

JUNE Programmes (PLEASE PHONE OFFICE TO BOOK YOUR PLACE!)

Activity	Day	Date	Venue	Time
Fountain Street Play Together	Monday	3rd June	Fountain Street Presbyterian Hall	10am - 11.30am
Murlough Play Together	Monday	3rd June	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	4th June	Mount Crescent	12.30pm - 2pm
Fun on the Beach	Tuesday	4th June	Newcastle	10am - 11am
Rhythm Rhyme & Storytime	Wednesday	5th June	Fountain Street Presbyterian Hall	10am or 11am
Postnatal Pilates	Thursday	6th June	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	6th June	Mount Crescent	11am - 12noon
Ardglass Play Together	Friday	7th June	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	7th June	Ballymote Sports Centre	9.45am - 11.15am
Bright Stars	Friday	7th June	Mount Crescent	9.30am - 11am
Bright Stars	Friday	7th June	Mount Crescent	11.30am - 1pm
Fountain Street Play Together	Monday	10th June	Fountain Street Presbyterian Hall	10am - 11.30am
Murlough Play Together	Monday	10th June	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	11th June	Mount Crescent	12.30pm - 2pm
Fun on the Beach	Tuesday	11th June	Newcastle	10am - 11am
First Aid	Tuesday	11th June	Mount Crescent	6pm - 8pm
Rhythm Rhyme & Storytime	Wednesday	12th June	Fountain Street Presbyterian Hall	10am or 11am
Slow Cooker Programme	Wednesday	12th June	Mount Crescent	9.30am - 11am
Postnatal Pilates	Thursday	13th June	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	13th June	Mount Crescent	11am - 12noon
Breastfeeding Support Group	Thursday	13th June	Mount Crescent	1pm - 2pm
Ardglass Play Together	Friday	14th June	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	14th June	Ballymote Sports Centre	9.45am - 11.15am
Bright Stars	Friday	14th June	Mount Crescent	9.30am - 11am
Bright Stars	Friday	14th June	Mount Crescent	11.30am - 1pm
Fountain Street Play Together	Monday	17th June	Fountain Street Presbyterian Hall	10am - 11.30am
New Mums	Tuesday	18th June	Mount Crescent	12.30pm - 2pm
Fun on the Beach	Tuesday	18th June	Newcastle	10am - 11am
Slow Cooker Programme	Wednesday	19th June	Mount Crescent	9.30am - 11am
Postnatal Pilates	Thursday	20th June	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	20th June	Mount Crescent	11am - 12noon
Ardglass Play Together	Friday	21st June	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	21st June	Ballymote Sports Centre	9.45am - 11.15am
Bright Stars	Friday	21st June	Mount Crescent	9.30am - 11am
Bright Stars	Friday	21st June	Mount Crescent	11.30am - 1pm
Fountain Street Play Together	Monday	24th June	Fountain Street Presbyterian Hall	10am - 11.30am
New Mums	Tuesday	25th June	Mount Crescent	12.30pm - 2pm
Fun on the Beach	Tuesday	25th June	Newcastle	10am - 11am
Fun in the Park	Tuesday	25th June	Delamont	9.45am - 11am
Slow Cooker Programme	Wednesday	26th June	Mount Crescent	9.30am - 11am
Postnatal Pilates	Thursday	27th June	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	27th June	Mount Crescent	11am - 12noon
Breastfeeding Support Group	Thursday	27th June	Mount Crescent	1pm - 2pm
Bright Stars	Friday	28th June	Mount Crescent	9.30am - 11am
Bright Stars	Friday	28th June	Mount Crescent	11.30am - 1pm

ORAL HEALTH FOUNDATION - 13TH MAY - 13TH OF JUNE 2024

Between 13th May and 13th of June 2024 the Oral Health Foundation will be raising awareness of the importance of dental hygiene. Children should visit the dentist after their first tooth appears or by their first birthday, whichever comes first. Baby teeth play an important role in a child's long-term oral health as they hold space for the permanent teeth that eventually grow into their place.

Baby teeth can also affect a child's overall development because they affect chewing, speaking, and smiling. It's important to register your child with a dentist as soon as possible.

FOR MORE INFO PLEASE GO TO:
Oral Health Leaflets -
Community Dental
Services.

A-Z oral
health
information
Oral Health
Foundation
(dentalhealth.org)



DOWN SureStart Newsletter

TALKING IS AS
IMPORTANT AS
WALKING

MESSAGE OF THE MONTH!

CRAWLERS TO
WALKERS,
BABBLERS TO
TALKERS...

Just as you can help your child to progress from crawling to walking; you can help guide them to move from babbling to talking. You can do this by talking about what your child is doing during their daily activities.

This will help them understand words and then start to use some words themselves. E.g. when you are bathing your child, you can label body parts and talk about washing and drying. Using a song will help your children learn language. e.g. "This is the way we wash our face, wash our face, wash our face..."

Ideas to try at home:

- Give choices to help increase your child's vocabulary e.g. "Do you want an apple or a banana?"
- Repetition helps children remember words e.g. "Let's put your shoes on." "You have blue shoes." "Mummy's shoes are dirty."
- Chat about what you are doing e.g. when out shopping, cooking or cleaning. This will help your child learn new words.
- Make up songs together to help learn new words and phrases such as when you're tidying up, washing the dishes or getting dressed in the morning.



DOWN SureStart offers a range of programmes and support services for antenatal families up until your child's 4th Birthday. SureStart services and programmes are FREE and funded by the Department of Education. www.downsurestart.org

APRIL Programmes (PLEASE PHONE OFFICE TO BOOK YOUR PLACE!)

Activity	Day	Date	Venue	Time
Murlough Play Together	Monday	8th April	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	9th April	Mount Crescent	12.30pm - 2pm
Baby Event - SALT	Wednesday	10th April	Newcastle Parish Centre	10.30am - 11.30am
Infant Massage	Wednesday	10th April	Mount Crescent	10am - 11am
Breastfeeding Support Group	Thursday	11th April	Mount Crescent	1pm - 2pm
Ballymote Play Together	Friday	12th April	Ballymote Sports Centre	10am - 11.30am
Ardglass Play Together	Friday	12th April	St Nicholas' Primary School	10am - 11.30am
Bright Stars	Friday	12th April	Mount Crescent	9.30am - 11am
Bright Stars	Friday	12th April	Mount Crescent	11.30am - 1pm
Fountain Street Play Together	Monday	15th April	Fountain Street Presbyterian Hall	10am - 11.30am
Murlough Play Together	Monday	15th April	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	16th April	Mount Crescent	12.30pm - 2pm
Rhyme Time	Wednesday	17th April	Fountain Street Presbyterian Hall	10am or 11am
Infant Massage	Wednesday	17th April	Mount Crescent	10am - 11am
Postnatal Pilates	Thursday	18th April	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	18th April	Mount Crescent	11am - 12noon
Ballymote Play Together	Friday	19th April	Ballymote Sports Centre	10am - 11.30am
Ardglass Play Together	Friday	19th April	St Nicholas' Primary School	10am - 11.30am
Bright Stars	Friday	19th April	Mount Crescent	9.30am - 11am
Bright Stars	Friday	19th April	Mount Crescent	11.30am - 1pm
Fountain Street Play Together	Monday	22nd April	Fountain Street Presbyterian Hall	10am - 11.30am
Murlough Play Together	Monday	22nd April	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	23rd April	Mount Crescent	12.30pm - 2pm
Rhythm Rhyme & Storytime	Wednesday	24th April	Fountain Street Presbyterian Hall	10am or 11am
Infant Massage	Wednesday	24th April	Mount Crescent	10am - 11am
New Mums	Wednesday	24th April	Newcastle Parish Centre	9.30am - 10.30am
Postnatal Pilates	Thursday	25th April	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	25th April	Mount Crescent	11am - 12noon
Infant Massage	Thursday	25th April	Newcastle Parish Centre	10am - 11am
Breastfeeding Support Group	Thursday	25th April	Mount Crescent	1pm - 2pm
Ardglass Play Together	Friday	26th April	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	26th April	Ballymote Sports Centre	9.45am - 11.15am
Bright Stars	Friday	26th April	Mount Crescent	9.30am - 11am
Bright Stars	Friday	26th April	Mount Crescent	11.30am - 1pm
Fountain Street Play Together	Monday	29th April	Fountain Street Presbyterian Hall	10am - 11.30am
Murlough Play Together	Monday	29th April	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	30th April	Mount Crescent	12.30pm - 2pm

MAY Programmes (PLEASE PHONE OFFICE TO BOOK YOUR PLACE!)

Activity	Day	Date	Venue	Time
Rhythm Rhyme & Storytime	Wednesday	1st May	Fountain Street Presbyterian Hall	10am or 11am
New Mums (new group)	Wednesday	1st May	Newcastle Parish Centre	9.30am - 10.30am
Postnatal Pilates	Thursday	2nd May	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	2nd May	Mount Crescent	11am - 12noon
Infant Massage	Thursday	2nd May	Newcastle Parish Centre	10am - 11am
Ardglass Play Together	Friday	3rd May	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	3rd May	Ballymote Sports Centre	9.45am - 11.15am
Bright Stars	Friday	3rd May	Mount Crescent	9.30am - 11am
Bright Stars	Friday	3rd May	Mount Crescent	11.30am - 1pm
New Mums	Tuesday	7th May	Mount Crescent	12.30pm - 2pm
Rhythm Rhyme & Storytime	Wednesday	8th May	Fountain Street Presbyterian Hall	10am or 11am
New Mums	Wednesday	8th May	Newcastle Parish Centre	9.30am - 10.30am
Postnatal Pilates	Thursday	9th May	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	9th May	Mount Crescent	11am - 12noon
Infant Massage	Thursday	9th May	Newcastle Parish Centre	10am - 11am
Breastfeeding Support Group	Thursday	9th May	Mount Crescent	1pm - 2pm
First Aid for Parents/Carers	Thursday	9th May	Newcastle Parish Centre	6.30pm - 8.30pm
Ardglass Play Together	Friday	10th May	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	10th May	Ballymote Sports Centre	9.45am - 11.15am
Bright Stars	Friday	10th May	Mount Crescent	9.30am - 11am
Bright Stars	Friday	10th May	Mount Crescent	11.30am - 1pm
Fountain Street Play Together	Monday	13th May	Fountain Street Presbyterian Hall	10am - 11.30am
Murlough Play Together	Monday	13th May	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	14th May	Mount Crescent	12.30pm - 2pm
New Mums	Wednesday	15th May	Newcastle Parish Centre	9.30am - 10.30am
Infant Massage	Wednesday	15th May	Newcastle Parish Centre	10am - 11am
Postnatal Pilates	Thursday	16th May	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	16th May	Mount Crescent	11am - 12noon
Infant Massage	Thursday	16th May	Newcastle Parish Centre	10am - 11am
Ardglass Play Together	Friday	17th May	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	17th May	Ballymote Sports Centre	9.45am - 11.15am
Bright Stars	Friday	17th May	Mount Crescent	9.30am - 11am
Bright Stars	Friday	17th May	Mount Crescent	11.30am - 1pm
Fountain Street Play Together	Monday	20th May	Fountain Street Presbyterian Hall	10am - 11.30am
Murlough Play Together	Monday	20th May	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	21st May	Mount Crescent	12.30pm - 2pm
Rhythm Rhyme & Storytime	Wednesday	22nd May	Fountain Street Presbyterian Hall	10am or 11am
New Mums	Wednesday	22nd May	Newcastle Parish Centre	9.30am - 10.30am
Postnatal Pilates	Thursday	23rd May	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	23rd May	Mount Crescent	11am - 12noon
Breastfeeding Support Group	Thursday	23rd May	Mount Crescent	1pm - 2pm
Ardglass Play Together	Friday	24th May	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	24th May	Ballymote Sports Centre	9.45am - 11.15am
Bright Stars	Friday	24th May	Mount Crescent	9.30am - 11am
Bright Stars	Friday	24th May	Mount Crescent	11.30am - 1pm
New Mums	Tuesday	28th May	Mount Crescent	12.30pm - 2pm
Rhythm Rhyme & Storytime	Wednesday	29th May	Fountain Street Presbyterian Hall	10am or 11am
New Mums	Wednesday	29th May	Newcastle Parish Centre	9.30am - 10.30am
Postnatal Pilates	Thursday	30th May	Mount Crescent	9.30am - 10.30am
Antenatal Pilates	Thursday	30th May	Mount Crescent	11am - 12noon
Ballymote Play Together	Friday	31st May	Ballymote Sports Centre	9.45am - 11.15am
Bright Stars	Friday	31st May	Mount Crescent	9.30am - 11am
Bright Stars	Friday	31st May	Mount Crescent	11.30am - 1pm

COMING SOON!

- July & August - Fun in the Park
- July - Little Movers
- July - Dads Events
- August - Sensory Play
- September - HENRY PROGRAMME

Follow us on face book visit our website or give us a call on 02844613630



NEWS FLASH

BREAST FEEDING SUPPORT GROUP WILL NOW RUN ON the 2nd and 4th Thursdays of the month from 1-2 pm IN MOUNT CRESCENT FOR MORE INFORMATION CONTACT THE OFFICE ON 02844613630

IMPORTANT MESSAGE

We encourage and welcome families to attend our wide range of activities and programmes.

In order to avail of these services you must reside within the **DOWN SureStart** catchment area and parents/carers along with children are

required to register with the **SureStart** project (this includes drop in programmes such as Play together.) First time registrations are completed within the family home.

For more information on how to register with DOWN SureStart contact the office on 02844613630.