

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

Activity	Day	Date	Venue	Time
Fountain Street Play Together	Monday	2nd December	Fountain Street Presbyterian Hall	10am - 11.30am
Breastfeeding Support Group	Monday	2nd December	Fountain Street Presbyterian Hall	9.30am to 11.30am
Managing Childrens Behaviour	Tuesday	3rd December	Mount Crescent	9.30am-11.30am
New Mums	Tuesday	3rd December	Mount Crescent	12.30pm - 2pm
Busy Bees	Tuesday	3rd December	Parish Centre, Newcastle	10am - 11am
Mindful Mums	Wednesday	4th December	Mount Crescent	11.30am - 12.30pm
Postnatal Pilates	Thursday	5th December	Mount Crescent	11.30am - 12.30pm
Antenatal Pilates	Thursday	5th December	Mount Crescent	9.30am-10.30am
Ardglass Play Together	Friday	6th December	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	6th December	Ballymote Sports Centre	10am - 11.30am
Bright Stars	Friday	6th December	Mount Crescent	9.30am-11am
Bright Stars	Friday	6th December	Mount Crescent	11.30am-1pm
Fountain Street Play Together	Monday	9th December	Fountain Street Presbyterian Hall	10am - 11.30am
Breastfeeding Support Group	Monday	9th December	Fountain Street Presbyterian Hall	9.30am to 11.30am
Rhythm, Rhyme & Storytime	Monday	9th December	Parish Centre, Newcastle	10am - 10.45am
Managing Childrens Behaviour	Tuesday	10th December	Mount Crescent	9.30am-11.30am
New Mums	Tuesday	10th December	Mount Crescent	12.30pm - 2pm
Busy Bees	Tuesday	10th December	Parish Centre, Newcastle	10am - 11am
Rhythm, Rhyme & Storytime	Wednesday	11th December	Fountain Street Presbyterian Hall	10am or 11am
Postnatal Pilates	Thursday	12th December	Mount Crescent	11.30am - 12.30pm
Antenatal Pilates	Thursday	12th December	Mount Crescent	9.30am-10.30am
Ardglass Play Together	Friday	13th December	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	13th December	Ballymote Sports Centre	10am - 11.30am
Bright Stars	Friday	13th December	Mount Crescent	9.30am-11am
Bright Stars	Friday	13th December	Mount Crescent	11.30am-1pm
Fountain Street Play Together	Monday	16th December	Fountain Street Presbyterian Hall	10am - 11.30am
Breastfeeding Support Group	Monday	16th December	Fountain Street Presbyterian Hall	9.30am to 11.30am
Rhythm, Rhyme & Storytime	Monday	16th December	Parish Centre, Newcastle	10am - 10.45am
Managing Childrens Behaviour	Tuesday	17th December	Mount Crescent	9.30am-11.30am
New Mums	Tuesday	17th December	Mount Crescent	12.30pm - 2pm
Busy Bees	Tuesday	17th December	Parish Centre, Newcastle	10am - 11am
Rhythm, Rhyme & Storytime	Wednesday	18th December	Fountain Street Presbyterian Hall	10am or 11am
Postnatal Pilates	Thursday	19th December	Mount Crescent	11.30am - 12.30pm
Antenatal Pilates	Thursday	19th December	Mount Crescent	9.30am-10.30am
Ardglass Play Together	Friday	20th December	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	20th December	Ballymote Sports Centre	10am - 11.30am
Bright Stars	Friday	20th December	Mount Crescent	9.30am-11am
Bright Stars	Friday	20th December	Mount Crescent	11.30am-1pm

NATIONAL PARENTING WEEK

National Parenting Week shines a light on the critical role parenting plays in shaping children. This year, it takes place from October 21 to 25 and highlights the importance of good parenting and its impact on a child's personality, life perspectives, and overall development. Parenting involves a good balance of love, emotional support, and trust.

National Parenting Week is not just about acknowledging the challenges and responsibilities of parenting; it's also a time to celebrate the joys, rewards, and positive impacts of raising children.

In SureStart we will celebrate this week through a range of fun activities within our programmes and activities.



MESSAGE FOR THE MONTH

Talk and sing wherever we go... that will help my brain to grow.

Singing songs will help your child understand and learn language. Singing is a great tool to use when you are out and about at the park, in the shops, going for a walk – it doesn't need batteries and can be a fun activity or help to calm your child.

Talking about what you're doing as part of your daily activities will help your child's language and brain development. Why not try some messy play (with water, mud, sand) and talk about how things feel e.g. wet, dry, hot, cold, rough, smooth.

Reading books with your child will help develop your child's vocabulary and is a lovely bonding activity to do with your child.

5-7 Mount Crescent, DOWNPATRICK BT30 6AF 028 4461 3630

ISSUE 09
OCT-DEC 24

DOWN SureStart Newsletter

Winter SUPPORT

Please remember DOWN Surestart is here to support registered families over the winter period. If you are struggling financially this year we may be able to help you:

Our team can link in with local foodbanks and deliver hampers.

we can access winter fruit and vegetable boxes/vouchers.

We can access warm packs for children under 4 years.

We work with a variety of local voluntary and community organisations to provide a range

of support to local families over the winter months.

Family support services are also available to families who have children under 4 years.

CONTACT THE OFFICE FOR MORE INFORMATION (ALL INFORMATION IS TREATED CONFIDENTIALLY)



CHRISTMAS SAFETY MESSAGES

#saferChristmas

It may not be on Santa's list but make sure you look for the CE or CE UKNI marking when choosing toys. You'll know it's a safe toy when you see one of these marks.

Visit RoSPA if you aren't sure what to look for
<https://www.rospa.com/home-safety/advice/product/toy-safety>



Santa might forget to tell you but when choosing toys make sure you check the age range. Items smaller than a 50p can cause a young child to choke.

CE UKNI

CE



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

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

Activity	Day	Date	Venue	Time
Henry Programme	Tuesday	1st October	Mount Crescent	9.30 - 11.30am
New Mums	Tuesday	1st October	Mount Crescent	12.30pm-2pm
Rhythm Rhyme & Storytime	Wednesday	2nd October	Newcastle Parish Centre	10.30am - 11.30am
Rhythm Rhyme & Storytime	Wednesday	2nd October	Fountain Street Presbyterian Hall	10am or 11am
Solid Starts	Wednesday	2nd October	Mount Crescent	11.30am - 12.30pm
Postnatal Pilates	Thursday	3rd October	Mount Crescent	11.30am - 12.30pm
Antenatal Pilates	Thursday	3rd October	Mount Crescent	9.30am-10.30am
Baby Movement	Thursday	3rd October	Mount Crescent	1pm - 2pm
Ballymote Play Together	Friday	4th October	Ballymote Sports Centre	10am - 11.30am
Ardglass Play Together	Friday	4th October	St Nicholas' Primary School	10am - 11.30am
Bright Stars	Friday	4th October	Mount Crescent	9.30am-11am
Bright Stars	Friday	4th October	Mount Crescent	11.30am-1pm
Fountain Street Play Together	Monday	7th October	Fountain Street Presbyterian Hall	10am - 11.30am
Murlough Play Together	Monday	7th October	St Marys PS, Newcastle	9.45am - 10.45am
Henry Programme	Tuesday	8th October	Mount Crescent	9.30 - 11.30am
New Mums	Tuesday	8th October	Mount Crescent	12.30pm-2pm
Rhythm Rhyme & Storytime	Wednesday	9th October	Newcastle Parish Centre	10.30am - 11.30am
Solid Starts	Wednesday	9th October	Mount Crescent	11.30am - 12.30pm
Baby Movement	Thursday	10th October	Mount Crescent	1pm - 2pm
Breastfeeding Support Group	Thursday	10th October	Mount Crescent	1pm - 2pm
Ballymote Play Together	Friday	11th October	Ballymote Sports Centre	10am - 11.30am
Ardglass Play Together	Friday	11th October	St Nicholas' Primary School	10am - 11.30am
Bright Stars	Friday	11th October	Mount Crescent	9.30am-11am
Bright Stars	Friday	11th October	Mount Crescent	11.30am-1pm
Fountain Street Play Together	Monday	14th October	Fountain Street Presbyterian Hall	10am - 11.30am
Murlough Play Together	Monday	14th October	St Marys PS, Newcastle	9.45am - 10.45am
Henry Programme	Tuesday	15th October	Mount Crescent	9.30 - 11.30am
New Mums	Tuesday	15th October	Mount Crescent	12.30pm-2pm
Rhythm Rhyme & Storytime	Wednesday	16th October	Newcastle Parish Centre	10.30am - 11.30am
Rhythm Rhyme & Storytime	Wednesday	16th October	Fountain Street Presbyterian Hall	10am or 11am
Solid Starts	Wednesday	16th October	Mount Crescent	11.30am - 12.30pm
Postnatal Pilates	Thursday	17th October	Mount Crescent	11.30am - 12.30pm
Antenatal Pilates	Thursday	17th October	Mount Crescent	9.30am-10.30am
Baby Movement	Thursday	17th October	Mount Crescent	1pm - 2pm
Ballymote Play Together	Friday	18th October	Ballymote Sports Centre	10am - 11.30am
Ardglass Play Together	Friday	18th October	St Nicholas' Primary School	10am - 11.30am
Bright Stars	Friday	18th October	Mount Crescent	9.30am-11am
Bright Stars	Friday	18th October	Mount Crescent	11.30am-1pm
Henry Programme	Tuesday	22nd October	Mount Crescent	9.30 - 11.30am
New Mums	Tuesday	22nd October	Mount Crescent	12.30pm-2pm
Rhythm Rhyme & Storytime	Wednesday	23rd October	Newcastle Parish Centre	10.30am - 11.30am
Rhythm Rhyme & Storytime	Wednesday	23rd October	Fountain Street Presbyterian Hall	10am or 11am
Solid Starts	Wednesday	23rd October	Mount Crescent	11.30am - 12.30pm
Postnatal Pilates	Thursday	24th October	Mount Crescent	11.30am - 12.30pm
Antenatal Pilates	Thursday	24th October	Mount Crescent	9.30am-10.30am
Baby Movement	Thursday	24th October	Mount Crescent	1pm - 2pm
Ballymote Play Together	Friday	25th October	Ballymote Sports Centre	10am - 11.30am
Ardglass Play Together	Friday	25th October	St Nicholas' Primary School	10am - 11.30am
Bright Stars	Friday	25th October	Mount Crescent	9.30am-11am
Bright Stars	Friday	25th October	Mount Crescent	11.30am-1pm
Henry Programme	Tuesday	29th October	Mount Crescent	9.30 - 11.30am

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

Activity	Day	Date	Venue	Time
Murlough Play Together	Monday	4th November	St Marys PS, Newcastle	9.45am - 10.45am
Managing Childrens Behaviour	Tuesday	5th November	Mount Crescent	9.30am-11.30am
New Mums	Tuesday	5th November	Mount Crescent	12.30pm - 2pm
Bookstart	Wednesday	6th November	Fountain Street Presbyterian Hall	10 and 11.30am
Postnatal Pilates	Thursday	7th November	Mount Crescent	11.30am - 12.30pm
Antenatal Pilates	Thursday	7th November	Mount Crescent	9.30am-10.30am
Bright Stars	Friday	8th November	Mount Crescent	9.30am-11am
Bright Stars	Friday	8th November	Mount Crescent	11.30am-1pm
Fountain Street Play Together	Monday	11th November	Fountain Street Presbyterian Hall	10am - 11.30am
Murlough Play Together	Monday	11th November	St Marys PS, Newcastle	9.45am - 10.45am
Breastfeeding Support Group	Monday	11th November	Fountain Street Presbyterian Hall	9.30am to 11.30am
Managing Childrens Behaviour	Tuesday	12th November	Mount Crescent	9.30am-11.30am
New Mums	Tuesday	12th November	Mount Crescent	12.30pm - 2pm
Slow Cooker	Tuesday	12th November	Newcastle - TBC	9.30am - 10.30am
Bookstart	Wednesday	13th November	Fountain Street Presbyterian Hall	10 and 11.30am
Mindful Mums	Wednesday	13th November	Mount Crescent	11.30am - 12.30pm
Postnatal Pilates	Thursday	14th November	Mount Crescent	11.30am - 12.30pm
Antenatal Pilates	Thursday	14th November	Mount Crescent	9.30am-10.30am
Ardglass Play Together	Friday	15th November	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	15th November	Ballymote Sports Centre	10am - 11.30am
Bright Stars	Friday	15th November	Mount Crescent	9.30am-11am
Bright Stars	Friday	15th November	Mount Crescent	11.30am-1pm
Fountain Street Play Together	Monday	18th November	Fountain Street Presbyterian Hall	10am - 11.30am
Breastfeeding Support Group	Monday	18th November	Fountain Street Presbyterian Hall	9.30am to 11.30am
Managing Childrens Behaviour	Tuesday	19th November	Mount Crescent	9.30am-11.30am
New Mums	Tuesday	19th November	Mount Crescent	12.30pm - 2pm
Slow Cooker	Tuesday	19th November	Newcastle - TBC	9.30am - 10.30am
Bookstart	Wednesday	20th November	Fountain Street Presbyterian Hall	10 and 11.30am
Mindful Mums	Wednesday	20th November	Mount Crescent	11.30am - 12.30pm
Ardglass Play Together	Friday	22nd November	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	22nd November	Ballymote Sports Centre	10am - 11.30am
Bright Stars	Friday	22nd November	Mount Crescent	9.30am-11am
Bright Stars	Friday	22nd November	Mount Crescent	11.30am-1pm
Fountain Street Play Together	Monday	25th November	Fountain Street Presbyterian Hall	10am - 11.30am
Breastfeeding Support Group	Monday	25th November	Fountain Street Presbyterian Hall	9.30am to 11.30am
Managing Childrens Behaviour	Tuesday	26th November	Mount Crescent	9.30am-11.30am
New Mums	Tuesday	26th November	Mount Crescent	12.30pm - 2pm
Slow Cooker	Tuesday	26th November	Newcastle - TBC	9.30am - 10.30am
Bookstart	Wednesday	27th November	Fountain Street Presbyterian Hall	10 and 11.30am
Mindful Mums	Wednesday	27th November	Mount Crescent	11.30am - 12.30pm
Postnatal Pilates	Thursday	28th November	Mount Crescent	11.30am - 12.30pm
Antenatal Pilates	Thursday	28th November	Mount Crescent	9.30am-10.30am
Ardglass Play Together	Friday	29th November	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	29th November	Ballymote Sports Centre	10am - 11.30am
Bright Stars	Friday	29th November	Mount Crescent	9.30am-11am
Bright Stars	Friday	29th November	Mount Crescent	11.30am-1pm

CRAFTY CORNER

HALLOWEEN: Messy Play – Cooked Spaghetti with food colouring – Cook the spaghetti drain and rinse with cold water add a little oil and add food colouring of choice put in a tray/box and let your little one explore. Add in any Halloween decorations – eyes, spiders, glitter etc



Fruit/Veg Print: You can use an apple, potato or pear, cut in half, with a paint of your choice. Dip the fruit/veg into the paint and press on to plain paper to make a pumpkin, ghost or spider. Add on eyes, legs etc. when the paint is dry.

CHRISTMAS: Paper Plate – paint green cut into a spiral add on glitter, star and pompoms, jewels etc

