



Construction Zone

Let your little builder explore the world of construction.

Allow them to engage in new experiences as they practice and develop their social skills with peers. Using lots of fun toys including tools, bricks, dress up and construction vehicles, this programme is sure to spark a budding builder.



Teddy Bears Picnic

Come along for an adventure at Derrymore Woods as we set off on a Teddy Bears' Picnic!

Bring your favourite teddy bear and your own tasty snacks for a fun-filled picnic. Don't forget to dress for the weather - rain or shine, the adventure awaits!

Registration Details: Keep us up to date!

Please contact us if any of the following apply:

- You are expecting a baby.
- You have recently had a baby.
- You have a child under 4 years old who is not already registered with us.
- Your personal details have changed (for example, your address, phone number, or email address).



This helps us keep your records accurate so you can access our services.

Baby Trails

Let your baby explore the world around them, nurturing their curiosity, creativity and connect with the great outdoors.

Encourage your little explorer to look, hear and smell the natural environment.

Suitable for babies under 18 months in prams.



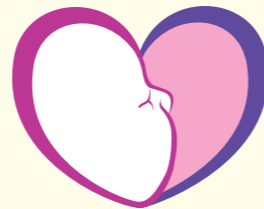
Breastfeeding Support Group

The breast-feeding support group is a drop-in service for breastfeeding mothers and those who are pregnant and interested in finding out more about breastfeeding.

The group is led by our midwife, Tracy, and any parent or expectant parent can drop in for support and encouragement and help where there are problems.

Come along for a cuppa and a chat with fellow breastfeeding mums in a relaxed and safe environment,

It doesn't matter if you are exclusively breastfeeding, expressing or combination feeding, you are welcome.



Breastfeeding
Good for baby. Good for mum

First Aid

We are delighted to offer two First Aid programs:

Toddlers First Aid is specially designed for children aged 2 to under 4 years.

Little ones will learn basic first aid skills, such as what happens when we get a cut or bump our heads, and who to call in an emergency. With playful role play, they'll also be introduced to the recovery position and how grown-ups can help.

Paediatric First Aid is a practical, adults-only session open to all Sure Start parents, carers, and grandparents.

This non-certification class covers the essential first aid skills every caregiver should know—like CPR, choking, burns, bleeds, breaks, meningitis, sepsis, and febrile seizures.

It's a hands-on, confidence-building experience where you'll be encouraged to get involved and practise key techniques in a supportive setting.



Speech & Language Workshops

Speech and Language Information Session - Top Tips for Talking

Sign up for our online Top Tips for Talking workshop where our Speech and Language Therapist will discuss all the top things that help develop language in the early years.

Workshop to discuss using dummies/soothers

If you have questions about using or removing dummies/soothers, our workshop will discuss dummies in a balanced and evidence-based way.



Midwife Support

Our midwife service offers friendly, expert support for you and your baby from pregnancy through the early weeks after birth.

We provide antenatal advice, infant feeding support, emotional wellbeing guidance, and opportunities to ask questions in a relaxed, supportive environment. Whether you're expecting your first baby or adding to your family, our midwife is here to help you feel informed, confident, and supported every step of the way.

Give our midwife, Tracy, a call on our office number and she will arrange to come and meet you and chat through any queries you may have.



Men's Mental Health Week

As part of Men's Mental Health Week, we are hosting the following two events:

Cycle on the Greenway

A gentle, social cycle suitable for all fitness levels (bikes and helmets provided).

Come join us on:

- Thursday 11th June
- Tuesday 16th June

Meeting at Victoria Lock, Greenway, Newry BT35 8QN



Information Session at Caring Coins

An informal session with information on mental health, wellbeing supports, and local services.

This is a chance to talk, ask questions, and meet others in a supportive, non judgemental setting.

Come join us on Tuesday 2nd June, Caring Coins Community Café.

Light refreshments will be provided for Cycle and Information Sessions.

Woodland Explorers

Come along and explore the local woodlands with Red Branch Bushcraft's very own Diarmuid Farmer.

From shelter building to fire starting, this programme is sure to ignite a woodland explorer from within.



WhatsApp Channels



Scan here to join us on WhatsApp Channels!

We understand that not everyone has social media to follow us for important updates. Our WhatsApp channel will allow you to privately follow groups/topics that you might be interested in without your details being shared with other members.

We hope that this will help us better communicate with our families.



JUNE PROGRAMMES



ACTIVITY	DATE	VENUE	TIME
MONDAY Carer and Toddler Group Parents / carers and their children aged from birth to under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	1 st , 8 th , 15 th & 22 nd June	Cloughreagh Community Centre	10:30am - 12noon
Sensory Baby Babies aged up to 18 months	1 st , 8 th & 15 th June	Crossmaglen Community Centre	10:30am - 11:15am
Sensory Toddler Children aged from 19 months to under 4 years	1 st , 8 th & 15 th June	Crossmaglen Community Centre	11:45am - 12:30pm
Playtime Inbetweeners Children aged from 6 months to 2 years <i>DROP IN - BOOKING NOT REQUIRED</i>	1 st June	Cullyhanna Sure Start Centre	12:30pm - 1:30pm
Buggy Fitness Babies aged up to 2 years	1 st , 8 th , 15 th & TUE 16 th June	Derrymore Woods Bottom Car Park	3:00pm - 4:00pm
Creative Parents All Sure Start parents / carers only	15 th June	Camalough Programme Room	6:30pm - 7:30pm
Construction Play Children aged from 19 months to under 4 years	29 th June	Lislea Community Centre	11:00am - 12noon
TUESDAY Baby Café All parents with babies aged under 1 year <i>DROP IN - BOOKING NOT REQUIRED</i>	2 nd , 9 th , 23 rd & 30 th June	Camalough Programme Room	1:30pm - 3:00pm
Dad's Club - Men's Health Information Evening All dads / male carers (adult only)	2 nd June	Caring Coins Community Cafe	6:30pm - 8:30pm
Physical Babies Babies aged up to 18 months	9 th , 16 th & 23 rd June	Culloville Community Centre	10:00am - 10:45am
Physical Toddler Children aged from 19 months to under 4 years	9 th , 16 th & 23 rd June	Culloville Community Centre	11:15am - 12:15pm
Dad's Club - Men's Health Information Evening All dads / male carers (adult only)	16 th June	Greenway, Newry	6:15pm - 8:15pm
Dad's Club - Cook With Me All dads / male carers and their children aged from 2 to under 4 years	23 rd June	Camalough Programme Room	6:00pm - 7:30pm
WED Outdoor Explorers Children aged from 2 to under 4 years	3 rd , 10 th & 17 th June	Derrymore Woods Bottom Car Park	10:30am - 11:30am
Toddle and Talk Children aged from 2 to under 4 years	3 rd , 10 th , 17 th & 24 th June	Dorsey Community Centre	11:00am - 11:45am
Baby Reflexology Babies aged from 6 weeks to pre-mobile	10 th , 17 th & 24 th June	Cloughreagh Community Centre	10:30am - 11:30am
Mindfulness in the Garden Children aged from 18 months to under 4 years	10 th June	Forkhill Community Centre Garden Shed	10:30am - 11:30am
Kickers & Balance Children aged from 2 to under 4 years	24 th June	Newtownhamilton Play Park	11:00am - 12noon
THURSDAY Breastfeeding Support Group All expectant parents and parents of breastfed babies and children aged under 3 years <i>DROP IN - BOOKING NOT REQUIRED</i>	4 th , 11 th & 25 th June	Camalough Programme Room	10:00am - 11:30am
Baby Reflexology Babies aged from 6 weeks to pre-mobile	4 th , 11 th & 18 th June	Crossmaglen Community Centre	10:30am - 11:30am
Toddler First Aid Parents / carers and their children aged from 2 to under 4 years	4 th June	Camalough Programme Room	6:30pm - 7:30pm
Creative Babies Babies aged up to 18 months	11 th & 18 th June	Lislea Community Centre	10:00am - 10:45am
Creative Toddlers Children aged from 19 months to under 4 years	11 th & 18 th June	Lislea Community Centre	11:15am - 12:15pm
Kickers & Balance Children aged from 2 to under 4 years	11 th June	Forkhill Community Centre Garden Shed	2:00pm - 3:00pm
Dad's Club - Men's Health Information Evening All dads / male carers (adult only)	11 th June	Greenway, Newry	6:30pm - 8:30pm
Mood Matters with Aware NI All Sure Start parents/carers (including all expectant parents)	11 th June	Camalough Programme Room	6:30pm - 8:30pm
Build and Bond Children aged from 2 to under 4 years	18 th June	Newtownhamilton Play Park	11:00am - 12noon
Dad's Club - Kickers & Balance All dads / male carers and their children aged from 2 to under 4 years	18 th June	Derrymore Woods	6:00pm - 7:00pm
Woodland Explorers Children aged from 2 to under 4 years	18 th June	Red Branch Bushcraft 163 Longfield Road, Newry BT35 9SE	6:00pm - 7:00pm
FRIDAY Mindfulness in the Garden Children aged from 18 months to under 4 years	5 th June	Forkhill Community Centre Garden Shed	10:30am - 11:30am
Tummy Time Babies aged from 6 weeks to pre-mobile	5 th June	Forkhill Community Centre	10:30am - 11:30am
Rhyme Time All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	5 th & 12 th June	Crossmaglen Library	11:00am - 11:45am
Family Walk All Sure Start families	5 th June	Derrymore Woods Bottom Car Park	11:30am - 12:30pm
Dad's Club - Breakfast Morning All dads / male carers and their child aged under 4 years	5 th June	Millbrook Cafe, Bessbrook	1:00pm - 3:00pm
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	12 th June	Slieve Gullion Forest Park	10:30am - 12noon
Construction Play Children aged from 19 months to under 4 years	12 th & 19 th June	Brain Injury Foundation, Camalough	11:00am - 12noon
Baby Splash Children aged from 4 to 12 months (one child per adult)	12 th & 19 th June	Newry Swimming Pool	11:30am - 12:30pm
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	19 th June	Derrymore Woods Bottom Car Park	10:30am - 12noon
SAT Messy Play All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	6 th June	Cullyhanna Sure Start Centre	10:30am - 11:30am
Dad's Club - Trip All dads / male carers with their children	13 th June	Dublin Zoo	9:00am - 5:00pm

JULY PROGRAMMES



ACTIVITY	DATE	VENUE	TIME
MONDAY Construction Play Children aged from 19 months to under 4 years	6 th July	Forkhill Community Centre	11:00am - 12noon
Kickers & Balance Children aged from 2 to under 4 years	6 th , 20 th & 27 th July	Derrymore Woods	2:00pm - 3:00pm
Dad's Club - Build & Bond All dads / male carers and their children aged from 2 to under 4 years	6 th July	Camalough Programme Room	6:00pm - 7:00pm
Summer Creativity Bags All Sure Start families	20 th July	Camalough Programme Room	9:30am - 1:00pm
Postnatal Pilates Mums who are 6 weeks postnatal with GP consent	20 th & 27 th July 3 rd & 10 th August	Cloughreagh Community Centre	11:00am - 12noon
Essentials for Paediatric First Aid All Sure Start parents (adults only)	20 th July	Camalough Programme Room	6:30pm - 8:30pm
TUESDAY Teddy Bears Picnic All Sure Start families	7 th July	Derrymore Woods	10:30am - 12noon
Baby Café All parents with babies aged under 1 year <i>DROP IN - BOOKING NOT REQUIRED</i>	7 th & 28 th July	Camalough Programme Room	1:30pm - 3:00pm
Kickers & Balance Children aged from 2 to under 4 years	7 th & 28 th July	Forkhill Community Centre Garden Shed	2:00pm - 3:00pm
Summer Creativity Bags All Sure Start families	21 st July	Camalough Programme Room	9:30am - 1:00pm
Kickers & Balance Children aged from 2 to under 4 years	21 st July	Derrymore Woods	2:00pm - 3:00pm
Dad's Club - Cook With Me All dads / male carers and their children aged from 2 to under 4 years	21 st July	Lislea Community Shed	6:00pm - 7:30pm
Creative Babies Babies aged up to 18 months	28 th July 4 th & 11 th August	Crossmaglen Community Centre	10:00am - 10:45am
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	28 th July	Derrymore Woods Bottom Car Park	10:30am - 12noon
The Real Birth Programme All expectant parents	28 th July 4 th & 11 th August	WALD Centre	10:30am - 12:30pm
Creative Toddlers Children aged from 19 months to under 4 years	28 th July 4 th & 11 th August	Crossmaglen Community Centre	11:15am - 12:15pm
Dad's Club - Build & Bond All dads / male carers and their children aged from 2 to under 4 years	28 th July	Bessbrook Library	6:00pm - 7:00pm
WED Workshop to discuss using dummies/soothers All Sure Start parents / carers	1 st July	TEAMS call	10:00am - 11:00am
Rhyme Time All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	1 st , 8 th & 29 th July	Bessbrook Library	10:30am - 11:15am
Baby Massage Parents / carers and their babies aged from 6 weeks to 9 months	1 st , MON 6 th , 8 th & 15 th July	Cloughreagh Community Centre	10:30am - 11:30am
Build and Bond Children aged from 2 to under 4 years	22 nd & 29 th July	Crossmaglen Community Centre	10:00am - 11:00am
Parenting Puzzle All Sure Start parents / carers	22 nd & 29 th July 5 th & 12 th August	Camalough Programme Room	6:30pm - 8:30pm
THURSDAY Breastfeeding Support Group All expectant parents and parents of breastfed babies and children aged under 3 years <i>DROP IN - BOOKING NOT REQUIRED</i>	2 nd , 23 rd & 30 th July	Camalough Programme Room	10:00am - 11:30am
Creative Babies Babies aged up to 18 months	2 nd July	Newtownhamilton Community Centre	10:00am - 10:45am
Baby Yoga Parents / carers and their babies aged from 6 weeks to 6 months	2 nd , 9 th , 16 th & FRI 17 th July	Crossmaglen Community Centre	10:30am - 11:30am
Creative Toddlers Children aged from 19 months to under 4 years	2 nd July	Newtownhamilton Community Centre	11:15am - 12:15pm
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	9 th July	Slieve Gullion Forest Park	10:30am - 12noon
Kickers & Balance Children aged from 2 to under 4 years	23 rd & 30 th July	Forkhill Community Centre Garden Shed	11:00am - 12noon
Speech and Language Information Session Parents / carers of children aged from 2 to under 4 years	23 rd July	TEAMS call	2:00pm - 3:00pm
Toddler First Aid Parents / carers and their children aged from 2 to under 4 years	23 rd July	Camalough Programme Room	6:00pm - 7:00pm
Mindfulness in the Garden Children aged from 18 months to under 4 years	30 th July	Forkhill Community Centre Garden Shed	10:30am - 11:30am
Dad's Club - Kickers & Balance All dads / male carers and their children aged from 2 to under 4 years	30 th July	Derrymore Woods	6:00pm - 7:00pm
FRIDAY Sensory Baby Babies aged up to 18 months	3 rd July	Crossmaglen Community Centre	10:30am - 11:15am
Mindfulness in the Garden Children aged from 18 months to under 4 years	3 rd & 10 th July	Forkhill Community Centre Garden Shed	10:30am - 11:30am
Family Walk All Sure Start families	3 rd July	Derrymore Woods Bottom Car Park	11:30am - 12:30pm
Sensory Toddler Children aged from 19 months to under 4 years	3 rd July	Crossmaglen Community Centre	11:45am - 12:30pm
Baby Trails Babies aged up to 18 months (in prams)	10 th July	Derrymore Woods Bottom Car Park	10:30am - 11:30am
Build and Bond Children aged from 2 to under 4 years	24 th July	Lislea Community Shed	10:00am - 11:00am
Dad's Club - Breakfast Morning All dads / male carers and their child aged under 4 years	24 th July	Sticky Fingers, Newry	12:30pm - 2:30pm
Outdoor Explorers Children aged from 2 to under 4 years	31 st July	Derrymore Woods Bottom Car Park	10:30am - 11:30am
Kickers & Balance Children aged from 2 to under 4 years	31 st July	Newtownhamilton Play Park	11:00am - 12noon
SAT Messy Play All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	4 th July	Cullyhanna Sure Start Centre	10:30am - 11:30am



Mood Matters with AwareNI

This PARENT ONLY programme is a FREE mental health awareness workshop for expectant parents and parents of young babies.

The programme teaches skills and techniques to support your mental health, manage your feelings when you are stressed, worried, or depressed, and help you cope with life's challenges. It can also help you support your baby's mental wellbeing and give them the best start in life.



Please let us know if you have booked a programme and cannot attend. This will allow us to reallocate your place to a family on the waiting list.

Sure Start South Armagh 028 3083 0022 info@surestartsa.org

All bookings must be made through our booking system

Scan the QR-code for the Booking System!

Please contact the office if you have any issues booking the programmes online.