



# Newsletter

February & March 2025

## Thank you!

A big thank you to all the parents and carers who completed our recent survey around children with additional needs. We really appreciate the time people took to share their feedback on our services and look forward to implementing the changes suggested. Congratulations to the two winners of our £100 Amazon Gift Cards!

## NEW PROGRAMME: Calm and 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.

## Music for All

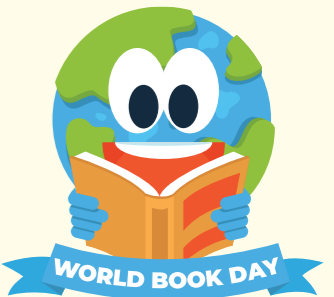
Join us as we celebrate world music therapy day. From drums to bells, join us for a song – filled morning with your favourite songs and nursery rhymes. Witness the power of music as your little one explores the world of music and rhyme.



## World Book Day

Come along on the 6<sup>th</sup> March as we celebrate World Book Day with lots of fun crafts, physical and sensory play, all themed around some of our favourite books. We'll also have taster sessions of our popular Rhyme Time.

**World Book Day Quiet Hour**  
For children who would require a quieter session, parents can book into our 'Quiet Hour' at 10am where the group size will be smaller.



## Programme for 2 to 3 Year Olds 2025/2026

Do you have a child born between 2<sup>nd</sup> July 2022 and 1<sup>st</sup> July 2023? Do you live in the Sure Start South Armagh Catchment Area and are you registered with Sure Start South Armagh?

If so, your child is eligible to apply for a place on the Sure Start South Armagh Developmental Programme for 2 to 3 Year Olds 2025/2026. Expression of Interest Forms will be sent out automatically to all eligible children registered with Sure Start South Armagh.

Please note that this programme is usually oversubscribed, and places are limited. If you do not receive a form from us by the end of March, please contact our office.

For more information about The Developmental Programme for 2 to 3 year old please see our website: [www.surestartsa.org/the-developmental-programme-for-2-3yr-olds](http://www.surestartsa.org/the-developmental-programme-for-2-3yr-olds)

## Mood Matters

Mood Matters for Parent and Baby is a FREE mental health awareness workshop for expectant parents and parents of young babies.



This programme teaches you skills and techniques to look after your mental health, manage your feelings when you are stressed, worried or depressed and help you cope with challenges in your life. It can also help you look after your baby's mental wellbeing and give them the best start in life.



## Mindfulness in Nature

"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

Join us in Derrymore and Glassdrummond Woods as we engage all our senses, noticing what we can smell, touch, hear and see as we wander through the woods. See our timetable for scheduled sessions.

## Mindfulness in the Garden

To celebrate Compost Day and Community Garden Week, we will plant some herbs and flowers.

Children will become mindful of their breath while connecting to the scent of various garden plants and how their aromas make them feel.

## Physical Babies & Toddlers

Join us in Crossmaglen Community Centre for a fun morning of Physical Play.

This programme develops 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.



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## WhatsApp Channels



Scan here to join us on WhatsApp Channels!

Channels allows you to privately follow groups/topics that you might be interested in without your details being shared with other members. We understand that not everyone has social media to follow us for important updates. So we hope that this will help us better communicate with our families.

## Playtime Inbetweeners



Playtime Inbetweeners is an hour of fun and stimulating play!

This programme has been specifically designed to offer you and your child the opportunity to play together in a social environment, where your children can develop friendships through enjoying lots of fun activities together.

## Creative Toddlers



Come join us for a 3-week programme full of role play, music, dress up and much more.

Creative play encourages the development of imagination, as well as providing opportunities for social and emotional growth through playing with peers.

Let your child discover their creative side and explore the world around them.

## Tooth Fairy Event

We are looking forward to seeing all our Sure Start families at our Tooth Fairy event where we will have a range of fun-filled activities and a visit from our local dentist.

We will have fun dental themed games, a dress up area, a story area with a real-life tooth fairy and some fun tooth fairy arts and crafts among the array of activities on the day.



## Dummies - yes/no?

Workshop to discuss using dummies/soothers

Are you considering giving your baby a dummy, or wanting advice on how to remove it from your toddler? Join our Health Visitor Shona and Speech and Language Therapist Alison as they discuss some of the benefits and drawbacks of dummies.



# FEBRUARY PROGRAMMES



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT

ACTIVITY	DATE	VENUE	TIME
<b>Little Kickers</b> Children aged from 2 to under 4 years	3 <sup>rd</sup> & 17 <sup>th</sup> February	Newtownhamilton Community Centre	10:30am - 11:30am
<b>Baby Bonding</b> Expectant parents (from 28 weeks) & parents and their babies up to the age of 6 months	3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> February 3 <sup>rd</sup> & 10 <sup>th</sup> March	Lislea Community Shed	10:30am - 12noon
<b>Carer and Toddler Group</b> Parents/carers and their children aged from birth to under 4 years	3 <sup>rd</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> February	Bessbrook Community Centre	10:45am - 12noon
<b>Playtime Inbetweeners</b> Parents/carers and their children aged from 6 months to 2 years <b>DROP IN - BOOKING NOT REQUIRED</b>	3 <sup>rd</sup> , 17 <sup>th</sup> & 24 <sup>th</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	10 <sup>th</sup> February	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	10 <sup>th</sup> February	Lislea Community Centre	2:30pm - 3:15pm
<b>Creative Parents</b> All Sure Start parents/carers only	10 <sup>th</sup> February	Camlough Programme Room	6:30pm - 7:30pm
<b>Balance Ability</b> Children aged from 2 to under 4 years	24 <sup>th</sup> February	Newtownhamilton Community Centre	10:30am - 11:30am
<b>Physical Babies</b> Babies aged up to 18 months	4 <sup>th</sup> , 11 <sup>th</sup> & 18 <sup>th</sup> February	Crossmaglen Community Centre	10:00am - 10:45am
<b>Antenatal Infant Feeding Workshop</b> All expectant parents	4 <sup>th</sup> February	Camlough Programme Room	11:00am - 12noon
<b>Physical Play</b> Children aged from 2 to under 4 years	4 <sup>th</sup> , 11 <sup>th</sup> & 18 <sup>th</sup> February	Crossmaglen Community Centre	11:15am - 12:15pm
<b>Baby Café</b> All parents with babies aged under 1 year <b>DROP IN - BOOKING NOT REQUIRED</b>	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> February	Camlough Programme Room	2:00pm - 3:30pm
<b>Speech and Language - Coffee &amp; Chat</b> All Sure Start parents/carers only <b>DROP IN - BOOKING NOT REQUIRED</b>	4 <sup>th</sup> February	Crossmaglen Community Centre	2:00pm - 3:30pm
<b>Dad's Club - Balance Ability</b> Dads/male carers and their children aged from 2 years to under 4 years	4 <sup>th</sup> & 25 <sup>th</sup> February	Forkhill Community Centre	6:00pm - 7:00pm
<b>Workshop to Discuss Using Dummies/Soothers</b> All Sure Start parents/carers	11 <sup>th</sup> February	Lislea Community Shed	10:00am - 11:00am
<b>Workshop to Discuss Using Dummies/Soothers</b> All Sure Start parents/carers	11 <sup>th</sup> February	TEAMS - Online	7:00pm - 8:00pm
<b>Mood Matters For Parent And Baby</b> All Sure Start parents/carers (including all expectant parents). <b>LIMITED CRÛCHE FACILITY</b>	18 <sup>th</sup> February	Bessbrook Parish Hall	10:30am - 12:30pm
<b>Dad's Club - Little Builders</b> Dads/male carers and their children aged from 1 year to under 4 years	18 <sup>th</sup> February	Camlough Programme Room	6:00pm - 7:00pm
<b>Tooth Fairy Event</b> All Sure Start families	25 <sup>th</sup> February	Forkhill Community Centre	10:30am - 12noon
<b>Rhyme Time</b> All children aged under 4 years <b>DROP IN - BOOKING NOT REQUIRED</b>	5 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> February	Bessbrook Library	10:30am - 11:30am
<b>Toddler Yoga</b> Parents/carers and their children aged from 2 to under 4 years	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> February	Bessbrook Parish Hall	11:00am - 11:45am
<b>Construction Zone</b> Children aged from 2 to under 4 years	5 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> February	Culloville Community Centre	11:00am - 12noon
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> February	Bessbrook Community Centre	2:30pm - 3:15pm
<b>Calm and Connected</b> Babies aged from 8 weeks up to 12 months	19 <sup>th</sup> & 26 <sup>th</sup> February 5 <sup>th</sup> & 12 <sup>th</sup> March	Crossmaglen Community Centre	1:30pm - 2:30pm
<b>The Real Birth Programme</b> All expectant parents	19 <sup>th</sup> & 26 <sup>th</sup> February 5 <sup>th</sup> & 12 <sup>th</sup> March	Camlough Programme Room	2:00pm - 3:30pm
<b>Sensory Baby</b> Babies aged up to 18 months	6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup> February	Forkhill Community Centre	10:30am - 11:15am
<b>Let's Play</b> Children who are in the referral process or have received a diagnosis of additional need.	6 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> February	Bessbrook Community Centre	10:30am - 11:15am
<b>Sensory Toddler</b> Children aged from 2 to under 4 years	6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup> February	Forkhill Community Centre	11:45am - 12:30pm
<b>Dad's Club - Little Kickers</b> Dads/male carers and their children aged from 2 years to under 4 years	13 <sup>th</sup> February	Cullyhanna Community Centre	6:00pm - 7:00pm
<b>Elklan: Let's Talk with Baby</b> Babies aged from 6 months to 12 months	20 <sup>th</sup> & 27 <sup>th</sup> February & WEDNESDAYS 5 <sup>th</sup> & 12 <sup>th</sup> March	Camlough Programme Room	10:00am - 10:45am
<b>Baby Massage</b> Babies aged from 6 to 12 months	20 <sup>th</sup> & 27 <sup>th</sup> February 6 <sup>th</sup> & 13 <sup>th</sup> March	Crossmaglen Community Centre	2:00pm - 2:45pm
<b>Dad's Club - Pancake Night</b> Dads/male carers and their children aged from 1 year to under 4 years	27 <sup>th</sup> February	Camlough Programme Room	6:00pm - 7:00pm 7:00pm - 8:00pm
<b>Creative Babies</b> Babies aged up to 18 months	7 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> February	Dorsey Community Centre	10:30am - 11:15am
<b>Rhyme Time</b> All children aged under 4 years <b>DROP IN - BOOKING NOT REQUIRED</b>	7 <sup>th</sup> & 28 <sup>th</sup> February	Crossmaglen Library	11:00am - 11:45am
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	14 <sup>th</sup> February	Cullyhanna Community Centre	11:00am - 11:45am
<b>Mindfulness in Nature in the Garden</b> Children aged from 18 months to under 4 years	21 <sup>st</sup> February	Forkhill Community Centre - Garden Shed	10:30am - 11:30am
<b>Tummy Time</b> Babies aged from 6 weeks to pre-mobile	21 <sup>st</sup> February	Cloughreagh Community Centre	11:00am - 11:45am
<b>Baby Yoga</b> Parent/carers and their babies from 6 weeks to 6 months	1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> & 22 <sup>nd</sup> February	Camlough Programme Room	10:30am - 11:30am
<b>Dad's Club - Breakfast Morning</b> Dads/male carers and their children aged under 4 years	8 <sup>th</sup> February	Caring Coin Community Café, Sticky Fingers, Newry	10:00am - 12noon
<b>Rhyme Time</b> All children aged under 4 years <b>DROP IN - BOOKING NOT REQUIRED</b>	22 <sup>nd</sup> February	Bessbrook Library	11:15am - 12noon



# MARCH PROGRAMMES



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ACTIVITY	DATE	VENUE	TIME
<b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	3 <sup>rd</sup> & 10 <sup>th</sup> March	Derrymore Woods Bottom Car Park	10:30am - 11:30am
<b>Playtime Inbetweeners</b> Parents/carers and their children aged from 6 months to 2 years <b>DROP IN - BOOKING NOT REQUIRED</b>	3 <sup>rd</sup> , 10 <sup>th</sup> , 24 <sup>th</sup> & 31 <sup>st</sup> March	Cullyhanna Sure Start Centre	12:30pm - 1:30pm
<b>Tummy time</b> Babies aged from 6 weeks to pre-mobile	10 <sup>th</sup> March	Cullyhanna Community Centre	2:30pm - 3:15pm
<b>Creative Parents</b> All Sure Start parents/carers only	10 <sup>th</sup> March	Camlough Programme Room	6:30pm - 7:30pm
<b>Carer &amp; Toddler Group</b> Parents/carers and their children aged from birth to under 4 years	24 <sup>th</sup> & 31 <sup>st</sup> March	Bessbrook Community Centre	10:45am - 12noon
<b>Creative Babies</b> Babies aged up to 18 months	4 <sup>th</sup> , 11 <sup>th</sup> & 18 <sup>th</sup> March	Camlough Programme Room	10:30am - 11:15am
<b>Baby Café</b> All parents with babies aged under 1 year <b>DROP IN - BOOKING NOT REQUIRED</b>	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> March	Camlough Programme Room	2:00pm - 3:30pm
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	4 <sup>th</sup> March	Cullyhanna Community Centre	2:30pm - 3:15pm
<b>Dad's Club - Train Set</b> Dads/male carers and their children aged from 1 year to under 4 years	4 <sup>th</sup> & 18 <sup>th</sup> March	Cullyhanna Community Centre	6:00pm - 7:00pm
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	11 <sup>th</sup> March	Bessbrook Community Centre	2:30pm - 3:15pm
<b>Dad's Club - Men's Health Information Evening</b> Dads/male carers only	11 <sup>th</sup> March	Camlough Programme Room	6:00pm - 8:00pm
<b>Mindfulness in Nature Walk</b> Children aged from 18 months to under 4 years	18 <sup>th</sup> & 25 <sup>th</sup> March	Glassdrummond Wood	10:30am - 11:30am
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	18 <sup>th</sup> & 25 <sup>th</sup> March	Crossmaglen Community Centre	2:30pm - 3:15pm
<b>Dad's Club - Little Kickers</b> Dads/male carers and their children aged from 2 to under 4 years	18 <sup>th</sup> March	Cullyhanna Community Centre	6:00pm - 7:00pm
<b>Dad's Club - Pizza Night</b> Dads/male carers and their children aged from 1 year to under 4 years	25 <sup>th</sup> March	Camlough Programme Room	6:00pm - 8:00pm
<b>Buggy Fitness</b> Mums with babies in buggies aged up to 12 months	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> March	Cloughreagh Community Centre	9:30am - 10:30am
<b>Rhyme Time</b> All children aged under 4 years <b>DROP IN - BOOKING NOT REQUIRED</b>	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> March	Bessbrook Library	10:30am - 11:30am
<b>Musical Toddlers</b> Children aged from 1 to under 4 years	12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> March	Forkhill Community Centre	10:00am - 10:45am
<b>Musical Babies</b> Babies aged up to 12 months	12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> March	Forkhill Community Centre	11:15am - 12noon
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	19 <sup>th</sup> March	Bessbrook Community Centre	11:00am - 11:45am
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	19 <sup>th</sup> March	Bessbrook Community Centre	3:00pm - 3:45pm
<b>World Book Day Event - Quiet Hour</b> Children aged from birth to under 4 years who would benefit from calmer environments	6 <sup>th</sup> March	Crossmaglen Community Centre	10:00am - 11:00am
<b>World Book Day Event</b> Children aged from birth to under 4 years	6 <sup>th</sup> March	Crossmaglen Community Centre	11:00am - 12:30pm
<b>Let's Play</b> Children who are in the referral process or have received a diagnosis of additional need.	6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> March	Bessbrook Community Centre	10:30am - 11:30am
<b>Baby Yoga</b> Parents/carers and their babies aged from 6 weeks to 6 months	6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> March	Bessbrook Parish Hall	10:30am - 11:30am
<b>Creative Toddlers</b> Children aged from 2 to under 4 years	13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> March	Newtownhamilton Community Centre	11:00am - 12noon
<b>Dad's Club - Train Set</b> Dads/male carers and their children aged from 1 year to under 4 years	13 <sup>th</sup> March	Crossmaglen Community Centre	6:30pm - 7:30pm
<b>Dad's Club - Little Builders</b> Dads/male carers and their children aged from 1 year to under 4 years	20 <sup>th</sup> March	Cloughreagh Community Centre	6:00pm - 7:00pm
<b>Tummy time</b> Babies aged from 6 weeks to pre-mobile	27 <sup>th</sup> March	Bessbrook Community Centre	2:00pm - 2:45pm
<b>Dad's Club - Little Builders</b> Dads/male carers and their children aged from 1 year to under 4 years	27 <sup>th</sup> March	Crossmaglen Community Centre	6:30pm - 7:30pm
<b>Physical Babies</b> Babies aged up to 12 months	7 <sup>th</sup> , 14 <sup>th</sup> & 21 <sup>st</sup> March	Cloughreagh Community Centre	10:00am - 10:45am
<b>Mindfulness in Nature in the Garden</b> Children aged from 18 months to under 4 years	7 <sup>th</sup> March	Forkhill Community Centre - Garden Shed	10:30am - 11:30am
<b>Physical Play</b> Children aged from 2 to under 4 years	7 <sup>th</sup> , 14 <sup>th</sup> & 21 <sup>st</sup> March	Cloughreagh Community Centre	11:15am - 12:15pm
<b>Rhyme Time</b> All children aged under 4 years <b>DROP IN - BOOKING NOT REQUIRED</b>	7 <sup>th</sup> , 14 <sup>th</sup> & 21 <sup>st</sup> March	Crossmaglen Library	11:00am - 11:45am
<b>Mindfulness in Nature in the Garden</b> Children aged from 18 months to under 4 years	21 <sup>st</sup> March	Forkhill Community Centre - Garden Shed	10:30am - 11:30am
<b>Tiny Dancers</b> Children aged from 2 to under 4 years	21 <sup>st</sup> March	Crossmaglen Community Centre	11:00am - 11:45am
<b>Music for All</b> All Sure Start families	1 <sup>st</sup> March	Camlough Programme Room	10:00am - 10:45am
<b>Dad's Club - Breakfast Morning</b> Dads/male carers and their children aged under 4 years	8 <sup>th</sup> March	Caring Coin Community Café, Sticky Fingers, Newry	10:00am - 12noon
<b>Mothers' Day Event</b> All Sure Start families	22 <sup>nd</sup> March	Silverbridge Community Centre	10:30am - 12noon
<b>Rhyme Time</b> All children aged under 4 years <b>DROP IN - BOOKING NOT REQUIRED</b>	22 <sup>nd</sup> March	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