

# What's on in Star?

## January—March 2024






To express an interest in coming to any event or group




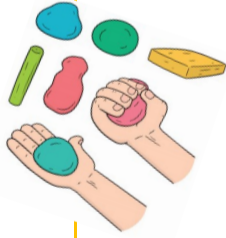




Phone: 028 4062 2475

or email [star.surestart@southerntrust.hscni.net](mailto: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
1 JAN Office <u>Closed</u> for	2 JAN Office <u>Closed</u>	3 JAN Office Re-Opens	4 JAN	5 JAN	6 JAN
8 JAN 	9 JAN	10 JAN <b>Breastfeeding Support</b> **Weekly Book-In ** 10am — 10:30am <b>Baby Café</b> **Weekly Book-In ** 10:30am—12noon All Antenatal, B/feeding Families & Parents With Children Under 1Yr Old	11 JAN <b>Additional Needs Work-shop</b> 10am—12noon All Parents/Carers **Crèche Provided**  <b>Learn to Relax 'Take Time for You'</b> 7:30pm—8:30pm All Mum's to be & new Mum's	12 JAN <b>Introduction to WRAP 'Take Time for You'</b> 10am—12noon All Parents **Crèche Provided** 	13 JAN <b>Star Dad's— Let's Get Physical</b> 10am — 11:30am All Dads/Carers & Children inc Older Siblings up to 7 Yrs Old ***Banbridge Leisure Centre*** 
15 JAN	16 JAN	17 JAN <b>Breastfeeding Support</b> **Weekly Book-In ** 10am — 10:30am <b>Baby Café</b> **Weekly Book-In ** 10:30am—12noon	18 JAN <b>Little Baby, Bigger Baby &amp; Toddler Swim</b> 3 Sessions for 6 Weeks *Banbridge Leisure Ctr* <b>Children's Age Range 8wks-Up to 3rd Birthday</b> 9:30am—10:00am 10:15am—10:45am 11:00am—11:30am 	19 JAN <b>Playtime</b> **Weekly Book-In ** 9:30am—11am Children Aged 9mths— Up to 4th Birthday  <b>Baby, Babble &amp; Bounce</b> Runs for 4 Weeks 10am—11am Babies Aged 0-9 Mths	20 JAN
22 JAN <b>Save a Child's Life</b> 6:30pm—8pm All Parents With Children Aged 1 Year Old up to 4th Birthday	23 JAN 	24 JAN <b>Breastfeeding Support</b> **Weekly Book-In ** 10am — 10:30am <b>Baby Café</b> **Weekly Book-In ** 10:30am—12noon	25 JAN <b>Little Baby, Bigger Baby &amp; Toddler Swim</b> Week 2 9:30am—10:00am 10:15am—10:45am 11:00am—11:30am	26 JAN <b>Playtime</b> **Weekly Book-In ** 9:30am—11am  <b>Baby, Babble &amp; Bounce</b> Week 2 10am—11am 	27 JAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29 JAN</b> <b>Baby Massage</b> Runs for 5 Weeks 10am—11:15am Babies Aged 0-12 Mths  <b>Your Voice Matters</b> <b>Coffee Evening</b> 6:30pm—8pm All Parents 	<b>30 JAN</b> <b>Bumps, Babies &amp; Beyond</b> Runs for 6 Weeks 10am—12noon All Mum's to be & new Mum's inc Babies Aged up to 6 Mths  	<b>31 JAN</b> <b>Breastfeeding Support</b> <b>**Weekly Book-In **</b> 10am — 10:30am <b>Baby Café</b> <b>**Weekly Book-In **</b> 10:30am—12noon	<b>1 FEB</b> <b>Little Baby, Bigger Baby &amp; Toddler Swim</b> <b>Week 3</b> 9:30am—10:00am 10:15am—10:45am 11:00am—11:30am	<b>2 FEB</b> <b>Playtime</b> <b>**Weekly Book-In **</b> 9:30am—11am  <b>Baby, Babble &amp; Bounce</b> <b>Week 3</b> 10am—11am	<b>3 FEB</b>
<b>5 FEB</b> <b>Baby Massage</b> <b>Week 2</b> 10am—11:15am	<b>6 FEB</b> <b>Bumps, Babies &amp; Beyond</b> <b>Week 2</b> 10am—12noon  	<b>7 FEB</b> <b>Breastfeeding Support</b> <b>**Weekly Book-In **</b> 10am — 10:30am <b>Baby Café</b> <b>**Weekly Book-In **</b> 10:30am—12noon	<b>8 FEB</b> <b>Little Baby, Bigger Baby &amp; Toddler Swim</b> <b>Week 4</b> 9:30am—10:00am 10:15am—10:45am 11:00am—11:30am <b>Creative Kids</b> <b>Runs for 4 Weeks</b> 11am—12noon Children Aged 18 Mths Old up to 4th Birthday	<b>9 FEB</b> <b>Playtime</b> <b>**Weekly Book-In **</b> 9:30am—11am  <b>Baby, Babble &amp; Bounce</b> <b>Week 4</b> <b>**LAST WEEK**</b> 10am—11am	<b>10 FEB</b> 
<b>12 FEB</b> <b>Baby Massage</b> <b>**Closed for Half Term**</b>	<b>13 FEB</b> <b>Bumps, Babies &amp; Beyond</b> <b>**Closed for Half Term**</b>	<b>14 FEB</b> <b>Breastfeeding Support &amp; Baby Café</b> <b>**Closed for Half Term**</b>	<b>15 FEB</b> <b>Little Baby, Bigger Baby &amp; Toddler Swim</b> <b>**Closed for Half Term**</b>  <b>Creative Kids</b> <b>**Closed for Half Term**</b>	<b>16 FEB</b> <b>Playtime</b> <b>**Closed for Half Term**</b>	<b>17 FEB</b>
<b>19 FEB</b> <b>Baby Massage</b> <b>Week 3</b> 10am—11:15am <b>Simmer With Star</b> <b>'Time for You'</b> <b>Runs for 4 Weeks</b> 6:30pm—8:30pm All Parents/Carers 	<b>20 FEB</b> <b>Bumps, Babies &amp; Beyond</b> <b>Week 3</b> 10am—12noon	<b>21 FEB</b> <b>Breastfeeding Support</b> <b>**Weekly Book-In **</b> 10am — 10:30am <b>Baby Café</b> <b>**Weekly Book-In **</b> 10:30am—12noon	<b>22 FEB</b> <b>Little Baby, Bigger Baby &amp; Toddler Swim</b> <b>Week 5</b> 9:30am—10:00am 10:15am—10:45am 11:00am—11:30am <b>Creative Kids</b> <b>Week 2</b> 11am—12noon	<b>23 FEB</b> <b>Playtime</b> <b>**Weekly Book-In **</b> 9:30am—11am	<b>24 FEB</b> <b>Star Dad's— Let's Get Messy</b> 10am — 11:30am All Dads/Carers & Children inc Older Siblings up to 7 Yrs Old 
<b>26 FEB</b> <b>Baby Massage</b> <b>Week 4</b> 10am—11:15am  <b>Simmer With Star</b> <b>Week 2</b> 6:30pm—8:30pm	<b>27 FEB</b> <b>Bumps, Babies &amp; Beyond</b> <b>Week 4</b> 10am—12noon	<b>28 FEB</b> <b>Breastfeeding Support</b> <b>**Weekly Book-In **</b> 10am — 10:30am <b>Baby Café</b> <b>**Weekly Book-In **</b> 10:30am—12noon	<b>29 FEB</b> <b>Little Baby, Bigger Baby &amp; Toddler Swim</b> <b>Week 6</b> <b>**LAST WEEK**</b> 9:30am—10:00am 10:15am—10:45am 11:00am—11:30am <b>Creative Kids</b> <b>Week 3</b> 11am—12noon	<b>1 MAR</b> <b>Playtime</b> <b>**Weekly Book-In **</b> 9:30am—11am	<b>2 MAR</b> 
<b>4 MAR</b> <b>Baby Massage</b> <b>Week 5</b> <b>**LAST WEEK**</b> 10am—11:15am  <b>Simmer With Star</b> <b>Week 3</b> 6:30pm—8:30pm	<b>5 MAR</b> <b>Bumps, Babies &amp; Beyond</b> <b>Week 5</b> 10am—12noon	<b>6 MAR</b> <b>Breastfeeding Support</b> <b>**Weekly Book-In **</b> 10am — 10:30am <b>Baby Café</b> <b>**Weekly Book-In **</b> 10:30am—12noon	<b>7 MAR</b> <b>Creative Kids</b> <b>Week 4</b> <b>**LAST WEEK**</b> 11am—12noon	<b>8 MAR</b> <b>Playtime</b> <b>**Weekly Book-In **</b> 9:30am—11am 	<b>9 MAR</b>
<b>11 MAR</b> <b>Simmer With Star</b> <b>Week 4</b> <b>**LAST WEEK**</b> 6:30pm—8:30pm	<b>12 MAR</b> <b>Bumps, Babies &amp; Beyond</b> <b>Week 6</b> <b>**LAST WEEK**</b> 10am—12noon	<b>13 MAR</b> <b>Breastfeeding Support</b> <b>**Weekly Book-In **</b> 10am — 10:30am <b>Baby Café</b> <b>**Weekly Book-In **</b> 10:30am—12noon	<b>14 MAR</b> <b>Movement, Rhyme &amp; Storytime</b> <b>Runs for 3 Weeks</b> 10:30am—11:30am Children Aged from Birth up to 4th Birthday 	<b>15 MAR</b> <b>Playtime</b> <b>**Weekly Book-In **</b> 9:30am—11am	<b>16 MAR</b>
<b>18 MAR</b> <b>Office Closed for St Patrick's Day</b> 	<b>19 MAR</b>	<b>20 MAR</b> <b>Breastfeeding Support</b> <b>**Weekly Book-In **</b> 10am — 10:30am <b>Baby Café</b> <b>**Weekly Book-In **</b> 10:30am—12noon	<b>21 MAR</b> <b>Movement, Rhyme &amp; Storytime</b> <b>Week 2</b> 10:30am—11:30am	<b>22 MAR</b> <b>Batch Cooking for Baby Workshop</b> 10am—12:30pm All Parents With Babies Under 1 Yr Old <b>**Crèche Provided**</b> 	<b>23 MAR</b> <b>Star's Easter Family Event</b> 10am—11:30am All Families inc Older Siblings of PS Age 
<b>25 MAR</b>	<b>26 MAR</b> 	<b>27 MAR</b>	<b>28 MAR</b> <b>Movement, Rhyme &amp; Storytime</b> <b>Week 3</b> <b>**LAST WEEK**</b> 10:30am—11:30am	<b>29 MAR</b> <b>Office Closing for Easter Holidays</b> <b>Re-Opens: Wednesday 3rd April</b>	<b>30 MAR</b> <b>EASTER SUNDAY</b> 