

StarNews

#09 Spring 2024

Spring is Here!

Spring is in the air and with that comes fresh ideas. Star has been listening – Your Voice Matters!! New Programmes have been added and others revamped. Jump inside our latest edition of Star News. As always don't hesitate to contact the team if you would like some more information on programmes that are running. Where flowers bloom so does hope, Happy Spring!!

Star x

Office Closures

Easter Holidays

Closed From Monday 1st April
Re-Opening Monday 8th April

May Bank Holiday's

Closed Monday 6th May
Closed Monday 27th May

NEW STAR FAMILY SATURDAY'S Sensory Family Fun

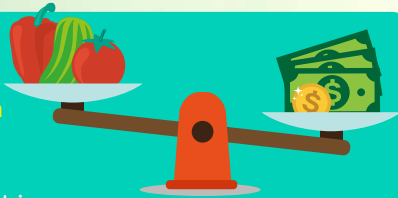
Saturday 18th May 10:00am – 11:30am

For the first of our brand new Star Family Saturday sessions, we're going to have a Sensory Family Fun event. Including some outdoor and indoor play, exploring our senses through a variety of fun resources and activities.

Food Values

Tuesday 9th April – 30th April 10:00am – 12noon

Food Values is a new 4 week food budgeting programme, which aims to support our families, helping them to make healthier food choices within their budget. We will have practical activities to raise awareness of our food spend, develop good budgeting skills, and get better nutritional value for money when shopping for food, to help us become more shopping savvy and save the pennies. **Limited crèche spaces available.**



Star Crèche



Like our page:
Star Sure Start





Star Activities APRIL – JUNE 2024

ACTIVITY	DAY	DATE	TIME	VENUE/DURATION
Food Values Crèche Provided All Parents/Carers	Tuesday	9th April – 30th April	10:00am – 12noon	Star Sure Start 4 Week Programme
Baby Mindful New Mum's inc. Babies Up to 1 Year Old (See Flyer for more information)	Wednesday	10th April, 1st May & 5th June	10:00am – 11:30am	Star Sure Start Monthly Book-In Session
Breastfeeding Support Group All Antenatal & Breastfeeding Families inc. Children Aged up to 4th Birthday (See Flyer for more information)	Wednesday	10th April – 26th June	11:45am – 1:00pm	Star Sure Start Weekly Book-In Session
Move With Me – Physical Play in the Park Children Aged 2 ½ Years Old up to 4th Birthday	Thursday	11th April	10:00am – 11:00am	Solitude Park (Meeting at the bottom of the steps)
Move With Me – Physical Play in the Park Children Aged 1 Year Old up to 2 ½ Years Old	Thursday	11th April	11:15am – 12:15pm	Solitude Park (Meeting at the bottom of the steps)
Take Time for You – Vision Boards Crèche Provided All Parents/Carers	Friday	12th April	10:00am – 12noon	Star Sure Start
Rhyme & Storytime Babies Aged from Birth up to 18 Months Old	Monday	15th April, 20th May & 10th June	9:45am – 10:45am	Star Sure Start Monthly Book-In Session
Rhyme & Storytime Children Aged 18 Months Old up to 4th Birthday	Monday	15th April, 20th May & 10th June	11:15am – 12:15pm	Star Sure Start Monthly Book-In Session
Little Star's Café Mum's To Be & New Mum's inc. Babies Up to 1 Year Old (See Flyer for more information)	Wednesday	17th April, 8th May & 12th June	10:00am – 11:30am	Star Sure Start Monthly Book-In Session
Little Baby Swim Babies Aged 8 Weeks up to 9 Months Old	Thursday	18th April – 23rd May *Prog Closed for Staff Training 2nd May*	9:30am – 10:00am	Banbridge Leisure Centre – Learner Pool 5 Week Programme
Bigger Baby Swim Babies Aged 9 Months up to 18 Months Old	Thursday	18th April – 23rd May *Prog Closed for Staff Training 2nd May*	10:15am – 10:45am	Banbridge Leisure Centre – Learner Pool 5 Week Programme
Toddler Swim Toddlers Aged 18 Months Up to 3rd Birthday	Thursday	18th April – 23rd May *Prog Closed for Staff Training 2nd May*	11:00am – 11:30am	Banbridge Leisure Centre – Learner Pool 5 Week Programme
Star's Little Builders Children Aged 1 to 2 ½ Years Old	Thursday	18th April	2:00pm – 3:00pm	Star Sure Start
Playtime – Quiet Play Session Children Aged 9 Months up to 4th Birthday	Friday	19th April – 21st June *Prog Closed 3rd May & 31st May*	9:30am – 10:30am	Star Sure Start Weekly Book-In Session
Playtime Children Aged 9 Months up to 4th Birthday	Friday	19th April – 21st June *Prog Closed 3rd May & 31st May*	11:00am – 12noon	Star Sure Start Weekly Book-In Session

Look out for the different age ranges within our programmes

Take Time For You – Vision Boards

Friday 12th April 10:00am – 12noon

Sometimes it's hard to prioritise our own needs when we have young children. So, we're going to make our very own visions boards with pictures and affirmations, focusing on how we find time for ourselves in this busy season of life.

Limited crèche spaces available.



WRAP – Wellness Recovery Action Plan

Tuesday 7th May – 11th June 10:00am – 12noon

This is a prevention and wellness programme that can help us to get well, stay well and make changes to our lifestyle through a series of tools and action plans called a WRAP. This is a process for any of our parents who want to make positive changes in the way they feel and react to life's ups and downs.

Limited crèche spaces available.



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
Star Dads – Spring Plant & Play All Dads/Carers and Children From Birth up to 4th Birthday inc Older Siblings up to 7 Years Old	Saturday	20th April	10:00am – 11:30am	Star Sure Start
Becoming & Blossoming Mums All Mum's To Be & New Mum's (See Flyer for more information)	Saturday	20th April	10:30am – 11:30am	Star Sure Start
Star's Little Builders Children Aged 2 ½ Years Old up to 4th Birthday	Monday	22nd April	2:30pm – 3:30pm	Star Sure Start
Bumps, Babies & Beyond All Mum's To Be & New Mum's inc Babies Aged up to 1 Year Old (See Flyer for more information)	Wednesday	24th April, 15th May & 19th June	10:00am – 11:30am	Star Sure Start Monthly Book-In Session
Move With Me – Little Star's Little Movers Children Aged 2 ½ Years Old up to 4th Birthday	Monday	29th April	2:30pm – 3:30pm	Banbridge Leisure Centre
Additional Needs Workshop All Parents/Carers	Monday	29th April	6:30pm – 8:00pm	Star Sure Start
WRAP – Wellness Recovery Action Plan <i>Crèche Provided</i> – All Parents/Carers	Tuesday	7th May – 11th June	10:00am – 12noon	Star Sure Start 6 Week Programme
Creative Fun Outside Children Aged 2 ½ Years Old up to 4th Birthday	Thursday	9th May	2:00pm – 3:00pm	Star Sure Start
Move With Me – Little Star's Little Movers Children Aged 1 to 2 ½ Years Old	Monday	13th May	10:00am – 11:00am	Banbridge Leisure Centre
Star Family Saturday's – Sensory Family Fun All Families	Saturday	18th May	10:00am – 11:30am	Star Sure Start
Weaning Workshop All Parents & Babies up to 18 Months Old	Wednesday	22nd May	10:00am – 11:30am	Star Sure Start
Becoming & Blossoming Mums All Mum's To Be & New Mum's (See Flyer for more information)	Thursday	23rd May	6:30pm – 7:30pm	Star Sure Start
Star's Little Painters Children Aged 1 to 2 ½ Years Old	Thursday	30th May	10:30am – 11:30am	Star Sure Start
Spring Family Event All Families	Friday	31st May	10:00am – 11:30am	Star Sure Start
Your Voice Matters All Parents/Carers	Thursday	6th June	6:30pm – 8:00pm	Star Sure Start
Employers for Childcare All Parents/Carers – <i>*30 minute time slots will be allocated week before*</i>	Tuesday	11th June	9:30am – 4:00pm	Star Sure Start
Star Dads – Water Play All Dads/Carers and Children From Birth up to 4th Birthday inc Older Siblings up to 7 Years Old	Saturday	22nd June	10:00am – 11:30am	Star Sure Start
Becoming & Blossoming Mums All Mum's To Be & New Mum's (See Flyer for more information)	Saturday	22nd June	10:30am – 11:30am	Star Sure Start

Look out for the different age ranges within our programmes

Additional Needs Workshop

Monday 29th April 6:30pm – 8:00pm

Anne O'Hare, Emotional Health and Wellbeing Co-ordinator for the Southern Trust, will be sharing information on the Autism Spectrum Disorder (ASD) assessment process and how parents can refer children if they have any concerns.

Playtime – Quiet Play Session

Friday 19th April – 21st June 9:30am – 10:30am
(Programme Closed 3rd May & 31st May)

Sometimes the hustle and bustle of a bigger session is too much for some of our parents and little ones, who prefer smaller numbers and quieter spaces. We have decided to introduce a quiet play session to help create a more relaxed environment, tailored to the needs and interests of the child.



Star Dad's Saturdays

These sessions are for Dads/ Male Carers & Children Only

Spring Plant & Play

Saturday 20th April 10:00am – 11:30am

Now that the days are warmer, we're going to have a fun morning planting seeds, meeting mini beasts and getting creative with lots of resources.



Water Play

Saturday 22nd June 10:00am – 11:30am

Depending on the weather, kids come prepared with your wellies or your swimsuit on, for lots of water fun with Dad.



Star Dad's Saturdays



Rhyme & Storytime

Monthly Monday Sessions running on 15th April, 20th May & 10th June
Babies Aged from Birth up to 18 Months Old 9:45am – 10:45am
Children Aged from 18 Months Old up to 4th Birthday 11:15am – 12:15pm

A new twist on an old favourite where your child's much loved stories, songs and rhymes come to life. Inspiring your little one's imagination and helping them to develop their listening skills and language development. Our Speech and Language Therapist will also be there for a chat if you have any concerns.



Stars Spring Family Event

Friday 31st May 10:00am – 11:30am

Spring into Fun! – Hop on down to our Spring Family Event where we will have activities for the whole family to have an a-MAY-zing time! – Spring it on!



Star Team's Contact Numbers

Early Years Team
t: 07498 212205

Family Support Team
t: 07495 942252

Gentle Reminder to all Parents/Carers

Please refrain from using your mobile phone during all Star Sure Start group sessions.

Many thanks for your understanding!



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 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!**

Reminder to all Parents/Carers

A gentle reminder to please ensure you close the main gate at the entrance into the Project, **every time you enter and leave the area.** We want your little one's to be safe, so it's important to keep the gate closed at all times. Thank you for your co-operation with matter.

Playtime



Department of

Education

www.education-ni.gov.uk



Childcare Partnerships



Health and Social Care

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