Additional Programmes

HEALTH PROMOTION SESSIONS

Potty Party	4 April	3.00pm – 4.00pm	Cido
A Good Nights Sleep	11 April	3.00pm – 4.00pm	Cido

Family Fun Day 18 June

To celebrate Father's Day in Belfast, with games & activities for children and beauty treatments & alternative therapies for mums & dads. Also including the Sure Start Football Tournament. Transport times to be arranged.

'Main Men' Events

Sat 2 April	11.00am–12.30pm	Mother's Day Card Making & Kite Making	Tennis Pavilion Lurgan Park
Sat 16 April	11.00am–12.30pm	Play Session & Clay Modelling	Splash Playroom Legahory
Sat 7 May	11.00am–12.30pm	Bug Hunt and Nature Walk	Oxford Island
Sat 21 May	11.00am–12.30pm	Making Birdfeeders	Tennis Pavilion Lurgan Park
Sat 4 June	10.30am–12.00pm	Physical Play Session	Lurgan Town Hall

NEW!! PARENTS FORUM

Please come and join us for our first Parents Forum meeting on:
Thursday 21 April from 10.00am to 11.30am in the Playroom in Cido.
For further information contact Lisa Simith.

Rumbles & Tumbles

is a 4 week physical programme for parents and children. You will experience and participate in a range of exercises and explore a wide variety of physical play equipment.

Wriggles & Wiggles

is a 4 week programme focusing on different themes each week. Children and parents will get the opportunity to have fun singing and dancing to songs and rhymes and meet all our puppet friends.

Office 3, First Floor, Legahory Centre, CRAIGAVON, BT65 5BE
Units 1 & 3, Cido Business Complex, Charles Street, LURGAN, BT66 6HG
Phone: 028 3831 3360

Splash Sure Start

Programme

April to June 2011

Splash
SureStart
Brownlow Lurgan

Splash Sure Start offices and playrooms are closed on the following dates:

- Thursday 17th March
- Monday 25th April—Monday 2nd May (inclusive)
- Monday 30th May

BROWNLOW AREA

Day	Activity	Time	Duration	Venue	Other Info
Mon	Disability Support Group	10.00am – 11.30am	18 April, 23 May 20 June	Splash Playroom Legahory	Support for parents of children with disabilities. Contact Gloria.
	Multi Sensory Play	2.30pm – 3.30pm	4,11,18 April 9,16,23 May	Splash Playroom Legahory	Contact Gloria Suitable for children with disabilities only
Tues	Breast Feeding Support Group	10.00am – 10.30am	Ongoing	Splash Playroom Legahory	Contact Health Visitors
	Baby Café	10.30am – 12.00pm	Ongoing	Splash Playroom Legahory	For babies 0-1 year. Contact Health Visitors
	Wriggles & Wiggles	2.00pm– 3.00pm	4 weeks 3—24 May	Splash Playroom Legahory	For 2 - 4 years Contact Danielle
	Swimming	2.30pm - 3.00pm	2 x 4 Weeks Starts 10 May	Brownlow Leisure Centre	Contact Keith
Wed	Playtime	10.00am – 11.30am	Ongoing starts 6 April	Splash Playroom Legahory	Contact Danielle. For children aged 1-4
	Toy Library Drop In	11.30am - 12.00pm	Ongoing	Splash Playroom Legahory	Contact Danielle
	Fathers Five-a-side Football	7.00pm- 8.00pm	Ongoing starts 16 March	Brownlow Leisure Centre	Contact Keith
Thur	Antenatal Yoga	9.30am – 10.30am	6 weeks 5, 12, 19 May 9, 16, 23 June	Splash Playroom Legahory	Contact Health visitors (crèche available)
	First Steps Playtime	11.30am– 12.30pm	6 Weeks Starts 12 May	Splash Playroom Legahory	Contact Danielle For 1-2 years
	Baby Massage	1.30pm – 2.30pm	4 weeks 14, 21 April 5, 12 May	Splash Playroom Legahory	Contact Lisa Morrison
	Occupational Therapy Drop In Clinic	2.00pm– 3.00pm	6 weeks 19 May—23 June	Splash Playroom Legahory	Contact Geraldine or Jill
Fri	Incredible Babies	10.00am- 12.00pm	8 Weeks Starts 6 May	Splash Playroom Legahory	Contact Sharon or Lisa Smith (crèche available)
	Boogie with Baby	11.00am- 12.00pm	6 weeks 6 May—17 June (exc. 20 May)	St Anthony's Hall	Dancing for the whole family. Contact Keith

PLEASE PHONE TO BOOK YOUR PLACE FOR ALL PROGRAMMES

LURGAN AREA

Day	Activity	Time	Duration	Venue	Other Info
Mon	Playtime	9.30am – 10.30am	Ongoing starts 4 April	Splash Playroom Cido	Contact Danielle For ages 1—4 years
	Playtime	11.00am – 12.00pm	Ongoing	Splash Playroom Cido	Contact Danielle For ages 1—4 years
	Toy Library Drop In	10.30am— 11.00am 12.00pm— 12.30pm	Ongoing	Splash Playroom Cido	Avail of this service between times given. Contact Danielle
	Baby Massage	2.15pm- 3.15pm	4 weeks starts 6 June	Splash Playroom Cido	Contact Health Visitors 6 weeks—6 months
	Baby Movement	3.30pm- 4.30pm	4 weeks starts 6 June	Splash Playroom Cido	Contact Health Visitors 4 months—8 months
	Childminders Support Group	7.00pm	9 May, 6 June	Splash Playroom Cido	Contact Geralyn
	Quality First Support Group	6.30pm	20 June	Splash Playroom Cido	Contact Geralyn
Tues	Childminders Playtime	10.00am- 11.00am	Ongoing starts 5 April	Splash Playroom Cido	Contact Geralyn
	Rumbles & Tumbles	2.30pm- 3.30pm	4 Weeks 7- 28 June	Links Underground Castle Lane Lurgan	Contact Danielle
	Paediatric First Aid (Accredited)	6.30pm- 9.30pm	3 - 24 May	Splash Playroom Cido	Contact Geralyn
	Antenatal Parents Group	7.00pm— 9.00pm	6 Weeks 15 Mar - 19 April	Splash Playroom Cido	Contact Anna-Louise or Keith
Wed	Polish Group	10.00am – 11.00am 11.30am– 12.30pm	Ongoing	Splash Playroom Cido	Contact Agnieszka
	Breast Feeding Support Group	10.00am – 10.30am	Ongoing	Links Underground Castle Lane Lurgan	Contact Health Visitors
	Baby Café	10.30am – 12.00pm	Ongoing	Links Underground Castle Lane Lurgan	Contact Health Visitors
	Young Mothers Antenatal Group	2.30pm – 4.00pm	Ongoing	Splash Playroom Cido	Contact Paula
Thur	Swimming	12.00pm- 12.30pm	2 x 5 Weeks 7 April – 19 May 26 May–23 June	Waves Leisure Centre Lurgan	Contact Keith or Lisa Note the Easter break 21 & 28 April
	Walking Group	11.00am – 12.00pm	Ongoing Starts 1 April	Meet at Park Gates Lurgan near Pool	Contact Lisa or Keith
Fri	Introduction to Basic English	10.30am- 12noon	18 March — 22 April	Splash Playroom Cido	Contact Agnieszka