

Star News

#13 Spring 2025

Spring HAS ARRIVED!

Get ready to bloom with excitement as we unveil our Spring Programme of Events at Star! As the flowers begin to blossom and the sun casts its warm glow, jump inside our spring activity planner, filled with lots of activities to support you and your little ones. Join us in celebrating this season of growth and discovery as we embark on

a journey filled with laughter, learning, and endless possibilities.

As always don't hesitate to contact the team if you would like more information on the programmes that are running.

Star x

****Office Closure****

Easter Holidays
Office Closed From
Monday 21st April
Office Re-Opening
Monday 28th April

May Bank Holiday's
Office Closed
Monday 5th May
Office Closed
Monday 26th May

LITTLE STARS' CAFÉ

Wednesdays at Star are for the wee ones! Our Little Star's Café on Wednesday mornings always offer a lovely opportunity for mums-to-be and new mums along with their babies under one year old to get together. We take time out to play, recharge our batteries, chat and share tips and skills to help you navigate and

feel confident in your parenting journey.

Each session will have its own theme covering a wide range of baby, parenting topics, health related topics, Baby Mindful and relaxation sessions, and always some songs and rhymes too!

**Sessions run from 10:00am – 11:30am. Please checking programme listings

for individual dates and come along to join Wendy (Perinatal Parenting Worker), Zoe (Family Support Worker), and/or Caroline (Health Visitor) in the Wednesday Wee Ones Fun!**



Playtime



Like our page:
Star Sure Start





Star Activities APRIL – JUNE 2025

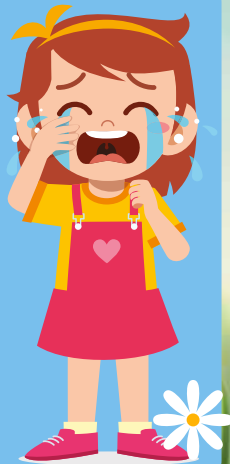
ACTIVITY	DAY	DATE	TIME	VENUE/DURATION
Mini Milestones <i>Crèche Provided</i> Parents/Carers *Please see leaflet inside for more details*	Tuesday	1st, 8th & 15th April	10:00am – 12noon	Star Sure Start 3 Week Programme
Little Star's Café Mum's To Be & New Mum's inc. Babies Aged up to 1 Year Old	Wednesday	2nd, 9th & 16th April 7th, 14th & 21st May 4th, 11th & 18th June	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 April – 25th June *Prog Closed for Easter 16th & 23rd Apr*	11:45am – 1:00pm	Star Sure Start Weekly Drop-In Session
Toddler Swim Toddlers Aged 18 Months Up to 3 Years Old *Please note change to time*	Thursday	3rd April – 8th May *Prog Closed for Easter 24th Apr*	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	3rd April – 8th May *Prog Closed for Easter 24th Apr*	10:15am – 10:45am	Banbridge Leisure Centre Learner Pool 5 Week Programme
Little Baby Swim Babies Aged 8 Weeks up to 9 Months Old *Please note change to time*	Thursday	3rd April – 8th May *Prog Closed for Easter 24th Apr*	11:00am – 11:30am	Banbridge Leisure Centre Learner Pool 5 Week Programme
Playtime – Quiet Play Session Children Aged 9 Months up to 4th Birthday	Friday	4th April – 20th June *Prog Closed for Easter 18th & 25th Apr*	9:30am – 10:30am	Star Sure Start Weekly Book-In Session
Playtime Children Aged 9 Months up to 4th Birthday	Friday	4th April – 20th June *Prog Closed for Easter 18th & 25th Apr*	11:00am – 12:00noon	Star Sure Start Weekly Book-In Session
Rhyme & Storytime Babies from Birth up to 18 Months Old	Monday	7th April, 12th May & 2nd June	9:45am – 10:45am	Star Sure Start Monthly Book-In Session
Rhyme & Storytime Children Aged 18 Months Old up to 4th Birthday	Monday	7th April, 12th May & 2nd June	11:15am – 12:15pm	Star Sure Start Monthly Book-In Session

Look out for the different age ranges within our programmes

Little Star's with Big Feelings

Tuesday 29th April
10:00am – 11:30am

Does your little one struggle with BIG feelings at times? During this session, Joanne will offer some key principles for supporting emotional regulation for babies and children, sharing some Relax Kids and Baby Mindful techniques and resources. **Limited crèche spaces available.**



Elklan – Let's Talk With Your Baby

Monday 9th – 30th June
10:00am – 11:00am

Come along with your baby to join our Speech and Language Therapist Debi for this fun, relaxed group. Each week you will learn strategies to: -

- Promote positive adult-child interaction at the earliest stage.
- Promote early attachment and communication skills.
- Provide a stimulating, communication rich environment through interactive, fun activities.



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
Becoming & Blossoming Mums Mum's To Be & New Mum's	Thursday	10th April	6:30pm – 7:30pm	Star Sure Start Monthly Book-In Session
Star Dad's Saturdays – Big Stars and Little Stars Get Active Dads/Carers and Children From Birth up to 4th Birthday inc. Older Sibling's Aged up to 7 Years Old	Saturday	12th April	10:00am– 11:30am	Banbridge Leisure Centre – Squash Courts
Little Stars with Big Feelings <i>Crèche Provided</i> Parents/Carers	Tuesday	29th April	10:00am – 11:30am	Star Sure Start
Employers for Childcare All Parents/Carers – <i>*30 minute time slots will be allocated the week before*</i>	Tuesday	13th May	9:30am – 4:00pm	Star Sure Start
Take Time for You – Spring Crafts & Coffee <i>Crèche Provided</i> Parents/Carers	Tuesday	13th May	10:00am – 11:30am	Star Sure Start
Batch Cooking for Baby <i>Crèche Provided</i> Parents with Babies Under 1 Year Old	Thursday	15th May	10:00am – 1:00pm	Star Sure Start
Star Family Saturday's – Hop into Spring All Families inc. Siblings Aged up to 7 Years Old	Saturday	17th May	10:00am – 11:30am	Star Sure Start
Simmer with Star <i>Crèche Provided</i> Parents/Carers	Thursday	22nd May – 12th June	11:00am – 1:00pm	Star Sure Start 4 Week Programme
Becoming & Blossoming Mums Mum's To Be & New Mum's	Thursday	22nd May	6:30pm – 7:30pm	Star Sure Start Monthly Book-In Session
Elklan – Let's Talk With Your Baby Babies Aged 3 to 12 Months <i>*Babies should attend with a parent*</i>	Monday	9th June – 30th June	10:00am – 11:00am	Star Sure Start 4 Week Programme
Star Dad's Saturdays – Power of Play Dads/Carers and Children From Birth up to 4th Birthday inc. Older Sibling's Aged up to 7 Years Old	Saturday	14th June	10:00am– 11:30am	Star Sure Start
Becoming & Blossoming Mums Mum's To Be & New Mum's	Saturday	14th June	10:30am – 11:30am	Star Sure Start

Look out for the different age ranges within our programmes

Little Stars' Crèche



Say Hello to our new Families and Fathers' Worker Leanne

After six years as Early Years Leader, Leanne is bringing her expertise to her new role as Families and Fathers' Worker in Star. Leanne comes with lots of ideas and is really excited to develop new programmes and opportunities for our dads and grandads within the Project. Keep your eyes peeled for more info coming over the summer!



Development Programme for Two to Three Year Olds



Bright Start



Playtime – Quiet Play Session

Friday 4th April – 20th June 9:30am – 10:30am
(Prog Closed for Easter 18th & 25th April)

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.

This is an ideal programme for your little ones transitioning from Little Stars' Café into Playtime. Come along and enjoy the variety of activities on offer from creative art, sensory play, movement and rhyme and so much more!

Quiet play session's help to create a more relaxed environment, tailored to the needs and interests of the child.



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.

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!



Like our page:
Star Sure Start

