

This summer was a blast!

We have so many exciting and NEW programmes coming up this month, but first we want to take a moment and highlight all the fun we had over the summer!



Introducing our NEW Community Development worker!



We like to take this opportunity to introduce Florentyna Kulinska as our new Community Development worker! Florentyna is looking forward to meeting both children and parents and working in the wider community by providing a range of recreational and self-development services that will include Art, crafts, exercise, cookery and personal development. Florentyna has a keen interest in supporting and complementing local community groups by providing outreach services; for more information contact the Newry SureStart offices at 028 3083 3780 or email info@newrysurestart.org.

Newry SureStart

2 Warrenpoint Rd
Newry, Co. Down, BT34 2PF

028 3083 3780

info@newrysurestart.org

www.newrysurestart.org



@NewrySureStart

September

Messages of the Month



PROGRAMME MESSAGE

Newry SureStart ... with us every step of the way as I walk, talk, learn and play!

Our programmes are targeted for parents, and children under the age of four. It brings together health, family support and early education services which are designed to support children's learning skills, health and well-being, and social and emotional development. Services are offered both in the home and in group based settings. But don't just take our word for it, come visit us and see what programmes or services are available for you and your family!

Be sure to visit our website for more information:

www.newrysurestart.org

Or follow us on Facebook & Instagram: @NewrySureStart



Messages of the Month

PROGRAMME MESSAGE

Reading is an important tool ...to help me do better when in school!

When kids are read to, their language, cognitive skills, communication, imagination and emotional development grow. Reading to children also aids their formation and understanding of storytelling, which helps them learn how to be creative and express themselves.

Myth: My child is too young. He won't sit through a whole story!

Fact: It's never too early to start reading to your child. In fact, many experts recommend building the habit of reading together while your child is still in the womb.

Did you know you could register with your local Library for free? Check them out during Book Week NI Oct. 16-20!

SLT MESSAGE

Play your part right from the start...I need you to talk and play everyday!

Babies and children learn about the world around them through playing and interacting. And the special thing is that parents and carers are their child's first playmate - children love spending time playing with their parents and hearing their parents talking. Follow your little one's lead, let them explore what they want and give them words for what they are doing.

*Round and round the garden,
Went the teddy bear;
One step two step,
Tickle you under there!*



October

SLT MESSAGE

Add some words to what I say...I'll learn to use sentences as we talk and play.

Talking about what your child is doing and interested in during day to day routines and play activities helps them learn new words. For babies and young children who are not speaking yet, you can label what they see, hear and feel (e.g. birds, dog, blanket). As children learn to name things, you can add in other ideas, like actions (e.g. eat, sleep, drink) and describing words (e.g. big, soft, cold).

*You and me baby together
Safe in my arms you'll be
I wish you the best of everything
You'll always be precious to me*



Reset

Free minds, busy hands

A WELL-BEING PROGRAMME

Learn about and participate in ways to manage your stress. Sessions will include recreational, creative, and more stress reducing activities.

****Limited creche is available****

Newry SureStart
Monday, Sept. 4th
4 Weeks
10:30 - 11:30 AM

Book with Florentyna: 07850 881796
florentynak@newrysurestart.org



Funded by
UK Government

YouthAction
NORTHERN IRELAND

YOUTH
START
A BETTER START IN LIFE & WORK

Young Mums "Colouring Outside the Lines" Programme

Are you 16-24 years? Have some free time?
Come along and join in this free programme.
Travel & refreshments provided.

Starting Wednesday, 20th September, 10 am-12 pm
at Newry SureStart, Warrenpoint Road

Building confidence
Courses
Qualifications
Support with where to go next
One to one support

To find out more contact Sarah McGennity at YouthAction NI
sarahmcg@youthaction.org or call 02830 256040
or contact Florentyna Kulinska at SureStart
on 07850881796 or 02830833780

Newry
SureStart
Supporting Local Families

YouthAction
NORTHERN IRELAND

springboard
opportunities limited

Princes Trust
Northern Ireland

include
YOUTH

START360

NI
YOUTH
FORUM

bytes

Starting in September!

Geared
towards
Ages 1-2
Years Old

Get curious with your
toddler by exploring
various themed play
sessions!

CURIOUS TODDLERS

Newry SureStart
Tuesdays, Sept. 5
5 Weeks
10:30 AM - 11:30 AM
Book with Karen:
karens@newrysurestart.org

CROCHET CLASS

If you are brand new to crochet, haven't
picked up a hook in years, or simply want a
little more guidance on those all important
basic stitches this is the class for you!

Newry SureStart
Thursday, Sept. 14th
4 Weeks
6 - 8 PM

Book with Florentyna: 07850 881796
florentynak@newrysurestart.org

Wonder Babies

Sensory play programme geared
towards babies under 12 months.

Newry SureStart
Fridays, Sept. 8
5 Weeks
10:30 AM - 11:30 AM

Book with Karen:
karens@newrysurestart.org

Taster Sessions

Various, one off sessions to give a little flavour
of what the full programme offers!
****Limited Creche Available****

Newry SureStart
Fridays
Starting Sept. 8th
10:30 - 11:30 AM
Book In Weekly

Book with Florentyna: 07850 881796
florentynak@newrysurestart.org

Book in for these October Events!



Newry SureStart
Thursday
Oct. 5th
8 Weeks
10:00 - 12:00 PM

The HENRY Programme offers helpful advice and practices that covers topics such as parenting confidence, physical activity, what children and families eat, family lifestyle habits, enjoying life as a family and more!

****Limited Creche Available****

Book with Florentyna: 07850 881796
 florentynak@newryurestart.org



PUMPKIN FLOWER ARRANGING

Join us for a relaxing evening creating your very own floral pumpkin display!

Newry SureStart
Oct. 18th
6 - 8 PM

Book with Adele:
 adelet@newryurestart.org

PUMPKIN PATCH & HALLOWEEN EXTRAVAGANZA

Join us for a fun filled morning you won't want to miss! Feel free to dress up as we will have activities, music, light refreshments and more!

Newry SureStart
Oct. 25th
10:30 - 12:00 PM

Book with Florentyna: 07850 881796
 florentynak@newryurestart.org



Or plan ahead for January...

Family Links

The Nurturing Programme

Newry SureStart
Tuesdays
Jan 9th
10 Weeks
10:00 - 12:00 PM

****Limited Creche Available****

Mary: 07885 208391
 maryr@newryurestart.org

the best chance in life

What is the Nurturing Programme?

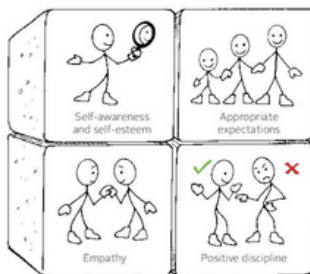
Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.



The Building Blocks of the Nurturing Programme



What does it cover?

Over the 10-week Programme, you will look at lots of different topics, including

- Understanding** why children behave as they do
- Recognising** the feelings behind behaviour (ours and theirs)
- Exploring** different approaches to discipline
- Finding** ways to develop co-operation and self-discipline in children
- Learning** the importance of looking after ourselves

A few weekly drop in options...

PARENT & TODDLER

MONDAYS
 Session 1: 9:30 - 10:30 AM
 Session 2: 11:00 - 12:00 PM

Bumps & Babies

Newry SureStart
 Tuesdays
 10:30 AM - 12:00 PM

PARENT & TODDLER

WEDNESDAYS
 10:30 - 11:45 AM

WRIGGLE & RHYME

Join in with singing nursery rhymes and songs, dancing, playing musical instruments and more!

Newry SureStart
 2nd Fl Main Centre
 Thursdays
 9:45 - 10:30 AM

BREASTFEEDING SUPPORT GROUP

Newry SureStart
 Wednesdays
 10:30 - 12:00PM

Nursing mothers and expecting mothers are invited to join us for our Breastfeeding Support Group. These sessions are for all breastfeeding mums or expecting mums who may have questions about breastfeeding, want to learn more about, or just want to connect with other breastfeeding mums.

No Booking necessary!



See our schedules on the next few pages for more opportunities to join us!

All About Us!

A support group for parents of children with additional needs or developmental delay. This group offers the parent and child quality time in a relaxed and safe environment where sensory issues are minimised to reduce children's anxiety.

Newry SureStart
 Fridays
 10:00 - 11:30 AM

Book with Charmaine: 07593 139261
 charmainem@newrysurestart.org



Activity	Day	Repeats	Time	Booking
Parent & Toddler <i>2 Sessions Available</i>	Monday	Every Week	9:30 – 10:30 AM 11:00 – 12:00 PM	Drop In
Baby Massage <i>Geared towards 6 Weeks to 9 Months</i>	Monday	4 Weeks <i>Starting: Sept. 4</i>	10:30 – 11:30 AM	Karen: karens@newrysurestart.org
Reset Programme <i>Recreational & Relaxation Programme • Limited Creche</i>	Monday	4 Weeks <i>Starting: Sept. 4</i>	10:30 – 11:30 AM	Florentyna: 07850 881796 florentynak@newrysurestart.org
Curious Toddlers <i>Suitable for ages 1-2 Years Old</i>	Tuesday	5 Weeks <i>Starting: Sept. 5</i>	10:30 – 11:30 AM	Karen: karens@newrysurestart.org
Bumps & Babies <i>Suitable for babies under 12 months</i>	Tuesday	Every Week	10:30 – 12:00 PM	Drop In
Parent & Toddler	Wednesday	Every Week	10:30 – 11:45 AM	Drop In
Colouring Outside The Lines <i>Parents 16-24 Years Old • Limited Creche</i>	Wednesday	12 Weeks <i>Starting: Sept. 20</i>	10:00 – 12:00 PM	Florentyna: 07850 881796 florentynak@newrysurestart.org
Breastfeeding Support Group	Wednesday	Every Week	10:30 – 12:00 PM	Drop In
Wriggle & Rhyme	Thursday	Every Week	9:45 – 10:30 AM	Drop In
Ethnic Minority & Roma Group	Thursday	Every Week	10:30 – 11:30 AM	Drop In
Warrenpoint Parent & Toddler <i>St. Peter's Parish Centre</i>	Thursday	Every Week	10:30 – 11:30 AM	Drop In
Young Parents	Thursday	Sept. 14 & 28	1:00 – 2:30 PM	Drop In
Crochet Class	Thursday	4 Weeks <i>Starting: Sept. 14</i>	6:00 – 8:00 PM	Florentyna: 07850 881796 florentynak@newrysurestart.org
All About Us <i>Parents of children with additional needs or developmental delay</i>	Friday	Every Week	10:00 – 11:30 AM	Charmaine: 07593 139261 charmainem@newrysurestart.org
Wonder Babies <i>Suita babies under 12 months</i>	Friday	5 Weeks <i>Starting: Sept. 8</i>	10:30 – 11:30 AM	Karen: karens@newrysurestart.org
Taster Sessions <i>Various one off sessions to give flavour of a full programme • Limited Creche</i>	Friday	Every Week <i>Starting: Sept. 8</i>	10:30 – 11:30 AM	Book In Weekly Florentyna: 07850 881796 florentynak@newrysurestart.org

All programmes, unless specified, are held at our centre: 2 Warrenpoint Road, Newry, BT34 2PF

We are delighted at the popularity of our programmes but out of courtesy for families on the waiting list, we ask that you 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. Thank you for your support.

Don't forget to follow us on Social Media for new programmes and the most up to date information!



Activity	Day	Repeats	Time	Booking
Parent & Toddler <i>2 Sessions Available</i>	Monday	Every Week	9:30 – 10:30 AM 11:00 – 12:00 PM	Drop In
Bumps & Babies <i>Suitable for babies under 12 months</i>	Tuesday	Every Week	10:30 – 12:00 PM	Drop In
Parent & Toddler	Wednesday	Every Week	10:30 – 11:45 AM	Drop In
Breastfeeding Support Group	Wednesday	Every Week	10:30 – 12:00 PM	Drop In
Pumpkin Flower Arranging	Wednesday	Oct. 18	6:00 – 8:00 PM	Adele: adelet@newrysurestart.org
Pumpkin Patch & Halloween Extravaganza	Wednesday	Oct. 25	10:30 – 12:00 PM	Florentyna: 07850 881796 florentynak@newrysurestart.org
HENRY <i>Limited Creche</i>	Thursday	8 Weeks <i>Starting: Oct. 5</i>	10:00 – 12:00 PM	Florentyna: 07850 881796 florentynak@newrysurestart.org
Wriggle & Rhyme	Thursday	Every Week	9:45 – 10:30 AM	Drop In
Ethnic Minority & Roma Group	Thursday	Every Week	10:30 – 11:30 AM	Drop In
Warrenpoint Parent & Toddler <i>St. Peter's Parish Centre</i>	Thursday	Every Week	10:30 – 11:30 AM	Drop In
Young Parents	Thursday	Oct. 12 & 26	1:00 – 2:30 PM	Drop In
All About Us <i>Parents of children with additional needs or developmental delay</i>	Friday	Every Week	10:00 – 11:30 AM	Charmaine: 07593 139261 charmained@newrysurestart.org
Taster Sessions <i>Various one off sessions to give flavour of a full programme • Limited Creche</i>	Friday	Every Week <i>Starting: Sept. 8</i>	10:30 – 11:30 AM	Book In Weekly Florentyna: 07850 881796 florentynak@newrysurestart.org

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Coming soon



The Nurturing Programme

Newry SureStart
Tuesdays
January 9th
10 Weeks
10:00 – 12:00 PM

Limited Creche Available

What is the Nurturing Programme?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life. A tried and tested programme, it helps us think about what we do, why we do it, and how it makes us feel.

What does it cover?

Over the 10-week programme, you will look at lots of different topics, including:

- Understanding** why children behave as they do
- Recognising** the feelings behind behaviours (ours & theirs)
- Exploring** different approaches to discipline
- Finding** ways to develop co-operations and self-discipline in children
- Learning** the importance of looking after ourselves

Booking has started for The Nurturing Programme!

Book with Mary: 07885 208391
maryr@newrysurestart.org

ALL ABOUT US



Are you expecting a baby or have a child under the age of 4 and living in the Newry City Area? Then let us support you through these first few years by providing FREE services for you and your family!

We provide advice and support through home visits, groups, programmes, and 1:1 support.

WHO WE ARE

Services delivered by Newry SureStart will benefit your family's health, physical and mental wellbeing, enhance your children's development, build on your parenting skills and knowledge, enhance your financial and environmental wellbeing, provide social opportunities with other families and give your children the best possible start in life.

Services are delivered by a multi-disciplinary team so once registered you can be supported as you want, from early pregnancy up to your children turning 4 years of age. All of our services are **FREE** and **VOLUNTARY!** So use what you want, when you want!

A pilot scheme has expanded into Warrenpoint! Be sure to ask us if your address falls into our catchment area to take advantage of our services.

CRITERIA



Address

Live in one of the following geographical areas:

Ballybot Ward	Windsor Hill Ward
Daisy Hill Ward	St Mary's Ward
Drumgullion Ward	St Patrick's Ward
Dromalane Ward	SOA of Clonallon 1



Child

Be expecting a baby **OR** have a child under 4 Years

SERVICES WE PROVIDE

Antenatal & Postnatal



Children 1-4 Years Old



Parents & Carers



Recreational Programmes
Family Support
Mental Health & Wellbeing
Personal Development Programmes
Midwifery Support
Antenatal Advice & Support
Parenting Courses
Parent & Toddler Groups
Support for new comer families
Postnatal & Breastfeeding Support
Health Visiting Clinic
Paediatric First Aid
Speech & Language Advice & Support
Creche Support
Play Development
Baby Massage/Yoga/Reflexology
Multi Sensory Support
Support for Families Who Have A Child with Additional Needs
Developmental Programmes for 2-3 Year Olds

...and so much more!

REGISTRATION PROCESS

- 1 Families get in touch via email, social media, website, phone, or contact form
- 2 Families fill in the Registration Form during an initial home visit when services are explained
- 3 Families use services **as and when** they want



Contact Us Today!

Newry SureStart

2 Warrenpoint Road
Newry, Co. Down, BT34 2PF

028 3083 3780

info@newrysurestart.org

www.newrysurestart.org



@NewrySureStart