

StarNews

#19 Autumn 2026

Crunch, Explore and Play this Autumn

 Autumn is here! It's time for crunchy leaves, cosy jumpers, crisp morning walks and lots of seasonal fun at Star.

We'll be bringing you a fantastic mix of programmes and activities designed to help little ones learn through play. While giving parents and carers the chance to connect, learn new skills and make wonderful memories together. Whether it's Playtime,

Rhyme and Storytime, Invest in Play, Take Time for You Workshop's, or festive celebrations, there's something for everyone to enjoy.

Let's make the most of this colourful season with stories to spark imaginations, songs to sing together and moments that will make little hearts smile.

Remember, you're never alone on your parenting journey. Whether you're

looking for advice, support, or simply want to find out what's happening, our door is always open. Please get in touch. We're here to listen, help and support you every step of the way.

Starx

****CHRISTMAS HOLIDAY CLOSURES****

Office Closing Friday
18th December
Office Re-Opening
Monday 4th January

****IMPORTANT NEWS****

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

Star Dad's Saturday



Women's Health Programme

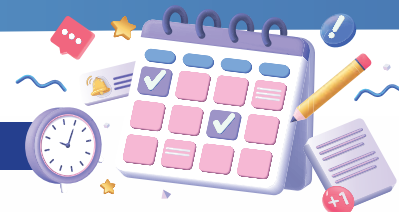


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Star Sure Start



Star Activities

OCTOBER – DECEMBER 2026



ACTIVITY	DAY	DATE	TIME	VENUE/DURATION
Playtime – Quiet Play Session Children Aged 9 Months up to 4th Birthday **See change of time for session**	Friday	2nd October – 4th December *Prog Closed for Staff Planning 23rd Oct & Mid Term Break 30th Oct*	10:00am – 11:00am	Star Sure Start & Various Locations Weekly Book-In Session
Playtime Children Aged 9 Months up to 4th Birthday **See change of time for session**	Friday	2nd October – 4th December *Prog Closed for Staff Planning 23rd Oct & Mid Term Break 30th Oct*	11:30am – 12:30pm	Star Sure Start & Various Locations Weekly Book-In Session
Toddle & Talk Children Aged 18th Months up to 4th Birthday	Monday	5th October – 2nd November *Prog Closed for Mid Term Break 26th October **	10:00am – 11:00am	Star Sure Start 4 Week Programme
Baby Café Mum's To Be & New Mum's inc. Babies Aged up to 1 Year Old	Wednesday	7th, 14th & 21st October 4th, 11th & 18th November 2nd & 9th December	10:00am – 11:30am	Star Sure Start Book-In Session
Bumps Café All Mum's To Be	Wednesday	7th October 4th November 2nd December	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	7th October – 16th December *Prog Closed for Mid Term Break 28th October **	11:45am – 12:45pm	Star Sure Start Weekly Drop-In Session
Mini Milestones Crèche Provided Parents/Carers **Please see leaflet included for more details**	Thursday	8th– 22nd October	9:45am – 11:30am	Star Sure Start 3 Week Programme
Becoming & Blossoming Mums Mum's To Be & Mum's	Saturday	17th October	10:00am – 11:00am	Star Sure Start
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	17th October	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	14th November	10:00am – 11:30am	Star Sure Start

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 pop it up on our Facebook page. We are happy to 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
Becoming & Blossoming Mums Mum's To Be & Mum's	Thursday	19th November	6:30pm – 7:30pm	Star Sure Start Monthly Book-In Session
Rhyme & Storytime Babies from Birth up to 18 Months Old	Monday	30th November 7th December	9:45am – 10:45am	Star Sure Start Monthly Book-In Session
Rhyme & Storytime Children Aged 18 Months Old up to 4th Birthday	Monday	30th November 7th December	11:15am – 12:15pm	Star Sure Start Monthly Book-In Session
Creative Kids Children Aged 1 Year Old up to 4th Birthday	Thursday	3rd December	10:30am – 12noon	Star Sure Start
Becoming & Blossoming Mums Mum's To Be & Mum's	Saturday	5th December	10:00am – 11:00am	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	5th December	10:00am – 11:30am	Star Sure Start
Take Time for You – Christmas Creations Parents/Carers	Monday	7th December	6:30pm – 8:30pm	Star Sure Start
Take Time for You – Christmas Creations Crèche Provided Parents/Carers	Tuesday	8th December	9:45am – 12noon	Star Sure Start
Star's Magical Christmas Experience All Registered Families with Children aged up to 4th Birthday <i>*All details to be confirmed closer to the time of the event running*</i>	Thursday	10th December	T.B.C.	T.B.C.

Look out for the different age ranges within our programmes

Toddle & Talk

Monday 5th October –
2nd November 10:00am – 11:00am

Come along to this programme as children take part in fun repetitive activities which target the development of their attention and listening skills, ability to take turns, understanding of simple language and development of their vocabulary.



Take Time For You – Christmas Creations

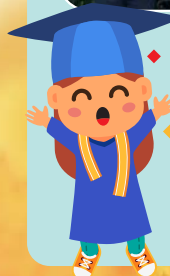
Monday 7th December 6:30pm – 8:30pm
Tuesday 8th December 9:45am – 12noon

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.



Developmental Programme for 2-3 Year Olds Graduation Day – Class of 2026



Support Services for Families over the Holidays

The Christmas holidays can be a wonderful time, but they can also bring extra pressures. If you or someone you know needs support during this time, please remember that help is available.

Food & Cost of Living Support

- Community Advice ABC – Tel: 0330 135 9733
- Store House Foodbank & Social Supermarket 49-51 Church Street, Banbridge (see leaflet included in Newsletter for more information)

Mental Health & Emotional Wellbeing

- Lifeline – Tel: 0808 808 8000
- Minding Your Head – Website: www.mindingyourhead.info

Child Protection Concerns

- Gateway service Southern Trust – Tel: 028 3756 7100
- Out of hours Emergency Social Work service – Tel: 0800 197 9995

If a child is in immediate danger call 999

Domestic Abuse

- 24 Hour Domestic & Sexual Abuse Helpline – Tel: 0808 802 1414
- Women's Aid Armagh Down – Tel: 028 3025 0765

Drugs & Alcohol

- Addiction N.I. – Tel: 028 9066 4434 or Website: addictionni.com

Summer Play Programme



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 co-operation.

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

