Kickers & Balance

Kickers & Balance is the combination of football and balance bikes.

Enjoy playing games together while helping your child build essential physical skills, coordination, and a whole lot of confidence.

Speech & Language Information Session:
Let's Talk about Toys for Christmas

Are you starting to think about what to get your little one for Christmas?

Come along to this informal session where our Speech and Language Therapist will discuss which toys best support speech, language and communication development.

We'll also explore which toys may be less beneficial for language development and those you might want to avoid during the early years.

Grandparents and other carers are very welcome to attend too.

Cook With Me!

Join Robert and Tracy for Cook With Me, a fun and interactive cooking session where families can learn, create, and enjoy healthy recipes together.

This is a fantastic opportunity for children to develop new skills, explore different foods, and build confidence in the kitchen, all while spending quality time with their parents or carers.

Cooking together encourages teamwork, creativity, and healthy eating habits in a relaxed and friendly environment. No previous cooking experience is needed.

Come along, make new friends, and discover how enjoyable cooking can be for the whole family.

New Born - Next Steps

New Born – Next Steps is designed to help expectant parents feel confident and prepared as they welcome their new baby.

The programme will include information on infant feeding choices, recognising feeding cues, positioning and attachment and what to expect however you choose to feed your baby.

Practical skills for the early days: from safe sleeping and bathing to nappy changing and winding, you will gain simple skills to help you feel ready and reassured.

Halloween Walk

Join us in Derrymore as we take a spooky walk through the woods engaging with nature and keeping our eyes peeled along the way.

You are welcome to come in your fancy-dress costume.

Dad's Club: Christmas Event

Sure Start South Armagh is delighted to host Dad's Club Christmas Event at the Carrickdale Hotel.

The event is for fathers and male carers with children aged from 0 to 3 years who are registered with Sure Start South Armagh. It will provide a wonderful opportunity for dads and male carers to enjoy a festive evening, connect with one another, and celebrate the Christmas season in a warm and welcoming atmosphere.

The evening will be filled with festive cheer, great company, and plenty of fun, helping to strengthen bonds between families while creating special memories for both parents and children.

Trimprint Ltd, Armagh

SureStart South Armagh

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For programme dates & times see overleaf and/or our online calender!

SureStart South Armagh

www.surestartsa.org

ISSUE 117

Newsletter

October & November 2026

The Real Birth Programme

The Real Birth Company programme helps to give pregnant women and their birthing partner a deeper understanding of the changes that take place in labour, understanding the important role their hormones play in labour, the benefits of skin to skin, massage techniques and what pain relief is available.

On completion of this 3-week programme, parents can then access 'The Real Birth Company' website for the remainder of their pregnancy and avail of all the modules covered to enhance their learning.

Monster Mash

Come and have a spooktacular time as we engage in some messy and sensory Halloween activities.

We have two options: Cloughreagh Community Centre or Forkhill Community Centre. Choose your venue and show off your Halloween costumes but remember, there will be mess!

Toddle and Talk:
Bedtime Story Time with Dad

Dads, granddads and father figures are invited to join us in Bessbrook Library for a special Toddle and Talk bedtime story time session with their little ones.

Enjoy a relaxed evening of stories, rhymes and fun as we explore the magic of sharing books together.

Children are welcome to come along in their pyjamas, bring a favourite teddy, and join us for a cosy evening of stories and fun before bedtime.

Spook-tacular Baby Tummy Time!

This Halloween, bring your little one along for a special Tummy Time at Halloween!

Designed especially for babies aged from 6 weeks to pre-mobile, these playful sessions help strengthen muscles, build early movement skills, and support development — all while having fun together.

Dress-up optional but encouraged! Babies can come in their cutest (and comfiest) little costumes for some adorable tummy time fun.

Join us for giggles, wobbles, and magical Halloween memories!

Saturday Dads Club

Calling all dads and toddlers for an unforgettable outdoor adventure!

Saturday Dads Club is a four-week bushcraft programme at Red Branch Bushcraft, Forkhill, packed with den building, nature exploration, outdoor skills, and woodland challenges.

Guided by experienced bushcraft leader Diarmuid, each session offers a fantastic opportunity to spend quality one-to-one time together while building confidence, resilience, and lasting memories.

Places are limited, so don't miss the chance to explore, learn, and connect with other local dads this November.

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

OCTOBER PROGRAMMES

	ACTIVITY	DATE	VENUE	TIME
MONDAY	**Carer and Toddler Group** *DROP IN - BOOKING **NOT** REQUIRED* Parents/carers and their children aged from birth to under 4 years	5th & 12th October	Cloughreagh Community Centre	10:30am - 12noon
	Playtime Inbetweeners *DROP IN - BOOKING **NOT** REQUIRED* Parents/carers and their children aged from 6 months to 2 years	5th, 12th & 19th October	Cullyhanna Sure Start Centre	12:30pm - 1:30pm
	Kickers & Balance Children aged from 2 to under 4 years	12th October	Cloughreagh Community Centre	9:30am - 10:30am
	Creative Parents All Sure Start parents/carers only	12th October	Camlough Programme Room	6:30pm - 7:30pm
	Monster Mash All Sure Start Families	19th October	Cloughreagh Community Centre	10:30am - 11:30am
	Mindfulness in Nature Walk Children aged from 18 months to under 4 years	19th October	Derrymore Woods Bottom Car Park	10:30am - 12noon
	Cook with Me Children aged from 2 to under 4 years	19th October	Culloville Community Centre	10:30am - 12:30pm
	Cook with Me Children aged from 2 to under 4 years	19th October	Forkhill Community Centre	2:00pm - 4:00pm
	Sensory Baby Babies up to the age of 18 months	26th October	Camlough Programme Room	10:30am - 11:15am
	Sensory Toddler Children aged from 19 months old to under 4 years	26th October	Camlough Programme Room	11:45am - 12:30pm
TUESDAY	**Mindfulness in the Garden** Children aged from 18 months to under 4 years	6th & 13th October	Forkhill Community Centre Garden Shed	10:00am - 11:00am
	Kickers & Balance Children aged from 2 to under 4 years	6th & 13th October	Forkhill Community Centre	11:00am - 12noon
	Baby Café All parents with babies aged under 1 year *DROP IN - BOOKING **NOT** REQUIRED*	6th, 13th, 20th & 27th October	Camlough Programme Room	1:30pm - 3:00pm
	Toddle and Talk - Bedtime Story Time with Dad Children aged from 2 to under 4 years	6th & 13th October	Bessbrook Library	5:45pm - 6:30pm
	The Real Birth Programme All expectant parents	6th, 13th & 20th October	Camlough Programme Room	6:30pm - 8:30pm
	Construction Play Children aged from 19 months to under 4 years	13th October	Culloville Community Centre	11:00am - 12noon
	Monster Mash All Sure Start families	20th October	Forkhill Community Centre	10:30am - 11:30am
	Mindfulness in Nature Walk Children aged from 18 months to under 4 years	20th October	Bluebell Lane, Mullaghbawn	10:30am - 12noon
	Dad's Club - Breakfast Morning All dads/male carers and their children aged under 4 years	20th October	Bluebell Lane, Mullaghbawn	12noon - 2:00pm
	Build and Bond Children aged from 2 to under 4 years	20th October	Bessbrook Library	5:00pm - 6:00pm
	Toddler First Aid Parents/carers and their children aged from 2 to under 4 years	20th October	Bessbrook Library	6:00pm - 7:00pm
	Creative Babies Babies up to the age of 18 months	27th October	Bessbrook Parish Hall	10:00am - 10:45am
	Tummy Time at Halloween Babies aged from 6 weeks to pre-mobile	27th October	Lislea Community Centre	10:30am - 11:30am
	Creative Toddlers Children aged from 19 months to under 4 years	27th October	Bessbrook Parish Hall	11:15am - 12:15pm
	Kickers & Balance Children aged from 2 to under 4 years	27th October	Lislea Community Centre	11:30am - 12:30pm
	Cook with Me Children aged from 2 to under 4 years	27th October	Lislea Community Shed	1:00pm - 3:00pm
	New Born - Next Steps All expectant parents	27th October	Camlough Programme Room	6:30pm - 8:30pm
WEDNESDAY	**Creative Babies** Babies aged up to 18 months	7th, 14th & 21st October	Lislea Community Centre	10:00am - 10:45am
	Baby Yoga Parents/carers and their babies aged from 6 weeks to 6 months	7th, 14th, 21st & 28th October	Crossmaglen Community Centre	10:30am - 11:30am
	Rhyme Time All children aged under 4 years *DROP IN - BOOKING **NOT** REQUIRED*	7th, 14th & 21st October	Bessbrook Library	10:30am - 11:30am
	Mindfulness in Nature Walk Children aged from 18 months to under 4 years	7th & 21st October	Derrymore Woods Bottom Car Park	10:30am - 12noon
	Creative Toddlers Children aged from 19 months to under 4 years	7th, 14th & 21st October	Lislea Community Centre	11:15am - 12:15pm
	Afternoon Story Time All children aged under 4 years *DROP IN - BOOKING **NOT** REQUIRED*	7th, 14th & 21st October	Crossmaglen Library	2:00pm - 2:30pm
	Tummy Time at Halloween Babies aged from 6 weeks to pre-mobile	14th October	Newtownhamilton Community Centre	10:30am - 11:30am
	Build and Bond Children aged from 2 to under 4 years	14th October	Newtownhamilton Community Centre	11:30am - 12:30pm
	Tiny Dancers Children aged from 2 to under 4 years	21st October	Newtownhamilton Community Centre	11:00am - 12noon
THURSDAY	**Breastfeeding Support Group** *DROP IN - BOOKING **NOT** REQUIRED* All expectant parents and parents of breastfed babies and children aged under 3 years	1st, 8th, 15th & 22nd October	Camlough Programme Room	10:00am - 11:30am
	Baby Massage Babies aged from 6 weeks to 9 months	1st, 8th, 15th & 22nd October	Lislea Community Shed	10:30am - 11:30am
	Dad's Club - Breakfast Morning All dads/male carers and their child aged under 4 years	1st, 8th, 15th & 22nd October	Bluebell Lane, Mullaghbawn	10:30am - 12:30pm
	Sensory Baby Babies aged up to 18 months	1st, 8th & 15th October	Newtownhamilton Community Centre	10:30am - 11:15am
	Sensory Toddler Children aged from 19 months to under 4 years	1st, 8th & 15th October	Newtownhamilton Community Centre	11:45am - 12:30pm
	Build and Bond Children aged from 2 to under 4 years	1st October	Bessbrook Parish Hall	5:00pm - 6:00pm
	Tiny Dancers Children aged from 2 to under 4 years	1st October	Bessbrook Parish Hall	6:00pm - 7:00pm
	Baby Splash Children aged from 4 months to 12 months (one child per adult)	15th & 22nd October	Newry Swimming Pool	6:15pm - 7.15pm
	Halloween Walk All Sure Start families	22nd October	Derrymore Woods	10:30am - 11:30am
FRIDAY	**Musical Toddlers** Children aged from 1 year to under 4 years	2nd, 9th & 16th October	Brain Injury Foundation, Camlough	10:00am - 10:45am
	Cook with Me Children aged from 2 to under 4 years	2nd October	Lislea Community Shed	10:00am - 12noon
	Baby Reflexology Babies aged from 6 weeks to pre-mobile	2nd, 9th & 16th October	Cloughreagh Community Centre	10:30am - 11:30am
	Rhyme Time All children aged under 4 years *DROP IN - BOOKING **NOT** REQUIRED*	2nd, 16th & 23rd October	Crossmaglen Library	11:00am - 11:45am
	Musical Babies Babies aged up to 1 year	2nd, 9th & 16th October	Brain Injury Foundation, Camlough	11:15am - 12noon
	Family Walk All Sure Start families	2nd October	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	2nd October	Caring Coins Community Cafe, Sticky Fingers, Newry	1:30pm - 3:30pm
	Baby Splash Children aged from 4 months to 12 months (one child per adult)	9th & 16th October	Newry Swimming Pool	11:30am - 12:30pm
SAT	**Messy Play** All children aged under 4 years *DROP IN - BOOKING **NOT** REQUIRED*	10th October	Cullyhanna SureStart Centre	10:30am - 11:30am
	Dad's Club - Breakfast Morning All dads/male carers and their child aged under 4 years	10th October	Caring Coins Community Cafe, Sticky Fingers, Newry	10:30am - 12:30pm
	Rhyme Time All children aged under 4 years *DROP IN - BOOKING **NOT** REQUIRED*	17th October	Bessbrook Library	11:00am - 11:45am

NOVEMBER PROGRAMMES

	ACTIVITY	DATE	VENUE	TIME
MONDAY	**Mindfulness in Nature Walk** Children aged from 18 months to under 4 years	2nd November	Derrymore Woods Bottom Car Park	10:30am - 12noon
	Postnatal Pilates Mums who are 6 weeks postnatal with GP Consent	2nd, 9th, 16th & 23rd November	Crossmaglen Community Centre	11:00am - 12noon
	Playtime Inbetweeners *DROP IN - BOOKING **NOT** REQUIRED* Children aged from 6 months to 2 years	2nd, 9th & 23rd November	Cullyhanna Sure Start Centre	12:30pm - 1:30pm
	Cook with Me Children aged from 2 to under 4 years	2nd November	Lislea Community Shed	2:00pm - 4:00pm
	Kickers & Balance Children aged from 2 to under 4 years	9th November	Cloughreagh Community Centre	9:30am - 10:30am
	Carer and Toddler Group *DROP IN - BOOKING **NOT** REQUIRED* Parents/carers and their children aged from birth to under 4 years	9th, 16th & 23rd November	Cloughreagh Community Centre	10:30am - 12noon
	Baby Bonding Expectant parents (from 28 weeks) & parents with babies up to the age of 6 months	9th, 16th, 23rd & 30th November 7th & 14th December	Camlough Programme Room	11:00am - 12:30pm
	Creative Parents All Sure Start parent/carers only	16th November	Camlough Programme Room	6:30pm - 7:30pm
	Essentials for Paediatric First Aid All Sure Start parent/carers only	16th November	Cloughreagh Community Centre	6:30pm - 8:30pm
	Build and Bond Children aged from 2 to under 4 years	30th November	Cloughreagh Community Centre	10:00am - 11:00am
	Tiny Dancers Children aged from 2 to under 4 years	30th November	Cloughreagh Community Centre	11:00am - 12noon
TUESDAY	**Physical Babies** Babies aged up to 18 months	3rd, 10th & 17th November	Culloville Community Centre	10:00am - 10:45am
	Parenting Puzzle All Sure Start Parents	3rd, 10th, 17th & 24th November	Newtownhamilton Community Centre	10:30am - 12:30pm
	Physical Toddler Children aged from 19 months to under 4 years	3rd, 10th & 17th November	Culloville Community Centre	11:15am - 12:15pm
	Baby Café All parents with babies aged under 1 year *DROP IN - BOOKING **NOT** REQUIRED*	3rd, 10th, 17th & 24th November	Camlough Programme Room	1:30pm - 3:00pm
	Cook with Me Children aged from 2 to under 4 years	3rd November	Forkhill Community Centre	5:00pm - 7:00pm
	Tummy Time Babies aged from 6 weeks to pre-mobile	3rd November	Forkhill Community Centre	6:00pm - 7:00pm
	Speech and Language Information Session For parents/carers of children aged from 2 years to under 4 years	10th November	Camlough Programme Room	10:30am - 11:30am
	Build and Bond Children aged from 2 to under 4 years	17th November	Bessbrook Parish Hall	5:00pm - 6:00pm
	Kickers & Balance Children aged from 2 to under 4 years	17th November	Bessbrook Parish Hall	6:00pm - 7:00pm
	Toddler First Aid Parents/carers and their children aged from 2 to under 4 years	24th November	Bessbrook Library	5:00pm - 6:00pm
	Build and Bond Children aged from 2 to under 4 years	24th November	Bessbrook Library	6:00pm - 7:00pm
WEDNESDAY	**Mindfulness in the Garden** Children aged from 18 months to under 4 years	4th & 11th November	Forkhill Community Centre Garden Shed	10:30am - 11:30am
	Baby Massage Babies aged from 6 weeks to 9 months	4th, 11th, 18th & 25th November	WALD Centre, Cullyhanna	10:30am - 11:30am
	Rhyme Time All children aged under 4 years *DROP IN - BOOKING **NOT** REQUIRED*	4th, 11th, 18th & 25th November	Bessbrook Library	10:30am - 11:30am
	Elklan: Let's Talk with Baby Babies aged from 6 to 12 months	4th, 11th, 18th & 25th November	Newtownhamilton Community Centre	11:00am - 11:45am
	Build and Bond Children aged from 2 to under 4 years	4th November	Forkhill Community Centre	11:00am - 12noon
	Afternoon Story Time All children aged under 4 years *DROP IN - BOOKING **NOT** REQUIRED*	4th, 11th, 18th & 25th November	Crossmaglen Library	2:00pm - 2:30pm
	Sensory Baby Babies aged up to 18 months	11th, 18th & 25th November	Lislea Community Shed	10:30am - 11:15am
	Sensory Toddler Children aged from 19 months to under 4 years	11th, 18th & 25th November	Lislea Community Shed	11:45am - 12:30pm
	Mindfulness in Nature Walk Children aged from 18 months to under 4 years	18th November	Derrymore Woods Bottom Car Park	10:00am - 11:30am
THURSDAY	**Breastfeeding Support Group** *DROP IN - BOOKING **NOT** REQUIRED* All expectant parents and parents of breastfed babies and children aged under 3 years	5th, 12th, 19th & 26th November	Camlough Programme Room	10:00am - 11:30am
	Baby Yoga Parents/carers and their babies aged from 6 weeks to 6 months	5th, 12th, 19th & 26th November	Lislea Community Shed	10:30am - 11:30am
	Cook with Me Children aged from 2 to under 4 years	5th & 12th November	Forkhill Community Centre	10:30am - 12:30pm
	Construction Play Children aged from 19 months to under 4 years	12th, 19th & 26th November	Bessbrook Parish Hall	11:00am - 12noon
	Baby Splash Children aged from 4 months to 12 months (one child per adult)	12th & 19th November	Newry Swimming Pool	6:15pm - 7:15pm
	Mindfulness in the Garden Children aged from 18 months to under 4 years	19th November	Forkhill Community Centre Garden Shed	10:00am - 11:00am
	Build and Bond Children aged from 2 to under 4 years	19th & 26th November	Forkhill Community Centre	11:00am - 12noon
	Kickers & Balance Children aged from 2 to under 4 years	26th November	Forkhill Community Centre	10:00am - 11:00am
	Mindfulness in Nature Walk Children aged from 18 months to under 4 years	26th November	Derrymore Woods Bottom Car Park	10:30am - 12noon
	Dad's Club - Christmas Event All dads/male carers and their children aged under 4 years	26th November	Carrickdale Hotel	6:00pm - 8:00pm
FRIDAY	**Buggy Fitness** Babies aged up to 2 years	6th, 13th, 20th & 27th November	Cloughreagh Community Centre	9:30am - 10:30am
	Creative Babies Babies aged up to 18 months	6th, 13th & 20th November	Newtownhamilton Community Centre	10:00am - 10:45am
	Rhyme Time All children aged under 4 years *DROP IN - BOOKING **NOT** REQUIRED*	6th, 13th, 20th & 27th November	Crossmaglen Library	11:00am - 11:45am
	Creative Toddlers Children aged from 19 months to under 4 years	6th, 13th & 20th November	Newtownhamilton Community Centre	11:15am - 12:15pm
	Family Walk All Sure Start families	6th November	Derrymore Woods Bottom Car Park	11:30am - 12:30pm
	Baby Splash Children aged from 4 months to 12 months (one child per adult)	6th & 13th November	Newry Swimming Pool	11:30am - 12:30pm
	Tummy Time Babies aged from 6 weeks to pre-mobile	20th November	Bessbrook Parish Hall	11:00am - 12noon
	Cook with Me Children aged from 2 years to under 4 years	20th November	Bessbrook Parish Hall	12:30pm - 2:30pm
SAT	**Saturday Dad's Club** All dads/male carers and their children aged from 2 years to under 4 years	7th, 14th, 21st & 28th November	Red Branch Bushcraft, Forkhill	10:00am - 12noon
	Messy Play All children aged under 4 years *DROP IN - BOOKING **NOT** REQUIRED*	14th November	Cullyhanna Sure Start Centre	10:30am - 11:30am
	Rhyme Time All children aged under 4 years *DROP IN - BOOKING **NOT** REQUIRED*	21st November	Bessbrook Library	11:00am - 11:45am

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.

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.

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