

StarNews

#17 Spring 2026

Spring is here at last!

Spring is in the air at Star Sure Start, and we're excited to share a season packed full of fun, learning and support for our families!

The team is here to provide guidance, encouragement and a friendly space to connect with other families in the community.

Whether you're looking to nurture your child's development and early learning, meet other

parents, or simply enjoy quality time together, Star has something for you this Spring.

Look inside to see what's blooming at Star this season, we can't wait to welcome you and your little ones!

Spring is proof that children like flowers grow every day, learning, laughing and shining together.

Starx

OFFICE CLOSURES

Easter Holidays

Office Closed From
Monday 6th April

Office Re-Opening
Monday 13th April

May Bank Holiday's

Office Closed
Monday 4th May

Office Closed
Monday 25th May

Aware NI – Living Life to the Full

Monday 20th April – 8th June 6:30pm – 8:30pm
****Prog closed 4th & 25th May for Bank Holidays****

Parenting is rewarding – but it can also be stressful and overwhelming at times. Living Life to the Full is a friendly, supportive six week session designed to help parents feel more confident, calmer and in control. Learn simple, practical tools to manage stress and worry. Discover how your thoughts, feelings and behaviours are connected. Build positive coping skills you can use in everyday family life. This course offers a welcoming space to learn, reflect and recharge because when parents feel better families thrive.



Take Time for You – Christmas Creations



Talk About Teeth



Like our page:
Star Sure Start



Star Activities

APRIL – JUNE 2026



ACTIVITY	DAY	DATE	TIME	VENUE/DURATION
Baby Café Mum's To Be & New Mum's inc. Babies Aged up to 1 Year Old	Wednesday	1st, 15th & 22nd April 6th, 13th & 20th May 3rd, 10th & 17th June	10:00am – 11:30am	Star Sure Start Book-In Session
Bumps Café All Mum's To Be **Please see leaflet included for more details**	Wednesday	1st April, 6th May & 3rd 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	1st April – 24th June *Prog Closed 8th Apr & 27th May*	11:45am – 1:00pm	Star Sure Start Weekly Drop-In Session
Rhyme & Storytime Babies from Birth up to 18 Months Old	Monday	13th April & 11th May	9:45am – 10:45am	Star Sure Start Monthly Book-In Session
Rhyme & Storytime Children Aged 18 Months Old up to 4th Birthday	Monday	13th April & 11th May	11:15am – 12:15pm	Star Sure Start Monthly Book-In Session
Creative Kids Children Aged 1 Year Old up to 4th Birthday	Tuesday	14th April	10:30am – 12noon	Star Sure Start
Little Baby/Toddler Swim Babies Aged 8 Weeks Up to 4th Birthday **Allocated 30 min time slot**	Thursday	16th April – 14th May	9:30am – 10:30am	Banbridge Leisure Centre Learner Pool 5 Week Prog
Playtime – Quiet Play Session Children Aged 9 Months up to 4th Birthday	Friday	17th April – 19th June *Prog Closed 15th May for Staff Training*	9:30am – 10:30am	Star Sure Start Weekly Book-In Session
Playtime Children Aged 9 Months up to 4th Birthday	Friday	17th April – 19th June *Prog Closed 15th May for Staff Training*	11:00am – 12noon	Star Sure Start Weekly Book-In Session
Aware NI – Living Life to the Full Parents/Carers	Monday	20th April – 8th June *Prog Closed 4th & 25th May for Bank Holidays*	6:30pm – 8:30pm	Star Sure Start 6 Week Programme
Take 5 Crèche Provided Parents/Carers	Tuesday	21st April	10:00am – 11:30am	Star Sure Start
Star Dad's Saturdays – Hop Into Spring 4th Birthday inc. Older Sibling's Aged up to 7 Years Old	Saturday	25th April	10:00am – 11:30am	Star Sure Start
Becoming & Blossoming Mums Mum's To Be & Mum's	Saturday	25th April	10:00am – 11:00am	Star Sure Start
Mini Milestones Crèche Provided Parents/Carers **Please see leaflet included for more details**	Tuesday	28th April – 12th May	10:00am – 11:30am	Star Sure Start 3 Week Programme

Look out for the different age ranges within our programmes

Take 5

Tuesday 21st April
10:00am – 11:30am

Join Elaine from ABC Council here in Star as she delivers 'Take 5 Steps to Wellbeing'. This programme outlines five simple steps people can take to maintain and improve their mental health and wellbeing.

Limited crèche spaces available.



Baby Mindfulness & Reflexology

Friday 1st – 29th May 10:00am – 11:00am
****Prog closed on 15th May for Staff Training****

These sessions are a calm, nurturing experience that supports your little ones wellbeing while strengthening your bond. Using gentle touch and simple reflexology techniques, we help promote relaxation, better sleep, and comfort – with easy practices you can continue at home.



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
Baby Mindfulness & Reflexology Babies from Birth to 12 Months	Friday	1st May – 29th May *Prog Closed 15th May for Staff Training*	10:00am – 11:00am	Star Sure Start 4 Week Programme
Becoming & Blossoming Mums Mum's To Be & Mum's	Thursday	7th May	6:30pm – 7:30pm	Star Sure Start Monthly Book-In Session
Star Family Saturday's – Little Star's Keeping Active All Families inc. Siblings Aged up to 7 Years Old	Saturday	16th May	10:00am – 11:30am	Banbridge Leisure Centre – Squash Courts
Little Star's with Big Feelings Parents/Carers	Tuesday	19th May	6:30pm – 8:00pm	Star Sure Start
Parenting Puzzle <i>Crèche Provided</i> Parents/Carers	Thursday	21st May – 11th June	10:00am – 12noon	Star Sure Start 4 Week Programme
Wriggles & Wiggles Children Aged 1-2 Years Old	Tuesday	26th May – 2nd June	10:30am – 12noon	Star Sure Start 2 Week Programme
Toddle & Talk Children Aged 18th Months up to 4th Birthday	Monday	1st – 22nd June	10:00am – 11:00am	Star Sure Start 4 Week Programme
Chi Me & A Cup of Tea <i>Crèche Provided</i> Parents/Carers	Tuesday	9th June	10:00am – 12noon	Star Sure Start
Star Dad's Saturdays – Power of Play Dads/Carers and Children From Birth up to 4th Birthday inc. Older Siblings Aged up to 7 Years Old	Saturday	20th June	10:00am – 11:30am	Star Sure Start
Becoming & Blossoming Mums Mum's To Be & Mum's	Saturday	20th June	10:00am – 11:00am	Star Sure Start
Batch Cooking for Baby Parents with Babies Aged 6 – 12 Months	Tuesday	23rd June	6:30pm – 8:30pm	Star Sure Start

Look out for the different age ranges within our programmes

Little Star's with Big Feelings

Tuesday 19th May 6:30pm – 8:00pm

Does your little one struggle with BIG feelings at times? During this session, Joanne from Relax Kids will offer some key principles for supporting emotional regulation for babies and children. Joanne will also share some Baby Mindful and Relax Kids techniques and resources.



Chi Me & A Cup of Tea

Tuesday 9th June
10:00am – 12noon

During this workshop we will be joined by Cathy Devlin from ABC Council, who will deliver a Chi Me taster session. Chi Me is a series of Tai Chi influenced exercises which can help improve muscular strength, balance, co-ordination, flexibility and promote relaxation. While we enjoy a cuppa after, we will be joined by a representative from The Recovery College to give us an overview of the services they can offer around understanding our mental health and well-being.

Limited crèche spaces available.



Wriggles & Wiggles

Tuesday 26th May – 2nd June 10:30am – 12noon

This is a movement based programme specifically for 1-2 year olds, focusing on how you can support your child's physical development. This will involve rotating around activity stations with simple and fun activities that you can replicate in the home.



Say Hello to our new Health Visitor Helen

Hi, I'm Helen Star's new Health Visitor. I was a Nurse for nineteen years and previously worked in areas such as Paediatrics and Neonatal before becoming a Health Visitor five years ago.

As a Mum of five I was registered with my local Sure Start and availed of their wonderful services and support for many

years. I made lots of positive friendships that I still hold today. That time with Sure Start has made me passionate about recreating the same experience for all of our families in Star. I hope that my professional expertise as a Nurse and Health Visitor, as well as my own personal experience as a mum, can help support and



guide our parents and carers through their little one's development with confidence and competence.

Star Dad's Saturday



Say Hello to our new Early Years Assistant Melanie



Hi, I'm Melanie Star's new Early Years Assistant. I have almost thirty years' experience working with children in various Early Years settings. I enjoy working with young children and watching

them grow and develop. I feel it's such a privilege to be part of their young lives and I look forward to meeting and getting to know all the wonderful families at Star.

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!**



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Star Sure Start



Baby Massage

