

January to March 2024



'Here comes a brand new year,  
lots of new things to explore,  
A clean, blank slate to write on,  
Fun happenings galore.  
To you we wish the best of things,  
All the blessings a new year brings'.

-Joanna Fuchs

Here at Splash Sure Start, we are looking forward to the new year ahead with lots of exciting programmes planned for our families.

*Our Sure Start family is growing...*

A big welcome to our new Office and  
Supports Services Team Leader  
Niamh Chambers



To learn more about all our programmes visit our website

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# Little Astronauts Playtime

\*Booking required

This four week playtime is themed around space! Each week will include different activities full of fun for your little astronauts.

We will also be providing a quiet session of this 4 week playtime for those children with additional needs or anyone who feels may benefit from a smaller and quieter group.



Location : Legahory Playroom

Dates: 22nd Feb-14th March

Times: 10am-11am

Quiet session: 11:30am-12:30pm

# Aquanatal Yoga

\*Booking required

This 4 week programme is for pregnant Mums to Be, from 14 weeks up to birth.

During your sessions in the water, you will experience a soothing and relaxing environment which will help you prepare for birth and especially for water-birth.

Location : South Lakes Leisure Centre

Dates: Monday 26th Feb - 25th March

Times: 12:30pm-1:30pm



# Nurturing Programme

\*Booking required

This positive parenting programme will give you the knowledge and skills to build on your own valuable experiences

We will learn about:

- Nurturing ourselves
- Time out to calm down
- Boundaries
- Kindness charts
- Handling Emotions
- Praise and criticism



\*Limited creche places are available

Location: Legahory Training Room

Dates: 14th January -24th March

Time: 10:00am-11:45am

# FAMILY LINKS

# Listen, Move and Play

\*Booking required

This 6 week programme is specifically tailored for children with additional needs or anyone who feels may benefit from a smaller and quieter group.

The group will be facilitated by our Occupational Therapist, Speech and Language Therapist, and our Early Years Practitioners.

For further information please contact our office.

Location : Legahory Playroom

Dates: Tuesday 20th Feb -26th March

Times: 10:30am-11:30am

Age: 18m to 4yrs



# Dad's and Grandads Schedule

My Notes  
& Bookings

Activity

Day

Dates

Times

Venue

January

Dads, Grandads & Kids  
Play Club. 0-4yrs

Tuesday

9th Jan-30th Jan

10:00am-12:00pm

Taghnevan  
Community Centre

Pickle Ball

\*Parents and Carers only

Wednesday

10th Jan-31st Jan

7:00pm-8:00pm

Taghnevan  
Community Centre

Mens Health and  
Wellbeing Programme

Wednesday

17th Jan-20th March

7:00pm-8:45pm

Legahory Training  
Room

Mens Hike

\*Parents and Carers only

Saturday

27th Jan

8:30am-4:30pm

Mourne Moutains  
\*Transport Provided

February

Dads, Grandads & Kids  
Swimming. 0-4yrs

Monday

19th Feb

12:30pm-1:30pm

South Lakes Leisure  
Centre

Dads, Grandads & Kids  
Play Club. 0-4yrs

Tuesday

6th Feb -27th Feb

10:00am-12:00pm

Taghnevan  
Community Centre

Pickle Ball

\*Parents and Carers only

Wednesday

7th Feb-28th Feb

7:00pm-8:00pm

Taghnevan  
Community Centre

March

Dads, Grandads & Kids  
Play Club. 0-4yrs

Tuesday

5th Mar -26th Mar

10:00am-12:00pm

Taghnevan  
Community Centre

Pickle Ball

\*Parents and Carers only

Wednesday

6th Mar-27th Mar

7:00pm-8:00pm

Taghnevan  
Community Centre

Mens Hike

\*Parents and Carers only

Saturday

23rd March

8:30am -4:30pm

Mourne Moutains  
\*Transport Provided



## My Little Valentine

Location: The Links Lurgan

Date: Wednesday 14th February

Time: 10:30am-12:00pm

Age: 0-11yrs

Spread the love this Valentines day with Splash  
Sure Start.

We will have lots of different play experiences and  
a varied range of arts and crafts to share with  
your little valentine.

Optional: Pink or Red clothing can be worn.



Please contact the office to book your place

## Splash out Saturdays

### Polar Penguins

Join us for a family morning at The Church Of  
the Nazarene for some chilly winter fun and  
snowy play experiences.



Date: Saturday 27th January

Time: 10:30am-12:00pm

Age 0-11yrs

### World Book Day

Come along and join us at Brownlow Library  
to enjoy some of your favourite stories told  
by our story teller.

Date: Saturday 2nd March

Time: 10:30am-12:00pm

Age: 0-11yrs

Please contact the office to book your place





# UPCOMING ACTIVITIES FOR JANUARY TO MARCH 2024

	Activity	Day	Dates	Times	Venue	My Notes & Bookings
January	Splash Water Tots 2yrs-4yrs	Monday	15th Jan -12th Feb	12:30pm-1:00pm 1:00pm-1:30pm	South Lakes Leisure Centre	
	Baby Massage 0-12m	Monday	15th Jan-12th Feb	11:00am-12:00pm	Legahory Training Room	
	Arctic Explorers Funshop 0-4rys	Monday	22nd Jan	10:00am-11:00am 11:30am-12:30pm	Legahory Playroom	
	Baby Cafe- Drop in 0-12m	Tuesday	9th Jan-30th Jan	10:00am- 11:00am	Legahory Training Room	
	Breast Feeding Support	Tuesday	9th Jan-30th Jan	11:30am-12:30pm	Legahory Training Room	
	Occupational Therapy Clinic 0-4rys	Tuesday	30th Jan	9:30am-1:00pm	Legahory Family Room	
	Fun For All 0-4rys *Must be booked each week	Wednesday	10th Jan-31st Jan	10:30am-12:00pm	LINKS Lurgan	
	Incredible Babies 0-9m	Wednesday	24th Jan-20th Mar	10:00am-12:00pm	Legahory Training Room	
	Sociable Babies 0-3m	Thursday	18th Jan-7th Mar	10:00am-12:00pm	Legahory Training Room	
	Gardening Allotment 0-4rys	Thursday	1st & 3rd Thurs of Month	10:00am-12:00pm	Taghnevan Community Centre	
	Speech and Language Clinic 0-4rys	Thursday	25th Jan	9:00am-1:00pm	Legahory Family Room	
	ABC Council 'Love Food, Hate Waste' 0-4yrs	Thursday	25th Jan	11:00am-12:00pm	Legahory Training Room	
February	Aqua-natal Yoga *4 week programme	Monday	26th Feb-25th Mar	12:30pm-1:30pm	South Lakes Leisure Centre	
	Baby Cafe- Drop in 0-12m	Tuesday	6th Feb -27th Feb	10:00am-11:00am	Legahory Training Room	
	Breast Feeding Support	Tuesday	6th Feb -27th Feb	11:30am-12:30pm	Legahory Training Room	
	Listen, Move & Play 18m-4rs	Tuesday	20th Feb-26th Mar	10:30am-11:30am	Legahory Playroom	
	Fun For All 0-4rys *Must be booked each week	Wednesday	7th Feb -28th Feb *Excluding 14th Feb	10:30am-12:00pm	LINKS Lurgan	
	My Little Valentine *Benefits Advice Clinic attending	Wednesday	14th Feb	10:30am-12:00pm	LINKS Lurgan	
	Gardening Allotment 0-4rys	Thursday	1st & 3rd Thurs of Month	10:00am-12:00pm	Taghnevan Community Centre	
	Little Astronauts Playtime 4 week Programme 0-4rys ** Quiet Session	Thursday	22nd Feb-14th Mar	10:00am-11:00am **11:30am-12:30pm	Legahory Playroom	
	Dental Care and Oral Hygiene 0-12m	Thursday	22nd Feb	12:15pm-1:15pm	Legahory Training Room	
March	Baby Cafe- Drop in 0-12m	Tuesday	5th Mar-19th Mar	10:00am-11:00am	Legahory Training Room	
	Breast Feeding Support	Tuesday	5th Mar-19th Mar	11:30am-12:30pm	Legahory Training Room	
	Parenting Puzzle *Parents and Carers only	Tuesday	5th Mar-26th Mar	6:00pm-8:00pm	Legahory Training Room	
	Fun For All 0-4yrs *Must be booked each week	Wednesday	6th Mar-27th Mar	10:30am-12:00pm	LINKS Lurgan	
	ABC Council Healthy Eating information session	Wednesday	20th March	11:00am-12:00pm	Legahory Playroom	
	Time For Me *Parents and Carers only	Wednesday	27th March	6:30pm-8:00pm	Legahory Training Room	
	Gardening Allotment 0-4rys	Thursday	1st & 3rd Thurs of Month	10:00am-12:00pm	Taghnevan Community Centre	
	Parents Forum 0-4rys	Thursday	14th March	12:30pm-1:00pm	Legahory Playroom	
	Meet the Midwife *Antenatal parents	Thursday	21st March	10:30am-12:00pm	Legahory Training Room	
	Easter Funshops *Quiet Session 0-4rys	Thursday	28th March	10:00am-11:00am *11:30am-12:30pm 2:00pm-3:00pm	Legahory Playroom	
	Postnatal Pilates	Friday	1st Mar-22nd Mar	10:30am-11:30am	Legahory Programme Room	

All activities must be booked

Please contact the office on 028 3831 3360 to place your name on an expression of interest list