



Autumn Flower Design

Discover the beauty of autumn through flowers!

Come along to our Autumn Flower Design— no experience needed! Whether you're a complete beginner or just want a creative escape, this hands-on programme is for you. Includes seasonal flowers and materials to create your own beautiful autumn design to take home.

The Nurturing Programme

We are excited to welcome back The Nurturing Programme.

What is the Nurturing Programme?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

What does it cover?

Over the 10-week Programme, you will look at lots of different topics, including:

- understanding why children behave as they do;
- recognising the feelings behind behaviour (ours and theirs);
- exploring different approaches to discipline;
- finding ways to develop co-operation and self-discipline in children;
- learning the importance of looking after ourselves.

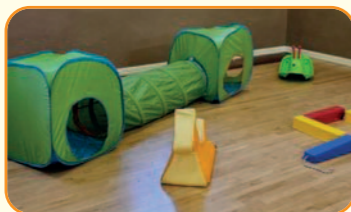
Limited crèche availability.

Carer & Toddler Group

Come join the fun!

Carer and toddler groups are a warm, welcoming space where little ones can play, explore, and make new friends while parents and carers enjoy a friendly chat and connect with others in a relaxed setting. It's the perfect place for families to come together and enjoy some quality time.

Come along and join the fun – we can't wait to see you!



Sleep Clinic

We're thrilled to launch our brand-new Sleep Clinic Programme!

Sleep hygiene refers to healthy bedtime habits and routines. It plays a key role in helping your little one get the restorative sleep they need for overall health. Think consistent schedules, calming pre-bed routines, and a sleep-friendly environment.

If your child is struggling with sleep or you're simply curious and want to learn more, come along to our Sleep Clinic! We're here to support you and your family on the path to better sleep.



Playful Minds

This programme is for kids who are in a referral process or have a diagnosis and 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.



Family Walk

Join Our Family Walks in Derrymore Woods!

Come explore the lovely trails of Derrymore Woods with your family and little ones! Walking together through nature is a fun way to:

- Get your heart pumping and circulation flowing
- Boost energy and lift your spirits
- Enjoy fresh air and family time in a beautiful, natural setting

Plus, being outdoors is a great mood enhancer - and who doesn't love a mini-adventure?

We can't wait to see you there!



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



Newsletter

August & September 2025

www.surestartsa.org

ISSUE 110



The first week of August is celebrated globally as World Breastfeeding Week, a campaign dedicated to raising awareness about the benefits of breastfeeding for both babies and parents.

To celebrate World Breastfeeding Week, we invite you to participate in our special events:

- *Afternoon Tea at Baby Café, Tuesday 5th August, Bessbrook Community Centre, 2pm*

This Baby Café will be a joyful celebration of breastfeeding and responsive bottle feeding. Whether you are currently breastfeeding, have harvested colostrum, or have breastfed your baby at any point from birth to 15 months - we warmly invite you to join us and connect with others in our supportive community.

- *Dad's Club – Breastfeeding Info to celebrate World Breastfeeding*

Dads are invited to a special meet-up focused on breastfeeding awareness and their vital role in supporting both baby and partner.

Why should dads attend?

- Early involvement in your baby's care helps build a strong and lasting bond.
- While breastfeeding is natural, it's also a skill that's learned. Your encouragement and support can make a big difference in your partner's breastfeeding journey. We'll share practical tips on how you can help.
- We'll explore meaningful ways dads can be hands-on in caring for their baby, beyond feeding.
- Learn about the lifelong advantages breastfeeding offers for both mother and baby.
- We'll provide guidance and tips to help you support your baby's transition to solid foods—and maybe even inspire your inner chef!

Join us for an informative and supportive evening, with food provided, that celebrates the important role dads play in their family's breastfeeding and parenting journey.

Antenatal Infant Feeding Workshop

We're also honouring World Breastfeeding Week in our Pre-Birth Feeding Workshop this is a supportive session designed to help expectant parents and their birthing partners make informed feeding choices.

You will gain up-to-date, evidence-based information on topics such as:

- The long-term benefits of breastfeeding for both mother and baby
- Formula Feeding
- Feeding routines and practical tips
- Skin-to-skin care & rooming-in.



Baby Café for Twins or Triplets

We'd love to welcome you at our new Baby Café, for families with twins or triplets.

Getting the right help and support regarding feeding your multiples and other topics will be discussed, such as tandem feeding, bonding, introduction to solids, safe sleep, individuality, routines, behaviour strategies and more.



National Play Day

Join us in celebrating the national day for play, highlighting the importance of play in children's lives and celebrating their right to play.

The theme for this year's Playday is 'Spaces for Play'. It highlights the vital importance of accessible, inclusive spaces where children and young people have opportunities to play freely, spending time, and connecting with friends – and feel valued as part of their community.

Children will play anywhere and everywhere, so access to quality playful spaces and places is essential for their happiness and development, offering opportunities to boost both physical health and emotional well-being.



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AUGUST PROGRAMMES

MONDAY

TUESDAY

WED

THURSDAY

FRIDAY

SAT

ACTIVITY	DATE	VENUE	TIME
Tiny Dancers Children aged from 2 to under 4 years	4 th August	Bessbrook Community Centre	11:00am - 12noon
August Family Trip All Sure Start Families	11 th August	W5, Belfast	9:00am - 5:00pm
Creative Babies Babies aged up to 18 months	11 th August	Brain Injury Foundation 23 Newry Road, Camlough, BT35 7JP	10:00am - 10:45am
Creative Toddlers Children aged from 2 to under 4 years	11 th August	Brain Injury Foundation 23 Newry Road, Camlough, BT35 7JP	11:15am - 12:15pm
Summer Creativity Bags All Sure Start families	18 th August	Camlough Programme Room	9:30am - 1:00pm
Baby Café for Twins or Triplets All parents with twins or triplets aged under 1 year	18 th August	Lislea Community Shed	11:00am - 12noon
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	5 th August	Derrymore Woods Bottom Car Park	10:30am - 11:30am
Kickers & Balance Children aged from 2 to under 4 years	5 th August	Bessbrook Community Centre Football Pitch	2:00pm - 3:00pm
Baby Café Afternoon Tea to celebrate World Breastfeeding All parents with babies aged under 1 year	5 th August	Bessbrook Community Centre	2:00pm - 3:30pm
Kickers & Balance Children aged from 2 to under 4 years	5 th August	Bessbrook Community Centre Football Pitch	6:00pm - 7:00pm
Tummy Time Babies aged from 6 weeks to pre-mobile	12 th August	Bessbrook Community Centre	10:30am - 11:30am
Mindfulness in the Garden Children aged from 18 months to under 4 years	12 th August	Forkhill Community Centre Garden Shed	10:30am - 11:30am
Teddy Bears Picnic All Sure Start families	12 th August	Derrymore Woods Bottom Car Park	10:30am - 12noon
Cook with Me Children aged from 1 year to under 4 years	12 th August	Bessbrook Community Centre	1:00pm - 2:30pm
Baby Café All parents with babies aged under 1 year	12 th , 19 th & 26 th August	Camlough Programme Room	2:00pm - 3:30pm
Tiny Dancers Children aged from 2 to under 4 years	12 th August	Bessbrook Community Centre	2:30pm - 3:30pm
Splash with Me Children aged from 4 months to under 4 years - (one child per adult)	12 th August	Newry Swimming Pool	6:00pm - 7:00pm
Summer Creativity Bags All Sure Start families	19 th August	Camlough Programme Room	9:30am - 1:00pm
Kickers & Balance Children aged from 2 to under 4 years	19 th August	Newtownhamilton Play Park	10:30am - 11:30am
Antenatal Infant Feeding Workshop All expectant parents	6 th August	Camlough Programme Room	11:00am - 12noon
Rhyme Time All children aged under 4 years	13 th August	Bessbrook Library	10:30am - 11:15am
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	13 th August	Slieve Gullion Forest Park	10:30am - 11:30am
Baby Massage Babies aged from 6 weeks to 9 months	13 th , Thursday 14th , Tuesday 19th & 20th August	Lislea Community Shed	10:30am - 11:30am
Tiny Dancers Children aged from 2 to under 4 years	7 th August	Bessbrook Community Centre	11:00am - 12noon
Kickers & Balance Children aged from 2 to under 4 years	7 th August	Bessbrook Community Centre Football Pitch	2:00pm - 3:00pm
Dad's Club - Breastfeeding Info to celebrate World Breastfeeding All Sure Start parents/carers (adults only)	7 th August	Camlough Programme Room	6:00pm - 8:00pm
Baby Trails Babies aged up to 18 months (in prams)	14 th August	Derrymore Woods Bottom Car Park	10:30am - 11:30am
Kickers & Balance Children aged from 2 to under 4 years	14 th August	Newtownhamilton Play Park	10:30am - 11:30am
Tiny Dancers Children aged from 2 to under 4 years	14 th August	Crossmaglen Community Centre	11:00am - 12noon
Kickers & Balance Children aged from 2 to under 4 years	14 th August	Bessbrook Community Centre Football Pitch	2:00pm - 3:00pm
National Play Day All Sure Start families	1 st August	Cloughreagh Community Centre	10:30am - 12noon
Splash with Me Children aged from 4 months to under 4 years (one child per adult)	1 st & 15 th August	Newry Swimming Pool	12noon - 1:00pm
Mindfulness in the Garden Children aged from 18 months to under 4 years	8 th August	Forkhill Community Centre Garden Shed	10:30am - 11:30am
Kickers & Balance Children aged from 2 to under 4 years	8 th August	Newtownhamilton Play Park	10:30am - 11:30am
Tiny Dancers Children aged from 2 to under 4 years	15 th August	Cloughreagh Community Centre	11:00am - 12noon
Construction Zone Children aged from 2 to under 4 years	15 th August	Crossmaglen Community Centre	11:00am - 12noon
August Family Trip All Sure Start families	16 th August	W5, Belfast	9:00am - 5:00pm



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!



Cook with Me

Come along to Cook with Me!

It's all about having fun in the kitchen, trying something new, and of course... eating your delicious creations! In August we will be making **pancakes** and in September **pizza**.



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.

SEPTEMBER PROGRAMMES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT

ACTIVITY	DATE	VENUE	TIME
Musical Toddlers Children aged from 1 year to under 4 years	8 th , 15 th & 22 nd September	Camlough Programme Room	10:00am - 10:45am
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	8 th September	Derrymore Woods Bottom Car Park	10:30am - 11:30am
Tiny Dancers Children aged from 2 to under 4 years	8 th September	Forkhill Community Centre	11:00am - 12noon
Musical Babies Babies aged up to 12 months	8 th , 15 th & 22 nd September	Camlough Programme Room	11:15am - 12noon
Carer and Toddler Group Parents/carers and their children aged from birth to under 4 years	15 th , 22 nd & 29 th September	Bessbrook Community Centre	10:30am - 12noon
Sleep Clinic Children aged from 1 year to under 4 years	29 th September	Camlough Programme Room	12:30pm - 1:30pm
Toddler First Aid Parents/carers and their children aged from 2 to under 4 years	2 nd September	Lislea Community Shed	10:00am - 11:00am
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	2 nd & 16 th September	Slieve Gullion Forest Park	10:30am - 11:30am
Kickers & Balance Children aged from 2 to under 4 years	2 nd September	Newtownhamilton Play Park	10:30am - 11:30am
Toddle and Talk Children aged from 2 to under 4 years	2 nd , 9 th , 16 th , 23 rd & 30 th Sept 7 th October	Newtownhamilton Community Centre	11:00am - 11:45am
Baby Café All parents with babies aged under 1 year	2 nd , 9 th , 16 th , 23 rd & 30 th Sept	Camlough Programme Room	2:00pm - 3:30pm
Kickers & Balance Children aged from 2 to under 4 years	2 nd , 23 rd & 30 th September	Forkhill Community Centre	6:00pm - 7:00pm
Tummy Time Babies aged from 6 weeks to pre-mobile	9 th September	Lislea Community Centre	10:30am - 11:30am
Playful Minds Children who are in the referral process or have received a diagnosis of additional need.	9 th , 16 th , 23 rd & 30 th September	Camlough Programme Room	10:30am - 11:30am
Tiny Dancers Children aged from 2 to under 4 years	9 th September	Cullyhanna Community Centre	11:00am - 12noon
Baby Bonding Expectant parents (from 28 weeks) & parents with babies up to the age of 6 months	9 th , 16 th , 23 rd & 30 th September 7 th & 14 th October	Lislea Community Shed	11:00am - 12:30pm
Dad's Club - Mini First Aid All dads/male carers and their children aged from 2 to under 4 years	9 th September	Camlough Programme Room	6:00pm - 6:45pm
Essentials for Paediatric First Aid All Sure Start parents (adults only)	9 th September	Camlough Programme Room	7:00pm - 9:00pm
Build and Bond Children aged from 2 to under 4 years	16 th & 23 rd September	Bessbrook Library	1:00pm - 2:00pm
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	23 rd September	Derrymore Woods Bottom Car Park	10:30am - 11:30am
Baby Yoga Parents/carers and their babies aged from 6 weeks to 6 months	3 rd , 10 th , 17 th & 24 th September	Culloville Community Centre	10:30am - 11:30am
Construction Zone Children aged from 2 to under 4 years	3 rd , 10 th & 17 th September	Cullyhanna Community Centre	11:00am - 12noon
Tiny Dancers Children aged from 2 to under 4 years	3 rd September	Cullyhanna Community Centre	3:00pm - 4:00pm
Rhyme Time All children aged under 4 years	10 th , 17 th & 24 th September	Bessbrook Library	10:30am - 11:30am
Autumn Flower Design All Sure Start parents/carers (adults only)	10 th September	Cullyhanna Community Centre	7:00pm - 8:00pm
Toddler Yoga Parents/carers and their children aged from 2 to under 4 years	17 th & 24 th September 1 st & 8 th October	Lislea Community Shed	11:00am - 12noon
Kickers & Balance Children aged from 2 to under 4 years	17 th September	Newtownhamilton Community Centre	2:00pm - 3:00pm
Essentials for Paediatric First Aid All Sure Start parents (adults only)	24 th September	Camlough Programme Room	6:30pm - 8:30pm
Baby Yoga Parents/carers and their babies aged from 6 weeks to 6 months	4 th , 11 th , 18 th & 25 th September	Camlough Programme Room	10:30am - 11:30am
Tiny Dancers Children aged from 2 to under 4 years	4 th September	Newtownhamilton Community Centre	3:00pm - 4:00pm
Kickers & Balance Children aged from 2 to under 4 years	4 th September	Cloughreagh Community Centre	6:00pm - 7:00pm
Creative Babies Babies aged up to 18 months	11 th , 18 th & 25 th September	Dorsey Community Centre	10:00am - 10:45am
The Nurturing Programme All Sure Start parents	11 th , 18 th & 25 th September 2 nd , 9 th , 16 th , 23 rd & 30 th October 6 th , 13 th & 20 th November	Cloughreagh Community Centre	10:30am - 12:30pm
Creative Toddlers Children aged from 2 to under 4 years	11 th , 18 th & 25 th September	Dorsey Community Centre	11:15am - 12:15pm
Cook with Me Children aged from 1 year to under 4 years	18 th September	Camlough Programme Room	6:00pm - 7:30pm
Physical Babies Babies aged up to 18 months	5 th , 12 th & 19 th September	Lislea Community Centre	10:00am - 10:45am
Mindfulness in the Garden Children aged from 18 months to under 4 years	5 th , 12 th & 19 th September	Forkhill Community Centre Garden Shed	10:30am - 11:30am
Tummy Time Babies aged from 6 weeks to pre-mobile	5 th September	Newtownhamilton Community Centre	10:30am - 11:30am
Family Walk All Sure Start families	5 th September	Derrymore Woods Bottom Car Park	10:30am - 11:30am
Physical Play Children aged from 19 months to under 4 years	5 th , 12 th & 19 th September	Lislea Community Centre	11:15am - 12:15pm
Splash with me Children aged from 4 months to under 4 years (one child per adult)	5 th & 19 th September	Newry Swimming Pool	12noon - 1:00pm
Rhyme Time All children aged under 4 years	12 th & 19 th September	Crossmaglen Library	11:00am - 11:45am
Messy Play All children aged under 4 years	20 th September	Cullyhanna Sure Start Centre	10:30am - 11:30am
Dad's Club - Breakfast Morning All dads/male carers and their children aged under 4 years	27 th September	Sticky Fingers, Newry	10:00am - 12noon
Rhyme Time All children aged under 4 years	27 th September	Bessbrook Library	11:15am - 12noon



Summer Creativity Bags

Get crafty this summer with our Summer Creativity Bags!

Packed with fun materials like pipe cleaners, ribbons, lollipop sticks, and more - everything you need for a burst of summer creativity.

Please note: one bag per family.



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.



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

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