

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

Activity	Day	Date	Venue	Time
Postnatal Pilates	Thur	1st June	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	1st June	Mount Crescent	11am-12noon
Ardglass Play Together	Fri	2nd June	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Fri	2nd June	Ballymote Sports Centre	9.45am-11.15am
Breastfeeding Support Group	Fri	2nd June	Mount Crescent	11.30am-1pm
Newcastle Play Together	Mon	5th June	St Marys Primary School	9.45am-10.45am
Fountain Street Play Together	Mon	5th June	Fountain Street Presbyterian Hall	10am - 11.30am
Bright Stars	Mon	5th June	Mount Crescent	9.30am-11am
Bright Stars	Mon	5th June	Mount Crescent	11.30am-1pm
Incredible Babies	Tue	6th June	Mount Crescent	10am-12noon
Slow Cooker Programm	Wed	7th June	Mount Crescent	
Rhythm Rhyme & Storytime	Wed	7th June	Fountain Street Presbyterian Hall	10am or 11am
Fun On The Beach	Wed	7th June	Newcastle Promenade (percy French)	10.30-11.30 am
New Mums	Wed	7th June	Mount Crescent	1pm-2.30pm
Postnatal Pilates	Thur	8th June	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	8th June	Mount Crescent	11am-12noon
Ardglass Play Together	Fri	9th June	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Fri	9th June	Ballymote Sports Centre	9.45am-11.15am
Breastfeeding Support Group	Fri	9th June	Mount Crescent	11.30am-1pm
Newcastle Play Together	Mon	12th June	St Marys Primary School	9.45am-10.45am
Fountain Street Play Together	Mon	12th June	Fountain Street Presbyterian Hall	10am - 11.30am
Bright Stars	Mon	12th June	Mount Crescent	9.30am-11am
Bright Stars	Mon	12th June	Mount Crescent	11.30am-1pm
Incredible Babies	Tue	13th June	Mount Crescent	10am-12noon
Slow Cooker Programme	Wed	14th June	Mount Crescent	
Rhythm Rhyme & Storytime	Wed	14th June	Fountain Street Presbyterian Hall	10am or 11am
Fun On The Beach	Wed	14th June	Newcastle Promenade (Percy French)	10.30-11.30 am
New Mums	Wed	14th June	Mount Crescent	1pm-2.30pm
Postnatal Pilates	Thur	15th June	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	15th June	Mount Crescent	11am-12noon
Ardglass Play Together	Fri	16th June	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Fri	16th June	Ballymote Sports Centre	9.45am-11.15am
Breastfeeding Support Group	Fri	16th June	Mount Crescent	11.30am-1pm
Newcastle Play Together	Mon	19th June	St Marys Primary School	9.45am-10.45am
Fountain Street Play Together	Mon	19th June	Fountain Street Presbyterian Hall	10am - 11.30am
Bright Stars	Mon	19th June	Mount Crescent	9.30am-11am
Bright Stars	Mon	19th June	Mount Crescent	11.30am-1pm
Incredible Babies	Tue	20th June	Mount Crescent	10am-12noon
Slow Cooker Programm	Wed	21st June	Mount Crescent	
Rhythm Rhyme & Storytime	Wed	21st June	Fountain Street Presbyterian Hall	10am or 11am
Fun On The Beach	Wed	21st June	Newcastle Promenade (Percy French)	10.30-11.30 am
New Mums	Wed	21st June	Mount Crescent	1pm-2.30pm
Postnatal Pilates	Thur	22nd June	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	22nd June	Mount Crescent	11am-12noon
Breastfeeding Support Group	Fri	23rd June	Mount Crescent	11.30am-1pm
Bright Stars	Mon	26th June	Mount Crescent	9.30am-11am
Bright Stars	Mon	26th June	Mount Crescent	11.30am-1pm
Incredible Babies	Tuesday	27th June	Mount Crescent	10am-12noon
Fun In The Park	Tuesday	27th June	Delamont Country Park	9.45am
Slow Cooker Programm	Wed	28th June	Mount Crescent	
Fun On The Beach	Wed	28th June	Newcastle Promenade (Percy French)	10.30-11.30 am
New Mums	Wed	28th June	Mount Crescent	1pm-2.30pm
Postnatal Pilates	Thursday	29th June	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thursday	29th June	Mount Crescent	11am-12noon
Breastfeeding Support Group	Friday	30th June	Mount Crescent	11.30am-1pm

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

ISSUE 04

ARRIL - MAY 23

# DOWN SureStart Newsletter

**GOOD NEWS!!**  
**WE ARE NOW ON FACEBOOK!**  
 We have taken on board feedback from families requesting a face book page so we invite you to join our new Facebook group to access up to date information.

downsurestart



## TOOTHFAIRY EVENTS

As part of NATIONAL SMILE MONTH DOWN Surestart run an exciting and informative Dental event. Come and join us on:

**Friday 2nd June Ardglass Play together, St Nicholas Primary School 10-11.30am**

**Monday 22nd May St Marys primary school Newcastle 9.45-10.45am**

**MAY IS SMILE MONTH SO HERE ARE SOME TIPS TO KEEP YOUR CHILD'S TEETH HEALTHY.**

Reduce the quantity and frequency of foods and drink that contain sugar and only give sweet foods and dried fruit at mealtimes

- Brush your child's teeth twice daily with fluoride toothpaste (1350-1500ppm) last thing at night and at least on one other occasion, after brushing spit don't rinse
- Under 3s should use a smear of toothpaste
- Parents/carers should brush or supervise tooth brushing until their child is at least 7yrs
- Take your child to the dentist when the first tooth erupts at about 6 months and then on a regular basis.

## SENSORY PLAY

Young babies learn and develop using their senses. Within **DOWN SureStart** our team have developed a fun programme which aims to stimulate your babies senses and promote exploration and investigation. **Sensory Play runs over 4 weeks** and parent/carer with baby will join in a range of free play fun activities.

**Newcastle 3rd to 24th May 10.30am-11.30am for babies approximately aged 8-12 months.**

**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](http://www.downsurestart.org)



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

Activity	Day	Date	Venue	Time
Bright Stars	Mon	3rd April	Mount Crescent	9.30am-11am
Bright Stars	Mon	3rd April	Mount Crescent	11.30am-1pm
Incredible Toddlers	Tue	4th April	Mount Crescent	9.30am-11.30am
Baby Event	Wed	5th April	Fountain Street Presbyterian Hall	10.15am - 11am
New Mums	Wed	5th April	Mount Crescent	1pm-2.30pm
Dads Easter Egg Hunt	Thur	6th April	Downshire Gardens	
Ballymote Play Together	Fri	7th April	Ballymote Sports Centre	9.45am-11.15am
Breastfeeding Support Group	Fri	7th April	Mount Crescent	11.30am-1pm
Newcastle Play Together	Mon	17th April	St Marys Primary School	9.45am-10.45am
Fountain Street Play Together	Mon	17th April	Fountain Street Presbyterian Hall	10am - 11.30am
Bright Stars	Mon	17th April	Mount Crescent	9.30am-11am
Bright Stars	Mon	17th April	Mount Crescent	11.30am-1pm
Rhythm Rhyme & Storytime	Wed	19th April	Fountain Street Presbyterian Hall	10am or 11am
New Mums	Wed	19th April	Newcastle Parish Centre	10am-11am
New Mums	Wed	19th April	Mount Crescent	1pm-2.30pm
Postnatal Pilates	Thur	20th April	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	20th April	Mount Crescent	11am-12noon
Ardglass Play Together	Fri	21st April	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Fri	21st April	Ballymote Sports Centre	9.45am-11.15am
Breastfeeding Support Group	Fri	21st April	Mount Crescent	11.30am-1pm
Newcastle Play Together	Mon	24th April	St Marys Primary School	9.45am-10.45am
Fountain Street Play Together	Mon	24th April	Fountain Street Presbyterian Hall	10am - 11.30am
Bright Stars	Mon	24th April	Mount Crescent	9.30am-11am
Bright Stars	Mon	24th April	Mount Crescent	11.30am-1pm
Rhythm Rhyme & Storytime	Wed	26th April	Fountain Street Presbyterian Hall	10am or 11am
New Mums	Wed	26th April	Newcastle Parish Centre	10am-11am
New Mums	Wed	26th April	Mount Crescent	1pm-2.30pm
Postnatal Pilates	Thur	27th April	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	27th April	Mount Crescent	11am-12noon
Ardglass Play Together	Fri	28th April	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Fri	28th April	Ballymote Sports Centre	9.45am-11.15am
Breastfeeding Support Group	Fri	28th April	Mount Crescent	11.30am-1pm

## BABY MASSAGE

Touch is the first of our senses to develop in the womb. With healthy touch, your baby will thrive. One of the best ways for your baby to learn about themselves, their world and their place in it, is through the messages they receive through their skin. Building the bond of trust and love. Sure Start provide infant massage, an opportunity for you and your baby to relax and enjoy the benefits of positive, nurturing touch.

## Please Touch Me poem By Phyllis Davis

*If I am your baby, please touch me.  
I need your touch in ways you may never know  
Don't just wash and change and feed me,  
But rock me close, kiss my face and stroke my body.  
Your soothing, gentle touch says security and love.*

AND

**FUN ON THE BEACH  
STARTING TUESDAY  
7TH JUNE 10.30am @ NEWCASTLE  
PROMENADE BESIDE THE PERCY FRENCH.**

## DID YOU KNOW!

That Walking has important health benefits for both physical and mental health, it is a type of moderate-intensity physical activity which can contribute to meeting the World Health Organization recommendations of 150 minutes of exercise per week.

## NEWS FLASH

Get out those walking shoes and join us over the summer term at our local walking programmes.

**FUN AT THE PARK STARTING TUESDAY 27th  
June 9.45am @ DELAMONT COUNTRY PARK**

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

Activity	Day	Date	Venue	Time
Incredible Babies	Tue	2nd May	Mount Crescent	10am-12noon
Rhythm Rhyme & Storytime	Wed	3rd May	Fountain Street Presbyterian Hall	10am or 11am
Sensory Play	Wed	3rd May	Newcastle Parish Centre	10.30-11.30 am
New Mums	Wed	3rd May	Mount Crescent	1pm-2.30pm
Postnatal Pilates	Thur	4th May	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	4th May	Mount Crescent	11am-12noon
Ardglass Play Together	Fri	5th May	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Fri	5th May	Ballymote Sports Centre	9.45am-11.15am
Breastfeeding Support Group	Fri	5th May	Mount Crescent	11.30am-1pm
Incredible Babies	Tue	9th May	Mount Crescent	10am-12noon
Walk 'N' Talk	Tue	9th may	Newcastle Promenade (Percy French)	
Rhythm Rhyme & Storytime	Wed	10th May	Fountain Street Presbyterian Hall	10am or 11am
Sensory Play	Wed	10th May	Newcastle Parish Centre	10.30-11.30 am
New Mums	Wed	10th May	Mount Crescent	1pm-2.30pm
Postnatal Pilates	Thur	11th May	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	11th May	Mount Crescent	11am-12noon
First Aid	Thur	11th may	Newcastle Parish Centre	6.30-8.30pm
Ardglass Play Together	Fri	12th May	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Fri	12th May	Ballymote Sports Centre	9.45am-11.15am
Breastfeeding Support Group	Fri	12th May	Mount Crescent	11.30am-1pm
Newcastle Play Together	Mon	15th May	St Marys Primary School	9.45am-10.45am
Fountain Street Play Together	Mon	15th May	Fountain Street Presbyterian Hall	10am - 11.30am
Bright Stars	Mon	15th May	Mount Crescent	9.30am-11am
Bright Stars	Mon	15th May	Mount Crescent	11.30am-1pm
Incredible Babies	Tue	16th May	Mount Crescent	10am-12noon
Walk 'N' Talk	Tue	16th may	Newcastle Promenade (Percy French)	
Rhythm Rhyme & Storytime	Wed	17th May	Fountain Street Presbyterian Hall	10am or 11am
Sensory Play	Wed	17th May	Newcastle Parish Centre	10.30-11.30am
New Mums	Wed	17th May	Mount Crescent	1pm-2.30pm
Postnatal Pilates	Thur	18th May	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	18th May	Mount Crescent	11am-12noon
Ardglass Play Together	Fri	19th May	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Fri	19th May	Ballymote Sports Centre	9.45am-11.15am
Breastfeeding Support Group	Fri	19th May	Mount Crescent	11.30am-1pm
Newcastle Play Together	Mon	22nd May	St Marys Primary School	9.45am-10.45am
Fountain Street Play Together	Mon	22nd May	Fountain Street Presbyterian Hall	10am - 11.30am
Bright Stars	Mon	22nd May	Mount Crescent	9.30am-11am
Bright Stars	Mon	22nd May	Mount Crescent	11.30am-1pm
Incredible Babies	Tue	23rd May	Mount Crescent	10am-12noon
Walk 'N' Talk	Tue	23rd may	newcastle Promenade (Percy French)	
Rhythm Rhyme & Storytime	Wed	24th May	Fountain Street Presbyterian Hall	10am or 11am
Sensory Play	Wed	24th May	Newcastle Parish Centre	10.30-11.30am
New Mums	Wed	24th May	Mount Crescent	1pm-2.30pm
Postnatal Pilates	Thur	25th May	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	25th May	Mount Crescent	11am-12noon
Ardglass Play Together	Fri	26th May	St Nicholas' Primary School	10am - 11.30am
Ballymote Play Together	Fri	26th May	Ballymote Sports Centre	9.45am-11.15am
Breastfeeding Support Group	Fri	26th May	Mount Crescent	11.30am-1pm
Incredible Babies	Tue	30th May	Mount Crescent	10am-12noon
Walk 'N' Talk	Tue	30th may	newcastle Promenade (Percy French)	
Rhythm Rhyme & Storytime	Wed	31st May	Fountain Street Presbyterian Hall	10am or 11am
New Mums	Wed	31st May	Newcastle Parish Centre	10am-11am
New Mums	Wed	31st May	Mount Crescent	1pm-2.30pm

## BOOKING SYSTEM

We would really appreciate if you have booked a place on a programme and cannot make it that you let us know. This will allow us to offer your

place to another family who may be on the waiting list.

Many thanks in advance.

