

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

Activity	Day	Date	Venue	Time
Fountain Street Play Together	Monday	2nd June	Fountain Street Presbyterian Hall	10am - 11.30am
Breastfeeding Support	Monday	2nd June	Fountain Street Presbyterian Hall	9.30am - 10.30am
Murlough Play Together	Monday	2nd June	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	3rd June	Mount Crescent	12.30pm-2pm
Cook It	Tuesday	3rd June	Mount Crescent	9.30am - 11am
Pilates	Tuesday	3rd June	Newcastle	TBC
Rhyme Time	Wednesday	4th June	Fountain Street Presbyterian Hall	10am or 11am
New Mums	Wednesday	4th June	Newcastle Parish Centre	9.30am-10.30am
Antenatal Pilates	Thursday	5th June	Mount Crescent	9.30am - 10.30am
Postnatal Pilates	Thursday	5th June	Mount Crescent	11.30am - 12.30pm
Ardglass Play Together	Friday	6th June	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	6th June	Ballymote Sports Centre	9.45am-11.15am
Bright Stars	Friday	6th June	Mount Crescent	9.30am-11am
Bright Stars	Friday	6th June	Mount Crescent	11.30am-1pm
Fountain Street Play Together	Monday	9th June	Fountain Street Presbyterian Hall	10am - 11.30am
Breastfeeding Support	Monday	9th June	Fountain Street Presbyterian Hall	9.30am - 10.30am
Murlough Play Together	Monday	9th June	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	10th June	Mount Crescent	12.30pm-2pm
Cook It	Tuesday	10th June	Mount Crescent	9.30am - 11am
Pilates	Tuesday	10th June	Newcastle	TBC
Rhyme Time	Wednesday	11th June	Fountain Street Presbyterian Hall	10am or 11am
Antenatal Pilates	Thursday	12th June	Mount Crescent	9.30am - 10.30am
Postnatal Pilates	Thursday	12th June	Mount Crescent	11.30am - 12.30pm
Ardglass Play Together	Friday	13th June	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	13th June	Ballymote Sports Centre	9.45am-11.15am
Bright Stars	Friday	13th June	Mount Crescent	9.30am-11am
Bright Stars	Friday	13th June	Mount Crescent	11.30am-1pm
Fountain Street Play Together	Monday	16th June	Fountain Street Presbyterian Hall	10am - 11.30am
Breastfeeding Support	Monday	16th June	Fountain Street Presbyterian Hall	9.30am - 10.30am
Murlough Play Together	Monday	16th June	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	17th June	Mount Crescent	12.30pm-2pm
Cook It	Tuesday	17th June	Mount Crescent	9.30am - 11am
Rhyme Time	Wednesday	18th June	Fountain Street Presbyterian Hall	10am or 11am
Ardglass Play Together	Friday	20th June	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	20th June	Ballymote Sports Centre	9.45am-11.15am
Bright Stars	Friday	20th June	Mount Crescent	9.30am-11am
Bright Stars	Friday	20th June	Mount Crescent	11.30am-1pm
Fountain Street Play Together	Monday	23rd June	Fountain Street Presbyterian Hall	10am - 11.30am
Breastfeeding Support	Monday	23rd June	Fountain Street Presbyterian Hall	9.30am - 10.30am
Murlough Play Together	Monday	23rd June	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	24th June	Mount Crescent	12.30pm-2pm
Cook It	Tuesday	24th June	Mount Crescent	9.30am - 11am
Antenatal Pilates	Thursday	26th June	Mount Crescent	9.30am - 10.30am
Postnatal Pilates	Thursday	26th June	Mount Crescent	11.30am - 12.30pm
Bright Stars	Friday	27th June	Mount Crescent	9.30am-11am
Bright Stars	Friday	27th June	Mount Crescent	11.30am-1pm

FOR YOUR INFORMATION

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

In order to avail of these services you must live within the DOWN SureStart catchment area and it is **essential** that parents/carers along with children are registered with the SureStart project.

First time registrations will be completed within the family home.

Majority of programmes included in the Newsletter require booking through the office. However if a programme is described as a DROP IN booking is not required.

If you have booked a place on one of our programmes and cannot make it, please let us know. This will allow us to offer your place to another family who may be on the waiting list.

For more information on how to register or book on our programmes with DOWN SureStart contact the office on **02844613630**.



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

ISSUE 10
APRIL-JUNE 25

DOWN SureStart Newsletter

LESS watching
MORE talking...
put everything away and just sing, talk and play.

NON-SCREEN ACTIVITIES YOU CAN DO AT HOME:

- 1 Build a reading den and read some of your child's favourite stories
- 2 Get moving – build a safe obstacle course for your baby to crawl along or your toddler to walk/jump/skip through!
- 3 Go for a listening walk and see what noises you can hear – cars, birds, buzzing bees, tractors, wind etc. Talk to your child about what you can hear.
- 4 Have a sing song! Children love to sing nursery rhymes and copy your actions.
- 5 Have a tea party. Get a few teddies and cups and have a tea party with your child. Bring it outside if the weather is nice. This is a great activity to introduce language such as “more tea please”, “yum yum”, “all gone”, “biscuit please!”



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
Busy Bees	Tuesday	1st April	Parish Centre Newcastle	10am-11am
New Mums	Tuesday	1st April	Mount Crescent	12.30pm-2pm
Rhyme Time	Wednesday	2nd April	Fountain Street Presbyterian Hall	10am or 11am
Buggy Walkers	Wednesday	2nd April	Delamont	10am - 11.30am
Antenatal Pilates	Thursday	3rd April	Mount Crescent	9.30am - 10.30pm
Postnatal Pilates	Thursday	3rd April	Mount Crescent	11.30am - 12.30pm
Baby Movement	Thursday	3rd April	Mount Crescent	1pm - 2pm
Ardglass Play Together	Friday	4th April	St Nicholas' Primary School	10am - 11.30am
Bright Stars	Friday	4th April	Mount Crescent	9.30am-11am
Bright Stars	Friday	4th April	Mount Crescent	11.30am-1pm
Fountain Street Play Together	Monday	7th April	Fountain Street Presbyterian Hall	10am - 11.30am
Murlough Play Together	Monday	7th April	St Marys PS, Newcastle	9.45am - 10.45am
Breastfeeding Support	Monday	7th April	Fountain Street Presbyterian Hall	9.30am - 10.30am
Busy Bees	Tuesday	8th April	Parish Centre Newcastle	10am-11am
New Mums	Tuesday	8th April	Mount Crescent	12.30pm-2pm
Rhyme Time	Wednesday	9th April	Fountain Street Presbyterian Hall	10am or 11am
Buggy Walkers	Wednesday	9th April	Delamont	10am - 11.30am
Antenatal Pilates	Thursday	10th April	Mount Crescent	9.30am - 10.30am
Postnatal Pilates	Thursday	10th April	Mount Crescent	11.30am - 12.30pm
Baby Movement	Thursday	10th April	Mount Crescent	1pm - 2pm
Ballymote Play Together	Friday	11th April	Ballymote Sports Centre	10am - 11.30am
Ardglass Play Together	Friday	11th April	St Nicholas' Primary School	10am - 11.30am
Bright Stars	Friday	11th April	Mount Crescent	9.30am-11am
Bright Stars	Friday	11th April	Mount Crescent	11.30am-1pm
Baby Group SALT	Monday	14th April	Mount Crescent	9.30am or 11am
Busy Bees	Tuesday	15th April	Parish Centre Newcastle	10am-11am
Dads Event - Easter Hunt	Tuesday	15th April	Downshire Gardens	10am-11am
New Mums	Tuesday	15th April	Mount Crescent	12.30pm-2pm
Rhyme Time	Wednesday	16th April	Fountain Street Presbyterian Hall	10am or 11am
Buggy Walkers	Wednesday	16th April	Delamont	10am - 11.30am
Antenatal Pilates	Thursday	17th April	Mount Crescent	9.30am - 10.30am
Postnatal Pilates	Thursday	17th April	Mount Crescent	11.30am - 12.30pm
Baby Movement	Thursday	17th April	Mount Crescent	1pm - 2pm
Bright Stars	Friday	18th April	Mount Crescent	9.30am-11am
Bright Stars	Friday	18th April	Mount Crescent	11.30am-1pm
Fountain Street Play Together	Monday	28th April	Fountain Street Presbyterian Hall	10am - 11.30am
Murlough Play Together	Monday	28th April	St Marys PS, Newcastle	9.45am - 10.45am
Breastfeeding Support	Monday	28th April	Fountain Street Presbyterian Hall	9.30am - 10.30am
New Mums	Tuesday	29th April	Mount Crescent	12.30pm-2pm
Pilates	Tuesday	29th April	Newcastle	TBC

Programme for 2yr olds trip to Streamvale Farm.



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

Activity	Day	Date	Venue	Time
Antenatal Pilates	Thursday	1st May	Mount Crescent	9.30am - 10.30am
Postnatal Pilates	Thursday	1st May	Mount Crescent	11.30am - 12.30pm
Ballymote Play Together	Friday	2nd May	Ballymote Sports Centre	10am - 11.30am
Ardglass Play Together	Friday	2nd May	St Nicholas' Primary School	10am - 11.30am
Bright Stars	Friday	2nd May	Mount Crescent	9.30am-11am
Bright Stars	Friday	2nd May	Mount Crescent	11.30am-1pm
Buggy Walkers	Friday	2nd May	Delamont	10am - 11.30am
BANK HOLIDAY	Monday	5th May	Office Closed	
New Mums	Tuesday	6th May	Mount Crescent	12.30pm-2pm
Pilates	Tuesday	6th May	Newcastle	TBC
Bookstart	Wednesday	7th May	Fountain Street Presbyterian Hall	TBC
Antenatal Pilates	Thursday	8th May	Mount Crescent	9.30am - 10.30am
Postnatal Pilates	Thursday	8th May	Mount Crescent	11.30am - 12.30pm
Ardglass Play Together	Friday	9th May	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	9th May	Ballymote Sports Centre	9.45am-11.15am
Bright Stars	Friday	9th May	Mount Crescent	9.30am-11am
Bright Stars	Friday	9th May	Mount Crescent	11.30am-1pm
Buggy Walkers	Friday	9th May	Delamont	10am - 11.30am
Fountain Street Play Together	Monday	12th May	Fountain Street Presbyterian Hall	10am - 11.30am
Breastfeeding Support	Monday	12th May	Fountain Street Presbyterian Hall	9.30am - 10.30am
Murlough Play Together	Monday	12th May	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	13th May	Mount Crescent	12.30pm-2pm
Pilates	Tuesday	13th May	Newcastle	TBC
Bookstart	Wednesday	14th May	Fountain Street Presbyterian Hall	TBC
Antenatal Pilates	Thursday	15th May	Mount Crescent	9.30am - 10.30am
Postnatal Pilates	Thursday	15th May	Mount Crescent	11.30am - 12.30pm
Ardglass Play Together	Friday	16th May	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	16th May	Ballymote Sports Centre	9.45am-11.15am
Bright Stars	Friday	16th May	Mount Crescent	9.30am-11am
Bright Stars	Friday	16th May	Mount Crescent	11.30am-1pm
Buggy Walkers	Friday	16th May	Delamont	10am - 11.30am
Fountain Street Play Together	Monday	19th May	Fountain Street Presbyterian Hall	10am - 11.30am
Breastfeeding Support	Monday	19th May	Fountain Street Presbyterian Hall	9.30am - 10.30am
Murlough Play Together	Monday	19th May	St Marys PS, Newcastle	9.45am - 10.45am
New Mums	Tuesday	20th May	Mount Crescent	12.30pm-2pm
Pilates	Tuesday	20th May	Newcastle	TBC
Bookstart	Wednesday	21st May	Fountain Street Presbyterian Hall	TBC
Antenatal Pilates	Thursday	22nd May	Mount Crescent	9.30am - 10.30am
Postnatal Pilates	Thursday	22nd May	Mount Crescent	11.30am - 12.30pm
Ardglass Play Together	Friday	23rd May	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Friday	23rd May	Ballymote Sports Centre	9.45am-11.15am
Bright Stars	Friday	23rd May	Mount Crescent	9.30am-11am
Bright Stars	Friday	23rd May	Mount Crescent	11.30am-1pm
Buggy Walkers	Friday	23rd May	Delamont	10am - 11.30am
BANK HOLIDAY	Monday	26th May	Office Closed	
New Mums	Tuesday	27th May	Mount Crescent	12.30pm-2pm
Bookstart	Wednesday	28th May	Fountain Street Presbyterian Hall	TBC
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

REMINDER

BREAST FEEDING SUPPORT GROUP RUNS MONDAY MORNING 9.30-10.30 IN FOUNTAIN STREET PRESBYTERIAN HALL DOWNPATRICK.

CONGRATULATIONS TO THE 5 SURESTARTS WITHIN THE SETRUST WHO RECENTLY SUCCESSFULLY COMPLETED THEIR UNICEF BABY FRIENDLY ASSESSMENT. A BIG THANK YOU TO ALL THE STAFF AND PARENTS WHO WERE INVOLVED IN THIS ASSESSMENT, YOUR SUPPORT WAS VERY MUCH APPRECIATED.

Well done

BUGGY WALKERS

"Where Friendships, Fun and fitness come together"

Join DOWN SureStart for Buggy Walks during the month of May. For babies 9months and under. Please ring 02844613630 for further information.

