

StarNews

#14 Summer 2025

HELLO Summer

★ We've got YOU covered for summer!

Star is excited to share all the wonderful activities and events planned for summer. From fun outdoor adventures Going on a Bear Hunt, to enriching creative programs, our summer line up is designed to engage

and inspire both children and families.

Dive into this edition to stay updated on the latest summer fun news and important announcements.

Let's make this summer a memorable one together!

Star x

OFFICE CLOSURES

Bank Holiday's

Monday 14th July
Monday 25th August

Say Hello to our new Early Years Leader Sarah

With over 7 years experience working in the Early Years Team here at Star Sure Start, I've now got the pleasure of being Star's new Early Years Leader.

As Early Years Leader, I take responsibility for leading and managing the Developmental Programme for 2-3 Year Olds, Crèche and Play Programmes. I create activities and ideas that can be easily recreated in the home, supporting your little one's

development through the world of Play.

I look forward to seeing you all over the summer months!

"Children learn as they play. Most importantly, in play children learn how to learn." (O. Fred Donaldson)



Baby, Bigger & Toddler Swim



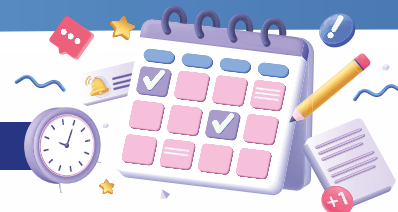
Star Dads Saturday's



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Star Activities JULY - SEPTEMBER 2025



ACTIVITY	DAY	DATE	TIME	VENUE/DURATION
Parenting Puzzle Pairs Parents/Carers	Tuesday	1st & 22nd July, 5th & 19th August	6:30pm – 8:30pm	Virtual Sessions via MS Teams 4 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 July 13th & 20th August 3rd, 10th & 17th Sept	10:00am – 11:30am	Star Sure Start Monthly Book-In Session
Summer Breastfeeding Support Sessions Antenatal & Breastfeeding Families inc. Children Aged up to 4th Birthday	Wednesday	2nd, 9th, 23rd & 30th July 13th & 27th August	11:45am – 1:00pm	Star Sure Start Weekly Drop-In Session
Summer Play Programme (see flyer inside) Session 1: Tons of Fun with Water Children from Birth up to 4th Birthday	Thursday	3rd July	11:00am – 12:30pm	Star Sure Start
Summer Couch to 5k Parents/Carers	Monday	7th July – 1st September *Prog Closed for Bank Holiday 14th July*	8:00pm – 9:00pm	Solitude Park (meeting at the bottom of the steps) 8 Week Programme
Summer Play Programme Outing 1 (see flyer inside) Star's Going on a Bear Hunt Children from Birth up to 4th Birthday inc. Older Siblings Aged up to 12 Years Old	Tuesday	8th July	10:00am – 2:00pm	Oxford Island **Bus Provided**
Rhyme & Storytime Babies from Birth up to 18 Months Old	Tuesday	22nd July & 12th August	9:45am – 10:45am	Star Sure Start Monthly Book-In Session
Rhyme & Storytime Children Aged 18 Months Old up to 4th Birthday	Tuesday	22nd July & 12th August	11:15am – 12:15pm	Star Sure Start Monthly Book-In Session
Summer Play Programme (see flyer inside) Session 2: Little Star's Once Upon a Rhyme Time Children from Birth up to 4th Birthday	Wednesday	23rd July	11:00am – 12:30pm	Star Sure Start
Star's Big Trip to the Cinema Children from 9 Months up to 4th Birthday inc. Older Siblings Aged up to 7 Years Old	Tuesday	29th July	11:00am – 12:30pm	Iveagh Movie Studio (IMC) Banbridge
Breastfeeding Celebration Tea Party All Antenatal & Breastfeeding Families	Wednesday	6th August	11:30am – 1:00pm	Star Sure Start
Summer Play Programme (see flyer inside) Session 3: Little Stars with Big Energy Children from Birth up to 4th Birthday	Thursday	7th August	11:00am – 12:30pm	Banbridge Leisure Centre Squash Courts
Summer Play Programme Outing 2 (see flyer inside) Star's Big Day Out to Newcastle Children from Birth up to 4th Birthday inc. Older Siblings Aged up to 12 Years Old	Thursday	14th August	9:30am – 4:30pm	Newcastle **Bus Provided**

Look out for
the different
age ranges
within our
programmes

Parenting Puzzle Pairs

Tuesday 1st & 22nd July, 5th & 19th August 6:30pm – 8:30pm

Raising children can be puzzling at times and as the age old saying goes, it's better when we're 'singing off the same hymn sheet.' We would love you to join us, in your pairs, so we can support each other to enjoy bringing up children of all ages, to get the best out of family life. This programme is delivered via a mixture of face-to-face and online sessions, so they are more accessible for you and whoever you would like to bring along (someone who helps you care for your children). It'll be informal, fun and a great confidence booster for you both. These sessions offer positive, practical ways of guiding children, so they learn to manage both their feelings and behaviours.



Little Star's Cafe – Picnic in the Park



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
Summer Play Programme (see flyer inside) Session 4: Sensory Super Star's Children from Birth up to 4th Birthday	Tuesday	19th August	11:00am – 12:30pm	Star Sure Start
Breastfeeding Support Group Antenatal & Breastfeeding Families inc. Children Aged up to 4th Birthday	Wednesday	3rd – 24th September	11:45am – 1:00pm	Star Sure Start Weekly Drop-In Session
Mini Milestones Crèche Provided Parents/Carers **Please see leaflet inside for more details**	Thursday	4th – 18th September	10:00am – 11:30am	Star Sure Start 3 Week Programme
Nurturing Programme Crèche Provided Parents/Carers	Tuesday	9th September – 18th November *Prog Closed for Half Term 28th October*	10:00am – 12noon	Star Sure Start 10 Week Programme
Save a Baby/Child's Life Parents/Carers	Thursday	11th September	6:30pm – 8:00pm	Star Sure Start
Baby Massage Babies from Birth to 12 Months	Friday	12th September – 10th October	10:00am – 11:15am	Star Sure Start 5 Week Programme
Rhyme & Storytime Babies from Birth up to 18 Months Old	Monday	15th September	9:45am – 10:45am	Star Sure Start Monthly Book-In Session
Rhyme & Storytime Children Aged 18 Months Old up to 4th Birthday	Monday	15th September	11:15am – 12:15pm	Star Sure Start Monthly Book-In Session
Becoming & Blossoming Mums Mum's To Be & New Mum's	Monday	15th September	6:30pm – 7:30pm	Star Sure Start Monthly Book-In Session
Playtime – Quiet Play Session Children Aged 9 Months up to 4th Birthday	Friday	19th & 26th September	9:30am – 10:30am	Star Sure Start Weekly Book-In Session
Playtime Children Aged 9 Months up to 4th Birthday	Friday	19th & 26th September	11:00am – 12:00noon	Star Sure Start Weekly Book-In Session
Star Family Saturday's – Let's Get Creative All Families inc. Siblings Aged up to 7 Years Old	Saturday	20th September	10:00am – 11:30am	Star Sure Start
Toddler Swim Toddlers Aged 24 Months Up to 4th Birthday	Thursday	25th September – 23rd October	9:30am – 10:00am	Banbridge Leisure Centre Learner Pool 5 Week Programme
Bigger Baby Swim Babies Aged 12 Months up to 24 Months Old	Thursday	25th September – 23rd October	10:15am – 10:45am	Banbridge Leisure Centre Learner Pool 5 Week Programme
Little Baby Swim Babies Aged 8 Weeks up to 12 Months Old	Thursday	25th September – 23rd October	11:00am – 11:30am	Banbridge Leisure Centre Learner Pool 5 Week Programme

Look out for the different age ranges within our programmes

Star's Big Trip to the Cinema – Iveagh Move Studios (IMC), Banbridge

Tuesday 29th July 11:00am – 12:30pm

Join us at Iveagh Movie Studios (IMC), as we experience all the wonders that going to the cinema has to offer. Whether this is your little ones first time going to the cinema or not, come along and enjoy our own private movie screening exclusive to Star Sure Start.



Breastfeeding Celebration Tea Party

Wednesday 6th 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.



Summer Couch to 5k

Monday 7th July – 1st September 8:00pm – 9:00pm
(No session on 14th July due to Bank Holiday)

Are you looking for some motivation over the summer? If so, come along and join Leanne and Zoe for our Summer Couch to 5k in Solitude Park. Whether you've never run before or you're a keen runner, but struggle to make the time for it, this plan is perfect for you. It's a gentle way to improve your fitness and get out in the fresh air to support your mental health and wellbeing. And of course, we will also make time for a little bit of socialising, if you fancy a chat along the way. The key with this programme is to take it at your own pace and enjoy time for you!



Nurturing Programme

Thursday 9th September – 18th November 10:00am – 12noon
(Closed for Half Term Break 28th October)

Children are rewarding, stimulating and fun, but looking after them can be stressful and puzzling! But the good news is, puzzles have solutions! Join us on our 10 week Nurturing Programme where we will look at lots of different topics including; understanding your child's behaviour, recognising feelings behind behaviour (both theirs and ours!), exploring different approaches to positive discipline, finding ways to develop co-operation and self-discipline in children as well as learning the importance of looking after ourselves. There'll be plenty of chat and giggles over unlimited cups of tea as we support each other on our parenting journeys.

Limited crèche spaces available.



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!



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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.

Batch Cooking for Baby



Take Time for You – Spring Crafts & Coffee



Scan the QR code to
check out our website
and for more info...