

What's on in Star?

July—September 2024

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
1 JUL 	2 JUL 	3 JUL Baby Mindful **Monthly Book-In** 10am—11:30am New Mums inc. Babies up to 1 Yr Old Breastfeeding Support **Weekly Book-In ** 11:45am — 1pm All Antenatal & B/Feeding Families inc. Children Aged up to 4th Birthday	4 JUL Summer Play Prog Session 1: Mini Master Chef 11am—12:30pm Children from Birth up to 4th Birthday 	5 JUL 	6 JUL
8 JUL 	9 JUL	10 JUL Breastfeeding Support **Weekly Book-In ** 11:45am—1pm	11 JUL	12 JUL **OFFICE CLOSED**	13 JUL
15 JUL	16 JUL 	17 JUL Summer Play Prog Session 2: Tons of Fun With Water 1:30pm—3pm Children from Birth up to 4th Birthday	18 JUL Changing Time is Chatting Time W/shop 10am—11am All Antenatal Parents & Parents/Carers with Children up to 18Mths	19 JUL 	20 JUL
22 JUL 	23 JUL Summer Play Prog Outing 1: Star's Little Explorers **Solitude Park** 11am—12:30pm Children from Birth up to 4th Birthday inc. Older Siblings up to 12Yrs Old	24 JUL Little Star's Café **Monthly Book-In ** 10am—11:30am Mums To Be & New Mums inc. Babies up to 1 Yr Old Breastfeeding Support **Weekly Book-In ** 11:45am—1pm	25 JUL 	26 JUL 	27 JUL Star's Family Saturday's Play Programme — Big Cook, Little Cook 10am—11:30am All Families
29 JUL 	30 JUL Rhyme & Storytime **Monthly Book-In** 9:45am—10:45am Babies from Birth up to 18 Months Old Rhyme & Storytime **Monthly Book-In** 11:15am—12:15pm Children Aged 18 Months Old up to 4th Birthday	31 JUL Bumps, Babies & Beyond **Monthly Book-In ** 10am—11:30am Mums To Be & New Mums inc. Babies up to 1 Yr Old Breastfeeding Support **Weekly Book-In ** 11:45am—1pm	1 AUG Summer Play Prog Session 3: Let's Get Creative 11am—12:30pm Children from Birth up to 4th Birthday 	2 AUG	3 AUG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 AUG 	6 AUG Summer Play Prog Session 4: Little Star's with Big Energy **Banbridge Leisure Ctr** 1:30pm—3pm Children from Birth up to 4th Birthday	7 AUG Baby Mindful **Monthly Book-In** 10am—11:30am New Mums inc. Babies up to 1 Yr Old Breastfeeding Celebration Tea Party 11:30am—1pm All Antenatal & Breastfeeding Families	8 AUG 	9 AUG 	10 AUG
12 AUG 	13 AUG	14 AUG 	15 AUG Becoming & Blossoming Mums 6:30pm—7:30pm Mums To Be & New Mums	16 AUG	17 AUG
19 AUG 	20 AUG Summer Play Prog Outing 2: Gosford's Little Adventurers **Gosford Forest Park** 9:30am—1:30pm Children from Birth up to 4th Birthday inc. Older Siblings up to 12Yrs Old	21 AUG Bumps, Babies & Beyond **Monthly Book-In ** 10am—11:30am Mums To Be & New Mums inc. Babies up to 1 Yr Old Breastfeeding Support **Weekly Book-In ** 11:45am—1pm	22 AUG Star's Summer Sizzler Family Event 11am—12:30pm All Families 	23 AUG	24 AUG
26 AUG *OFFICE CLOSED FOR BANK HOLIDAY*	27 AUG Rhyme & Storytime **Monthly Book-In** 9:45am—10:45am Babies from Birth up to 18 Months Old Rhyme & Storytime **Monthly Book-In** 11:15am—12:15pm Children Aged 18 Months Old up to 4th Birthday	28 AUG Little Star's Café **Monthly Book-In ** 10am—11:30am Mums To Be & New Mums inc. Babies up to 1 Yr Old Breastfeeding Support **Weekly Book-In ** 11:45am—1pm	29 AUG Anytime is Chatting Time Workshop 10am—11am All Parents/Carers with Children Aged 12Mths up to 4th Birthday	30 AUG 	31 AUG
2 SEP 	3 SEP Take Time for You — Back to School Autumn/Winter Wellbeing Session 10am—11:30am All Parents/Carers **Crèche Provided**	4 SEP Baby Mindful **Monthly Book-In** 10am—11:30am New Mums inc. Babies up to 1 Yr Old Breastfeeding Support **Weekly Book-In ** 11:45am—1pm	5 SEP Little Baby, Bigger Baby & Toddler Swim 3 Sessions for 5 Weeks *Banbridge Leisure Ctr* Children's Age Range 8wks-Up to 3rd Birthday 9:30am—10:00am 10:15am—10:45am 11:00am—11:30am	6 SEP 	7 SEP
9 SEP 	10 SEP Potty Party Workshop 10am—11:30am All Parents with Children Aged 1 Year Old & Over **Crèche Provided** 	11 SEP Little Star's Café **Monthly Book-In ** 10am—11:30am Mums To Be & New Mums inc. Babies up to 1 Yr Old Breastfeeding Support **Weekly Book-In ** 11:45am—1pm	12 SEP Little Baby, Bigger Baby & Toddler Swim Week 2 9:30am—10:00am 10:15am—10:45am 11:00am—11:30am Baby Massage Runs for 5 Weeks 10am—11:30am Babies Aged 0-12 Months	13 SEP 	14 SEP
16 SEP Rhyme & Storytime **Monthly Book-In** 9:45am—10:45am Babies from Birth up to 18 Months Old Rhyme & Storytime **Monthly Book-In** 11:15am—12:15pm Children Aged 18 Months Old up to 4th Birthday	17 SEP Parenting Puzzle Runs for 4 Weeks 10am—12noon All Parents/Carers **Crèche Provided** 	18 SEP Bumps, Babies & Beyond **Monthly Book-In ** 10am—11:30am Mums To Be & New Mums inc. Babies up to 1 Yr Old Breastfeeding Support **Weekly Book-In ** 11:45am—1pm	19 SEP Little Baby, Bigger Baby & Toddler Swim Week 3 9:30am—10:00am 10:15am—10:45am 11:00am—11:30am Baby Massage Week 2 10am—11:30am	20 SEP Quiet Playtime **Weekly Book-In ** 9:30am—10:30am Children Aged 9mths—Up to 4th Birthday Playtime **Weekly Book-In ** 11am—12noon Children Aged 9mths—Up to 4th Birthday	21 SEP Star Dad's— Top Tips for Talking 10am — 11:30am All Dads/Carers & Children inc Older Siblings up to 7 Yrs Old Becoming & Blossoming Mums 10:30am—11:30am Mums To Be & New Mums
23 SEP Creative Kids—Little Star's Outdoor Fun 2pm—3pm Children Aged 1 Year Old up to 2 ½ Years Old 	24 SEP Parenting Puzzle Week 2 10am—12noon	25 SEP Breastfeeding Support **Weekly Book-In ** 11:45am—1pm	26 SEP Little Baby, Bigger Baby & Toddler Swim Week 4 9:30am—10:00am 10:15am—10:45am 11:00am—11:30am Baby Massage Week 3 10am—11:30am	27 SEP Quiet Playtime **Weekly Book-In ** 9:30am—10:30am Playtime **Weekly Book-In ** 11am—12noon	28 SEP
30 SEP					