



# Newsletter

February & March 2026



## We're All in This Together

Let Sure Start South Armagh Give You a Hand!

Being a parent is amazing, but let's be honest - it can feel like a rollercoaster! From pregnancy right through to your little one's reaches school, there are ups, downs, and plenty of "Am I doing this right?" moments. The good news?

**You're not alone. Every parent has those questions, and that's why Sure Start South Armagh is here.**

We're all about making life a little easier - whether it's tips on feeding and sleep, fun activities for your child, or just a friendly chat with someone who gets it. Asking for support isn't a weakness; it's a smart way to give your child the best start and feel more confident as a parent. So why not reach out? We'd love to meet you and your little one. After all, we're all in the same boat- let's sail it together.

## Breastfeeding Support Group

**You're not alone! Nurturing a baby is beautiful, but it can also feel overwhelming. Our new breastfeeding support group offers a calm, friendly space where parents can share experiences, ask questions, and build confidence.**

We offer guidance from trained staff in a relaxed environment. Come along for support, practical tips and a cuppa! All new and expectant parents are welcome.



Healthy Start, Brighter Future

**What happens in childhood has a profound bearing on life chances and on physical and emotional health throughout childhood and beyond.**

Everyone wants the best for their children, but it can be hard to know what to do as a parent in the early years. The HENRY programme helps you give your child the best possible start in life.

Would you like to:

- Feel happier and more confident as a parent?
- Reduce mealtime stress?
- Enjoy being active as a family more often?
- Encourage your child away from screens and TV?
- Gain ideas to help with family routines?

## The Real Birth Company

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 4-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.



## Baby Café

**Baby Café continues to run as usual every Tuesday at Lislea Shed.**

During February and March, a range of topics will be explored, including "Time to Talk", sleep tips in recognition of **World Sleep Day**, and celebrations for **International Women's Day**, along with many other helpful and engaging topics.

## SLT Workshop about Dummies/Soothers

**Do you have questions about dummies?**

Book on to our online workshop which will explore the role of dummies and how to make the transition away from using dummies as painless as possible.



## Family Walk

**Come explore the lovely trails of Derrymore Woods with your family and little ones!**

Boost your energy and lift your spirits while taking in the fresh air. Socialise with other families, chat and share experiences will your little one explores nature.

Finish the walk with a warming drink.

Family Support Team look forward to seeing you there.

## Valentines Tummy Time

**Bring your little one along for a themed Valentines Tummy time!**

The NHS recommends tummy time to build muscles that your baby will eventually need for sitting and crawling.

Book on to our tummy time sessions where we cover different tummy time positions, benefits, activity ideas and baby back massage.



## Playtime Inbetweeners

**Is your little one aged 6 months to 2 years?**

Our *Playtime Inbetweeners* programme is specially designed for this "in-between" age group. Join us for playful, engaging activities where children can socialise, explore, and have fun.



## Physical Babies & Toddlers



**Join us for a fun of Physical Play.**

These programmes develop balance, co-ordination and strengthens muscles through a variety of equipment including soft play.

Don't miss this fun opportunity for your child to interact and engage with peers.

## Creative Easter Bags

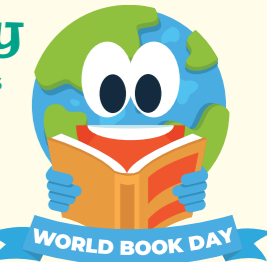


**Get Creative at Easter with our lovely Creative Easter bag.**

This bag is for you and your child to explore and engage in variety of arts and crafts. Bags are limited to one per family.

## World Book Day

The Speech and Language Team is looking forward to marking **World Book Day** across the week of 2<sup>nd</sup> to 6<sup>th</sup> March.



If you attend any of our programmes that week, you might bump into Alison or Fiona who will be there to share some top tips for looking at books with little ones and will have a World Book Day token for each family.

## Programme for 2 to 3 Year Olds 2026/2027

**Who is Eligible?**

Children born between 02 July 2023 - 01 July 2024 and registered with us.

**How do I apply?**

Expression of Interest forms will be issued automatically to your email address registered on our system by late February.

**What to do if I don't receive a form?**

If you don't receive a form by the first week in March, please get in touch by phone **028 3083 0022** or email **info@surestartsa.org**

If your child is not registered, please contact us.

For updates, please check our Facebook page.

For more information about the programme, please see our website: **www.surestartsa.org/the-developmental-programme-for-2-3yr-olds**

## Sensory Babies & Toddlers

**From birth to early childhood, children use their senses to try and make sense of the world around them.**

Allow your child to engage in sensory play by stimulating their senses, learning through exploration, curiosity, problem solving and creativity.

This 3-week programme allows babies and toddlers to engage in opportunities to play, create, investigate and explore in an engaging and stimulating environment.



www.surestartsa.org

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Trimpert Ltd, Armagh

Sure Start South Armagh

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# FEBRUARY PROGRAMMES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ACTIVITY	DATE	VENUE	TIME
<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>	2 <sup>nd</sup> & 16 <sup>th</sup> February	Cloughreagh Community Centre	10:30am - 12noon
<b>Baby Bonding</b> Expectant parents (from 28 weeks) & parents and their babies up to the age of 6 months	2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> February 2 <sup>nd</sup> & 9 <sup>th</sup> March	Crossmaglen Community Centre	11:00am - 12:30pm
<b>Playtime Inbetweeners</b> Parents/carers and their children aged from 6 months to 2 years <i>DROP IN - BOOKING NOT REQUIRED</i>	2 <sup>nd</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> February	Cullyhanna Sure Start Centre	12:30pm - 1:30pm
<b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	9 <sup>th</sup> February	Slieve Gullion Forest Park	10:30am - 11:30am
<b>Tummy Time</b> Babies aged from 6 weeks to pre-mobile	9 <sup>th</sup> February	Bessbrook Parish Hall	2:30pm - 3:30pm
<b>Creative Parents</b> All Sure Start parents/carers only	9 <sup>th</sup> February	Camlough Programme Room	6:30pm - 7:30pm
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	16 <sup>th</sup> February	Forkhill Community Centre	2:30pm - 3:30pm
<b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	23 <sup>rd</sup> February	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	23 <sup>rd</sup> February	Crossmaglen Community Centre	3:00pm - 4:00pm
<b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	3 <sup>rd</sup> February	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Sensory Baby</b> Babies aged up to 18 months	3 <sup>rd</sup> , 10 <sup>th</sup> & 17 <sup>th</sup> February	Newtownhamilton Community Centre	10:30am - 11:15am
<b>Sensory Toddler</b> Children aged from 19 months to under 4 years	3 <sup>rd</sup> , 10 <sup>th</sup> & 17 <sup>th</sup> February	Newtownhamilton 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>	3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> February	Lislea Community Shed	1:30pm - 3:30pm
<b>Buggy Fitness</b> Babies aged up to 1 year	3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> February	Derrymore Woods Bottom Car Park	3:00pm - 4:00pm
<b>Build and Bond</b> Children aged from 2 to under 4 years	3 <sup>rd</sup> February	Bessbrook Library	6:00pm - 7:00pm
<b>Baby Reflexology</b> Babies aged from 6 weeks to pre-mobile	10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> February	Cloughreagh Community Centre	10:30am - 11:30am
<b>Mindfulness in the Garden</b> Children aged from 18 months to under 4 years	10 <sup>th</sup> February	Forkhill Community Centre Garden Shed	10:30am - 11:30am
<b>Cook with Me</b> Children aged from 1 year to under 4 years	10 <sup>th</sup> February	Camlough Programme Room	6:00pm - 7:30pm
<b>Elklan: Let's Talk with Baby</b> Babies aged from 6 months to 12 months	17 <sup>th</sup> & 24 <sup>th</sup> February 3 <sup>rd</sup> & 10 <sup>th</sup> March	Bessbrook Parish Hall	11:00am - 11:45am
<b>Calm and Connected with Baby Yoga</b> Babies aged from 8 weeks to pre-mobile	17 <sup>th</sup> & 24 <sup>th</sup> February 3 <sup>rd</sup> & 10 <sup>th</sup> March	Forkhill Community Centre	1:30pm - 2:30pm
<b>Dad's Club - Mini First Aid</b> Dads/male carers and their children aged 3 years	17 <sup>th</sup> February	Camlough Programme Room	6:00pm - 8:00pm
<b>Rhyme Time</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	4 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> February	Bessbrook Library	10:30am - 11:30am
<b>Tummy Time</b> Babies aged from 6 weeks to pre-mobile	4 <sup>th</sup> & 25 <sup>th</sup> February	Lislea Community Shed	10:30am - 11:30am
<b>Baby Massage</b> Babies aged from 6 weeks to 9 months	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> February	Newtownhamilton Community Centre	10:30am - 11:30am
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	11 <sup>th</sup> February	Lislea Community Centre	2:30pm - 3:30pm
<b>The Real Birth Programme</b> All expectant parents	11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> February 4 <sup>th</sup> March	Camlough Programme Room	7:00pm - 9:00pm
<b>Creative Babies</b> Babies aged up to 18 months	18 <sup>th</sup> & 25 <sup>th</sup> February	Forkhill Community Centre	10:00am - 10:45am
<b>Creative Toddlers</b> Children aged from 19 months to under 4 years	18 <sup>th</sup> & 25 <sup>th</sup> February	Forkhill Community Centre	11:15am - 12:15pm
<b>Afternoon Story Time</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	18 <sup>th</sup> & 25 <sup>th</sup> February	Crossmaglen Library	2:00pm - 2:45pm
<b>Antenatal Infant Feeding Workshop</b> All expectant parents	25 <sup>th</sup> February	Camlough Programme Room	11:00am - 12noon
<b>Workshop to Discuss Using Dummies/Soothers</b> All Sure Start parents/carers	25 <sup>th</sup> February	TEAMS - Online	7:00pm - 8:00pm
<b>Breastfeeding Support Group</b> All expectant parents and parents of babies aged up to 12 months <i>DROP IN - BOOKING NOT REQUIRED</i>	5 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> February	Camlough Programme Room	10:00am - 11:30am
<b>HENRY</b> All Sure Start parents. <i>Limited crèche availability - a place will be confirmed by staff.</i>	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> February 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> March	Bessbrook Parish Hall	10:30am - 12noon
<b>Essentials for Paediatric First Aid</b> All Sure Start parents (adults only)	5 <sup>th</sup> February	Camlough Programme Room	6:30pm - 8:30pm
<b>Splash with Me</b> Children aged from 4 to 12 months (one child per adult)	19 <sup>th</sup> & 26 <sup>th</sup> February	Newry Swimming Pool	6:15pm - 7:15pm
<b>Mindfulness in the Garden</b> Children aged from 18 months to under 4 years	6 <sup>th</sup> February	Forkhill Community Centre Garden Shed	10:30am - 11:30am
<b>Tummy Time at Valentine's</b> Babies aged from 6 weeks to pre-mobile	6 <sup>th</sup> February	Cullyhanna Community Centre	10:30am - 11:30am
<b>Family Walk</b> All Sure Start families	6 <sup>th</sup> February	Derrymore Woods Bottom Car Park	11:30am - 12:30pm
<b>Construction Play</b> Children aged from 19 months to under 4 years	6 <sup>th</sup> & 20 <sup>th</sup> February	Brain Injury Foundation, Camlough	11:00am - 12noon
<b>Rhyme Time</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	6 <sup>th</sup> & 20 <sup>th</sup> February	Crossmaglen Library	11:00am - 11:45am
<b>Splash with Me</b> Children aged from 4 to 12 months (one child per adult)	6 <sup>th</sup> & 20 <sup>th</sup> February	Newry Swimming Pool	11:45am - 12:45pm
<b>Tummy Time</b> Babies aged from 6 weeks to pre-mobile	20 <sup>th</sup> February	Lislea Community Shed	10:30am - 11:30am
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	20 <sup>th</sup> February	Cullyhanna Community Centre	11:00am - 12noon
<b>Dad's Club - Breakfast Morning</b> Dads/male carers and their children aged under 4 years	7 <sup>th</sup> February	EUROSPAR Crossmaglen	10:30am - 12:30pm
<b>Messy Play</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	7 <sup>th</sup> February	Cullyhanna Sure Start Centre	10:30am - 11:30am
<b>Postnatal Pilates</b> Mums who are 6 weeks postnatal with GP consent	7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> February	White Rock Physio & Pilates, Cullyhanna	10:30am - 11:30am
<b>Toddler Yoga</b> Parents/carers and their children aged from 2 to under 4 years	28 <sup>th</sup> February 7 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> March	Camlough Programme Room	11:00am - 12noon
<b>Rhyme Time</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	28 <sup>th</sup> February	Bessbrook Library	11:00am - 12noon

# MARCH PROGRAMMES

MONDAY

TUESDAY

WEDNESDAY

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FRIDAY

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ACTIVITY	DATE	VENUE	TIME
<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>	2 <sup>nd</sup> , 9 <sup>th</sup> & 23 <sup>rd</sup> March	Cloughreagh Community Centre	10:30am - 12noon
<b>Playtime Inbetweeners</b> Parents/carers and their children aged from 6 months to 2 years <i>DROP IN - BOOKING NOT REQUIRED</i>	2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> & 30 <sup>th</sup> March	Cullyhanna Sure Start Centre	12:30pm - 1:30pm
<b>Buggy Fitness</b> Babies aged up to 1 year	2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> & 30 <sup>th</sup> March	Crossmaglen Community Centre	3:00pm - 4:00pm
<b>Creative Parents</b> All Sure Start parents/carers only	9 <sup>th</sup> March	Camlough Programme Room	6:30pm - 7:30pm
<b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	16 <sup>th</sup> March	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Creative Babies at Easter</b> Babies aged up to 18 months	23 <sup>rd</sup> March	Lislea Community Shed	10:30am - 11:30am
<b>Easter Creativity Bags</b> All Sure Start families	30 <sup>th</sup> March	Camlough Programme Room	9:30am - 1:00pm
<b>Physical Babies</b> Babies aged up to 18 months	3 <sup>rd</sup> , 10 <sup>th</sup> & 24 <sup>th</sup> March	Cullyhanna Community Centre	10:00am - 10:45am
<b>Physical Play Toddler</b> Children aged from 19 months to under 4 years	3 <sup>rd</sup> , 10 <sup>th</sup> & 24 <sup>th</sup> March	Cullyhanna 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>	3 <sup>rd</sup> & 10 <sup>th</sup> March	Lislea Community Shed	1:30pm - 3:30pm
<b>Build and Bond</b> Children aged from 2 to under 4 years	3 <sup>rd</sup> & 31 <sup>st</sup> March	Bessbrook Library	6:00pm - 7:00pm
<b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	10 <sup>th</sup> March	Slieve Gullion Forest Park	10:30am - 11:30am
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	10 <sup>th</sup> March	Crossmaglen Community Centre	3:00pm - 4:00pm
<b>Build and Bond</b> Children aged from 2 to under 4 years	10 <sup>th</sup> March	Newtownhamilton Community Centre	6:30pm - 7:30pm
<b>Essentials for Paediatric First Aid</b> All Sure Start parents (adults only)	10 <sup>th</sup> March	Camlough Programme Room	6:30pm - 8:30pm
<b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	24 <sup>th</sup> March	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Easter Creativity Bags</b> All Sure Start families	31 <sup>st</sup> March	Camlough Programme Room	9:30am - 1:00pm
<b>Rhyme Time</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> March	Bessbrook Library	10:30am - 11:30am
<b>Tummy Time</b> Babies aged from 6 weeks to pre-mobile	4 <sup>th</sup> March	Cloughreagh Community Centre	10:30am - 11:30am
<b>Introduction To Solids</b> Parents and their babies aged from 4 months to 1 year	4 <sup>th</sup> & 11 <sup>th</sup> March	Lislea Community Shed	11:00am - 12noon
<b>Sensory Baby</b> Babies aged up to 18 months	11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> March	Crossmaglen Community Centre	10:30am - 11:15am
<b>Sensory Toddler</b> Children aged from 19 months to under 4 years	11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> March	Crossmaglen Community Centre	11:45am - 12:30pm
<b>Afternoon Story Time</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> March	Crossmaglen Library	2:00pm - 2:45pm
<b>Tummy Time</b> Babies aged from 6 weeks to pre-mobile	18 <sup>th</sup> March	Lislea Community Centre	10:30am - 11:30am
<b>Build and Bond</b> Children aged from 2 to under 4 years	18 <sup>th</sup> March	Bessbrook Library	1:00pm - 2:00pm
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	18 <sup>th</sup> March	Cullyhanna Community Centre	3:00pm - 4:00pm
<b>Tummy Time at Easter</b> Babies aged from 6 weeks to pre-mobile	25 <sup>th</sup> March	Bessbrook Parish Hall	10:30am - 11:30am
<b>Cook with Me</b> Children aged from 1 year to under 4 years	5 <sup>th</sup> March	Camlough Programme Room	6:00pm - 7:30pm
<b>Splash with Me</b> Children aged from 4 to 12 months (one child per adult)	12 <sup>th</sup> & 19 <sup>th</sup> March	Newry Swimming Pool	6:15pm - 7:15pm
<b>Essentials for Paediatric First Aid</b> All Sure Start parents (adults only)	26 <sup>th</sup> March	Camlough Programme Room	6:30pm - 8:30pm
<b>Tummy Time</b> Babies aged from 6 weeks to pre-mobile	6 <sup>th</sup> & 20 <sup>th</sup> March	Newtownhamilton Community Centre	10:30am - 11:30am
<b>Musical Toddlers</b> Children aged from 1 year to under 4 years	6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup> March	Camlough Programme Room	10:00am - 10:45am
<b>Rhyme Time</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup> March	Crossmaglen Library	11:00am - 11:45am
<b>Musical Babies</b> Babies aged up to 1 year	6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup> March	Camlough Programme Room	11:15am - 12noon
<b>Family Walk</b> All Sure Start families	6 <sup>th</sup> March	Derrymore Woods Bottom Car Park	11:30am - 12:30pm
<b>Splash with Me</b> Children aged from 4 to 12 months (one child per adult)	6 <sup>th</sup> & 13 <sup>th</sup> March	Newry Swimming Pool	11:45am - 12:45pm
<b>Mindfulness in the Garden</b> Children aged from 18 months to under 4 years	13 <sup>th</sup> March	Forkhill Community Centre Garden Shed	10:30am - 11:30am
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	20 <sup>th</sup> March	Lislea Community Centre	11:00am - 12noon
<b>Messy Play</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	7 <sup>th</sup> March	Cullyhanna Sure Start Centre	10:30am - 11:30am
<b>Dad's Club - Breakfast Morning</b> Dads/male carers and their children aged under 4 years	21 <sup>st</sup> March	Sticky Fingers, Newry	10:00am - 12noon
<b>Rhyme Time</b> All children aged under 4 years <i>DROP IN - BOOKING NOT REQUIRED</i>	21 <sup>st</sup> March	Bessbrook Library	11:15am - 12noon
<b>Creative Toddlers at Easter</b> Children aged from 19 months to under 4 years	28 <sup>th</sup> March	Tiddly Town, Newry	10:00am - 11:30am

## Parents Forum

The success of Sure Start projects is often tied to parental and community engagement.

In Sure Start South Armagh we value our partnership with parents, carer givers and the local community.

With this in mind we would like to invite you to "Have Your Say" on how we develop and improve our services by becoming a member of our Parents Forum.

The Parents Forum is a partnership between parents and the project.

- Meeting once a quarter
- Working together to improve services for all registered families
- Sharing information, knowledge and skills
- Further improve communications between parents, carers, staff and the local community
- Be a voice for all parents/carers

More information will be available at programmes.

If you would like to join the Parents Forum please contact [info@surestartsa.org](mailto:info@surestartsa.org) or Telephone Caroline 028 3083 0022



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](mailto:info@surestartsa.org)