

Dungannon & Coalisland SURESTART NEWSLETTER

OCT-DEC 2026

Managers
note ↘

It has been brilliant to see so many new faces coming through the doors of SureStart this September. If you have any friends who want to join SureStart please get them to contact us so we can check if they are in our catchment area. We have a packed new timetable and as always **SAVE THE DATE** for our magical **CHRISTMAS** experience with special guest on 15th December in Dungannon SureStart.

MUSICAL STORYTIME

Get ready to enjoy an exciting programme with your children's favourite books coming to life along with music, songs and a variety of role play experiences.

Friday 6th November
10:30am- 11:30am
Age 0-3yrs
Dungannon SureStart

Please be mindful that you are only allowed to take photos of your own child/children when attending SureStart groups and events. You are not permitted to take photos of anyone else unless they have agreed this with you first



Timetable

OCT-DEC 2026

Group

Time & Date

Venue

Breastfeeding Support Group (Open to all) Antenatal - 3 yrs	Every Wednesday 10.30am-12pm	Dungannon Sure Start
"A Focus on You" Health and Well-being & crèche 0-3 yrs	Thurs 1st - 22nd Oct 10.30am- 11.30am (4 wks)	Dungannon Sure Start
Baby Yoga 9-18 mths	Thurs 1st & 8th Oct 10.30am- 11.30am (2 wks)	Brackaville Church Hall
Tempo Ho Kangaroo 0-1 yrs	Fri 2nd - 23rd Oct 10am -11am (4 wks)	Dungannon Sure Start
Playtime Coalisland 18 mths- 3 yrs	Fri 2nd - 23rd Oct 10.30am- 11.30am (4 wks)	Parochial Centre Coalisland
Story and Rhyme Dungannon 0-3 yrs	Mon 5th, 19th Oct, 2nd, 16th, 30th Nov & 14th Dec 10.30am - 11am	Dungannon Library
Little Einsteins & crèche 0-3 yrs	Tues 6th - 20th Oct 10am- 12pm (3 wks)	Dungannon Sure Start
Little Chef 2-3 yrs	Tues 6th Oct Time Slots 10.30am-11.30am, 12pm-1pm 2 x sessions	Brackaville Church Hall
Expressive Artists 18mths-3 yrs	Wed 7th Oct 10.30am-11.30am	Dungannon Sure Start
Coffee Chill and Chat 0-3 yrs	Wed 7th Oct - 11th Nov 10.30am - 11.30am (6 wks)	Brackaville Church Hall
Hypnobirthing Antenatal	Fri 9th - 23rd Oct 1pm - 3pm (3 wks)	Dungannon Sure Start
Story and Rhyme Coalisland 0-3 yrs	Tues 13th, 27th Oct, 10th, 24th, Nov and 8th Dec 10.30am - 11.00am	Coalisland Library
Worlds of Light and Shadow 18 mths- 3 yrs	Wed 14th Oct 10.30am - 11.30am	Dungannon Sure Start
Papas and PJ's 0-3 yrs	Thurs 15th Oct 6pm - 7pm	Dungannon Sure Start
Slow Cooker Evening	Thurs 22nd Oct 6pm - 7.30pm	Dungannon Sure Start
Me and Dad (Halloween) 0-3 yrs	Sat 24th Oct 10.30am - 11.30am	Dungannon Sure Start
Baby Yoga 9-18 mth	Wed 28th Oct & 4th Nov 12pm- 1pm (2 wks)	Dungannon Sure Start
Chatter Matters 18 mths- 3 yrs	Wed 28th Oct 12pm - 3pm & Thurs 26th Nov 1pm- 4pm (1hr time slots)	Dungannon Sure Start
Autumn Fest 0- 3 yrs	Thurs 29th Oct 10am - 11am, 12pm - 1pm	Dungannon Sure Start
Reflexology Coalisland 0-1 yrs	Mon 2nd - 23rd Nov 10.30am- 11.30am (4 wks)	The Cornmill, Coalisland
SLT Workshop East Timorese 0-1 yrs	Tues 3rd Nov 10.30am- 11.30am	Dungannon Sure Start
Tips for Talking & crèche 1-2 yrs	Wed 4th Nov 10am -11am	Dungannon Sure Start
Playtime Dungannon 18 mths- 3 yrs	Thurs 5th - 26th Nov 10.30am - 11.30am (4 wks)	Dungannon Sure Start
Baby Massage Coalisland 0-1 yrs	Thurs 5th - 26th Nov 10.30am - 11.30am (4 wks)	The Cornmill, Coalisland
Stories Before Bedtime 0- 3 yrs	Thurs 5th Nov 6pm - 7pm	Dungannon Sure Start
Musical Storytime 0- 3 yrs	Fri 6th Nov 10.30am - 11.30am	Dungannon Sure Start
Antenatal Workshop	Mon 9th Nov 6pm-8pm	Dungannon Sure Start
Baby Sensory 0-18 mths	Tues 10th Nov -1st Dec 10am - 11am, 12pm-1pm (4wks)	Dungannon Sure Start
Toddle and Talk 2-3 yrs	Wed 11th- 25th Nov & 2nd Dec 10am - 11am (4 wks)	Dungannon Sure Start
Together We Move 18 mths- 3 yrs	Fri 13th - 27th Nov 10.30am - 11.30am (3 wks)	Dungannon Sure Start
Mellow Bumps (Antenatal East Timorese)	Fri 13th - 27th Nov & 4th Dec 10am - 12pm (4 wks)	Ranfurly House
Balanceability 2-3 yrs	Wed 18th, 25th Nov, 2nd & 9th Dec 10.30am - 11.30am (4 wks)	Dungannon Youth Resource Centre
Blissful Creations 0-3 yrs	Thurs 3rd & 10th Dec 10.30am -11.30am (2 wks)	Dungannon Sure Start
Healthy Meals on a Shoestring & crèche 0-3 yrs	Tues 8th Dec 10.30am - 11.30am	Dungannon Sure Start
Toddler Yoga 2yrs- 3 yrs	Wed 9th Dec 10.30am - 11.30am	Dungannon Sure Start
Christmas Event 0-3 yrs	Tues 15th Dec Time Slots 10am - 11am 12pm - 1pm 2pm - 3pm	Dungannon Sure Start

Coalisland-



TIPS FOR TALKING

Children aged 1-2 years move through a unique period of development, becoming active, curious individuals who learn mostly through play. By Talking to your 1-to-2-year-old child you can shape how their brain grows and help them learn to speak.

Easy and useful ways to talk every day include:

- 
- **Name what you see.** Point to things and say their names. Say "Look, a duck!" or "Big green cup."
 - **Repeat and add words.** If your child says "water," you can say "More water, please."
 - **Turn off screens.** Young children learn to talk best from hearing you, not from a screen.
 - **Read simple books.** Look at the pictures together and talk about what you see.
 - **Sing simple songs.** Use your hands while you sing songs like "Wheels on the bus."
 - **Comment during daily activities.** Talk constantly about what you are seeing, doing, and experiencing together.
 - **Give them time.** Wait a few seconds after you ask a question or make a comment so they can answer.
- 

Talking to your child in these ways help to:

Build vocabulary, Teach about listening, Create a loving bond

Come along to our Tips for Talking Workshop to learn more ...

**Wed 4th Nov, 10am-11am
Dungannon SureStart
18mths -2yrs**



Programa Mellow Bumps ne'e oferece ba inan nebe mak isin rua no hakarak hatene klean liu tan sobre informacao nebe mak relevante. Iha programa ne'e ita mos sei koalia konainan nia bem estar Oinsa ita hari'i coneccao ho ita nia bebe antes de bebe moris mai. Oferece informacao relevante ba inan isin rua sira.

Programa Mellow Bumps ne'e sei hahu'u iha:

Data: 13/Novembro, 20/Novembro, 27/Novembro, 4/Decembro

Horas: 10.00-12.00pm

Fatin: Ranfurly House

(26 Market Square, Dungannon. BT70 1AB)

Karik ita-bo'ot iha interesse no hakarak halo parte iha programa ne'e. Halo favor contacto hela mai Surestart nia office iha numero telephone 02887729695. Ita bele husu hodi koalia ho Marialva Alves ou Ita McCaughey.

EXPRESSIVE ARTISTS

This is part of our series of Artist Focus groups which focus on a particular style of art or art movement. Your little artist will get to express themselves in their own way through a variety of different art materials and set ups. They will be able to experiment and create their own art whilst enjoying the sensory benefits of playing with art materials. Age 18mths - 3yrs

Wed 7th Oct
10.30am - 11.30am
Dungannon SureStart

A FOCUS ON YOU

Taking some time out for yourself is very important, especially if you are a busy parent!! At our Focus on You group we explore the 5 steps to well-being. This group gives you the opportunity to sit down with a cup of tea/coffee and re-connect with yourself, while your child is cared for by our lovely crèche team. Perfect way to recharge your batteries in the lead up to Christmas.

Thurs 1st Oct - Thurs 22nd Oct
(4wks)
10.30am - 11.30am
Dungannon SureStart
(Crèche available)

STORIES BEFORE BEDTIME

This calm and relaxing group suitable for 0-3years is a session to help your little ones explore and chill out before settling in for the night. We will read stories, sing songs and have some fun before winding down for bed.

Thurs 5th November
6:00pm - 7:00pm
Dungannon SureStart
0-3yrs

