

StarNews

#15 Autumn 2025

AUTUMN ADVENTURES AT STAR

Autumn is here, and Star is buzzing with energy!

From bump to preschool, our groups are the perfect place for little ones to explore, create, and make new friends. Parents and carers can enjoy friendly faces, new ideas, and a chance to relax, while children discover

the joy of play, stories, and song. With crunchy leaves underfoot and cosy crafts indoors, there's something for everyone this season.

Peak inside to see what the latest edition of Star News has to offer — we can't wait to see you!

Starx

CHRISTMAS HOLIDAY CLOSURES

Office Closing
Friday 19th December

Office Re-Opening
Monday 5th January

A day in the life of Wendy Star's Perinatal Parenting Worker

Did you know that my role as Perinatal Parenting Worker allows me to offer support to families throughout pregnancy, as well as babies first year of life! I am very fortunate to usually be the first contact for many families during the antenatal period, as I carry out registration visits. This gives me a great opportunity to get to know you all before baby comes along and helps to shape your Sure Start journey! Just some of the support I can offer

antenatal Mum's and Dad's include;

- preparing for babies arrival both practically and emotionally
- birth preparation
- how your baby is developing in the womb
- bonding with your baby in the womb
- how to take care of your baby e.g. changing/bathing/feeding
- recognising when your baby is hungry and feeding advice



- gentle exercise i.e. Pilates
- nutrition during pregnancy

Chances are, I will be in touch with you at some stage! However, I do love a chat, so don't hesitate to give me a wee call anytime!

Star's Going on a Bear Hunt



Star's Big Day Out to Newcastle

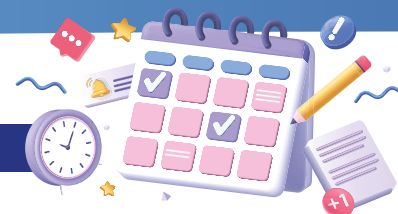


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Star Sure Start



Star Activities

OCTOBER – DECEMBER 2025



ACTIVITY	DAY	DATE	TIME	VENUE/DURATION
Little Star's Café Mum's To Be & New Mum's inc. Babies Aged up to 1 Year Old	Wednesday	1st, 8th & 15th October 5th, 12th & 19th November 10th December	10:00am – 11:30am	Star Sure Start Book-In Session
Breastfeeding Support Group Antenatal & Breastfeeding Families inc. Children Aged up to 4th Birthday	Wednesday	1st October – 17th December *Prog Closed for Half Term Break 29th Oct*	11:45am – 1:00pm	Star Sure Start Weekly Drop-In Session
Playtime – Quiet Play Session Children Aged 9 Months up to 4th Birthday	Friday	3rd October – 21st November *Prog Closed for Half Term Break 31st Oct*	9:30am – 10:30am	Star Sure Start Weekly Book-In Session
Playtime Children Aged 9 Months up to 4th Birthday	Friday	3rd October – 21st November *Prog Closed for Half Term Break 31st Oct*	11:00am – 12noon	Star Sure Start Weekly Book-In Session
Parenting Puzzle Pairs Parents/Carers	Monday	6th – 27th October	6:30pm – 8:30pm	Delivered via MS Teams & Face-to-Face Sessions 4 Week Programme
Star Dad's Saturdays – Halloween Spooktacular Dads/Carers and Children From Birth up to 4th Birthday inc. Older Siblings Aged up to 7 Years Old	Saturday	11th October	10:00am – 11:30am	Star Sure Start
Becoming & Blossoming Mums Mum's To Be & Mum's	Saturday	11th October	10:30am – 11:30am	Star Sure Start
Rhyme & Storytime Babies from Birth up to 18 Months Old	Monday	13th Oct, 10th Nov & 8th Dec	9:45am – 10:45am	Star Sure Start Monthly Book-In Session
Rhyme & Storytime Children Aged 18 Months Old up to 4th Birthday	Monday	13th Oct, 10th Nov & 8th Dec	11:15am – 12:15pm	Star Sure Start Monthly Book-In Session

Look out for the different age ranges within our programmes

At Star we offer two types of Play sessions: Quiet Playtime & Playtime



Quiet Playtime provides play opportunities for children and parents who prefer a less sensory overloaded environment with less families. This is recommended for children and families with additional support needs and those with babies who are transitioning from Baby Café.

Playtime is a busier and more sensory stimulating environment, which is recommended for children and parents who don't mind the hustle and bustle.

In both Playtime sessions there will be a variety of play resources available targeting all areas of development, providing opportunities to enhance and develop your child's learning.

ECO Swap Shop – Swap Don't Shop!



This is available to all registered families within the working hours of Star Sure Start. There are clothes, toys and books available, and we do accept donations too. Everything is **FREE!** Don't worry if you don't have anything to donate, please just come along and have a browse.

If you have any large items of good quality that you would like to donate, just WhatsApp Star a photo and we can put it up on our Facebook page and pick up and deliver to whoever would like it.

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
Power to Change Crèche Provided Mum's To Be, Mum's & Female Carer's	Thursday	6th November	10:00am – 11:30am	Star Sure Start
Star Family Saturday's – Big Cook Little Cook All Families inc. Siblings Aged up to 7 Years Old	Saturday	8th November	10:00am – 11:30am	Star Sure Start
Becoming & Blossoming Mums Mum's To Be & Mum's	Thursday	13th November	6:30pm – 7:30pm	Star Sure Start
Star Dad's Saturdays Christmas Crafts & Festive Fun Dads/Carers and Children From Birth up to 4th Birthday inc. Older Sibling's Aged up to 7 Years Old	Saturday	6th December	10:00am – 11:30am	Star Sure Start
Becoming & Blossoming Mums Mum's To Be & Mum's	Saturday	6th December	10:30am – 11:30am	Star Sure Start
Take Time for You – Christmas Creations Parents/Carers	Monday	8th December	6:00pm – 8:00pm	Star Sure Start
Take Time for You – Christmas Creations Crèche Provided Parents/Carers	Tuesday	9th December	10:00am – 12noon	Star Sure Start
Star's Ultimate Christmas Experience at Mountpanther Farm Park All Families with Children Aged up to 4th Birthday *All details to be confirmed closer to the time of the event running*	Friday	12th December	9:15am – 2:00pm	Mountpanther Farm Park Downpatrick **Bus Provided**

Look out for the different age ranges within our programmes



Parenting Puzzle Pairs

Monday 6th – 27th October 6:30pm – 8:30pm

Raising children can be challenging, but it's easier when we support each other. Join us in your pairs for friendly, informal sessions to share experiences and build confidence in bringing up children of all ages. This programme is delivered via a mixture of face-to-face and online sessions, designed to be fun, practical, and supportive for you and whoever helps you care for your little ones. "Because raising children doesn't come with a manual".

Power to Change

Thursday 6th November
10:00am – 11:30am

Come along to this informative workshop as we join the Power to Change Initiative, which aims to empower women. Ruth and Kevin from the Policing and Community Safety Partnership will host the session, as we discuss what healthy relationships look like, red flags to avoid and how best to defend yourself if you feel you are in danger. This workshop is open to all mum's to be, mum's and female carer's.
Limited crèche spaces available.

POWER to CHANGE

Take Time For You – Christmas Creations

Monday 8th December 6:00pm – 8:00pm
Tuesday 9th December 10:00am – 12noon

Join us for some you time in the middle of all the Christmas chaos. We will enjoy a range of festive treats while we get creative with some Christmas crafts.

We are offering two sessions, a morning session with **crèche** and an evening session to facilitate working parents that would like to attend.



Star Family Saturday's – Sensory Family Fun



Useful Contacts for Parents/Carers



Community Advice ABC Armagh, Banbridge & Craigavon (formerly Citizens Advice)

t: 0330 135 9733

Providing free, confidential and independent advice on welfare benefits, debt, consumer rights, immigration, housing, employment, education, family, health and legal services.

Lifeline

t: 0808 808 8000

Lifeline's crisis response helpline offers 24-hour support for those in distress or despair.

Parentline NI

t: 0808 8020 400

Provides a free confidential helpline for parents and carers in NI as well as offering workshops, resources and a range of other services.

Women's Aid Armagh Down

t: 028 86769300

Offers a range of confidential services and encourages women to find practical solutions to domestic abuse.

Summer Play Programme



Little Star's Cafe



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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Star Sure Start



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.



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