



Scan this for a description of the groups

# Timetable

## APRIL-JUNE '25

Group	Time & Date	Venue
Breastfeeding Support Group	Every Wed 10.30am – 12noon	Dungannon Sure Start
Young Parents Group (Crèche available)	Wed 2nd April, Thurs 3rd April and/or Tues 3rd June, Tues 10th June 10.30am – 11.30am	Dungannon SureStart
Story & Rhyme Coalisland 0-3yrs	Thurs 3rd April, Thurs 17th April, Thurs 1st May, Thurs 15th May, Thurs 29th May, Thurs 12th June, Thurs 26th June 10.30am – 11.00am	Coalisland Library
SLT Workshop (Crèche available)	Fri 4th April 10.30am – 11.30am	Dungannon SureStart
Story & Rhyme Dungannon 0-3yrs	Mon 7th April, Mon 19th May, Mon 2nd June, Mon 16th June, Mon 30th June 10.30am – 11.00am	Dungannon Library
Baby Massage 0-1yrs	Tues 8th April - Tues 6th May (4weeks) (off 22nd April) 10.00am – 11.00am	Dungannon SureStart
Tempo Ho Kangaroo 0-1yrs	Tues 8th April - Tues 6th May (4weeks) (off 22nd April) 11.30am – 12.30pm	Dungannon SureStart
Coffee, Chill, Chat 0-3yrs	Tues 8th April - Tues 6th May (4weeks) (off 22nd April) 10.30am – 11.30am	Brackville Church Hall
Sensory Explorers 18mths-24mths	Wed 9th April 10.00am – 11.00am	Dungannon SureStart
Exploration Day 18mths-3yrs	Thurs 10th April 10.30am - 3.30pm timeslots	Dungannon SureStart
Musical Storytime 18mths-3yrs	Mon 14th April 10.30am – 11.30am	Dungannon SureStart
Antenatal Workshop	Mon 14th April 6.00pm – 7.00pm	Dungannon SureStart
Rhymes Before Teatime 0-3yrs	Mon 14th April, Mon 28th April, Mon 12th May, Mon 9th June, Mon 23rd June 3.45pm – 4.15pm	Dungannon SureStart
Stories Before Bedtime 0-3yrs	Mon 14th April 6.30pm – 7.30pm	Dungannon SureStart
Healthy Meals on a Shoestring (Crèche available)	Wed 16th April 10.00am – 11.00am	Dungannon SureStart
Nurturing Programme (Crèche available)	Thurs 17th April, Thurs 1st May- Thurs 26th June (10weeks) 10.00am – 12noon (off 24th April)	Dungannon SureStart
Chatter Matters (SLT clinic)	Thurs 17th April, Thurs 29th May or Tues 24th June (1.00- 4.00pm, time slots)	Dungannon SureStart
Toddler Yoga 2-3yrs	Mon 28th April 10.30am– 11.30am	Dungannon SureStart
Playtime 18mths-3yrs	Wed 30th April-Wed 21st May (4weeks) 11.30am – 12.30pm	Dungannon SureStart
Brincadeira 18mths-3yrs	Wed 30th April- Wed 21st May 10.00am – 11.00am (4weeks)	Dungannon SureStart
Baby Massage 0-1yr	Mon 12th May - Mon 16th June (5weeks) (off 26th May) 10.30am – 11.30am	The Cornmill Coalisland
Forest Adventures 2-3yrs	Thurs 1st May - Thurs 22nd May (4weeks) 10.30am – 11.30am	Dungannon Park
Toddle and Talk 2-3yrs	Fri 2nd May - Fri 23rd May (4weeks) 10.30am – 11.30am	Dungannon SureStart
Hypnobirthing	Fri 9th May - Fri 23rd May (3weeks) 1.00pm – 3.00pm	Dungannon SureStart
Baby Sensory 0-18mths	Mon 12th May - Mon 9th June (off 26th May) 10.00am-11.00am or 1pm-2pm	Dungannon SureStart
Paediatric First Aid (Crèche available)	Tues 13th May -Tues 27th May (3weeks) 10.00am – 12noon	Dungannon SureStart
Papa and PJ's 0-3 yrs	Wed 14th May 6.30pm– 7.30pm	Dungannon SureStart
Art Ventures 18mths-3yrs	Wed 28th May - Wed 18th June (4weeks) 10.30am – 11.30am	Dungannon SureStart
Dads Group 0-3yrs	Sat 31st May 10.30am – 11.30am	Dungannon SureStart
Playtime 18mths-3yrs	Fri 6th June- Fri 27th June (4weeks) 10.30am – 11.30am	Coalisland Parochial Centre
Balanceability 2.5-3yrs	Tues 3rd June- Tues 24th June (4weeks) 1.00pm – 2.00pm (outdoor group)	Venue to be confirmed
Childs Eye View (Photography group for children) 2-3yrs	Mon 16th June 11.00am – 11.45am	Dungannon Park
Walk and Talk Tetun 0-3yrs	Wed 18th June 10.30am – 11.30am	Ranfurly House
Health Visitor Workshop (Toilet Training)	Mon 23rd June 10.30am – 11.30am	Dungannon SureStart
Parents Forum (Crèche available)	Wed 25th June 10.00am– 11.00am	Dungannon SureStart

- Coalisland

Call us on 02887 729695 or email us at [info@surestartdc.org](mailto: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

# Baby Sensory

It was great meeting so many new mum's and babies at our last Baby Sensory sessions and thank you for leaving such lovely feedback about your experience here! ". Check the timetable for Baby Sensory dates and times in May.

We have a special one off sensory based play session called 'Sensory Explorers' which is for children aged 18months- 24months. During this group toddlers will awaken and engage their senses in a variety of different ways whilst also having the freedom to roam, play and explore at their own pace.

**NEW GROUP**

## Sensory Explorers

Date: Wed 9th April, 10.00am-11.00am, Dungannon SureStart  
This group will be a fun experience not to be missed!



*A few pics from Baby Sensory*

# Our crèche

At Dungannon and Coalisland SureStart, our crèche team provide a welcoming, nurturing and creative space for children whilst parents attend a range of our programmes. Our staff provide many opportunities for children to learn through play based on the child interests; as well as helping with their social, emotional and communication skills. Here are some pictures of our children exploring and having fun in crèche.



# Learn Play Grow

During Learn, Play, Grow we adopt a Reggio Emilia approach to play which is child led and based on the inherent interests of the children.

The children attending Learn, Play, Grow have had lots of opportunities to explore inviting and interesting play set ups. Recently the children particularly enjoyed a winter wonderland play experience where they became immersed in a changing winter scene over a couple of weeks. It began with painting wintry trees which correlated lovely with the weather at that present time, and it then progressed to adding blocks of ice and arctic creatures.

These activities enabled the children to develop their natural curiosity, stimulating all their senses to an array of different experiences. Our team is looking forward to planning more exciting play as we support the development of the children and prepare them for their transition to pre-school.



## Young Parents Group

**Calling all parents  
aged 16-25 years old!**

Why not join us for our Young Parents Group and give yourself the same care that you give to others. Relaxing with other young parents while your children enjoy themselves in our crèche.

We have a range of activities, which are chosen by you. Whether you enjoy art, music or baking there is something for everyone.

*Wed 2nd APRIL, Thurs 3rd APRIL  
and/or  
Tues 3rd JUNE, Tues 10th JUNE*

**10:30am - 11:30am**

**Dungannon SureStart**



# Dungannon & Coalisland SURESTART NEWSLETTER APRIL-JUNE'24

managers note ↴

Thank you to everyone who completed our Dungannon and Coalisland SureStart Survey at the beginning of this year. Your responses help us plan and evaluate our programmes. Everyone completing the short questionnaire was either very happy or happy with our services which is great to hear. Some parents, have asked for more weekend and evening programmes which is something we would love to do, however over the past few years, due to funding pressures, our team has got smaller and therefore our capacity to deliver more programmes at weekends and evenings has been reduced. The great work that Sure Start Programmes do all over Northern Ireland is however increasingly recognised and we hope that we can avail of more funding to make this a possibility.

Thank you to everyone who completed an Expression of Interest form for our Developmental Programmes for 2-3 Year Olds. We will be in touch with everyone after Easter to let you know whether or not your child has secured a place.

If you haven't ever been to any of our programmes - maybe now is the time to reach out and tell us what you would like to attend. We always try to be fair so even if you don't get to all the groups you would like to attend you could get to some!

Siobhan Wallace  
Project Manager

NEW  
GROUP

## Developmental Programme for 2-3yr olds news

Hello my name is Maria and I am the new Early Years team leader for Dungannon and Coalisland Sure Start. I have spent almost half my career working within various Sure Starts.

Each of my roles have placed the changing needs families face at the centre. Sure Start remains a step ahead with its drive for excellence and partnership working with children and adults. In my first week at Dungannon and Coalisland Sure Start the whole Sure Start team came together to attend training that focused on placing the needs of the children at the centre 'Supporting Autistic Pre-schoolers' before and during Autism Identification! The training was thought provoking and got us thinking - What more could we do? What do we have that is available for parents whose journey takes them on a more scenic route? Can we support parents to reach their destination a little wiser and perhaps with a heart a little fuller?

We came up with an idea to pilot a new 6 week parenting group which we plan to call 'Parenting Discovery' because that's what parenting is finding the rhythm that works for your child and family. This 6 week programme will be facilitated by Edele (SLT) and Maria (Early Years) giving a differing rounded holistic approach of empowering parents. If you think you could benefit from this and in the process help us shape the group please get in touch.

