

Star News

#10 Summer 2024

hello Summer

Summer is the time of year when days get longer, and nights get better!

There are only 18 summers in childhood, how will you make this one count! One way is to come along to Star's Summer Play Programme's, where there will be lots of ways to make new memories.

From us to you, "Thank You" for all your support and may your summer be filled with lots of sunshine and happy days!

Good Luck to all our little ones moving on to nursery school in September, have a great first day.

Star x

****Watch out for our Parental Survey being released in August 2024, your opinion matters to us and by completing the survey you are playing a huge role in shaping the future of Star.****

****Office Closures****
Friday 12th July
Monday 26th August

Star's Summer Sizzler Family Event

Thursday 22nd August 11:00am – 12:30pm

Come and join us at Star, as we celebrate our last play event of the Summer with a bang. There will be sand, water, paint and even more exciting activities to get involved with. We also hope to have some sizzling summer treats on offer, so why not come along and enjoy the fun.

If you have any allergies or dietary requirements, please let staff know when expressing interest



Baby Swim



Like our page:
Star Sure Start





Star Activities JULY – SEPTEMBER 2024

ACTIVITY	DAY	DATE	TIME	VENUE/DURATION
Baby Mindful New Mum's inc. Babies Aged up to 1 Year Old	Wednesday	3rd July, 7th August & 4th September	10:00am – 11:30am	Star Sure Start Monthly Book-In Session
Summer Play Programme (see flyer inside) Session 1: Mini Master Chef Children from Birth up to 4th Birthday	Thursday	4th July	11:00am – 12:30pm	Star Sure Start
Breastfeeding Support Group – Summer Sessions All Antenatal & Breastfeeding Families inc. Children Aged up to 4th Birthday	Wednesday	3rd, 10th, 24th & 31st July, 21st & 28th August **Session's not running 17th July, 7th & 14th August**	11:45am – 1:00pm	Star Sure Start Weekly Book-In Session
Summer Play Programme (see flyer inside) Session 2: Tons of Fun with Water Children from Birth up to 4th Birthday	Wednesday	17th July	1:30pm – 3:00pm	Star Sure Start
Changing Time is Chatting Time All Antenatal Parents & Parents/Carers with Children Aged up to 18 Months	Thursday	18th July	10:00am – 11:00am	Star Sure Start
Summer Play Programme Outing 1 (see flyer inside) Star's Little Explorers Children from Birth up to 4th Birthday inc. Older Siblings Aged up to 12 Years Old	Tuesday	23rd July	11:00am – 12:30pm	Solitude Park
Little Star's Café All Mum's To Be & New Mum's inc. Babies Aged up to 1 Year Old	Wednesday	24th July, 28th August & 11th September	10:00am – 11:30am	Star Sure Start Monthly Book-In Session
Star Family Saturday's Play Programme Big Cook, Little Cook All Families	Saturday	27th July	10:00am – 11:30am	Star Sure Start
Rhyme & Storytime Babies from Birth up to 18 Months Old	Tuesday	30th July & 27th August	9:45am – 10:45am	Star Sure Start Monthly Book-In Session
Rhyme & Storytime Children Aged 18 Months Old up to 4th Birthday	Tuesday	30th July & 27th August	11:15am – 12:15pm	Star Sure Start Monthly Book-In Session
Bumps, Babies & Beyond All Mum's To Be & New Mum's inc. Babies Aged up to 1 Year Old	Wednesday	31st July, 21st August & 18th September	10:00am – 11:30am	Star Sure Start Monthly Book-In Session
Summer Play Programme (see flyer inside) Session 3: Let's Get Creative Children from Birth up to 4th Birthday	Thursday	1st August	11:00am – 12:30pm	Star Sure Start
Summer Play Programme (see flyer inside) Session 4: Little Star's with Big Energy Children from Birth up to 4th Birthday	Tuesday	6th August	1:30pm – 3:00pm	Banbridge Leisure Centre
Breastfeeding Celebration Tea Party All Antenatal & Breastfeeding Families	Wednesday	7th August	11:30am – 1:00pm	Star Sure Start
Becoming & Blossoming Mums Mum's To Be & New Mum's	Thursday	15th August	6:30pm – 7:30pm	Star Sure Start Monthly Book-In Session
Summer Play Programme Outing 2 (see flyer inside) Gosford's Little Adventurers Children from Birth up to 4th Birthday inc. Older Siblings Aged up to 12 Years Old	Tuesday	20th August	9:30am – 1:30pm	Gosford Forest Park

Look out for the different age ranges within our programmes



Parenting Puzzle Tuesday 17th September – 8th October 10:00am – 12noon

Raising children can be puzzling at times, but puzzles have solutions! Parenting Puzzle encourages and supports parents and carers to enjoy bringing up children of all ages, getting the best out of family life. These sessions are informal, fun and a great confidence booster. They offer positive, practical ways of guiding children, so they learn to manage both feelings and behaviours.

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's Summer Sizzler Family Event All Families	Thursday	22nd August	11:00am – 12:30pm	Star Sure Start
Anytime is Chatting Time Parents/Carers with Children Aged 12 Months up to 4th Birthday	Thursday	29th August	10:00am – 11:00am	Star Sure Start
Take Time for You – Back to School Autumn/Winter Wellbeing Session <i>Crèche Provided</i> All Parents/Carers	Tuesday	3rd September	10:00am – 11:30am	Star Sure Start
Breastfeeding Support Group All Antenatal & Breastfeeding Families inc. Children Aged up to 4th Birthday	Wednesday	4th, 11th, 18th & 25th September	11:45am – 1:00pm	Star Sure Start Weekly Book-In Session
Little Baby Swim Babies Aged 8 Weeks up to 9 Months Old	Thursday	5th September – 3rd October	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	5th September – 3rd October	10:15am – 10:45am	Banbridge Leisure Centre – Learner Pool 5 Week Programme
Toddler Swim Toddlers Aged 18 Months Up to 3rd Birthday	Thursday	5th September – 3rd October	11:00am – 11:30am	Banbridge Leisure Centre – Learner Pool 5 Week Programme
Potty Party Workshop <i>Crèche Provided</i> All Parents with Children Aged 1 Year Old & Over	Tuesday	10th September	10:00am – 11:30am	Star Sure Start
Baby Massage Babies from Birth to 12 Months	Thursday	12th September – 10th October	10:00am – 11:30am	Star Sure Start 5 Week Programme
Rhyme & Storytime Babies from Birth up to 18 Months Old	Monday	16th September	9:45am – 10:45am	Star Sure Start Monthly Book-In Session
Rhyme & Storytime Children Aged 18 Months Old up to 4th Birthday	Monday	16th September	11:15am – 12:15pm	Star Sure Start Monthly Book-In Session
Parenting Puzzle <i>Crèche Provided</i> All Parents/Carers	Tuesday	17th September – 8th October	10:00am – 12noon	Star Sure Start 4 Week Programme
Playtime – Quiet Play Session Children Aged 9 Months up to 4th Birthday	Friday	20th & 27th September	9:30am – 10:30am	Star Sure Start Weekly Book-In Session
Playtime Children Aged 9 Months up to 4th Birthday	Friday	20th & 27th September	11:00am – 12noon	Star Sure Start Weekly Book-In Session
Star Dads Play Programme – Top Tips for Talking All Dads/Carers and Children From Birth up to 4th Birthday inc. Older Sibling's Aged up to 7 Years	Saturday	21st September	10:00am–11:30am	Star Sure Start
Becoming & Blossoming Mums Mum's To Be & New Mum's	Saturday	21st September	10:30am – 11:30am	Star Sure Start Monthly Book-In Session
Creative Kids – Little Star's Outdoor Fun Children Aged 1 to 2 ½ Years Old	Monday	23rd September	2:00pm – 3:00pm	Star Sure Start

Look out for the different age ranges within our programmes

Breastfeeding Celebration Tea Party

Wednesday 7th August 11:30am – 1:00pm

Join us as we celebrate World Breastfeeding Week, with a tea party treat for our breastfeeding mums. Enjoy savoury nibbles, scones, and sweet treats, along with the usual tips and chats. Open to all breastfeeding families.



Take Time For You Back to School Autumn/Winter Wellbeing Session

Tuesday 3rd September 10:00am – 11:30am

Join us for a relaxed and informative session, which will give you practical tips and ideas to support the health and wellbeing of the whole family throughout the Autumn and Winter months.

Limited crèche spaces available.



Changing Time is Chatting Time

Monday 18th July 10:00am – 11:00am

Bring your baby along to hear about how you can use simple strategies at home to support the development of early communication skills. During the session, our Speech and Language Therapist Debi will discuss strategies and techniques that you can use during your everyday routines together – even something as simple as changing time can be a great opportunity to smile, talk, laugh, and sing together!



Debi Speech & Language Therapist



Anytime is Chatting Time

Monday 29th August 10:00am – 11:00am

This session will be delivered by our Speech and Language Therapist, Debi. You will learn about how your child's brain develops over the early years, and how you can use simple strategies in order to strengthen the bond you have with your child and promote early speech, language, and communication skills.

Bumps, Babies & Beyond



Developmental Programme for Two to Three Year Olds



Creative Kids



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.

Mum's Pilates



Department of Education
www.education-ni.gov.uk



Like our page:
Star Sure Start

