

SureStart South Armagh Newsletter

October & November 2025

Baby Café

Temporary Venue: Lislea Community Shed

Our Baby Café is still running as usual — but from Tuesday 7th October, we'll be meeting in Lislea Community Shed.

This is just a temporary change, and we're excited to welcome you to a warm, welcoming space where you and your little ones can still enjoy everything you love about Baby Café.

- **Session 1 (1:30pm - 2:00pm)** For exclusively breastfed babies
- **Session 2 (2:00pm - 3:30pm)** Everyone's welcome with babies under 1 year

You can expect the same friendly atmosphere, support, and chance to connect with other parents over a cuppa. **We can't wait to see you — whether you're a regular or a first-time visitor, you're always welcome!**

Monster Mash

Come and join us for some spooky Halloween fun.

Engage in sensory and messy play for the whole family and explore wicked webs, spooky spaghetti, puking pumpkins and slimy spiders. We would love to see your spooky costumes but remember to dress for mess.



Elklan - Let's Talk with Baby

This is a supportive and practical programme designed for parents and carers who want to gain key skills and knowledge in speech, language and communication development.

Over 4 weeks, you will:

- Learn how babies develop communication skills from the earliest stages.
- Explore fun, everyday strategies to help your baby learn and thrive.
- Build confidence in supporting your baby's speech and language development.

This course will give you the tools to nurture strong early communication skills – the foundation for learning and building relationships.



Calm & Connected

Calm and Connected is a 4-week programme based on the principles of adult yoga: breathing, stretching, and relaxation.

Parents practice gentle yoga stretches, which can help the body recover after birth. You will spend precious one-on-one time with your baby without any distractions. This class can offer a support network that could help boost parental confidence and provide reassurance during the early stages of parenthood. Learning to care for a newborn can be overwhelming for new parents. So, these weekly sessions will aim to encourage a nurturing environment for both baby and parent. We will use a range of activities and exercises which aim to help you as the parent become more present in the moment and cultivate mindfulness as you interact with your child.

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.



Baby Bonding

This 6-week programme aims to support parent – child relationships through playful and creative sessions, using the latest research and evidence surrounding the importance of attachment and bonding for the best outcomes for children.

We will explore different aspects of child development throughout each session, including the amazing baby brain, communicating with baby and ways in which they can be soothed.

We will engage in interactive play using resources and activities which help in supporting the relationship with baby both before and after birth. This programme is delivered in a very calm and nurturing environment, with time for peer support, aiming to get you and your baby off to the best possible start.



www.surestartsa.org



Trimpert Ltd, Armagh

Come and Discover Mindfulness Together

"Being in nature is all about embracing the little moments in life! Feeling the breeze on your face creates a connection with nature that correlates with improved health and greater happiness"

Ciaran Ivanovic

This autumn, we welcome you to take part in both or either of our programmes below:

Mindfulness in Nature Walk

Step into the outdoors and explore the beauty of the natural world. Together, we'll use our senses to notice the rustle of leaves, the songs of birds, the smell of fresh air, and the feel of the earth beneath our feet. It's a calming adventure that helps children and parents connect with nature and each other.



Mindfulness in the Garden

Come and discover the magic of mindfulness in the garden. We'll explore the sights, smells, and textures of flowers, plants, and soil. Children will delight in noticing tiny details, while parents can enjoy a relaxing space to pause and reconnect.

Whether walking among the trees or exploring the garden, our sessions are welcoming, gentle, and full of discovery.

SLT Info Session

If you have a child aged 2-3 years, and would like to know more about how to support their speech, language and communication development, then come along to one of our upcoming information sessions. There are three running in October!

Limited creche available.



Dad's Club - Cook with Me

Come along to Cook with Me

- **October:** we're making pancakes
- **November:** we're making pizza

It's all about having fun in the kitchen, trying something new, and of course... eating your delicious creations!



Spook-tacular Baby Tummy Time!

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

Designed especially for babies, 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!



Halloween Walk

This Halloween, wrap up warm and join us for a Spooky Walk!

Bring the whole family for an autumn adventure. What's in store:

- A gentle walk with Halloween surprises along the way.
- Spot the pumpkins, listen for the rustling leaves, and enjoy the crisp autumn air together.
- Dress-up encouraged — witches' hats, capes, and costumes welcome!

Come along, explore, and make Halloween memories.



OCTOBER PROGRAMMES

MONDAY

TUESDAY

WEDNESDAY

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ACTIVITY	DATE	VENUE	TIME
Carer and Toddler Group Parents/carers and their children aged from birth to under 4 years	6 th , 13 th & 20 th October	Bessbrook Community Centre	10:30am - 12noon
Construction Zone Children aged from 2 to under 4 years	6 th & 13 th October	Dorsey Community Centre	11:00am - 12noon
Playtime Inbetweeners Parents/carers and their children aged from 6 months to 2 years	6 th , 13 th & 20 th October	Cullyhanna Sure Start Centre	12:30pm - 1:30pm
Tiny Dancers Children aged from 2 to under 4 years	6 th October	Cloughreagh Community Centre	2:30pm - 3:30pm
Kickers & Balance Children aged from 2 to under 4 years	13 th October	Cloughreagh Community Centre	2:00pm - 3:00pm 3:00pm - 4:00pm
Creative Parents All Sure Start parent/carers only	13 th October	Camlough Programme Room	6:30pm - 7:30pm
Monster Mash All Sure Start families	20 th October	Cloughreagh Community Centre	10:00am - 11:00am
Kickers & Balance Children aged from 2 to under 4 years	20 th October	Bessbrook Community Centre	3:00pm - 4:00pm
Mindfulness in the Garden Children aged from 18 months to under 4 years	27 th October	Forkhill Community Centre Garden Shed	10:30am - 11:30am
Tiny Dancers Children aged from 2 to under 4 years	27 th October	Bessbrook Community Centre	11:00am - 12noon
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	7 th & 28 th October	Derrymore Woods Bottom Car Park	10:30am - 11:30am
Kickers & Balance Children aged from 2 to under 4 years	7 th October	Crossmaglen Community Centre	6:00pm - 7:00pm
Essentials for Paediatric First Aid All Sure Start parents (adult only)	7 th & 28 th October	Camlough Programme Room	6:30pm - 8:30pm
Baby Yoga Parents/carers and their babies aged from 6 weeks to 6 months	7 th , 14 th , 21 st & 28 th October	Cullyhanna SureStart Centre	12:30pm - 1:30pm
Baby Massage Parents/carers and their babies aged from 6 weeks to 9 months	7 th , 14 th , 21 st & 28 th October	Bessbrook Community Centre	2:00pm - 3:00pm
Baby Café All parents with babies aged under 1 year	7 th , 14 th , 21 st & 28 th October	Lislea Community Shed	2:00pm - 3:30pm
Kickers & Balance Children aged from 2 to under 4 years	14 th October	Crossmaglen Community Centre	6:00pm - 7:00pm
Monster Mash All Sure Start families	21 st October	Forkhill Community Centre	10:30am - 11:30am
Dad's Club - Cook with Me All dads/male carers and their children aged from 1 to under 4 years	21 st October	Camlough Programme Room	6:00pm - 7:30pm
Build and Bond Children aged from 2 to under 4 years	28 th October	Bessbrook Library	6:00pm - 7:00pm
Toddler First Aid Parents/carers and their children aged from 2 to under 4 years	1 st October	Crossmaglen Community Centre	10:00am - 11:00am
Baby Yoga Parents/carers and their babies aged from 6 weeks to 6 months	1 st , 8 th , 15 th & 22 nd October	Cloughreagh Community Centre	10:30am - 11:30am
Creative Babies Babies aged up to 18 months	8 th , 15 th & 22 nd October	Newtownhamilton Community Centre	10:00am - 10:45am
Rhyme Time All children aged under 4 years	8 th , 15 th & 22 nd October	Bessbrook Library	10:30am - 11:30am
Creative Toddlers Children aged from 19 months to under 4 years	8 th , 15 th & 22 nd October	Newtownhamilton Community Centre	11:15am - 12:15pm
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	15 th October	Slieve Gullion Forest Park	10:30am - 11:30am
Antenatal Infant Feeding Workshop All expectant parents	15 th October	Lislea Community Shed	11:00am - 12noon
Speech and Language Information Session Parents/carers of children aged from 2 to under 4 years	15 th October	Camlough Programme Room	7:00pm - 8:00pm
The Real Birth Programme All expectant parents	22 nd & 29 th October 5 th & 12 th November	Bessbrook Parish Hall	11:00am - 12:30pm
Tiny Dancers Children aged from 2 to under 4 years	22 nd October	Newtownhamilton Community Centre	3:00pm - 4:00pm
Sensory Baby Babies aged up to 18 months	9 th , 16 th & 23 rd October	Lislea Community Shed	10:30am - 11:15am
Sensory Toddler Children aged from 2 to under 4 years	9 th , 16 th & 23 rd October	Lislea Community Shed	11:45am - 12:30pm
Musical Toddlers Children aged from 1 year to under 4 years	3 rd , 10 th & 17 th October	Forkhill Community Centre	10:00am - 10:45am
Family Walk All Sure Start families	3 rd October	Derrymore Woods Bottom Car Park	10:30am - 11:30am
Tummy Time Babies aged from 6 weeks to pre-mobile	3 rd October	Cloughreagh Community Centre	10:30am - 11:30am
Rhyme Time All children aged under 4 years	3 rd , 10 th , 17 th & 24 th October	Crossmaglen Library	11:00am - 11:45am
Tiny Dancers Children aged from 2 to under 4 years	3 rd October	Cullyhanna Community Centre	11:00am - 12noon
Musical Babies Babies aged up to 1 year	3 rd , 10 th & 17 th October	Forkhill Community Centre	11:15am - 12noon
Mindfulness in the Garden Children aged from 18 months to under 4 years	10 th & 24 th October	Forkhill Community Centre Garden Shed	10:30am - 11:30am
Tiny Dancers Children aged from 2 to under 4 years	10 th October	Bessbrook Community Centre	11:00am - 12noon
Splash with me Children aged from 4 months to 12 months (one child per adult)	10 th & 24 th October	Newry Swimming Pool	12noon - 1:00pm
Speech and Language Information Session Parents/carers of children aged from 2 to under 4 years	17 th October	Bessbrook Community Centre	10:00am - 11:00am 11:30am - 12:30pm
Halloween Walk All Sure Start families	24 th October	Derrymore Woods Bottom Car Park	10:30am - 11:30am
Tummy Time at Halloween Babies aged from 6 weeks to pre-mobile. Halloween themed - fancy dress optional	24 th October	Crossmaglen Community Centre	10:30am - 11:30am
Dad's Club - Breakfast Morning All dads/male carers and their child aged under 4 years	11 th October	Sticky Fingers, Newry	10:00am - 12noon
Messy Play All children aged under 4 years	18 th October	Cullyhanna SureStart Centre	12:30pm - 1:30pm
Toddler Yoga Parents/carers and their children aged from 2 to under 4 years	18 th & 25 th October 1 st & 8 th November	Camlough Programme Room	11:00am - 12noon
Rhyme Time All children aged under 4 years	25 th October	Bessbrook Library	11:15am - 12noon



NOVEMBER PROGRAMMES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT

ACTIVITY	DATE	VENUE	TIME
Carer and Toddler Group Parents/carers and their children aged from birth to under 4 years	3 rd , 10 th , 17 th & 24 th November	Bessbrook Community Centre	10:30am - 12noon
Baby Bonding Expectant parents (from 28 weeks) & parents with babies up to the age of 6 months	3 rd , 10 th , 17 th & 24 th November 1 st & 8 th December	Forkhill Community Centre	11:00am - 12:30pm
Playtime Inbetweeners Parents/carers and their children aged from 6 months to 2 years	3 rd , 10 th , 17 th & 24 th November	Cullyhanna Sure Start Centre	12:30pm - 1:30pm
Tummy Time Babies aged from 6 weeks to pre-mobile	3 rd November	Cloughreagh Community Centre	2:00pm - 3:00pm
Kickers & Balance Children aged from 2 to under 4 years	10 th & 24 th November	Cloughreagh Community Centre	3:00pm - 4:00pm
Buggy Fitness Babies aged up to 18 months	10 th , 17 th & 24 th November 1 st December	Derrymore Woods Bottom Car Park	3:00pm - 4:00pm
Creative Parents All Sure Start parent/carers only	10 th November	Camlough Programme Room	6:30pm - 7:30pm
Mindfulness in the Garden Children aged from 18 months to under 4 years	4 th November	Forkhill Community Centre Garden Shed	10:30am - 11:30am
Baby Café All parents with babies aged under 1 year	4 th , 11 th , 18 th & 25 th November	Lislea Community Shed	2:00pm - 3:30pm
Toddler Yoga Parents/carers and their children aged from 2 to under 4 years	4 th , 11 th , 18 th & 25 th November	Cloughreagh Community Centre	2:30pm - 3:30pm
Kickers & Balance Children aged from 2 to under 4 years	4 th November	Newtownhamilton Community Centre	6:30pm - 7:30pm
Physical Babies Babies aged up to 18 months	11 th , 18 th & 25 th November	Lislea Community Centre	10:00am - 10:45am
Calm and Connected with Baby Yoga Babies aged from 8 weeks to pre-mobile	11 th , 18 th & 25 th November 2 nd December	Bessbrook Community Centre	10:30am - 11:30am
Physical Play Children aged from 19 months to under 4 years	11 th , 18 th & 25 th November	Lislea Community Centre	11:15am - 12:15pm
Kickers & Balance Children aged from 2 to under 4 years	11 th November	Newtownhamilton Community Centre	6:30pm - 7:30pm
Essentials for Paediatric First Aid All Sure Start parents (adults only)	11 th November	Camlough Programme Room	6:30pm - 8:30pm
Kickers & Balance Children aged from 2 to under 4 years	18 th November	Crossmaglen Community Centre	2:00pm - 3:00pm
Build and Bond Children aged from 2 to under 4 years	25 th November	Bessbrook Library	1:00pm - 2:00pm
Sensory Baby Babies aged up to 18 months	5 th , 12 th & 19 th November	Forkhill Community Centre	10:30am - 11:15am
Baby Massage Babies aged from 6 weeks to 9 months	5 th , 12 th , 19 th & 26 th November	Crossmaglen Community Centre	10:30am - 11:30am
Rhyme Time All children aged under 4 years	5 th , 19 th & 26 th November	Bessbrook Library	10:30am - 11:30am
Sensory Toddler Children aged from 2 to under 4 years	5 th , 12 th & 19 th November	Forkhill Community Centre	11:45am - 12:30pm
Tiny Dancers Children aged from 2 to under 4 years	12 th November	Crossmaglen Community Centre	2:30pm - 3:30pm
Tiny Dancers Children aged from 2 to under 4 years	19 th November	Cloughreagh Community Centre	11:00am - 12noon
Elklan: Let's Talk with Baby Babies aged from 6 to 12 months	26 th November 3 rd , 10 th & 17 th December	Forkhill Community Centre	11:00am - 11:45am
Tiny Dancers Children aged from 2 to under 4 years	26 th November	Newtownhamilton Community Centre	11:00am - 12noon
Essentials for Paediatric First Aid All Sure Start parents (adults only)	26 th November	Camlough Programme Room	6:30pm - 8:30pm
Baby Yoga Parents/carers and their babies aged from 6 weeks to 6 months	6 th , 13 th , 20 th & 27 th November	Bessbrook Community Centre	10:30am - 11:30am
Construction Zone Children aged from 2 to under 4 years	6 th , 13 th & 20 th November	Culloville Community Centre	11:00am - 12noon
Kickers & Balance Children aged from 2 to under 4 years	6 th November	Bessbrook Community Centre	6:00pm - 7:00pm
Dad's Club - Cook with Me All dads/male carers and their children aged from 1 to under 4 years	13 th November	Camlough Programme Room	6:00pm - 7:30pm
Mood Matters for Parent and Baby All Sure Start parent/carers (including all expectant parents)	27 th November	Bessbrook Parish Hall	10:30am - 12:30pm
Dad's Club - Christmas Event All dads/male carers and their children aged from 1 to under 4 years	27 th November	Carrickdale Hotel	6:00pm - 8:00pm
Creative Babies Babies aged up to 18 months	7 th , 14 th & 21 st November	Brain Injury Foundation 23 Newry Road, Camlough	10:00am - 10:45am
Family Walk All Sure Start families	7 th November	Derrymore Woods Bottom Car Park	10:30am - 11:30am
Tummy Time Babies aged from 6 weeks to pre-mobile	7 th November	Lislea Community Shed	10:30am - 11:30am
Rhyme Time All children aged under 4 years	7 th , 14 th & 21 st November	Crossmaglen Library	11:00am - 11:45am
Tiny Dancers Children aged from 2 to under 4 years	7 th November	Forkhill Community Centre	11:00am - 12noon
Creative Toddlers Children aged from 19 months to under 4 years	7 th , 14 th & 21 st November	Brain Injury Foundation 23 Newry Road, Camlough	11:15am - 12:15pm
Splash with me Children aged from 4 months to 12 months (one child per adult)	7 th & 14 th November	Newry Swimming Pool	12noon - 1:00pm
Mindfulness in the Garden Children aged from 18 months to under 4 years	14 th November	Forkhill Community Centre Garden Shed	10:30am - 11:30am
Mindfulness in Nature Walk Children aged from 18 months to under 4 years	21 st November	Slieve Gullion Forest Park	10:30am - 11:30am
Tummy Time Babies aged from 6 weeks to pre-mobile	21 st November	Cloughreagh Community Centre	10:30am - 11:30am
Messy Play All children aged under 4 years	22 nd November	Cullyhanna Sure Start Centre	10:30am - 11:30am
Dad's Club - Breakfast Morning All dads/male carers and their children aged under 4 years	22 nd November	Sticky Fingers, Newry	10:00am - 12noon
Rhyme Time All children aged under 4 years	29 th November	Bessbrook Library	11:15am - 12noon



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

