



# Newsletter

December 2025 & January 2026

## Christmas Creativity Bags

Get crafty this Christmas with a festive creativity bag!

Please note, bags will be limited to one per family.



## Essentials for Paediatric first aid

Join us to learn vital information at our adults only Essentials for Paediatric first aid class.

This is a non-qualification class aimed at parents and the wider family adults and covers essential first aid for babies and children, aged 0-18yrs, including CPR, choking, burns, breaks, bleeds, meningitis & sepsis and febrile seizures. It's a hands-on class where the adults are encouraged to have a go with the practical elements to help develop their skills and confidence.

## Christmas Tummy Time

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

Designed especially for babies, these playful sessions help strengthen muscles, build early movement skills, and support development – all while having fun together.

Christmas dress up optional but encouraged!



## Christmas at Tiddly Town

Ignite your child's Christmas imagination with us as we explore this small-scale town and a chance to see Santa in person.



## Exciting news for our families!

We are delighted to welcome Tracy O'Hare, our newly appointed midwife, to the Sure Start South Armagh team.



Tracy will be working alongside Helen Hughes, who has been part of this excellent service since its very beginning.

Together, they will continue to deliver exceptional perinatal care and support to families throughout our community.

We look forward to the care and expertise Tracy will bring to complement Helen's dedication and experience.

## Construction Zone

Join us and allow your little builder to explore the construction world.

Encourage them to discover new experiences and problem solve using toy tools, blocks and much more. Help promote teamwork as your toddler interacts with peers.



## Playful Minds

Keep an eye out for the return of Playful Minds in February.

This programme is for kids who are in a referral process or indeed have a diagnosis & would benefit from additional support in their development.

We offer an intimate and consistent room environment, where dedicated staff will be on hand to offer a variety of play experiences and support.



This is an ideal opportunity for your little one to socialise and engage with their peers in a supportive space – while allowing parents & caregivers the chance to connect & network with other families in the local community.

## Creative Parents

Let your inner child out for an evening of creativity as we delve into our imagination and create some works of art through painting, clay modelling and much more. Engaging in creative play can release endorphins which helps to reduce stress.



## Holiday Office Closure

Our office will be closed for the festive season from Wednesday, 24<sup>th</sup> December 2025 until Monday, 5<sup>th</sup> January 2026.

We wish all our families a joyful holiday and a Happy New Year!



## Carer & Toddler Group

**CHANGE OF VENUE.** Starting January 2026 Carer and Toddler Group will be moving to Cloughreagh Community Centre.

This friendly drop-in group is open to Sure Start families with children aged 0–4 years, and we'd be delighted to see both familiar and new faces joining us. Check out our newsletter for all the upcoming dates and times.



## Christmas Flower Arranging

Get into the festive spirit by creating your own Christmas Flower Arrangement.

All the materials will be provided, with a selection of fresh greenery and flowers.

This is a relaxing activity, and no experience is required, just bring your festive spirit! Christmas Jumper optional.



## 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!

www.surestartsa.org



Trimpert Ltd, Armagh

## Toddle and Talk is back!

Join our Speech and Language team for 6 weeks of fun activities, songs, stories and rhymes.

Take home resources and lots of top tips to help boost your child's language skills.



# DECEMBER 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 <i>DROP IN - BOOKING NOT REQUIRED</i>	1 <sup>st</sup> & 8 <sup>th</sup> December	Bessbrook Community Centre	10:30am - 12noon
<b>Playtime Inbetweeners</b> Children aged from 6 months to 2 years <i>DROP IN - BOOKING NOT REQUIRED</i>	1 <sup>st</sup> , 8 <sup>th</sup> & 15 <sup>th</sup> December	Cullyhanna Sure Start Centre	12:30pm - 1:30pm
<b>Kickers &amp; Balance</b> Children aged from 2 to under 4 years	1 <sup>st</sup> & 8 <sup>th</sup> December	Cloughreagh Community Centre	2:00pm - 3:00pm
<b>Creative Parents</b> All Sure Start parents/carers only	8 <sup>th</sup> December	Camlough Programme Room	6:30pm - 7:30pm
<b>Musical Toddlers at Christmas</b> Children aged from 1 year to under 4 years	15 <sup>th</sup> December	Brain Injury Foundation 23 Newry Road, Camlough	10:00am - 10:45am
<b>Tummy Time at Christmas</b> Babies aged from 6 weeks to pre-mobile	15 <sup>th</sup> December	Bessbrook Community Centre	10:30am - 11:30am
<b>Musical Babies at Christmas</b> Babies aged up to 1 year	15 <sup>th</sup> December	Brain Injury Foundation 23 Newry Road, Camlough	11:15am - 12noon
<b>TUESDAY</b> <b>Sensory Baby</b> Babies aged up to 18 months	2 <sup>nd</sup> & 9 <sup>th</sup> December	Crossmaglen Community Centre	10:30am - 11:15am
<b>Tummy Time</b> Babies aged from 6 weeks to pre-mobile	2 <sup>nd</sup> December	Cloughreagh Community Centre	10:30am - 11:30am
<b>Sensory Toddler</b> Children aged from 19 months to under 4 years	2 <sup>nd</sup> & 9 <sup>th</sup> December	Crossmaglen Community Centre	11:45am - 12:30pm
<b>Baby Café</b> All parents with babies aged under 1 year <i>DROP IN - BOOKING NOT REQUIRED</i>	2 <sup>nd</sup> , 9 <sup>th</sup> & 16 <sup>th</sup> December	Lislea Community Shed	1:30pm - 3:30pm
<b>Build &amp; Bond</b> Children aged from 2 to under 4 years	2 <sup>nd</sup> & 9 <sup>th</sup> December	Bessbrook Library	6:00pm - 7:00pm
<b>Christmas Flower Arranging</b> All Sure Start parents/carers (adults only)	2 <sup>nd</sup> December	Camlough Programme Room	7:00pm - 8:00pm
<b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	9 <sup>th</sup> December	Slieve Gullion Forest Park	10:30am - 11:30am
<b>Family Support - Play &amp; Brunch</b> All Sure Start families	9 <sup>th</sup> December	Bessbrook Community Centre	12:30pm - 1:30pm
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	9 <sup>th</sup> December	Newtownhamilton Community Centre	3:00pm - 4:00pm
<b>Essentials for Paediatric First Aid</b> All Sure Start parents (adults only)	9 <sup>th</sup> December	Camlough Programme Room	6:30pm - 8:30pm
<b>Creative Babies at Christmas</b> Babies aged up to 18 months	16 <sup>th</sup> December	Forkhill Community Centre	10:30am - 11:30am
<b>Cook with Me</b> Children aged from 1 year to under 4 years	16 <sup>th</sup> December	Camlough Programme Room	6:00pm - 7:30pm
<b>WEDNESDAY</b> <b>Musical Toddlers</b> Children aged from 1 year to under 4 years	3 <sup>rd</sup> & 10 <sup>th</sup> December	Lislea Community Shed	10:00am - 10:45am
<b>Rhyme Time</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	3 <sup>rd</sup> & 10 <sup>th</sup> December	Bessbrook Library	10:30am - 11:30am
<b>Antenatal Infant Feeding Workshop</b> All expectant parents	3 <sup>rd</sup> December	Bessbrook Parish Hall	11:00am - 12noon
<b>Musical Babies</b> Babies aged up to 1 year	3 <sup>rd</sup> & 10 <sup>th</sup> December	Lislea Community Shed	11:15am - 12noon
<b>Christmas Flower Arranging</b> All Sure Start parents/carers (adults only)	3 <sup>rd</sup> December	Camlough Programme Room	7:00pm - 8:00pm
<b>Tummy Time</b> Babies aged from 6 weeks to pre-mobile	10 <sup>th</sup> December	Cloughreagh Community Centre	2:30pm - 3:30pm
<b>Creative Toddlers at Christmas</b> Children aged from 19 months to under 4 years	17 <sup>th</sup> December	Sticky Fingers, Newry	10:30am - 12noon
<b>THURSDAY</b> <b>Baby Yoga</b> Parent/carers and their babies from 6 weeks to 6 months	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & Friday 19 <sup>th</sup> December	Bessbrook Community Centre	10:30am - 11:30am
<b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	4 <sup>th</sup> December	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Splash with me</b> Children aged from 4 to 12 months (one child per adult)	4 <sup>th</sup> & 11 <sup>th</sup> December	Newry Swimming Pool	6:15pm - 7:15pm
<b>Christmas Creativity Bags</b> All Sure Start families	11 <sup>th</sup> December	Camlough Programme Room	9:30am - 1:00pm
<b>Kickers &amp; Balance</b> Children aged from 2 to under 4 years	11 <sup>th</sup> December	Bessbrook Community Centre	12noon - 2:00pm
<b>Essentials for Paediatric First Aid</b> All Sure Start parents (adults only)	11 <sup>th</sup> December	Camlough Programme Room	6:30pm - 8:30pm
<b>Sensory Babies at Christmas</b> Babies aged up to 1 year	18 <sup>th</sup> December	Lislea Community Shed	10:30am - 11:15am
<b>Sensory Toddlers at Christmas</b> Children aged from 19 months to under 4 years	18 <sup>th</sup> December	Lislea Community Shed	11:45am - 12:30pm
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	18 <sup>th</sup> December	Forkhill Community Centre	3:00pm - 4:00pm
<b>FRIDAY</b> <b>Mindfulness in the Garden</b> Children aged from 18 months to under 4 years	5 <sup>th</sup> December	Forkhill Community Centre Garden Shed	10:30am - 11:30am
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	5 <sup>th</sup> December	Cullyhanna Community Centre	11:00am - 12noon
<b>Construction Play</b> Children aged from 19 months to under 4 years	5 <sup>th</sup> December	Newtownhamilton Community Centre	11:00am - 12noon
<b>Rhyme Time</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	5 <sup>th</sup> & 12 <sup>th</sup> December	Crossmaglen Library	11:00am - 11:45am
<b>Christmas Creativity Bags</b> All Sure Start families	12 <sup>th</sup> December	Camlough Programme Room	9:30am - 1:00pm
<b>SAT</b> <b>Creative Toddlers at Christmas</b> Children aged from 19 months to under 4 years	13 <sup>th</sup> December	Tiddly Town, Newry	10:00am - 11:30am
<b>Rhyme Time</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	13 <sup>th</sup> December	Bessbrook Library	11:15am - 12noon

# JANUARY PROGRAMMES

ACTIVITY	DATE	VENUE	TIME
<b>MONDAY</b> <b>Playtime Inbetweeners</b> Children aged from 6 months to 2 years <i>DROP IN - BOOKING NOT REQUIRED</i>	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> January	Cullyhanna Sure Start Centre	12:30pm - 1:30pm
<b>Baby Massage</b> Babies aged from 6 weeks to 9 months	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> January	Cloughreagh Community Centre	2:00pm - 3:00pm
<b>Musical Toddlers</b> Children aged from 1 year to under 4 years	12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> January	Crossmaglen Community Centre	10:00am - 10:45am
<b>Musical Babies</b> Babies aged up to 1 year	12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> January	Crossmaglen Community Centre	11:15am - 12noon
<b>Kickers &amp; Balance</b> Children aged from 2 to under 4 years	12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> January	Newtownhamilton Community Centre	2:00pm - 3:00pm
<b>Creative Parents</b> All Sure Start parents/carers only	12 <sup>th</sup> January	Camlough Programme Room	6:30pm - 7:30pm
<b>Carer and Toddler Group</b> Parents/carers and their children aged from birth to under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	19 <sup>th</sup> & 26 <sup>th</sup> January	Cloughreagh Community Centre	10:30am - 12noon
<b>Physical Babies</b> Babies aged up to 18 months	6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup> January	Cloughreagh Community Centre	10:00am - 10:45am
<b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	6 <sup>th</sup> January	Slieve Gullion Forest Park	10:30am - 11:30am
<b>Physical Play Toddler</b> Children aged from 19 months to under 4 years	6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup> January	Cloughreagh Community Centre	11:15am - 12:15pm
<b>Baby Café</b> All parents with babies aged under 1 year <i>DROP IN - BOOKING NOT REQUIRED</i>	6 <sup>th</sup> , 13 <sup>th</sup> & 27 <sup>th</sup> January	Camlough Programme Room	1:30pm - 3:30pm
<b>Build and Bond</b> Children aged from 2 to under 4 years	6 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> January	Bessbrook Library	6:00pm - 7:00pm
<b>Baby Massage</b> Babies aged from 6 weeks to 9 months	13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> January 3 <sup>rd</sup> February	Crossmaglen Community Centre	10:30am - 11:30am
<b>Cook with Me</b> Children aged from 1 year to under 4 years	13 <sup>th</sup> January	Camlough Programme Room	6:00pm - 7:30pm
<b>Baby Café</b> All parents with babies aged under 1 year <i>DROP IN - BOOKING NOT REQUIRED</i>	20 <sup>th</sup> January	Camlough Programme Room	11:00am - 1:00pm
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	20 <sup>th</sup> January	Culloville Community Centre	2:30pm - 3:30pm
<b>Kickers &amp; Balance</b> Children aged from 2 to under 4 years	27 <sup>th</sup> January	Cloughreagh Community Centre	1:00pm - 2:00pm
<b>Toddle and Talk</b> Children aged from 2 to under 4 years	7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> January 4 <sup>th</sup> & 11 <sup>th</sup> February	Forkhill Community Centre	11:00am - 11:45am
<b>Introduction To Solids</b> Parents and their babies aged from 4 months to 1 year	7 <sup>th</sup> & 21 <sup>st</sup> January	Newtownhamilton Community Centre	11:00am - 12noon
<b>Kickers &amp; Balance</b> Children aged from 2 to under 4 years	7 <sup>th</sup> January	Newtownhamilton Community Centre	12noon - 1:00pm
<b>Rhyme Time</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> January	Bessbrook Library	10:30am - 11:30am
<b>Construction Play</b> Children aged from 19 months to under 4 years	14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> January	Lislea Community Centre	11:00am - 12noon
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	14 <sup>th</sup> January	Crossmaglen Community Centre	2:30pm - 3:30pm
<b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	21 <sup>st</sup> January	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Kickers &amp; Balance</b> Children aged from 2 to under 4 years	21 <sup>st</sup> January	Cullyhanna Community Centre	2:00pm - 3:00pm
<b>Creative Babies</b> Babies aged up to 18 months	8 <sup>th</sup> , 15 <sup>th</sup> & 22 <sup>nd</sup> January	Newtownhamilton Community Centre	10:00am - 10:45am
<b>Baby Yoga</b> Parents/carers and their babies aged from 6 weeks to 6 months	8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> January	Lislea Community Shed	10:30am - 11:30am
<b>Toddler Yoga</b> Parents/carers and their children aged from 2 to under 4 years	8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> January	Crossmaglen Community Centre	11:00am - 12noon
<b>Creative Toddlers</b> Children aged from 19 months to under 4 years	8 <sup>th</sup> , 15 <sup>th</sup> & 22 <sup>nd</sup> January	Newtownhamilton Community Centre	11:15am - 12:15pm
<b>Dad's Club - Mini First Aid</b> All dads/male carers and their children aged 3 years	8 <sup>th</sup> January	Camlough Programme Room	6:00pm - 7:30pm
<b>Family Support - Play &amp; Brunch</b> All Sure Start families	15 <sup>th</sup> January	Forkhill Community Centre	12:30pm - 1:30pm
<b>Kickers &amp; Balance</b> Children aged from 2 to under 4 years	15 <sup>th</sup> January	Cullyhanna Community Centre	2:00pm - 3:00pm
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	22 <sup>nd</sup> January	Bessbrook Parish Hall	3:00pm - 4:00pm
<b>Splash with me</b> Children aged from 4 to 12 months (one child per adult)	22 <sup>nd</sup> & 29 <sup>th</sup> January	Newry Swimming Pool	6:15pm - 7:15pm
<b>Essentials for Paediatric First Aid</b> All Sure Start parents (adults only)	22 <sup>nd</sup> January	Camlough Programme Room	6:30pm - 8:30pm
<b>FRIDAY</b> <b>Sensory Baby</b> Babies aged up to 18 months	9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> January	Forkhill Community Centre	10:30am - 11:15am
<b>Rhyme Time</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> January	Crossmaglen Library	11:00am - 11:45am
<b>Sensory Toddler</b> Children aged from 19 months to under 4 years	9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> January	Forkhill Community Centre	11:45am - 12:30pm
<b>Splash with me</b> Children aged from 4 to 12 months (one child per adult)	9 <sup>th</sup> & 16 <sup>th</sup> January	Newry Swimming Pool	12noon - 1:00pm
<b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	16 <sup>th</sup> January	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Tummy Time</b> Babies aged from 6 weeks to pre-mobile	23 <sup>rd</sup> January	Cullyhanna Community Centre	10:30am - 11:30am
<b>SAT</b> <b>Dad's Club - Breakfast Morning</b> All dads/male carers and their children aged under 4 years	17 <sup>th</sup> January	Sticky Fingers, Newry	10:00am - 12noon
<b>Toddler Yoga</b> Parents/carers and their children aged from 2 to under 4 years	17 <sup>th</sup> , 24 <sup>th</sup> & 31 <sup>st</sup> January 7 <sup>th</sup> February	Camlough Programme Room	11:00am - 12noon
<b>Rhyme Time</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	24 <sup>th</sup> January	Bessbrook Library	11:15am - 12noon



## 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 who is not yet registered with Sure Start South Armagh,
- have changed your personal details such as your address, phone number, or email address.

Keeping your information up to date ensures you can continue to access all our Sure Start South Armagh services and support.



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



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