

What's on in Star?

January—March 2025










To express an interest in coming to any event or group














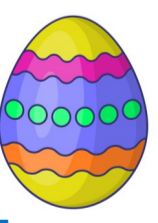
Phone: 028 4062 2475

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 JAN Office Closed for New Year's Day	2 JAN Office Closed 	3 JAN Office Closed	4 JAN
6 JAN Office Re-Opens 9am 	7 JAN Baby Massage 10am—11:15am Babies Aged from Birth up to 12 Months Old 	8 JAN Baby Mindful **Monthly Book-In** 10am—11:30am New Mums inc. Babies up to 1 Yr Old Breastfeeding Support 11:45am — 1pm All Antenatal & B/Feeding Families inc. Children Aged up to 4th Birthday	9 JAN Take Time For You— Introduction to WRAP 10am—12noon Parents/Carers **Crèche Provided** 	10 JAN	11 JAN 
13 JAN 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 	14 JAN Baby Massage Week 2 10am—11:15am 	15 JAN Little Star's Café **Monthly Book-In ** 10am—11:30am Mums To Be & New Mums inc. Babies up to 1 Yr Old Breastfeeding Support 11:45am—1pm	16 JAN Chat with our Speech & Language Therapist 9:30am—12noon Parents/Carers **20 minute time slots will be allocated week before** Nurturing Programme 10am—12noon Parents/Carers **Crèche Provided**	17 JAN 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	18 JAN Star Dad's— Physical Play at the Leisure Centre 10am — 11:30am Dads/Carers & Children inc Older Siblings up to 7 Yrs Old **Banbridge Leisure Ctr Squash Courts** Becoming & Blossoming Mums 10:30am—11:30am Mums To Be & New Mums **Star Sure Start**
20 JAN	21 JAN Baby Massage Week 3 10am—11:15am	22 JAN Bumps, Babies & Beyond **Monthly Book-In ** 10am—11:30am Mums To Be & New Mums inc. Babies up to 1 Yr Old Breastfeeding Support 11:45am—1pm	23 JAN Nurturing Programme Week 2 10am—12noon 	24 JAN Quiet Playtime 9:30am—10:30am Playtime 11am—12noon	25 JAN 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 JAN Decisions About the Dummy 10am—11am Parents/Carers	28 JAN Baby Massage Week 4 10am—11:15am	29 JAN Breastfeeding Support 11:45am—1pm	30 JAN Nurturing Programme Week 3 10am—12noon	31 JAN Quiet Playtime 9:30am—10:30am Playtime 11am—12noon	1 FEB
3 FEB 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	4 FEB Baby Massage Week 5 **LAST WEEK** 10am—11:15am 	5 FEB Little Star's Café **Monthly Book-In ** 10am—11:30am Mums To Be & New Mums inc. Babies up to 1 Yr Old Breastfeeding Support 11:45am—1pm	6 FEB Nurturing Programme Week 4 10am—12noon	7 FEB Quiet Playtime 9:30am—10:30am Playtime 11am—12noon 	8 FEB Star's Family Saturday's — Valentines Special  10am—11:30am All Families inc. Siblings Aged up to 7 Years Old
10 FEB	11 FEB	12 FEB Breastfeeding Support Closed for Half Term	13 FEB Nurturing Programme Closed for Half Term	14 FEB Playtime Closed for Half Term	15 FEB
17 FEB Toddle & Talk 10am—11am Children Aged 1 Year Old up to 4th Birthday 	18 FEB 	19 FEB Breastfeeding Support 11:45am—1pm	20 FEB Nurturing Programme Week 5 10am—12noon Little Star's Bedtime Story Family Event 6pm—7pm All Families with Children up to 4th Birthday	21 FEB Quiet Playtime 9:30am—10:30am Playtime 11am—12noon 	22 FEB
24 FEB Toddle & Talk Week 2 10am—11am 	25 FEB 	26 FEB Bumps, Babies & Beyond **Monthly Book-In ** 10am—11:30am Mums To Be & New Mums inc. Babies up to 1 Yr Old Breastfeeding Support 11:45am—1pm 	27 FEB Nurturing Programme Week 6 10am—12noon Becoming & Blossoming Mums 6:30pm—7:30pm Mums To Be & New Mums 	28 FEB Creative Kids Quiet Session **Weekly Book-In ** 9:30am—10:30am Children 9mths to 4Yrs Creative Kids **Weekly Book-In ** 11am—12noon Children 9mths to 4Yrs	1 MAR 
3 MAR Toddle & Talk Week 3 10am—11am	4 MAR Your Voice Matters 10am—11:30am Parents/Carers & Children from Birth up to 4th Birthday	5 MAR Baby Mindful **Monthly Book-In** 10am—11:30am New Mums inc. Babies up to 1 Yr Old Breastfeeding Support 11:45am—1pm	6 MAR Nurturing Programme Week 7 10am—12noon	7 MAR Creative Kids Quiet Session 9:30am—10:30am Creative Kids 11am—12noon	8 MAR 
10 MAR Toddle & Talk Week 4 **LAST WEEK** 10am—11am 	11 MAR Sleep Smart Workshop 10am—11:30am Parents/Carers **Crèche Provided** 	12 MAR Little Star's Café **Monthly Book-In ** 10am—11:30am Mums To Be & New Mums inc. Babies up to 1 Yr Old Breastfeeding Support 11:45am—1pm 	13 MAR Nurturing Programme Week 8 10am—12noon	14 MAR Move With Me Quiet Session **Weekly Book-In ** 9:30am—10:30am Children 9mths to 4Yrs Move With Me **Weekly Book-In ** 11am—12noon Children 9mths to 4Yrs	15 MAR
17 MAR Office Closed for St Patrick's Day	18 MAR 	19 MAR Bumps, Babies & Beyond **Monthly Book-In ** 10am—11:30am Mums To Be & New Mums inc. Babies up to 1 Yr Old Breastfeeding Support 11:45am—1pm	20 MAR Nurturing Programme Week 9 10am—12noon	21 MAR Move With Me Quiet Session 9:30am—10:30am Move With Me 11am—12noon	22 MAR 
24 MAR 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	25 MAR Talk About Teeth 10am—11am Parents/Carers & Children from 6 Months up to 4th Birthday Save a Life 6:30pm—8pm Parents/Carers	26 MAR Breastfeeding Support 11:45am—1pm	27 MAR Nurturing Programme Week 10 **LAST WEEK** 10am—12noon	28 MAR Batch Cooking for Baby Workshop 10am—12:30pm All Parents With Babies Under 1 Yr Old **Crèche Provided** 	29 MAR Star Dad's—Easter Play Session 10am — 11:30am Dads/Carers & Children inc Older Siblings up to 7 Yrs Old Becoming & Blossoming Mums 10:30am—11:30am Mums To Be & New Mums
31 MAR					