

## Baby Café

June & July Venues:  
Forkhill Community Centre & Lislea Community Shed

Getting the right support and information about feeding your baby in the early weeks and months of life is important as it helps you to lay a healthy foundation for your baby's later health and development.

In our Baby Café the Sure Start Health Team will be on hand to support with queries around:

**Breastfeeding:** the benefits to mum and baby, is baby getting enough, hand and pump expression and storage, breast feeding and medication, responsive feeding and much more.

**Formula feeding:** is baby getting enough or too much, making up bottles & sterilization, reflux, responsive feeding, skin-to-skin contact and strategies for relief of colic and constipation.

**Weaning:** What age to start weaning; suitable weaning foods, textures and consistency. It is also a chance to enjoy a well-deserved cup of tea/coffee and chat with other parents. Each week we will have taster sessions of different Sure Start programmes that will support your baby's health and development.

The programme runs twice monthly and each session lasts 1.5 hours. It is suitable for mothers and their babies aged under 1 year.

See the programme timetable for dates, times and venues. Booking by email to [teresam@surestartsa.org](mailto:teresam@surestartsa.org)

## Garden Club

June venue:  
Forkhill Community Centre

Garden club is where the parent/carer and children can enjoy planting and sowing fun within a gardening environment.

Garden club is time spent building a love of nature, it not only benefits children's health and well-being but also provides quality time for families.

The programme runs for 4 weeks and each session lasts 1 hour. It is suitable for children aged 1 to under 4 years old.

See the programme timetable for dates and times. Booking by email to [isobelf@surestartsa.org](mailto:isobelf@surestartsa.org)



## Outdoor Explorers

Outdoor Explorers is back! We look forward to welcoming you along to several sessions in June and July in venues across the Sure Start South Armagh area.

Our child centered exploration sessions offer children the opportunity to take risks, develop their problem-solving skills and have fun in a social setting. These hands-on sessions allow the children to explore the creative and sensory world of the woods, spending time in nature and investigating the sounds/smells/sights of the woods whilst hunting for bugs and much more! See the programme timetable for dates and times. Booking by email to [info@surestartsa.org](mailto:info@surestartsa.org)

## Sticky Fingers

We are so excited to bring the Creativity Factory back to Sticky Fingers in June!



We will be visiting the newly re-opened Imaginarium for 2 sessions in June and we cannot wait to see the adventures that await with the new additions to the story land.

Join us on either Wednesday the 15<sup>th</sup> or Wednesday 29<sup>th</sup> June at 11 am in Sticky Fingers, Newry. To ensure that we can facilitate as many families as possible we are asking that you choose between the two dates when booking, with one session being offered per family. Booking by email to [nicolam@surestartsa.org](mailto:nicolam@surestartsa.org)

## Weaning Workshop

July venue:  
Newtownhamilton Community Centre

Do you want to know more about weaning and suitable weaning foods?

SureStart South Armagh Weaning Workshops consist of 2 sessions:

- the first session focuses on suitable first foods, amounts, consistencies, textures to promote successful weaning;
- the second session focuses on interpreting food labels, for example: sugar and salt content.

The programme runs for 2 weeks and each session lasts 1.5 hours. It is suitable for parents with babies aged 4 months – 1 year. See the programme timetable for dates and times. Booking by email to [teresam@surestartsa.org](mailto:teresam@surestartsa.org)

## Men's Health Week

Men's Health Week (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. During 2022, it will run from Monday 13<sup>th</sup> until Sunday 19<sup>th</sup> June. It offers a unique opportunity for everyone to do something to improve the health of men and boys.

The theme for the island of Ireland this year is 'MISSION: isPOSSIBLE'. Of course, this is a play on the 'MISSION: IMPOSSIBLE' TV series / films, which offer many things that appeal to males - suspense, intrigue, courage, daring, incredible feats, heroism, fast-paced action ... and, in the end, good always triumphs over evil!

All you have to do is set yourself a realistic and practical task to improve your health and go for it. That's 'your mission, should you choose to accept it'.

So, if you're up for it, we have an event for you to attend: Dad's Cycling Club on Tuesday 14<sup>th</sup> June at 7pm to 9pm. All bikes are provided. Booking by email to [robertg@surestartsa.org](mailto:robertg@surestartsa.org)



## Time for Parents Book Club

Join us on Monday 25<sup>th</sup> July in Bessbrook Community Centre from 7pm to 8pm for an evening of socialising and discovering the joy of reading with others!

When we read, not only are we improving memory and empathy, but research has shown that it makes us feel better and more positive too. Science has shown that reading has some amazing health benefits, including helping with depression, cutting stress, and reducing the chances of developing Alzheimer's later in life. Booking by email to [aileenmcd@surestartsa.org](mailto:aileenmcd@surestartsa.org)



## Teddy Bears Picnic

"A Gruffalo, what's a Gruffalo?"

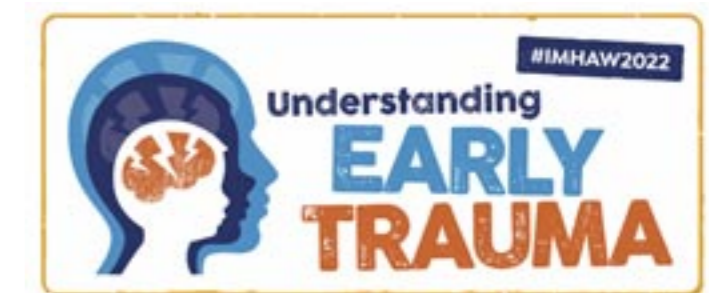
It's that time of year again! Time for our Teddy Bears Picnic and this year we're going on the hunt for a Gruffalo! Come and join us on a walk through Derrymore Woods looking for the mysterious Gruffalo. We will explore the story along our walk and meet some interesting characters along the way. Don't forget your teddy bears and picnic which we can enjoy together after our walk.

We are meeting in the new carpark at Derrymore Woods at 10.30am on Tuesday 5<sup>th</sup> July. Early booking is advisable due to the popularity of this event every year! Booking by email to [nicolam@surestartsa.org](mailto:nicolam@surestartsa.org)

## Infant Mental Health Week

This year Infant Mental Health Week (13<sup>th</sup> - 19<sup>th</sup> June 2022) looks at the impact of early life trauma experienced by babies, the buffering impact that secure and healthy relationships can provide and the importance of specialist support in helping to increase parents' awareness of infant mental health.

Here at Sure Start South Armagh we offer a range of programmes that nurture and support infant mental health and help to strengthen the parent-child relationship. Programmes such as Baby Bonding, the Incredible Years programmes, Baby Massage and Baby Reflexology. These programmes focus on the importance of secure attachment between children and their parents/carers and how early life experiences can shape the infant brain.



# JUNE PROGRAMMES



PLEASE NOTE: BOOKINGS ARE STRICTLY BY EMAIL ONLY				
ACTIVITY	DAY	DATE	VENUE & EMAIL	TIME
<b>Miles With Smiles</b> Cycling for parents and their children aged from 18 months to under 4 years. <b>Bikes and bike buggies provided.</b>	Monday	6 <sup>th</sup> & 20 <sup>th</sup> June	WIN Business Park, Canal Quay, Newry, BT35 6PH email: info@surestartsa.org	11:00am - 1:00pm
<b>Physical Play</b> Children aged from 1 to under 4 years	Monday	13 <sup>th</sup> June 27 <sup>th</sup> June	Bessbrook Community Centre Crossmaglen Community Centre email: info@surestartsa.org	11:00am - 12noon 12:30pm - 1:30pm
<b>Infant Feeding Workshop</b> For expectant parents	Tuesday	7 <sup>th</sup> June	Lislea Community Shed email: helenh@surestartsa.org	11:00am - 12noon
<b>Messy Play</b> Children aged from 1 to under 4 years	Tuesday	7 <sup>th</sup> , 14 <sup>th</sup> & 21 <sup>st</sup> June	Cloughreagh Community Centre email: info@surestartsa.org	11:00am - 12noon
<b>Baby Café</b> Parents of babies aged under 1 year	Tuesday	7 <sup>th</sup> June 21 <sup>st</sup> June	Forkhill Community Centre Lislea Community Shed email: teresam@surestartsa.org	11:00am - 12:30pm
<b>Dad's Cycling Club</b> Adults only	Tuesday	14 <sup>th</sup> June	WIN Business Park, Canal Quay, Newry, BT35 6PH email: robertg@surestartsa.org	7:00pm - 9:00pm
<b>Outdoor Explorers</b> Children aged from 2 to under 4 years	Tuesday	28 <sup>th</sup> June	Glassdrummond Woods email: info@surestartsa.org	11:00am - 12noon
<b>Balance Ability with Dad</b> Dads/male carers and their children aged from 2 to under 4 years	Tuesday	28 <sup>th</sup> June	Dorsey Emmets GAC email: robertg@surestartsa.org	6:00pm - 7:00pm
<b>Garden Club</b> Children aged from 1 year to under 4 years	Wednesday	1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> & 22 <sup>nd</sup> June	Forkhill Community Centre email: isobelf@surestartsa.org	11:00am - 12noon
<b>Rhyme Time</b> Children aged under 3 years	Wednesday	8 <sup>th</sup> & 15 <sup>th</sup> June	Bessbrook Library email: sineadr@surestartsa.org	10:30am - 11:30am
<b>Outdoor Explorers</b> Children aged from 2 to under 4 years	Wednesday	8 <sup>th</sup> June	Derrymore Woods email: info@surestartsa.org	11:00am - 12noon
<b>Little Builders</b> Children aged from 2 to under 4 years	Wednesday	8 <sup>th</sup> June	Culloville Community Centre email: info@surestartsa.org	2:15pm - 3:15pm
<b>Creativity Factory</b> Children aged from 2 to under 4 years 1 session per family	Wednesday	15 <sup>th</sup> & 29 <sup>th</sup> June	Sticky Fingers email: nicolam@surestartsa.org	11:00am - 12noon
<b>Family Day Out</b> All Sure Start families	Wednesday	22 <sup>nd</sup> June	Venue to be confirmed email: julieh@surestartsa.org	9:30am - 1:00pm
<b>Let's Play</b> Programme aimed at those children who are in the referral process / have received a diagnosis of an additional need	Thursday	9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> & 30 <sup>th</sup> June	Bessbrook Community Centre email: nicolam@surestartsa.org	10:30am - 11:30am
<b>Playtime</b> Children aged under 4 years	Thursday	9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> June	Culloville Community Centre email: info@surestartsa.org	11:00am - 12noon
<b>Rhyme and Sign</b> Children aged from 1 year to under 4 years	Thursday	9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> June	Crossmaglen Community Centre email: nicolamcc@surestartsa.org	1:00pm - 1:45pm
<b>Balance Ability with Dad</b> Dads/male carers and their children aged from 2 to under 4 years	Thursday	9 <sup>th</sup> June	Bessbrook Community Centre Pitch email: robertg@surestartsa.org	6:00pm - 7:00pm
<b>Dad's Club - Pizza Night</b> Dads/male carers and their children aged from 2 to under 4 years	Thursday	23 <sup>rd</sup> June	Leif's Brot Bakehouse Bessbrook email: robertg@surestartsa.org	6:30pm - 7:30pm
<b>Dad's Trip to Dublin Zoo</b> Dads/male carers and their children Transport provided	Saturday	18 <sup>th</sup> June	Dublin Zoo email: info@surestartsa.org	Starting pick-ups at 9am. Leaving Dublin at 4pm

\* Please note: crèche is available for children aged under 4.

Full programme information available on our website.

We are delighted at the popularity of our programmes but out of courtesy for families on the waiting list we ask that you 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. Thank you for your support.

# JULY PROGRAMMES



PLEASE NOTE: BOOKINGS ARE STRICTLY BY EMAIL ONLY				
ACTIVITY	DAY	DATE	VENUE & EMAIL	TIME
<b>Miles With Smiles</b> Cycling for parents and their children aged from 18 months to under 4 years. <b>Bikes and bike buggies provided.</b>	Monday	4 <sup>th</sup> July	WIN Business Park, Canal Quay, Newry, BT35 6PH email: info@surestartsa.org	11:00am - 1:00pm
<b>Physical Play</b> Children aged from 1 year to under 4 years	Monday	18 <sup>th</sup> July 25 <sup>th</sup> July	Forkhill Community Centre Newtownhamilton Community Centre email: isobelf@surestartsa.org	11:00am - 12noon
<b>Time for Parents Bookclub</b> All Sure Start parents	Monday	25 <sup>th</sup> July	Bessbrook Community Centre email: aileenmcd@surestartsa.org	7:00pm - 8:00pm
<b>Teddy Bears Picnic</b> All Sure Start families	Tuesday	5 <sup>th</sup> July	Derrymore Woods email: nicolam@surestartsa.org	10:30am - 12noon
<b>Baby Café</b> Parents of babies aged under 1 year	Tuesday	5 <sup>th</sup> July 19 <sup>th</sup> July	Forkhill Community Centre Lislea Community Shed email: teresam@surestartsa.org	11:00am - 12:30pm
<b>Dad's Club - Little Kickers</b> Dads/male carers and their children aged from 2 to under 4 years	Tuesday	5 <sup>th</sup> July 26 <sup>th</sup> July	Bessbrook Community Centre Pitch Dorsey Emmets GAC email: robertg@surestartsa.org	6:00pm - 7:00pm
<b>Physical Play</b> Children aged from 1 year to under 4 years	Tuesday	19 <sup>th</sup> July	Dorsey Community Centre email: isobelf@surestartsa.org	11:00am - 12noon
<b>Messy Play</b> Children aged from 1 year to under 4 years	Tuesday	26 <sup>th</sup> July 2 <sup>nd</sup> & 9 <sup>th</sup> August	Crossmaglen Community Centre email: info@surestartsa.org	11:00am - 12noon
<b>Messy Play</b> Children aged from 1 year to under 4 years	Wednesday	6 <sup>th</sup> July	Forkhill Community Centre email: info@surestartsa.org	11:00am - 12noon
<b>Outdoor Explorers</b> Children aged from 2 to under 4 years	Wednesday	6 <sup>th</sup> July	Glassdrummond Woods email: info@surestartsa.org	11:00am - 12noon
<b>Rhyme Time</b> Children aged under 3 years	Wednesday	20 <sup>th</sup> & 27 <sup>th</sup> July	Bessbrook Library email: hayleyck@surestartsa.org	10:30am - 11:30am
<b>Real Birth Programme</b> For expectant parents	Wednesday	27 <sup>th</sup> July 3 <sup>rd</sup> , 10 <sup>th</sup> & 17 <sup>th</sup> August	Forkhill Community Centre email: teresam@surestartsa.org	6:30pm - 8:00pm
<b>Outdoor Explorers</b> Children aged from 2 to under 4 years	Thursday	7 <sup>th</sup> July	Ballymoyer Forest email: info@surestartsa.org	11:00am - 12noon
<b>Messy Play</b> Children aged from 1 year to under 4 years	Thursday	7 <sup>th</sup> July	Forkhill Community Centre email: info@surestartsa.org	11:00am - 12noon
<b>Weaning Workshop</b> Parents with babies aged 4 months to 1 year	Thursday	14 <sup>th</sup> & 21 <sup>st</sup> July	Newtownhamilton Community Centre email: teresam@surestartsa.org	10:30am - 12noon
<b>Playtime</b> Children aged under 4 years	Thursday	21 <sup>st</sup> & 28 <sup>th</sup> July 4 <sup>th</sup> August	Newtownhamilton Community Centre email: info@surestartsa.org	11:30am - 12:30pm
<b>Welcome to the Summer</b> All Sure Start families	Friday	1 <sup>st</sup> July	Bluebell Lane email: info@surestartsa.org	11:00am - 12noon
<b>Rhyme &amp; Sign</b> Children aged from 1 year to under 4 years	Friday	1 <sup>st</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> July	Forkhill Community Centre email: nicolamcc@surestartsa.org	11:00am - 11:45am
<b>Messy Play</b> Children aged from 1 year to under 4 years	Friday	8 <sup>th</sup> July	Forkhill Community Centre email: info@surestartsa.org	11:00am - 12noon
<b>Physical Play</b> Children aged from 1 year to under 4 years	Friday	22 <sup>nd</sup> July	Cloughreagh Community Centre email: isobelf@surestartsa.org	11:00am - 12noon
<b>Time for Play</b> Children aged from 2 to under 4 years	Friday	29 <sup>th</sup> July	Cullyhanna Sure Start Centre email: info@surestartsa.org	12noon - 1:00pm



## Developmental Programme for 2-3 Year Olds 2022/2023

Thank you to everyone who applied!

You will be contacted if you have or have not received a place on the Developmental Programme for 2-3 Year Olds by the 10<sup>th</sup> June.