

# StarNews

#16 Winter 2025

## A NEW YEAR *brings new adventures!*

Our programmes are filled with activities to spark creativity, curiosity and connection for children and families. From winter crafts and story time, to Mini Health and Wellbeing Hub's and early spring exploration, there's something exciting waiting each week.

We're here to help families thrive! Join us as we kick

off 2025 with learning, laughter and lots of family fun!

**Starx**

### OFFICE CLOSURES

Tuesday 17th March  
St Patrick's Day

### Couch to 5k - Park Run Celebration



### Nurturing Programme

Tuesday 13th January – 31st March 10:00am – 12noon  
(Closed for Half Term Break 10th February  
& St Patrick's Day 17th March)

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.**



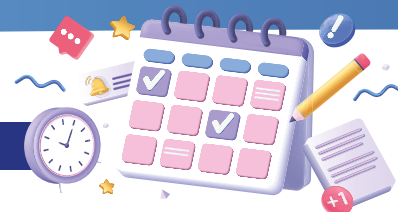
### Playtime



Like our page:  
**Star Sure Start**



# Star Activities JANUARY – MARCH 2026



| ACTIVITY                                                                                                                                                         | DAY       | DATE                                                                                                                   | TIME              | VENUE/DURATION                                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------------|-------------------|------------------------------------------------------------------|
| <b>Toddle &amp; Talk</b><br>Children Aged 18th Months – up to 4th Birthday                                                                                       | Monday    | 5th – 26th January                                                                                                     | 10:00am – 11:00am | Star Sure Start<br>4 Week Programme                              |
| <b>Little Star's Café</b><br>Mum's To Be & New Mum's inc.<br>Babies Aged up to 1 Year Old                                                                        | Wednesday | 7th, 14th, 21st & 28th Jan<br>4th Feb & 18th Feb<br>4th, 11th & 18th Mar                                               | 10:00am – 11:30am | Star Sure Start<br>Monthly Book-In Session                       |
| <b>Breastfeeding Support Group</b><br>Antenatal & Breastfeeding Families inc.<br>Children Aged up to 4th Birthday                                                | Wednesday | 7th January – 25th March<br><b>*Prog Closed for Half Term<br/>Break 11th Feb*</b>                                      | 11:45am – 1:00pm  | Star Sure Start<br>Weekly Drop-In Session                        |
| <b>Nurturing Programme</b><br><b>Crèche Provided</b><br>Parents/Carers                                                                                           | Tuesday   | 13th January – 31st March<br><b>*Prog Closed for Half Term<br/>Break 10th Feb &amp; St Patrick's<br/>Day 17th Mar*</b> | 10:00am – 12noon  | Star Sure Start<br>10 Week Programme                             |
| <b>Simmer with Star</b><br>Parents/Carers                                                                                                                        | Tuesday   | 13th January – 3rd February                                                                                            | 6:30pm – 8:30pm   | Star Sure Start<br>4 Week Programme                              |
| <b>Playtime – Quiet Play Session</b><br>Children Aged 9 Months up to 4th Birthday                                                                                | Friday    | 16th January – 13th March<br><b>*Prog Closed for Half Term<br/>Break 13th Feb*</b>                                     | 9:30am – 10:30am  | Star Sure Start &<br>Various Locations<br>Weekly Book-In Session |
| <b>Baby Massage</b><br>Babies from Birth up to 12 Months Old                                                                                                     | Friday    | 16th January – 13th February                                                                                           | 10:00am – 11:15am | Star Sure Start<br>5 Week Programme                              |
| <b>Playtime</b><br>Children Aged 9 Months up to 4th Birthday                                                                                                     | Friday    | 16th January – 13th March<br><b>*Prog Closed for Half Term<br/>Break 13th Feb*</b>                                     | 11:00am – 12noon  | Star Sure Start &<br>Various Locations<br>Weekly Book-In Session |
| <b>Star Dad's Saturdays – Super Stars Sports Day Fun</b><br>Dads/Carers and Children From Birth up to 4th<br>Birthday inc. Older Siblings Aged up to 7 Years Old | Saturday  | 17th January                                                                                                           | 10:00am – 11:30am | Banbridge Leisure Centre<br>Squash Courts                        |
| <b>Becoming &amp; Blossoming Mums</b><br>Mum's To Be & Mum's                                                                                                     | Saturday  | 17th January                                                                                                           | 10:15am – 11:15am | Star Sure Start                                                  |
| <b>Rhyme &amp; Storytime</b><br>Babies from Birth up to 18 Months Old                                                                                            | Monday    | 2nd February & 2nd March                                                                                               | 9:45am – 10:45am  | Star Sure Start<br>Monthly Book-In Session                       |
| <b>Rhyme &amp; Storytime</b><br>Children Aged 18 Months Old up to 4th Birthday                                                                                   | Monday    | 2nd February & 2nd March                                                                                               | 11:15am – 12:15pm | Star Sure Start<br>Monthly Book-In Session                       |
| <b>Talk About Teeth</b><br>Parents and Children from 6 Months<br>up to 4th Birthday                                                                              | Thursday  | 5th February                                                                                                           | 10:00am – 11:30am | Star Sure Start                                                  |
| <b>Story Trail &amp; Pancake Party</b><br>Parents/Carers with Children Aged from Birth<br>up to 4th Birthday                                                     | Monday    | 16th February                                                                                                          | 10:00am – 11:30am | Star Sure Start                                                  |

Look out for  
the different  
age ranges  
within our  
programmes

## Talk About Teeth

Thursday 5th February  
10:00am – 11:30am

Join us for a morning of talking all things teeth. A fun session with lots of tips and advice around oral health, highlighting the importance of creating healthy dental habits at an early age.



## Mini Health & Wellbeing Hub

Friday 27th February 10:00am – 2:00pm  
**\*\*30 min time slots will be allocated\*\***

Looking after our physical and mental health is so important, as we navigate a time when family life can be very busy. Join us here in Star alongside health professionals as we carry out mini health checks, share important information and provide signposting if needed.



## Interested in booking onto our groups?

Please contact the office on 028 406 22475 or email [star.surestart@southerntrust.hscni.net](mailto:star.surestart@southerntrust.hscni.net)

| ACTIVITY                                                                                                                                                    | DAY      | DATE                       | TIME              | VENUE/DURATION                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------------------------|-------------------|------------------------------------------------------|
| <b>Support our Little Stars and their Sensory System</b><br><i>Crèche Provided</i><br>Parents/Carers                                                        | Thursday | 19th February              | 10:00am – 11:30am | Star Sure Start                                      |
| <b>Becoming &amp; Blossoming Mums</b><br>Mum's To Be & Mum's                                                                                                | Thursday | 19th February              | 6:30pm – 7:30pm   | Star Sure Start<br>Monthly Book-In Session           |
| <b>Star Family Saturday's – Little Stars with Big Imaginations</b><br>All Families inc. Siblings Aged up to 7 Years Old                                     | Saturday | 21st February              | 10:00am – 11:30am | Star Sure Start                                      |
| <b>Your Voice Matters</b><br>Parents/Carers                                                                                                                 | Saturday | 21st February              | 10:30am – 11:30am | Star Sure Start                                      |
| <b>Batch Cooking for Baby</b><br>Parents with Babies Aged 6 – 12 Months                                                                                     | Tuesday  | 24th February              | 6:30pm – 8:30pm   | Star Sure Start                                      |
| <b>Toddler Swim</b><br>Toddlers Aged 24 Months Up to 4th Birthday                                                                                           | Thursday | 26th February – 26th March | 9:30am – 10:00am  | Banbridge Leisure Centre<br>Learner Pool 5 Week Prog |
| <b>Bigger Baby Swim</b><br>Babies Aged 12 Months up to 24 Months Old                                                                                        | Thursday | 26th February – 26th March | 10:15am – 10:45am | Banbridge Leisure Centre<br>Learner Pool 5 Week Prog |
| <b>Little Baby Swim</b><br>Babies Aged 8 Weeks up to 12 Months Old                                                                                          | Thursday | 26th February – 26th March | 11:00am – 11:30am | Banbridge Leisure Centre<br>Learner Pool 5 Week Prog |
| <b>Mini Health &amp; Wellbeing Hub</b><br>Parents/Carers<br><b>**30 min time slots will be allocated**</b>                                                  | Friday   | 27th February              | 10:00am – 2:00pm  | Star Sure Start                                      |
| <b>Little Star's Bedtime Story Family Event</b><br>All Families with Children Aged from Birth up to 4th Birthday                                            | Thursday | 5th March                  | 5:45pm – 7:00pm   | Star Sure Start                                      |
| <b>Star Dad's Saturdays – Little Outdoor Explorers</b><br>Dads/Carers and Children From Birth up to 4th Birthday inc. Older Siblings Aged up to 7 Years Old | Saturday | 14th March                 | 10:00am – 11:30am | Banbridge Riverwalk                                  |
| <b>Becoming &amp; Blossoming Mums</b><br>Mum's To Be & Mum's                                                                                                | Saturday | 14th March                 | 10:15am – 11:15am | Star Sure Start                                      |
| <b>Save a Baby/Child's Life</b><br>Parents/Carers                                                                                                           | Monday   | 23rd March                 | 6:30pm – 8:00pm   | Star Sure Start                                      |
| <b>Star's Easter Eggstravaganza Family Event</b><br>All Families                                                                                            | Friday   | 27th March                 | 10:30am – 12noon  | Star Sure Start                                      |

Look out for the different age ranges within our programmes

### Support our Little Stars and their Sensory System

**Thursday 19th February 10:00am – 11:30am**

Join us alongside an experienced Occupational Therapist as we talk about all things sensory related. We will explore how our little ones sensory system can influence their behaviour and what we can do to help support them. **Limited crèche spaces available.**



### Star's Easter Eggstravaganza Family Event

**Friday 27th March 10:30am – 12noon**

We are having a fun filled family event celebrating all things Easter! There will be lots of creative play opportunities and activities for you and your children to enjoy. Watch out for the Easter Bunny!



## Say Hello to our new Speech & Language Therapist Caroline

I have worked as a Speech and Language Therapist for over twenty years in many settings. I really enjoy Sure Start and feel extremely passionate about early intervention. It's so important to get little ones on the best pathway to start their journey. I love to see children

becoming confident communicators and supporting parents and carers.

I'm looking forward to meeting you all at my groups. They will be full of sweet ideas for you and your little ones to enjoy.



## Family Saturday's - Big Cook Little Cook



## Toddle & Talk

Monday  
5th - 26th January  
10:00am - 11:00am

Come along to this four week programme for parents and toddlers to enhance speech, language and communication skills through play.



## Story Trail & Pancake Party

Monday 16th February  
10:00am - 11:30am

Come and join us for an interactive, fun story trail where we move around the Project and finish with a Pancake Party together.



## 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**



## Little Star's Cafe

