star Sure Start



Star Activities JANUARY – MARCH 2024



JANUARY

ACTIVITY	DAY	DATE	TIME	VENUE/DURATION
Breastfeeding Support All Antenatal, Breastfeeding Families & Parents with Babies Under 1 Year Old	Wednesday	10th, 17th, 24th & 31st January	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	10th, 17th, 24th & 31st January	10:30am – 12noon	Star Sure Start Weekly Book-In Session
Additional Needs Workshop <i>Crèche Provided</i> All Parents/Carers	Thursday	11th January	10:00am – 12noon	Star Sure Start
Take Time for You – Learn to Relax Workshop All Mum's to be & new Mum's	Thursday	11th January	7:30pm – 8:30pm	Star Sure Start
Take Time for You – Introduction to WRAP <i>Crèche Provided</i> All Parents	Friday	12th January	10:00am – 12noon	Star Sure Start
Star Dads – Let's Get Physical All Dads/Carers and Children From Birth up to 4th Birthday inc Older Sibling's up to 7 Years Old	Saturday	13th January	10:00am – 11:30am	Banbridge Leisure Centre
Little Baby Swim Babies Aged 8 Weeks – 9 Months	Thursday	18th, 25th Jan, 1st, 8th, 22nd & 29th Feb *Prog Closed for Half Term 15th Feb*	9:30am – 10:00am	Banbridge Leisure Centre – Learner Pool 6 Week Programme
Bigger Baby Swim Babies Aged 9 Months – 18 Months	Thursday	18th, 25th Jan, 1st, 8th, 22nd & 29th Feb *Prog Closed for Half Term 15th Feb*	10:15am – 10:45am	Banbridge Leisure Centre – Learner Pool 6 Week Programme
Toddler Swim Toddlers Aged 18 Months Up to 3rd Birthday	Thursday	18th, 25th Jan, 1st, 8th, 22nd & 29th Feb *Prog Closed for Half Term 15th Feb*	11:00am – 11:30am	Banbridge Leisure Centre – Learner Pool 6 Week Programme
Baby, Babble & Bounce Babies Aged 0–9 Months	Friday	19th, 26th Jan, 2nd & 9th Feb	10:00am – 11:00am	Star Sure Start 4 Week Programme
Playtime Children Aged 9 Months up to 4th Birthday	Friday	19th & 26th January	9:30am – 11:00am	Star Sure Start Weekly Book-In Session
Save A Child's Life All Parents With Children Aged 1 Year Old up to 4th Birthday	Monday	22nd January	6:30pm – 8:00pm	Star Sure Start
Baby Massage Babies From Birth to 12 Months	Monday	29th Jan, 5th, 19th, 26th Feb & 4th Mar *Prog Closed for Half Term 12th Feb*	10:00am – 11:15am	Star Sure Start 5 Week Programme
Your Voice Matters Coffee Evening All Parents	Monday	29th January	6:30pm – 8:00pm	Star Sure Start
Bumps, Babies & Beyond All Mum's To Be & New Mum's inc Babies Aged up to 6 Months	Tuesday	30th Jan, 6th, 20th, 27th Feb, 5th, & 12th Mar *Prog Closed for Half Term 13th Feb*	10:00am – 12noon	Star Sure Start 6 Week Programme

Bumps, Babies & Beyond

Tuesday 30th January – 12th March 10:00am – 12noon
(Closed for Half Term Break 12th February)

This is a brand new, bespoke programme offering skills and knowledge to help mum's to be and new mums of babies up to six months old, feel confident in their parenting journey. Topics will include the Early Days, Baby Brain Development, Bonding With Your Baby, as well as taster sessions of Baby Massage and Baby Yoga.



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
Playtime Children Aged 9 Months up to 4th Birthday	Friday	2nd, 9th & 23rd February *Prog Closed for Half Term 16th Feb*	9:30am – 11:00am	Star Sure Start Weekly Book-In Session
Breastfeeding Support All Antenatal, Breastfeeding Families & Parents with Babies Under 1 Year Old	Wednesday	7th, 21st & 28th February *Prog Closed for Half Term 14th Feb*	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	7th, 21st & 28th February *Prog Closed for Half Term 14th Feb*	10:30am – 12noon	Star Sure Start Weekly Book-In Session
Creative Kids Children Aged 18 Months Old up to 4th Birthday	Thursday	8th, 22nd, 29th Feb & 7th Mar *Prog Closed for Half Term 15th Feb*	11:00am – 12noon	Star Sure Start 4 Week Programme
Simmer With Star All Parents/Carers	Monday	19th, 26th Feb, 4th & 11th Mar	6:30pm – 8:30pm	Star Sure Start 4 Week Programme
Star Dads – Let's Get Messy All Dads/Carers and Children From Birth up to 4th Birthday inc Older Siblings up to 7 Years Old	Saturday	24th February	10:00am – 11:30am	Star Sure Start
Playtime Children Aged 9 Months up to 4th Birthday	Friday	1st, 8th & 15th March	9:30am – 11:00am	Star Sure Start Weekly Book-In Session
Breastfeeding Support All Antenatal, Breastfeeding Families & Parents with Babies Under 1 Year Old	Wednesday	6th, 13th & 20th March	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	6th, 13th & 20th March	10:30am – 12noon	Star Sure Start Weekly Book-In Session
Movement, Rhyme & Storytime From Birth up to 4th Birthday	Thursday	14th, 21st & 28th March	10:30am – 11:30am	Star Sure Start 3 Week Programme
Batch Cooking for Baby Workshop <i>Crèche Provided</i> All Families with Babies Under 1 Year Old	Friday	22nd March	10:00am – 12:30pm	Star Sure Start
Easter Family Event All Families inc Older Siblings of Primary School Age	Saturday	23rd March	10:00am – 11:30am	Star Sure Start

FEBRUARY

MARCH

Take Time for You – Learn to Relax Workshop

Thursday 11th January 7:30pm – 8:30pm

Take time out for yourself with this one-off workshop focusing on techniques to help you breathe away stress, learn how to relax and reduce your anxiety. This will improve sleep, support your health and immune system, reduce stress and anxiety and help you feel calmer and more in control.

Take Time for You – Introduction to WRAP

Friday 12th January 10:00am – 12noon

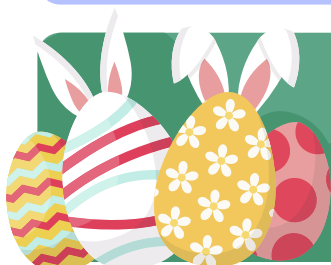
This one-off workshop will help you to identify what wellness tools works best for you and start you off on your own personalised Wellness Recovery Action Plan. WRAP is for everyone and helps us think about getting and staying well.

Limited crèche spaces available.

Easter Family Event

Saturday 23rd March 10:00am – 11:30am

Come along and join us for a morning of fun, laughter and games, while also enjoying spending quality time together as a family. We will have lots of Easter themed activities available to capture everyone's interest.



★ Early Years Team Services at Star



Sarah

Star's Early Years Team include Sarah (Acting Early Years Leader) and Zoe (Acting Early Years Deputy Leader). Two key areas they focus on are the Developmental Programme for 2-3 Year Olds and Crèche. Through these

Programmes, Sarah and Zoe support children's development by providing stimulating play opportunities.

In addition to this, Sarah and Zoe also run play programmes throughout the year for both parent and child. This includes Creative Kids, Movement, Rhyme and Storytime and much more. These

Programmes provide great opportunities to enjoy spending time with your child through play, while also meeting other parents with their little ones.

Aside from group based Play Programmes, Sarah and Zoe can offer 1-1 play sessions in Star or within the home. They can create play activities and ideas that can be easily recreated in the home, supporting your little one's development through the world of Play.

"Children learn as they play. Most importantly, in play children learn how to learn." (O. Fred Donaldson)

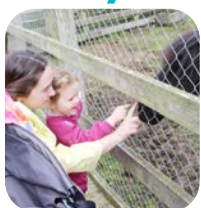


Zoe

Sensational Sensory Family Event



Star's Summer Play Programme July 2023



Star's Summer Play Programme August 2023



Additional Needs Workshop

Thursday 11th January 10:00am – 12noon

We are delighted to have Helen Malcolm from Autism NI Banbridge Support Group, share her knowledge of autism, autism services and being a carer. Our hope is that parents will gain insight on behaviour and leave feeling empowered.

Limited crèche spaces available.



Department of

Education

www.education-ni.gov.uk



Health and
Social Care



Important Information

Updating Details

If any of your personal details have changed i.e telephone number, home address, email address or maybe you're 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

