

# SureStart South Armagh Newsletter

June & July 2025



## Antenatal Pilates

Being active during pregnancy is safe and healthy for you and your baby.

Pilates strengthens your body and improves balance, flexibility, and posture. Studies show that Pilates can significantly strengthen your pelvic floor muscles which support your womb, bladder and bowel and reduce labour pain intensity. Like Yoga, it uses breathing exercise, which can help you relax and control your breathing which is beneficial during labour.

GP clearance is required.

## 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.



## Baby Trails

Come along to our exciting new Programme 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.



## Introduction to Solids

Introduction to Solids is all about helping you get started with your baby's first foods!

We'll explore what foods to offer, how much, and the right textures and consistencies—plus there's a hands-on demonstration to bring it all to life. Partners and family members are warmly invited to join you and your little one!



## 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.



## Tiny Dancers



Tiny Dancers is a Zumbini inspired music and dance programme for caregivers and their children aged 2 to 4 years old.

In the Tiny Dancers program, children are encouraged to connect with the music, sense the rhythm, and freely express themselves. This approach makes learning through music feel natural, all while introducing kids to dance in a playful environment.

## Welcome to Summer

Join us for a fun-filled Welcome to Summer programme featuring Arts & Crafts, Sensory Play, a Cosy Story Area and Loads of Outdoor Fun!

Come along and make this summer unforgettable!



## People Who Help Us Event

Get up close and explore a real life fire engine, police car and ambulance.



There will also be some fun play activities with toy vehicles, role-play clothes, story corner and arts/crafts all themed around People Who Help Us.



## International Men's Health Week 2025

The overall aims of International Men's Health Week are to:

- Heighten awareness of preventable health problems for males of all ages.
- Support men and boys to engage in healthier lifestyle choices / activities.
- Encourage the early detection and treatment of health difficulties in males.

To celebrate, we're hosting a series of exciting programmes listed below, exclusively for all dads/male carers registered with us. Come along, get involved, and let's focus on health and wellbeing - together!

- Cycling Club
- Dad's Club - Trip Dublin Zoo
- Dad's Club - Men's Health Information Evening
- Dad's Club - Men's Health Information Morning with breakfast
- Dad's Club - Breakfast Morning

## Office Closed

OUR OFFICES ARE CLOSED ON:  
Monday 14<sup>th</sup> July  
Tuesday 15<sup>th</sup> July



## World Play Day

World Play Day will explore a range of play types including: physical, sensory, construction and creative play.

It is an opportunity to promote the value of play, play-based learning approaches, and create engaging play environments for everyone with the aim of raising awareness about the benefits of play for physical, cognitive, social and emotional development.

## Talking to your Bump



Join our Speech and Language Therapist Alison for the new workshop "The Benefits of Talking to your Bump" exploring how your baby's speech and language develops even before baby is born. This is suitable for all expectant parents.

## Kickers & Balance

Exciting News! We're bringing together two of our popular programmes — Little Kickers and Balance Ability — into one dynamic experience: **Kickers & Balance!**



This new combined programme offers a fantastic opportunity for you and your child to enjoy a variety of fun physical activities while developing key skills in movement, coordination, and confidence. Come and explore the best of both worlds!

## 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!



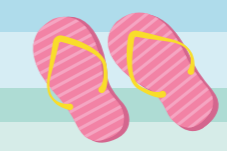
# JUNE PROGRAMMES

ACTIVITY	DATE	VENUE	TIME
<b>MONDAY</b> <b>Carer and Toddler Group</b> Parents / carers and their children aged from birth to under 4 years	2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> June	Bessbrook Community Centre	10:30am - 12noon
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	2 <sup>nd</sup> June	Crossmaglen Community Centre	2:30pm - 3:30pm
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	9 <sup>th</sup> June	Bessbrook Community Centre	2:30pm - 3:30pm
<b>Creative Babies</b> Babies aged up to 18 months	9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> June	Forkhill Community Centre	10:00am - 10:45am
<b>Creative Toddlers</b> Children aged from 2 to under 4 years	9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> June	Forkhill Community Centre	11:15am - 12:15pm
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	16 <sup>th</sup> June	Cullyhanna Community Centre	2:30pm - 3:30pm
<b>Creative Parents</b> All Sure Start parents / carers only	16 <sup>th</sup> June	Camlough Programme Room	6:30pm - 7:30pm
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	23 <sup>rd</sup> June	Bessbrook Community Centre	2:30pm - 3:30pm
<b>The Benefits of Talking to your Bump</b> All expectant parents	23 <sup>rd</sup> June	TEAMS - Online	7:00pm - 8:00pm
<b>TUESDAY</b> <b>Baby Café</b> All parents with babies aged under 1 year <b>DROP IN - BOOKING NOT REQUIRED</b>	3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> June	Camlough Programme Room	2:00pm - 3:30pm
<b>Cycling Club</b> Cycling with children aged from 18 months to under 4 years. Bikes and bike buggies provided.	3 <sup>rd</sup> June	WIN Business Park Canal Quay, Newry, BT35 6PH	6:15pm - 8:15pm
<b>Physical Babies</b> Babies aged up to 18 months	10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> June	Culloville Community Centre	10:00am - 10:45am
<b>Speech and Language - Coffee &amp; Chat</b> All Sure Start parents / carers only <b>DROP IN - BOOKING NOT REQUIRED</b>	10 <sup>th</sup> June	Camlough Programme Room	10:00am - 11:30am
<b>Family Walk</b> All Sure Start families	10 <sup>th</sup> June	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Physical Play</b> Children aged from 18 months to under 4 years	10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> June	Culloville Community Centre	11:15am - 12:15pm
<b>Splash with me</b> Children aged from 4 months to under 4 years - one child per adult	10 <sup>th</sup> June	Newry Swimming Pool	12noon - 1:00pm
<b>People Who Help Us Event - Quiet hour</b> All Sure Start families with children aged from birth to under 4 years who would benefit from a calmer environment	10 <sup>th</sup> June	Camlough Programme Room	5:00pm - 6:00pm
<b>People Who Help Us Event</b> All Sure Start families	10 <sup>th</sup> June	Camlough Programme Room	6:00pm - 7:30pm
<b>Essentials for Paediatric First Aid</b> All Sure Start Parents (adult only)	17 <sup>th</sup> June	Camlough Programme Room	6:30pm - 8:30pm
<b>Kickers &amp; Balance</b> Children aged from 2 to under 4 years	24 <sup>th</sup> June	Crossmaglen Community Centre	6:00pm - 7:00pm
<b>WEDNESDAY</b> <b>Rhyme Time</b> All children aged under 4 years <b>DROP IN - BOOKING NOT REQUIRED</b>	4 <sup>th</sup> , 11 <sup>th</sup> & 18 <sup>th</sup> June	Bessbrook Library	10:30am - 11:30am
<b>Buggy Fitness</b> Babies aged up to 12 months	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> June	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Sensory Baby</b> Babies aged up to 18 months	4 <sup>th</sup> , 11 <sup>th</sup> & 18 <sup>th</sup> June	Lislea Community Shed	10:30am - 11:15am
<b>Sensory Toddler</b> Children aged from 2 to under 4 years	4 <sup>th</sup> , 11 <sup>th</sup> & 18 <sup>th</sup> June	Lislea Community Shed	11:45am - 12:30pm
<b>Toddler Yoga</b> Parents / carers and their children aged from 2 to under 4 years	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> June	Lislea Community Shed	2:30pm - 3:30pm
<b>Essentials for Paediatric First Aid</b> All Sure Start Parents (adult only)	4 <sup>th</sup> June	Camlough Programme Room	6:30pm - 8:30pm
<b>Cycling Club</b> Cycling with children aged from 18 months to under 4 years. Bikes and bike buggies provided.	11 <sup>th</sup> June	WIN Business Park Canal Quay, Newry, BT35 6PH	10:30am - 12:30pm
<b>Construction Zone</b> Children aged from 2 to under 4 years	25 <sup>th</sup> June	Culloville Community Centre	11:00am - 12noon
<b>THURSDAY</b> <b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	5 <sup>th</sup> & 12 <sup>th</sup> June	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Let's Play</b> Children who are in the referral process or have received a diagnosis of additional need.	5 <sup>th</sup> , 12 <sup>th</sup> & 19 <sup>th</sup> June	Bessbrook Community Centre	10:30am - 11:30am
<b>Baby Yoga</b> Parents / carers and their babies aged from 6 weeks to 6 months	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 25 <sup>th</sup> June	Lislea Community Shed	10:30am - 11:30am
<b>Kickers &amp; Balance</b> Children aged from 2 to under 4 years	5 <sup>th</sup> June	Bessbrook Community Centre Football Pitch	3:00pm - 4:00pm
<b>Toddler First Aid</b> Parents / carers and their children aged from 2 to under 4 years	12 <sup>th</sup> June	Crossmaglen Community Centre	10:00am - 11:30am
<b>Splash with me</b> Children aged from 4 months to under 4 years - one child per adult	12 <sup>th</sup> June	Newry Swimming Pool	12noon - 1:00pm
<b>Dad's Club - Men's Health Information Evening</b> All dads / male carers (adult only)	12 <sup>th</sup> June	Camlough Programme Room	6:00pm - 8:00pm
<b>Woodland Explorers</b> Children aged from 2 to under 4 years	19 <sup>th</sup> June	Red Branch Bushcraft 163 Longfield Road, Newry BT35 9SE	6:00pm - 7:00pm
<b>Dad's Club - Cycling Club</b> All dads / male carers (adult only)	19 <sup>th</sup> June	Greenway Car Park behind Bridge End Bikes	6:30pm - 8:30pm
<b>Splash with me</b> Children aged from 4 months to under 4 years - one child per adult	26 <sup>th</sup> June	Newry Swimming Pool	5:30pm - 6:30pm 6:30pm - 7:30pm
<b>FRIDAY</b> <b>Family Walk</b> All Sure Start families	6 <sup>th</sup> June	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Dad's Club - Men's Health Information Morning with Breakfast</b> All dads / male carers and their child aged under 4 years	13 <sup>th</sup> June	Bessbrook Café	10:00am - 12noon
<b>Mindfulness in the Garden</b> Children aged from 18 months to under 4 years	13 <sup>th</sup> & 20 <sup>th</sup> June	Forkhill Community Centre Garden Shed	10:30am - 11:30am
<b>Outdoor Explorers</b> Children aged from 2 to under 4 years	13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> June	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Dad's Club - Breakfast Morning</b> All dads / male carers and their child aged under 4 years	27 <sup>th</sup> June	Sticky Fingers, Newry	10:00am - 12noon
<b>Tummy Time</b> Babies aged from 6 weeks to pre-mobile	27 <sup>th</sup> June	Bessbrook Community Centre	11:00am - 12noon
<b>SAT</b> <b>Dad's Club - Trip</b> All dads / male carers with their children	7 <sup>th</sup> June	Dublin Zoo	9:00am - 5:00pm
<b>World Play Day</b> All Sure Start families	7 <sup>th</sup> June	Crossmaglen Community Centre	10:30am - 12noon
<b>Rhyme Time</b> All children aged under 4 years <b>DROP IN - BOOKING NOT REQUIRED</b>	14 <sup>th</sup> June	Bessbrook Library	11:15am - 12noon



# JULY PROGRAMMES

ACTIVITY	DATE	VENUE	TIME
<b>MONDAY</b> <b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	7 <sup>th</sup> July	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Sensory Baby</b> Babies aged up to 18 months	7 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> July	Camlough Programme Room	10:30am - 11:15am
<b>Sensory Toddler</b> Children aged from 2 to under 4 years	7 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> July	Camlough Programme Room	11:45am - 12:30pm
<b>Splash with me</b> Children aged from 4 months to under 4 years - one child per adult	7 <sup>th</sup> July	Newry Swimming Pool	5:30pm - 6:30pm 6:30pm - 7:30pm
<b>Introduction To Solids</b> For parents and their babies aged 4 months to 1 year	21 <sup>st</sup> & 28 <sup>th</sup> July	Camlough Programme Room	2:00pm - 3:00pm
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	28 <sup>th</sup> July	Cullyhanna Community Centre	11:00am - 12noon
<b>TUESDAY</b> <b>Welcome to the Summer Event - Quiet Hour</b> All Sure Start families with children aged from birth to under 4 years who would benefit from a calmer environment	1 <sup>st</sup> July	Lislea Community Centre Bessbrook Community Centre	10:00am - 11:00am 5:00pm - 6:00pm
<b>Welcome to the Summer Event</b> All Sure Start families	1 <sup>st</sup> July	Lislea Community Centre Bessbrook Community Centre	11:00am - 12:30pm 6:00pm - 7:30pm
<b>Splash with me</b> Children aged from 4 months to under 4 years - one child per adult	1 <sup>st</sup> July	Newry Swimming Pool	5:30pm - 6:30pm 6:30pm - 7:30pm
<b>Outdoor Explorers</b> Children aged from 2 to under 4 years	1 <sup>st</sup> , 8 <sup>th</sup> & 22 <sup>nd</sup> July	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Baby Café</b> All parents with babies aged under 1 year <b>DROP IN - BOOKING NOT REQUIRED</b>	1 <sup>st</sup> , 8 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> July	Camlough Programme Room	2:00pm - 3:30pm
<b>Baby Reflexology</b> Babies aged from 6 weeks to 6 months	8 <sup>th</sup> , 10 <sup>th</sup> & 22 <sup>nd</sup> July	Crossmaglen Community Centre	10:30am - 11:30am
<b>Splash with me</b> Children aged from 4 months to under 4 years - one child per adult	8 <sup>th</sup> July	Newry Swimming Pool	12noon - 1:00pm
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	22 <sup>nd</sup> July	Bessbrook Community Centre	11:00am - 12noon
<b>Kickers &amp; Balance</b> Children aged from 2 to under 4 years	22 <sup>nd</sup> July	Bessbrook Community Centre Football Pitch	12noon - 1:00pm 6:00pm - 7:00pm
<b>Toddler First Aid</b> Parents / carers and their children aged from 2 to under 4 years	29 <sup>th</sup> July	Crossmaglen Community Centre	10:00am - 11:30am
<b>Baby Trails</b> Babies under 18 months old (in prams)	29 <sup>th</sup> July	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Buggy Fitness</b> Babies aged up to 12 months	29 <sup>th</sup> , 30 <sup>th</sup> & 31 <sup>st</sup> July 1 <sup>st</sup> August	Derrymore Woods Bottom Car Park	2:30pm - 3:30pm
<b>Splash with me</b> Children aged from 4 months to under 4 years - one child per adult	29 <sup>th</sup> July	Newry Swimming Pool	5:30pm - 6:30pm 6:30pm - 7:30pm
<b>July Family Trip</b> All Sure Start families	2 <sup>nd</sup> July	Mountpanther Farm Park	9:00am - 5:00pm
<b>Rhyme Time</b> All children aged under 4 years <b>DROP IN - BOOKING NOT REQUIRED</b>	2 <sup>nd</sup> , 9 <sup>th</sup> & 23 <sup>rd</sup> July	Bessbrook Library	10:30am - 11:15am
<b>Baby Yoga</b> Parents / carers and their babies aged from 6 weeks to 6 months	9 <sup>th</sup> , 11 <sup>th</sup> , 23 <sup>rd</sup> & 25 <sup>th</sup> July	Cloughreagh Community Centre	10:30am - 11:30am
<b>Mindfulness in the Garden</b> Children aged from 18 months to under 4 years	9 <sup>th</sup> July	Forkhill Community Centre Garden Shed	10:30am - 11:30am
<b>Toddler Yoga</b> Parents / carers and their children aged from 2 to under 4 years	23 <sup>rd</sup> & 30 <sup>th</sup> July 6 <sup>th</sup> & 13 <sup>th</sup> August	Crossmaglen Community Centre	11:00am - 12noon
<b>Antenatal Pilates</b> All expectant mums	23 <sup>rd</sup> & 30 <sup>th</sup> July 6 <sup>th</sup> & 13 <sup>th</sup> August	Forkhill Community Centre	10:30am - 11:30am
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	3 <sup>rd</sup> July	Forkhill Community Centre	11:00am - 12noon
<b>Teddy Bears Picnic</b> All Sure Start families	3 <sup>rd</sup> July	Derrymore Woods Bottom Car Park	10:30am - 12noon
<b>Cycling Club</b> Cycling with children aged from 18 months to under 4 years. Bikes and bike buggies provided.	3 <sup>rd</sup> & 24 <sup>th</sup> July	WIN Business Park Canal Quay, Newry, BT35 6PH	10:30am - 12:30pm
<b>Cycling Club</b> Cycling with children aged from 18 months to under 4 years. Bikes and bike buggies provided.	3 <sup>rd</sup> , 24 <sup>th</sup> & 31 <sup>st</sup> July	WIN Business Park Canal Quay, Newry, BT35 6PH	6:15pm - 8:15pm
<b>Kickers &amp; Balance</b> Children aged from 2 to under 4 years	17 <sup>th</sup> July	Bessbrook Community Centre Football Pitch	10:30am - 11:30am 6:00pm - 7:00pm
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	24 <sup>th</sup> July	Bessbrook Community Centre	10:00am - 11:00am
<b>Tummy Time - Summer</b> Babies aged from 6 weeks to pre-mobile	24 <sup>th</sup> July	Bessbrook Community Centre	11:30am - 12:30pm
<b>Kickers &amp; Balance</b> Children aged from 2 to under 4 years	31 <sup>st</sup> July	Forkhill Community Centre Garden Shed	10:30am - 11:30am
<b>FRIDAY</b> <b>Mindfulness in the Garden</b> Children aged from 18 months to under 4 years	4 <sup>th</sup> July	Forkhill Community Centre Garden Shed	10:00am - 11:00am
<b>Rhyme Time</b> All children aged under 4 years <b>DROP IN - BOOKING NOT REQUIRED</b>	4 <sup>th</sup> July	Crossmaglen Library	11:00am - 12noon
<b>Construction Zone</b> Children aged from 2 to under 4 years	4 <sup>th</sup> July	Bessbrook Community Centre	11:00am - 12noon
<b>Splash with me</b> Children aged from 4 months to under 4 years - one child per adult	4 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> July	Newry Swimming Pool	12noon - 1:00pm
<b>Mindfulness in the Garden</b> Children aged from 18 months to under 4 years	11 <sup>th</sup> July	Forkhill Community Centre Garden Shed	10:30am - 11:30am
<b>Tummy Time</b> Babies aged from 6 weeks to pre-mobile	25 <sup>th</sup> July	Bessbrook Community Centre	11:00am - 12noon
<b>July Family Trip</b> All Sure Start families	5 <sup>th</sup> July	Mountpanther Farm Park	9:00am - 5:00pm
<b>Rhyme Time</b> All children aged under 4 years <b>DROP IN - BOOKING NOT REQUIRED</b>	5 <sup>th</sup> July	Bessbrook Library	11:15am - 12noon
<b>Toddler Yoga</b> Parents / carers and their children aged from 2 to under 4 years	26 <sup>th</sup> July 2 <sup>nd</sup> , 9 <sup>th</sup> & 16 <sup>th</sup> August	Camlough Programme Room	12noon - 1:00pm



## Registration Details: Keep us up to date!

Please contact Sure Start South Armagh Office if you: are expecting a baby, recently had a baby, have a child under the age of 4 years old who isn't already registered with Sure Start South Armagh, or have changed any of your personal details such as address, phone number or email address. We can then update your information so you can avail of our Sure Start South Armagh services.



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.



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