

StarNews

#11 Autumn 2024

Autumn Has Arrived!

The nights are getting longer and the days shorter but that's not going to stop us at Star! It's time to put on our winter woollies and wellies and enjoy the crisp, fresh days ahead. Autumn is nature's way of saying, 'Let's play!' It's a great time to gather up memories, just like we gather leaves.

We have lots of exciting programmes on offer this Autumn! As always, don't hesitate to contact the team if you would

like some more information on any of the programmes that are running.

Don't forget we are always here to listen, we are always here to help, and we are always here to support you, in any way that we can, when it is needed.

Star x

****Christmas Holiday Closures****

Office Closing Friday 20th December
Office Re-Opening Thursday 2nd January

Supporting Children with Unclear Speech

Thursday 17th October
9:30am – 11:00am

If you are worried that you or other people are struggling to understand your child when they try to get their message across, this workshop will provide you with information and strategies, so you can make sure your child's talking is on track. **Limited crèche spaces available.**



The Benefits of Speaking More Than One Language at Home

Monday 25th November
10:00am – 11:00am

If you are concerned about what language you should be speaking at home, or if you are worried that that speaking multiple languages may cause a speech delay or confuse your child, come along to this workshop with our Speech and Language Therapist Debi, children are welcome to attend.

Star's Open Day

Please let your neighbours know about Star to help promote our services in Banbridge. We welcome all new families living in your area!



Star Dads Saturday's



Like our page:
Star Sure Start





Star Activities OCTOBER – DECEMBER 2024

ACTIVITY	DAY	DATE	TIME	VENUE/DURATION
Simmer With Star Parents/Carers	Tuesday	1st – 22nd October	6:30pm – 8:00pm	Star Sure Start 4 Week Programme
Baby Mindful New Mum's inc. Babies Aged up to 1 Year Old	Wednesday	2nd October & 6th November	10:00am – 11:30am	Star Sure Start Monthly Book-In Session
Breastfeeding Support Group Antenatal & Breastfeeding Families inc. Children Aged up to 4th Birthday	Wednesday	2nd October – 18th December *Prog Closed for Half Term 30th Oct*	11:45am – 1:00pm	Star Sure Start Weekly Book-In Session
Playtime – Quiet Play Session Children Aged 9 Months up to 4th Birthday	Friday	4th October – 29th November *Prog Closed for Half Term 1st Nov*	9:30am – 10:30am	Star Sure Start Weekly Book-In Session
Playtime Children Aged 9 Months up to 4th Birthday	Friday	4th October – 29th November *Prog Closed for Half Term 1st Nov*	11:00am – 12noon	Star Sure Start Weekly Book-In Session
Rhyme & Storytime Babies from Birth up to 18 Months Old	Monday	7th October, 18th November & 9th December	9:45am – 10:45am	Star Sure Start Monthly Book-In Session
Rhyme & Storytime Children Aged 18 Months Old up to 4th Birthday	Monday	7th October, 18th November & 9th December	11:15am – 12:15pm	Star Sure Start Monthly Book-In Session
Little Star's Café Mum's To Be & New Mum's inc. Babies Aged up to 1 Year Old	Wednesday	9th October, 13th November & 11th December	10:00am – 11:30am	Star Sure Start Monthly Book-In Session
Move With Me – Physical Play in Solitude Park Children Aged 1 to 2 ½ Years Old	Thursday	10th October	10:30am – 11:30am	Solitude Park
Save a Baby/Child's Life Parents/Carers	Thursday	10th October	6:30pm – 8:00pm	Star Sure Start
Elklan – Let's Talk With Your Baby Babies Aged from 3 to 12 Months Old	Monday	14th October – 11th November *Prog Closed for Half Term 28th Oct*	9:30am – 10:30am	Star Sure Start 4 Week Programme
Creative Kids – Little Star's Role Play Drama Children Aged 2 ½ Years Old up to 4th Birthday	Tuesday	15th October	11:00am – 12noon	Star Sure Start
Bumps, Babies & Beyond Mum's To Be & New Mum's inc. Babies Aged up to 1 Year Old	Wednesday	16th October & 20th November	10:00am – 11:30am	Star Sure Start Monthly Book-In Session
Supporting Children with Unclear Speech Crèche Provided Parents/Carers with Children Aged 18 Months & Over	Thursday	17th October	9:30am – 11:00am	Star Sure Start
Move With Me – Physical Play in Solitude Park Children Aged 2 ½ Years Old up to 4th Birthday	Tuesday	22nd October	10:30am – 11:30am	Solitude Park

Look out for the different age ranges within our programmes

Save a Child/Baby's Life

Thursday 10th October 6:30pm – 8:00pm

We are delighted to work in partnership with Bluelight Medical Training to deliver a workshop giving parents and carers, with children from birth to four years old, the chance to learn basic first aid skills around drowning, choking and CPR. The workshop is very relaxed, with plenty of opportunities to ask questions and practise the skills needed for CPR.

Star Family Saturday's Halloween Spooktacular

Saturday 26th October
10:00am – 11:30am

Come along to our ghoulishly great multi-sensory range of activities for you and your little ones. If you would like, children and parents are more than welcome to come dressed in costume for the session.

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
Batch Cooking for Baby <i>Crèche Provided</i> Parents with Babies Under 1 Year Old	Thursday	24th October	10:00am – 12:30pm	Star Sure Start
Becoming & Blossoming Mums Mum's To Be & New Mum's	Thursday	24th October	6:30pm – 7:30pm	Star Sure Start Monthly Book-In Session
Star Family Saturday's Halloween Spooktacular All Families inc. Siblings Aged up to 7 Years Old	Saturday	26th October	10:00am – 11:30am	Star Sure Start
Creative Kids – Little Star's Little Builders Children Aged 1 to 2 ½ Years Old	Tuesday	5th November	11:00am – 12noon	Star Sure Start
Employers for Childcare All Parents/Carers – *30 minute time slots will be allocated the week before*	Thursday	7th November	9:30am – 4:00pm	Star Sure Start
Your Voice Matters <i>Crèche Provided</i> Parents/Carers	Thursday	7th November	10:00am – 11:30am	Star Sure Start
Move With Me – Little Star's Little Movers Children Aged 1 to 2 ½ Years Old	Thursday	14th November	10:00am – 11:00am	Banbridge Leisure Centre – Squash Courts
Move With Me – Little Star's Little Movers Children Aged 2 ½ Years Old up to 4th Birthday	Thursday	14th November	11:30am – 12:30pm	Banbridge Leisure Centre – Squash Courts
Additional Needs Workshop <i>Crèche Provided</i> Parents/Carers	Tuesday	19th November	10:00am – 11:30am	Star Sure Start
The Benefits of Speaking More Than One Language at Home Parents/Carers with Children Aged From Birth up to 4th Birthday	Monday	25th November	10:00am – 11:00am	Star Sure Start
Take Time for You – Christmas Special <i>Crèche Provided</i> Parents/Carers	Thursday	28th November	10:30am – 12noon	Star Sure Start
Take Time for You – Christmas Special Parents/Carers	Thursday	28th November	7:00pm – 8:30pm	Star Sure Start
Star Dad's Saturdays Christmas Special Dads/Carers and Children From Birth up to 4th Birthday inc. Older Siblings Aged up to 7 Years Old	Saturday	30th November	10:00am – 11:30am	Star Sure Start
Becoming & Blossoming Mums Mum's To Be & New Mum's	Saturday	30th November	10:30am – 11:30am	Star Sure Start Monthly Book-In Session
Star's Magical Christmas Party All Families <i>*All details to be confirmed closer to the time of the event running*</i>	Thursday	5th December	T.B.C.	T.B.C.
Creative Kids – Little Star's Sensory Explorers Children Aged 2 ½ Years Old up to 4th Birthday	Tuesday	10th December	11:00am – 12noon	Star Sure Start

Look out for the different age ranges within our programmes

Additional Needs Workshop

Tuesday 19th November 10:00am – 11:30am

Join Relax Kids Coach, Joanne Callen, as she guides you through some simple and effective changes and calming techniques that you can use to support your child to regulate their central nervous system. The session will be tailored to the needs of the parents that attend.

Limited crèche spaces available.



Take Time For You – Christmas Special

Thursday 28th November (two sessions offered)
10:30am – 12noon or 7:00pm to 8:30pm

Take a bit of time to yourself to slow down from the chaos that inevitably seems to come with Christmas! Relax, as we enjoy the Festive nibbles & Chrimbo craic. We're offering two sessions, a morning session with crèche and an evening session to facilitate working parents that would like to attend.



Wednesdays with the Wee One's!

There is something for all families with babies under 1 on Wednesday mornings at Star! Caroline (Health Visitor), Wendy (Perinatal Parenting Worker) & Zoe (Family Support Worker) offer a range of programmes to allow you to enjoy different experiences with your baby. Have a look at a very brief insight into what you can expect;

- **Baby Mindful** provides a lovely opportunity for both Mum and baby to rest and recharge whilst engaging in gentle movements, which help to support the development of your baby. There are lots of songs, some calming massage, breathing exercises and relaxation.
- **Little Stars Café** provides a relaxed get together for both antenatal parents and parents with babies under 1. It's a great opportunity for you and your little star to take some time out for yourselves – to chat, play, sing, and ask any questions you may have about the everchanging stages of life with babies under 1.
- **Bumps, Babies & Beyond** is a wonderful chance for mums-to-be and new mums to get together while sharing new skills and knowledge to help you feel more confident in your parenting journey. A wide range of baby related topics are explored as well as lots of singing, with some taster sessions of baby massage and yoga.
- **Breastfeeding Support** welcomes all breastfeeding families at whatever stage you are at on your breastfeeding journey. Our weekly support group is here for you with encouragement, advice, and friendship.



Star's Summer Play Programme



Star Family Saturday's



Star Team's Contact Numbers

Early Years Team
t: 07498 212205

Family Support Team
t: 07495 942252

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.

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!



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



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