



Dungannon & Coalisland SURE START NEWSLETTER JAN - MAR 2024



Thanks to all who came along to our Christmas party or signed up for our special Christmas boxes, we really enjoyed meeting with families and look forward to seeing you at groups throughout the year. We are delighted that so many of you are expressing an interest in the groups we schedule, but just a gentle reminder that sometimes it isn't possible for you to come along to every group that you express an interest in. Staff try to ensure that places are allocated fairly and that everyone gets an opportunity to come along to something. If you ever have an issue or are not happy with any of our services then please get in touch with me directly, I will listen to your concerns and welcome your feedback.

Sure Start in Dungannon and Coalisland have a great staff team who really want the best for the children and families in this area and mechanisms like the Parents Forum really help us to keep getting better. Finally, as things get tighter financially for many families if you are struggling we can support you to link with the foodbank and at times we have access to other resources – so don't struggle on your own, let us know.

See you soon.

Siobhan Wallace
Programme Manager



Check out our new website

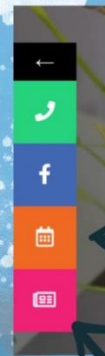
www.surestartdc.org

where you can easily access our latest timetable and you can now express your interest in groups by clicking on the icons below



LITTLE EINSTEINS runs over 3 weeks and includes information about brain development, resilience and play. We look at what influences the development of the brain and learn some tips on "brain building" activities. We also learn about how the quality of the parent-child relationship is crucial to the way the brain is wired and to your child's ability to regulate their own emotions and behaviour.

This is suitable for first time and antenatal parents!
A limited number of crèche places shall be provided

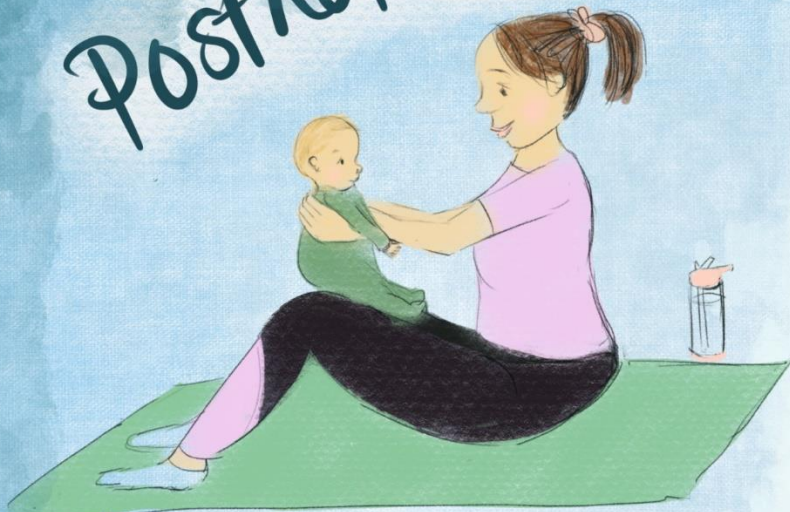


Click here to express interest in groups

Click here for our latest newsletter



Postnatal Exercise class



You asked - we listened!
One of the things that parents have been asking for at our Parents' Forum meetings is more physical activity classes. Whilst a couple of new children's classes are in the pipe line for later in the year we are now pleased to announce a special new post-natal exercise class coming up on Thursday afternoons between 2pm and 3pm here in our Dungannon Centre. The classes start on 22.02.24 and will be delivered by PT instructor, Laura Donnelly. Sizes of the class will be restricted to 10 parents. Non mobile babies are welcome to come along too and will be in the room with mum.



Dungannon Discovery Trail

Take your child on a discovery trail around Dungannon where they can learn about and connect with the community that they live in. On this adventure together you will use our map to search for our lovable SureStart character Acorn Man, following his journey around the town, you will also pick up some treats and treasures along the way.

This project is part of our way of making the children that attend SureStart visible in the community and we hope that through this we will get to see the town/community from a child's point of view.

The dates for this are:

Mon 19th and 26th Feb and Mon 25th March.

If you are interested in taking part in this fun discovery trail please get in touch by calling 02887729695.

This is most suitable for children aged 2-4years old

Step into Spring

Thurs 14th, 21st and 28th March
10.00-11.00am
Dungannon Park



Step into Spring

Trying to balance work, relationships and commitments, while trying to get enough sleep, eat well and stay active can be tough. Spring is the ideal opportunity to take advantage of the longer days and warmer weather. So put a spring in your step, meet other parents and enjoy the fresh air by putting on your trainers and joining us for a scenic walk in Dungannon Park.

slow cooker evening

Come and join us for an evening where you will learn about how to make healthy slow cooker meals.

During the evening you will get to sample some delicious food as well as learning about the benefits of slowcooking as well as some top tips.

Tues 30th Jan
6.00pm - 8.00pm
Dungannon SureStart



Developmental Programme for 2-3yr olds



The Developmental Programme for 2-3 year old expression of interest forms will soon be arriving through your letter box for 2024-2025 intake year. Children eligible for the programme must be born between the 2nd of July 2021 and 1st July 2022.



Dungannon & Coalisland Sure Start Developmental Programme focuses on the positive potential of young children and recognises the importance of a play based approach to aid their development and understanding of the world around them. Our aim is to provide play experiences which stimulate the senses, with a focus on four main areas of development including, physical development, social and emotional development, exploring and thinking, and speech and language development. Children get the opportunity to freely explore their environment and satisfy their natural curiosity at their own pace and are supported to do this by staff.

If you think your child is eligible and you did not receive an expression of interest form by February please contact the main office on

02887729695



Time Table JANUARY-MARCH 2024



Group	Time & Date	Venue
Breastfeeding Group.	Every Wed - 10.30-12noon	Dungannon SureStart
Story & Rhyme Dungannon 0-4yrs	Mon 8th, 22nd Jan, 5th, 19th Feb, 4th March, 10.30-11.00am	Dungannon Library
Baby Massage 0-1yr	Wed 10th Jan - Wed 7th Feb (5 weeks) 1-2pm	Dungannon SureStart
Cardboard Creations 18mnths-4yrs	Thurs 11th Jan, 10am-11am	Dungannon SureStart
Story & Rhyme Coalisland 0-4yrs	Thurs 11th, 25th Jan, 8th, 22nd Feb, 7th, 21st March 10.30-11am	Coalisland Library
Young Parents (Crèche available)	Thurs 11th Jan -18th Jan and Thurs 22nd Feb-29th Feb - 10.30-11.30am	Dungannon SureStart
Tempo Ho 0-18mnths	Fri 12th Jan-Fri 9th Feb (5 weeks) 10-11am	Dungannon SureStart
Art Ventures 18mnths-4yrs	Mon 15th Jan - Mon 5th Feb (4 weeks) 11-12noon	Cornmill Coalisland
Baby Yoga 9 mnths- walking	Mon 15th Jan - Mon 5th Feb (4 weeks) 1.30-2.30pm	Dungannon SureStart
Rhyme B4 Teatime 0-4yrs	Mon 15th Jan, 29th Jan, 26th Feb; 11th Mar, 25th March 3.45-4.15pm	Dungannon SureStart
Playtime 18mnths-4yrs	Tues 16th Jan- Tues 6th Feb (4 weeks) 10.30 - 11.30am	Dungannon SureStart
Baby Sensory 0-18mnths	Thurs 18th Jan- Thurs 8th Feb (4 weeks) 10-11am OR 12-1pm	Dungannon SureStart
Chattermatters (time slots)	Thurs 25th Jan, Thurs 29th Feb, Thurs 28th March, 1-5pm	Dungannon SureStart
Hypnobirthing	Fri 26th Jan- Fri 9th Feb (3 weeks) 1-3pm	Dungannon SureStart
Slow Cooker Session	Tues 30th Jan 6-8pm	Dungannon SureStart
Dungannon Discovery trail 2-4yrs	Mon 19th Feb- Mon 26th Feb, Mon 25th March, 10-11am	Dungannon SureStart
Baby Massage 0-1yrs	Mon 19th Feb - Mon 25th March (5 weeks) (not on 18/3/24) 10.30 -11.30am	Cornmill Coalisland
Exploration Day 18mnths-4yrs	Tues 20th Feb (time slots)	Dungannon SureStart
Parenting Puzzle & Crèche	Wed 21st Feb - Wed 13th March (4 weeks) 10-12noon	Dungannon SureStart
Baby Massage (Crèche available)	1 off session Fri 23rd Feb 10-11am (creche for siblings up to 4yrs)	Dungannon SureStart
Playtime 18mnths-4yrs	Fri 23rd Feb - Fri 15th March (4 weeks) 10.30-11.30am	Parochial Centre Coalisland
Dads Group 0-18mnths	Sat 24th Feb, Sat 30th March 10.30-11.30am	Dungannon SureStart
Postnatal Exercise Class (for mum and baby)	Thurs 22nd Feb- Thurs 28th March 2pm - 3pm	Dungannon SureStart
Musical Storytime 18mnths-4yrs	Tues 27th Feb 10-11am or 12-1pm	Dungannon SureStart
Stories B4 Bedtime 0-4yrs	Tues 27th Feb 6.30-7.30pm	Dungannon SureStart
Tetun Walk & Talk	Tues 27th Feb 11-12noon	Ranfurly House
Tetun Antenatal Education & Creche	Fri 1st March 10.30 - 11.30am	Dungannon SureStart
Health Visiting Workshop (Weaning)	Mon 4th March 10-11am	Dungannon SureStart
Antenatal Workshop	Mon 4th March 6-7pm	Dungannon SureStart
Little Einstein (Crèche available)	Tues 5th March- Tues 19th March (3 weeks) 10-12noon	Dungannon SureStart
Forest Adventurers 18mnths-4yrs	Wed 6th March- Wed 27th March (4 weeks) 10-11am	Dungannon Park
Blissful Arts (Crèche available)	Thurs 7th March- Thurs 28th March (4 weeks) 10.30-12noon	Dungannon SureStart
Childs Eye View 2-4yrs	Thurs 7th March 10-11am (photography group for children)	Dungannon Park
Brincadeira 18mnths-4yrs	Fri 8th March - Fri 29th March (4 weeks) 11-12noon	Dungannon SureStart
Mothers Day Brunch	Mon 11th March drop in between 10-1pm	Dungannon SureStart
Step into Spring	Thurs 14th March- Thurs 28th March (3 weeks) 10-11am	Dungannon Park
Healthy Meals (Crèche available)	Wed 20th March 10-11am	Dungannon SureStart
Parents Forum (Crèche available)	Tues 26th March 10-11.30am	Dungannon SureStart
Speech Workshop (Crèche available)	Wed 27th March 10-11am	Dungannon SureStart

Coalisland

Call us on 02887 729695 or email us at info@surestartdc.org to express interest in any of our groups. 5 Ballygawley Rd. Dungannon BT701TU



Find us on Facebook or for our Instagram search [surestartdc](#)