



Dungannon & Coalisland SURESTART NEWSLETTER APRIL-JUNE 24

Managers note ↘

As we prepare this newsletter today we have just finished our Mother's day celebrations here in Sure Start and what a fantastic, relaxed day we had! Alongside lots of delicious treats, parents had time to chat with their friends, make aromatic face scrubs and receive a little pamper gift. As one of our mums said, "it's lovely to get spoilt and have a chat with other mums". Parents also had the opportunity to choose some clothes from our baby clothes rail which is always available in the Birch room behind reception but today had lots of extras, including special crochet baby blankets. Thanks to all of our parents who have donated beautiful preloved baby clothes so that others can benefit. If you have any good quality items for babies or toddlers which you don't need any more we would be happy to pass these on.

Over the next few weeks we have lots of groups coming up and a reminder that you can express your interest in these groups through our website or by ringing the office. Staff are always happy to help to explain what each group is. I would also like to remind you that if you are breastfeeding or know a breastfeeding mum please think about coming along to Breastfeeding Group which runs every Wednesday 10.30am to 12.00 noon. Even if you have no issues with breastfeeding it's great to see you and you can help by chatting with other mums and sharing your own experiences.

Our services will be closed all of Easter Week from Monday 1st April to Friday 5th April.
We look forward to seeing you after,

Siobhan Wallace
Programme manager



Exploration Day

Children had great fun exploring all the different activities at our recent Exploration Day. They were able to use and develop their senses as they moved around the room. One of the most loved activities was our new ball run. Children and their parents loved rolling the balls down the chutes to see how fast they would go! Have a look at the pictures to see what else they got up and how you can easily replicate some of these at home.

Our next Exploration Day is on
Tuesday 18th June for children aged 0 – 18 months





A trip to "The Argooy"

Spring began with the lovely opportunity of going on a couple of trips to The Argooy where the children were able to see inside the beautiful house. It was great to be able to introduce the children to some local heritage as well as getting some fun play in the LightBox (Discovery room) and to enjoy a picnic in the lovely grounds of The Argooy. Thankyou to National Museums NI who funded this lovely event and to The Argooy staff for all their hospitality.

"A focus on you"



Why not take some time out to 'focus on yourself' by attending our new Health and Wellbeing group. During this round of sessions we will be focusing on photography and you will have space to take a little breather, to relax with other parents and to discover new photography skills that help you tap into new ways of expression.

**This group runs from
Mon 3rd June- Mon 24th June (4weeks)
and creche is available**

Balanceability



Balanceability is an approved Learn to Cycle programme for children aged 2½ years and upwards, and is the fundamental starting point for children's cycling and an excellent opportunity to promote active lifestyles at the earliest possible age.

The course will run over 4 weeks and will promote children's physical development including running, jumping, balancing and spatial awareness; all while having fun, building their confidence and learning a key life skill.

" Learning to ride a bicycle is one of life's milestones, providing children with their first taste of mobile independence".

**Tues 7th May -Tues 28th May (4weeks)
10.30am-11.30am**

Chill, chat & coffee



Mon 3rd - Mon 24th (4 weeks)
11am - 12noon
Brackville Parish Church Hall Coalisland

CHILL, CHAT AND COFFEE

We believe that chatting with others can brighten your day! This group provides a great opportunity to meet new people and exchange tips, experiences, advice and even have a good laugh over a warm cup of tea and coffee and let's not forget the biscuits! We've got you covered while you relax and enjoy the group, we provide a play area for your child. Don't miss out on this great opportunity to unwind and connect with others!

NEW! Speech and Language Advice Line

Have you any questions or concerns about your child / young person's speech, language and / or communication skills?



Phone for advice from an experienced Speech & Language Therapist.

- Speech sounds
- Language development
- Social communication
- Stammering

Our advice line is open to parents & carers living in the Trust area.

If your child is already on our lists, please just contact your local clinic

Open every Monday 10am - 12pm
028 3756 6446

HSC Southern Health and Social Care Trust
Quality Care - for you, with you



Dedicated Paediatric Speech and Language Therapy webpages now live!



You will find lots of great information and advice to help you support a child with speech, language and communication needs. Communication happens everywhere so everyone has the potential to support a child in their communication attempts.

<https://southerntrust.hscni.net/service/paediatric-speech-and-language-therapy/>

Parenting Groups

Families come in all shapes and sizes, they all have their own unique family culture, but there are two key messages that we nearly always hear: that parents and carers want to give their children the very best chance in life and that sometimes being a parent or carer can be the toughest job there is. At SureStart we understand that parenting is the most demanding, important, skilled job there is – with no salary or pension! Parenting can also be one of the most rewarding jobs – though it doesn't always feel like that. We offer a number of Parenting Programmes in SureStart which can help make the job easier, more fun and more survivable when the going gets tough.

- Here are some of our up and coming parenting groups -
- Nurturing Programme: Thurs 11th April- Thurs 20th June (11weeks) 10am-12noon
- Parenting Tips: Wed 1st May 10.00am-12.00noon
- Toilet Training (Health Visiting workshop): Mon 13th May 10.30am-11.30am

Timetable

APRIL - JUNE '24

Group	Time & Date	Venue
Breastfeeding Group	Every Wed apart from 3rd April 10.30am – 12noon	Dungannon Surestart
Rhymes before Teatime 0-4 yrs	Mon 8th & 22nd April, Mon 20th May, Mon 3rd & 17th June 3.45pm – 4.15pm	Dungannon Surestart
Playtime 18mths – 4yrs	Tues 23rd April – Tues 14th May (4weeks) 10.30am – 11.30am	Dungannon Surestart
Nurturing Programme with crèche	Thurs 11th April – Thurs 20th June (11 weeks) 10am – 12pm	Dungannon Surestart
Story and Rhyme 0-4 yrs	Mon 15th & 29th April, Mon 13th May Mon 10th & 24th, June 10.30am – 11am	Dungannon Library
Baby Massage 0-1yr	Mon 15th April – Mon 20th May (5 weeks) 10.30am – 11.30am	The Cornmill Coalisland
Baby Sensory 0-18mths	Wed 17th April – Wed 8th May (4 weeks) 10am – 11am	Dungannon SureStart
Tempo Ho 0-18mths	Wed 17th April – Wed 22nd May (6 weeks) 1pm – 2pm	Dungannon SureStart
Story and Rhyme 0-4yrs	Thurs 18th April Thurs 2nd, 16th, 30th May Thurs 13th, 27th June 10.30am – 11am	Coalisland Library
Young Parents 16-25yrs (Crèche available)	Tues 9th April – 16th April (2 weeks) OR Tues 4th – 11th June (2 weeks) 10.30am – 11.30am	Dungannon SureStart
Papa's and PJ's 0-4yrs	Mon 22nd April 6.30pm – 7.30pm	Dungannon SureStart
Healthy Meal's on a Shoestring (Crèche available)	Mon 29th April 10am – 11am Wed 1st May 6.30pm – 8:00pm	Dungannon SureStart Dungannon SureStart
Parenting Tips	Wed 1st May 6.30pm – 8:00pm	Dungannon SureStart
Balanceability 2.5yrs-4yrs	Tues 7th May – Tues 28th May (4 weeks) 10.30am – 11.30am	Youth Resource Centre
Hypnobirthing	Fri 10th May – Fri 24th May (3 weeks) 1pm – 3pm	Dungannon SureStart
Health visiting Workshop	Mon 13th May 10:30am – 11:30am	Dungannon SureStart
Toilet Training		
Antenatal Workshop	Mon 13th May 6pm – 7pm.	Dungannon SureStart
Little Chef 2-4yrs	Wed 15th May 10.30am – 11.30am	Dungannon SureStart
Speech and Language Workshop (Creche available)	Mon 20th May 10am - 11am	Dungannon SureStart
Art Ventures 18mths-4yrs	Wed 22nd May – Wed 12th June (4 weeks) 10am – 11am	Dungannon SureStart
Postnatal Exerise Classes (for mum and baby)	Thurs 23rd May - Thurs 27th June 2-3pm	Dungannon SureStart
Parent's Forum & Crèche	Tues 28th May 10am – 11.30am	Dungannon SureStart
Baby Massage 0-1yr	Wed 29th May – Wed 26th June (5 weeks) 1pm – 2pm	Dungannon SureStart
Brincadiera 18mths-4yrs	Fri 31st May – Fri 21st June (4 weeks) 11am – 12pm.	Dungannon SureStart
Playtime 18mths-4yrs	Fri 31st May – Fri 21st June (4 weeks) 10.30am – 11.30am	Parochial Centre Coalisland
"A Focus on You" Health and Well-being & Crèche	Mon 3rd June – Mon 24th June (4 weeks) 10.30am – 11.30am	Dungannon SureStart
Coffee, Chill and Chat	Mon 3rd June – Mon 24th June (4 weeks) 11am – 12noon.	Brackaville Parish Church Hall Coalisland
Antenatal East Timorese workshop	Mon 10th June 7pm- 8pm	Dungannon SureStart
Toddler yoga 2-4yrs	Tues 11th June 1pm -2pm	Dungannon SureStart
Me & Dad 0-4yrs	Sat 15th June 10.30am – 11.30am	Dungannon SureStart
Exploration Day 0-18mths	Tues 18th June Time slots	Dungannon SureStart
Musical Storytime 18mths-4yrs	Tues 25th June 10am – 11am or 12.00am – 1.00pm	Dungannon SureStart
Stories Before Bedtime 0-4yrs	Tues 25th June 6.30pm – 7.30pm	Dungannon SureStart
Exploring Paint though Play 18mths-4yrs	Thurs 27th June 10.30am – 11.30am	Dungannon SureStart M

- Coalisland
 -New venue

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