

Timetable Jan - Mar '26

Group	Date & Time	Venue
Breastfeeding Support Group (open to all)	Every Wed 10.30am – 12noon	Dungannon Sure Start
Story and Rhyme Coalisland 0-3years	Thurs 8th, 22nd January, 5th, 19th February, 5th, 19th March (Book in Only) 11:30am - 12pm	Coalisland Library
Tips for Talking (with crèche) 1-2 years	Fri 9th January 10:00am – 11:00am	Dungannon Sure Start
Aqua Explorers 12mths-18mths	Fri 9th Jan- 6th Feb 12.00noon - 12.30pm, 12.30pm-1.00pm	Dungannon Leisure Centre
Story and Rhyme Dungannon 0-3 years	Mon 12th, 26th Jan, Mon 9th, 23rd Feb, Mon 9th, 23rd March, 10:30am - 11.00am	Dungannon Library
Health Visitor Session 0-3 Years Toilet Training	Mon 12th January, 10.00am- 11.00am	
Introduction to solids	Mon 16th February, 10.00am-11.00am	Dungannon Sure Start
Baby Yoga Coalisland (mobile to 18month)	Mon 12th & 19th January (2 weeks) or Mon 23rd & 30th March (2weeks) 10:30am – 11:30am	The Cornmill Coalisland
Playtime Dungannon 18mths-3years	Tues 13th January- 27th January & Tues 3rd February (4 weeks) 10.00am- 11.00am	Dungannon Sure Start
Brincadeira 18mths-3years	Tues 13th January- 27th January & Tues 3rd February (4 weeks) 11.30am-12.30pm	Dungannon Sure Start
Blissful Creations (with crèche) 0- 3 years	Wed 14th January – Wed 4th February 10.00am – 11.00am	Dungannon Sure Start
Baby Yoga 8weeks - pre mobile	Wed 14th January – 28th January & Wed 4th February (4weeks) 12.00 – 1.00pm	Dungannon Sure Start
Worlds of Light and Shadow 18mths-3 years	Thurs 15th January, 10.00am- 11.00am	Dungannon Sure Start
Antenatal Workshop East Timorese (with crèche)	Fri 16th January, 10.00am-12.00pm	Dungannon Sure Start
Art Ventures 18months- 3years	Fri 16th January – Fri 6th February Off 13th February, 11.00am – 12.00am	Coalisland Parochial Centre
Little Einsteins (with crèche) 0-3 Years	Mon 19th & 26th January & Mon 2nd February (3weeks) 10.00am- 12.00pm	Dungannon Sure Start
Rhyme before Teatime 0-3years	Mon 19th Jan, 3.45pm-4.15pm	Dungannon SureStart
Little Chef 2-3 Years	Fri 23rd January 10.30am-11.30am	Brackaville Church Hall
Toddler Reflexology	Fri 23rd January	
1-2 years	10:00am – 10:45am	
2-3 years	11:30am – 12:15pm	Dungannon Surestart
Slow Cooking Evening	Mon 26th January, 6.00pm – 7.30pm	Dungannon Sure Start
Antenatal Workshop	Mon 26th January, 6.00pm – 7.30pm	Dungannon Sure Start
Papas & PJ's 0-3years	Tues 27th Jan, 6.00pm – 7.00pm	Dungannon SureStart
Coffee, Chill & Chat antenatal – 3 years	Wed 28th January, 4th, 18th, 25th February, 10.30am-11.30am	Brackaville Church Hall
Chatter Matters 18months- 3years	Thurs 29th January, 26th February & 26th March, 1.00pm-4.00pm (Time Slots)	Dungannon Sure Start
Toddle and Talk 2- 3 years	Fri 30th January, 6th, 20th & 27th February (4 weeks) 10.00am - 11.00am	Dungannon Sure Start
Baby Massage Coalisland 0-1 Years	Mon 2nd February – 2nd March (5weeks) 10.30am – 11.30am	The Cornmill Coaisland
Painting through Play 18mths-3yrs	Tues 10th February, 10.30am-11.30am	Dungannon Sure Start
A Focus On You (with crèche)	Tues 17th, 24th February & 3rd, 10th March (4 weeks) 10.00am - 11.00am	Dungannon Sure Start
Hypnobirthing	Fri 20th & 27th February 6th March (3 weeks) 1.00pm – 3.00pm	Dungannon Sure Start
Paediatric First Aid	Mon 23rd February, 2nd and 9th March, 6.30pm – 8.30pm	Dungannon Sure Start
Baby Reflexology 0-6mths	Mon 23rd February & 2nd 9th 23rd 30th March (5 weeks) 10.00am – 11.00am	Dungannon Sure Start
Balanceability 2-3 years	Mon 2nd – 23rd March (4weeks) 10.30am-11.30am	Venue to be confirmed
Discover Together (with crèche) 2-3years	Wed 4th – 25th March (4 weeks) 10.00am - 12.00pm	Dungannon Sure Start
World Book Day event 0-3years	Thurs 5th March, 11.00am-12.00pm	Dungannon SureStart
Playtime Coalisland 18months- 3years	Fri 6th March – 27th March (4weeks) 10.30am – 11.30am	Coalisland Parochial Centre
Parenting Puzzle (with creche) 0-3 years	Fri 6th– 27th March, 10.00am – 12pm	Dungannon Sure Start
Tempo Ho Kangaroo 0-1 years	Mon 9th, 23rd 30th March (3 weeks) 11.30am – 12.30pm	Dungannon Sure Start
Child's Eye View (photography group for children)	Thurs 12th March, 10.30am – 11.30am	Dungannon Park
Mother's Day Event antenatal - 3 yrs	Mon 16th March, 10am - 12:30pm (drop in)	Dungannon Sure Start
Young Parents Group (with crèche) 16 – 25 yrs	Thurs 19th & 26th March, 10.30am- 11.30am	Dungannon Sure Start
East Timorese Walk and Talk 1- 3 years	Fri 20th & 27th March, 10.30am- 11.30am	Ranfurly House
Me and Dad 0-3years	Sat 21st March, 10.00-11.00am	Dungannon Sure Start
Healthy Meals on a Shoestring (with crèche) 0- 3yrs	Tues 24th March, 10.00am- 11.00am	Dungannon Sure Start
Musical Storytime 0-3 years	Tues 31st March, 10.00am – 11.00am	Dungannon Sure Start
Stories Before Bedtime 0-3 years	Tues 31st March, 4.30pm – 5.00pm or 5.30pm – 6.00pm	Dungannon Sure Start



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](#)

DEVELOPMENTAL PROGRAMME FOR 2-3 YEAR OLDS



The Developmental Programme for 2-3 year olds have created an exciting new pathway for parents of children who are eligible in 2026/27. This new pathway will help guide parents through our Open evenings, Expression of interest process right through to starting programme in September 2026. Look out for your pathway and letter in the post early January.

Eligibility criteria: Children born between the 2nd July 2023 - 1st July 2024

Contact Maria on 02887729695 should you have any further questions.

AQUA EXPLORERS

New Exciting programme

Parent & Child Swim Sessions

Make a splash with your little one in our brand-new Parent & Child Swimming Sessions! Designed for children aged 12-18months, these gentle, playful classes help build confidence, coordination, and a love of the water — all while strengthening the special bond between you and your child.

What to expect:

Warm, shallow-water sessions
Parent-led activities with instructor guidance
Songs, games & water play
Safe, supportive environment
Perfect for beginners!

No swimming experience required — just bring your smiles and swimwear



Aqua Explorers

Friday 9th January -6th February

2 slots available

12pm-12.30pm

12.30-1pm

Dungannon Leisure Centre

Age 12-18mths

BABY REFLEXOLOGY



We're delighted to share that we now offer baby and child reflexology classes, giving parents the opportunity to discover the magic of Reflexology. Baby and Children Reflexology is adapted from adult reflexology. The techniques can help with common issues like colic, teething pain, congestion and sleep difficulties. Reflexology can bring calm, comfort and balance to your baby/child.

Baby reflexology:

Monday 23rd February - Monday 30th March (Group not on 16th March)
10.00am - 11.00am
Dungannon Surestart
0-6mths

Toddler taster session/s:

Friday 23rd January
1-2 yrs 10.00am-10.45am
2-3 yrs 11.30am-12.15pm

There will also be a Reflexology taster session at the toilet training workshop on the 12th January



A FOCUS ON YOU

Being a parent can be challenging and it's important to make sure we're looking after ourselves so we can give the best to our children.

Take a bit of time out for yourself at our "Focus on You" group. This is a great space to relax and have a cuppa while your child is looked after by our lovely crèche team. At this group we Focus on the 5 Steps to well-being and look at simple ways of bringing these into our everyday life.

We spend an hour together engaging in a range of mindful activities in a relaxed atmosphere.

Our next group is on:

Tues 17th Feb - Tues 10th March
10.00 - 11.00am
Dungannon SureStart
(crèche available)

Dungannon & Coalisland SURESTART NEWSLETTER JAN-MARCH '26



Managers
note

Hi everyone, here is our timetable for January to March 2026. We have a some new groups so make sure to read our newsletter for more information. 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.

We received a lot of positive feedback about last years SureStart calendar so we have decided to do this again and we hope you will have received this through the post. If not we have copies in our main building in Dungannon, just ask a staff member next time your in. Remember to let us know if your address or contact details have changed.

We hope you have a wonderful Christmas,
See you soon and all the best for 2026

Siobhan Wallace
Programme Manager

DADS GROUP

Being a dad is rewarding—but it can also be a lot to juggle. Our "Me and Dad" group is a place for dads and their children to come together to connect with other fathers, share experiences, swap tips, and build lasting friendships. Whether you're looking for support, or just a place where people "get it," our dad's group is a great place to start. Come hang out, learn from one another, and enjoy the journey of fatherhood together!

Date: Sat 21st March
Time: 10.00am-11.00am
Venue: Dungannon SureStart
Age 0-3years



DISCOVER TOGETHER

In Sure Start everyone is welcome, everyone belongs. 'Discover Together' is a 4-week group which provides the opportunity for parents of children who may be displaying differences in their development to connect, share experiences and reflect together in a safe, empowering space. Practical information and advice will be shared weekly on topics including play, behaviour and communication. Light refreshments will be served and crèche spaces will be available.

Dates: Wed 4th March 2025 – 25th March 2025

Time: 10am to 12pm

Venue: Dungannon Sure Start
Age 2-3years

Get in touch with Maria (Early Years Team Lead) or Edele (Speech and Language Therapist) on 028 87729695 if you feel this would be a beneficial group for you

