

StarNews

#18 Summer 2026

SUMMER HAS ARRIVED

Summer is here and we're so excited to share it with all our families, from growing bumps to busy little explorers. Whether you're counting down to baby's arrival, adjusting to life with a newborn or chasing a curious toddler around the park, we are here for you every step of the way.

Our sessions this summer will include everything from

calm, supportive antenatal spaces and baby groups, to messy play, outdoor fun, and plenty of opportunities for little ones to learn, wiggle, and giggle. We'll also be sharing simple tips to help keep everyone cool, safe, and smiling during the warmer months.

Most of all, we hope Star continues to be a place where you feel welcome, supported, and never

alone - whatever stage you're at.

We can't wait to enjoy a summer full of laughter, learning, and lovely moments together.

Starx

OFFICE BANK HOLIDAY CLOSURES

Monday 13th July
Tuesday 14th July
Monday 31st August

Women's Holistic Health & Wellbeing Programme

****includes optional Couch to 5k****

Monday 7th July – 25th August 6:30pm – 8:30pm

Would you like to prioritise time this summer to look after your own health and well-being? Come and join us for this 8-week programme which includes weekly Health Information Sessions alongside an optional Couch to 5k. Couch to 5k is a gentle way to improve your fitness and get out in the fresh air to help support your mental well-being. We will encourage you to take it at your own pace and enjoy time for you!



IMPORTANT NEWS

THE FAMILY SUPPORT MOBILE NUMBER HAS CHANGED.
GOING FORWARD PLEASE USE **07375 947861**

Like our page:
Star Sure Start



Star Sure Start, 2b/2c Newry Road, Banbridge, BT32 3HF
Tel: 028 406 22475 | **Email:** star.surestart@southerntrust.hscni.net

Playtime

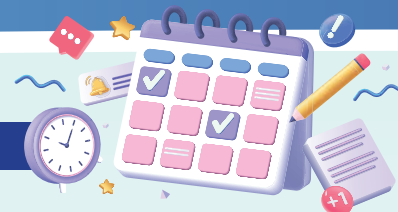


Star Family Saturday's



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

Star Activities JULY – SEPTEMBER 2026



ACTIVITY	DAY	DATE	TIME	VENUE/DURATION
Summer Play Programme (see flyer inside) Session 1: Star's Beach Bonanza Children from Birth up to 4th Birthday	Tuesday	7th July	11:00am – 12:30pm	Star Sure Start
Women's Holistic Health and Wellbeing Programme **Couch to 5k optional** Mums/Female Carers	Tuesday	7th July – 25th August	6:30pm – 8:30pm	Banbridge Leisure Centre 8 Week Programme
Summer Breastfeeding Support Sessions Antenatal & Breastfeeding Families inc. Children Aged up to 4th Birthday	Wednesday	8th July 26th August	11:45am – 12:45pm	Star Sure Start Monthly Drop-In Session
Summer Play Programme (see flyer inside) Session 2: Little Chefs at Work Children from Birth up to 4th Birthday	Thursday	16th July	11:00am – 12:30pm	Star Sure Start
Together Before Baby Antenatal Families	Tuesday	21st July	6:30pm – 8:00pm	Star Sure Start
Summer Play Programme Outing 1 (see flyer inside) Outdoor Explorers: Forest Fun at Slieve Gullion Children from Birth up to 4th Birthday inc. Older Siblings Aged up to 12 Years Old	Wednesday	22nd July	9:45am – 2:30pm	Slieve Gullion Forest Park **Bus Provided**
Baby Massage Babies from Birth to 12 Month	Tuesday	28th July – 25th August	10:00am – 11:30am	Star Sure Start 5 Week Programme
Simmer With Star Online! Parents/Carers **Link for session to be emailed on Thursday of each week**	Thursday	30th July – 20th August	Parent to choose suitable time	Delivered Via MS Teams 4 Week Programme
Breastfeeding Celebration Tea Party All Antenatal & Breastfeeding Families	Wednesday	5th August	11:30am – 1:00pm	Star Sure Start
Summer Play Programme (see flyer inside) Session 3: Paint Splash – Messy Masterpieces Children from Birth up to 4th Birthday	Thursday	6th August	11:00am – 12:30pm	Star Sure Start
Summer Play Programme (see flyer inside) Session 4: Little Star's with Big Energy Children from Birth up to 4th Birthday	Thursday	13th August	11:00am – 12:30pm	Banbridge Leisure Centre Squash Courts
Rhyme & Storytime Babies from Birth up to 18 Months Old	Monday	17th August & 14th September	9:45am – 10:45am	Star Sure Start Monthly Book-In Session
Rhyme & Storytime Children Aged 18 Months Old up to 4th Birthday	Monday	17th August & 14th September	11:15am – 12:15pm	Star Sure Start Monthly Book-In Session
Summer Play Programme Outing 2 (see flyer inside) Tannaghmore Adventure: Exploring the Animal Farm and Gardens Children from Birth up to 4th Birthday inc. Older Siblings Aged up to 12 Years Old	Thursday	20th August	9:45am – 2:30pm	Tannaghmore Gardens & Animal Farm **Bus Provided**

Look out for the different age ranges within our programmes

Together Before Baby

Tuesday 21st July 6:30pm – 8:00pm

Prepare for parenthood with Together Before Baby, a supportive group designed for our antenatal families. Join us to build friendships, share experiences and gain confidence as you prepare for your new arrival.



Connect With Me

Monday 24th August 10:00am – 11:00am

All parents and babies are welcome to join us at our Connect With Me Workshop, with Star's Speech and Language Therapist, Caroline. Your baby's brain is like a jigsaw; you connect with baby and that connects their brain. Come along and learn fun ways of helping your baby's brain develop and receive a lovely book.



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
Connect With Me Parents and Children from Birth up to 18 Months Old	Monday	24th August	10:00am – 11:00am	Star Sure Start
Bumps Café All Mum's To Be	Wednesday	2nd September	10:00am – 11:30am	Star Sure Start Monthly Book-In Session
Baby Café Mum's To Be & New Mum's inc. Babies Aged up to 1 Year Old	Wednesday	2nd, 9th, 16th & 23rd September	10:00am – 11:30am	Star Sure Start Book-In Session
Breastfeeding Support Group Antenatal & Breastfeeding Families inc. Children Aged up to 4th Birthday	Wednesday	2nd – 30th September	11:45am – 12:45pm	Star Sure Start Weekly Drop-In Session
Little Baby/Toddler Swim Babies Aged 8 Weeks Up to 4th Birthday **Allocated 30 min time slot**	Thursday	3rd September – 1st October	9:30am – 10:30am	Banbridge Leisure Centre Learner Pool 5 Week Prog
Wriggles & Wiggles Children Aged 1-2 Years Old	Thursday	3rd & 10th September	11:30am – 1:00pm	Star Sure Start 2 Week Programme
Men's Health and Lifestyle Programme Dads/Male Carers	Monday	7th September – 26th October	6:30pm – 8:30pm	Banbridge Leisure Centre 8 Week Programme
Invest in Play Crèche Provided Parents/Carers with Children Aged 2 Years Old up to 4th Birthday	Tuesday	8th September – 1st December **Closed on 27th October for Half Term Break**	9:45am – 12noon	Star Sure Start 12 Week Programme
Becoming & Blossoming Mums Mum's To Be & Mum's	Thursday	10th 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	18th & 25th September	9:30am – 10:30am	Star Sure Start Weekly Book-In Session
Playtime Children Aged 9 Months up to 4th Birthday	Friday	18th & 25th September	11:00am – 12noon	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	19th September	10:00am – 11:30am	Star Sure Start
Baby Mindfulness & Reflexology Babies from Birth to 12 Months	Friday	25th September – 16th October	10:00am – 11:00am	Star Sure Start 4 Week Programme

Look out for the different age ranges within our programmes

Simmer with Star Online!

Thursday 30th July – 20th August
(Parents to choose suitable time)

Join Wendy as we offer our Simmer with Star slightly differently – it's going online! These virtual sessions will help you create healthy, hearty & cost effective slow cooked meals. You will learn lots of money saving tips as well as healthy eating information. All ingredients will be provided each week for you to create a delicious meal. A slow cooker will be provided to each family participating who do not already have one. ****Link for session to be emailed on Thursday of each week****



Men's Health and Lifestyle Programme

Monday 7th September – 26th October 6:30pm – 8:30pm

We are looking for dads/carers to join us for an 8-week programme that focuses on looking after your health and well-being. You will be joining up with the ABC council and a number of other organisations as you enjoy a range of weekly Physical Activities and Health Information Sessions. This programme is a great reminder to take time to support your health and mental well-being while making social connections.



Invest in Play

Tuesday 8th September – 1st December 9:45am – 12noon
(Programme closed 27th October for Half Term Break)

Leanne & Wendy would love you to join them for our first time offering Invest in Play! This programme is centred around the "Six Bricks" model with research-proven steps that help build a strong foundation for children's lives. Parents who use these steps will learn how to; use play and positive attention to strengthen relationships, support children's learning, emotional literacy and social skills, set caring limits to create a safe and predictable environment for children to thrive, as well as regulating strong emotions.

Limited crèche spaces available.

Selective attention	Building co-operation
Predictable limits	Building security
Praise and rewards	Building confidence and self-esteem
Focused commenting	Building social, emotional and learning skills
Play	Building attachment, relationships and self-worth
Thoughts, feelings and behaviour	Building parental self-efficacy and confidence

Breastfeeding Celebration Tea Party

Wednesday 5th 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.



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!

Gentle Reminder to all Parents/Carers

When you arrive at Star, please press the green entry button located on the left-hand side of the wall and the gate will open automatically. Once you have entered the premises, the gate will close automatically. Upon exiting the building, please press the green release button located on the right-hand side of the wall and the gate will open automatically and then close once you have exited the building.

Please **DO NOT PULL** or **PUSH** the gate open or closed as this will damage the motor that has been fitted to the gate.
Thank you for your cooperation.

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!



Star Team's Contact Numbers

Early Years Team
t: 07498 212205

Family Support Team
t: 07375 947861



Like our page:
Star Sure Start



Baby & Toddler Swim



Easter Family Event



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