

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

Activity	Day	Date	Venue	Time
Ardglass Busy Bees	Fri	1st Dec	St Nicholas' Primary School	10am-11.30am
Ballymote Play Together	Fri	1st Dec	Ballymote Sports Centre	9.45am-11.15am
Breastfeeding Support Group	Fri	1st Dec	Mount Crescent	11.30am-1pm
Bright Stars	Fri	1st Dec	Mount Crescent	9.30am-11am
Managing Childrens Behaviour	Tue	5th Dec	Mount Crescent	9.30am-11.30am
New Mums	Tue	5th Dec	Mount Crescent	12.30pm-2pm
Busy Bees	Wed	6th Dec	Newcastle	10.30am-11.30am
Postnatal Pilates	Thur	7th Dec	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	7th Dec	Mount Crescent	11am-12noon
Rhythm, Rhyme & Story Time	Thur	7th Dec	Newcastle	10.30am-11.30am
Ardglass Busy Bees	Fri	8th Dec	St Nicholas' Primary School	10am-11.30am
Ballymote Play Together	Fri	8th Dec	Ballymote Sports Centre	9.45am-11.15am
Breastfeeding Support Group	Fri	8th Dec	Mount Crescent	11.30am-1pm
Bright Stars	Fri	8th Dec	Mount Crescent	9.30am-11am
Managing Childrens Behaviour	Tue	12th Dec	Mount Crescent	9.30am-11.30am
New Mums	Tue	12th Dec	Mount Crescent	12.30pm-2pm
Rhythm, Rhyme & Story Time	Wed	13th Dec	Fountain Street Presbyterian Hall	10am or 11am
Busy Bees	Wed	13th Dec	Newcastle	10.30am-11.30am
Postnatal Pilates	Thur	14th Dec	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	14th Dec	Mount Crescent	11am-12noon
Rhythm, Rhyme & Story Time	Thur	14th Dec	Newcastle	10.30am-11.30am
Ardglass Busy Bees	Fri	15th Dec	St Nicholas' Primary School	10am-11.30am
Ballymote Play Together	Fri	15th Dec	Ballymote Sports Centre	9.45am-11.15am
Breastfeeding Support Group	Fri	15th Dec	Mount Crescent	11.30am-1pm
Bright Stars	Fri	15th Dec	Mount Crescent	9.30am-11am

## 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)



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

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# DOWN SureStart Newsletter

**DOWN SureStart Getting Ready For Baby** aims to support you through pregnancy and prepare for labour, birth and the early days of baby's life. The classes will cover, what to pack in your bag, hormones, the different stages of labour, being a birth partner, pain relief and feeding baby.

SureStart classes are also a really good way to make friends with other parents expecting babies at around the same time as you.

Bonding Before Birth is such a special time, relax with your baby bump and help build this strong foundation for a loving and positive relationship.

**Partners, family or a friend are welcome. RSVP 02844613630.**

## ANTENATAL OPEN NIGHT

Meet the SureStart Mid wife, Health Visitor and Speech and Language Therapist.

**THURSDAY 19TH OCTOBER 2023 @ 6.30PM**

5-7 MOUNT CRESCENT DOWNPATRICK

**RSVP 02844613630**

**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)





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

Activity	Day	Date	Venue	Time
Newcastle Play Together	Mon	2nd Oct	St Marys Primary School	9.45am-10.45am
Fountain Street Play Together	Mon	2nd Oct	Fountain Street Presbyterian Hall	10am-11.30am
HENRY Programme	Tue	3rd Oct	Mount Crescent	9.30am-11.30am
New Mums	Tue	3rd Oct	Mount Crescent	12.30pm-2pm
Rhythm Rhyme & Storytime	Wed	4th Oct	Fountain Street Presbyterian Hall	10am or 11am
Solid Starts	Wed	4th Oct	Mount Crescent	9.30am-10.30am
Rhythm Rhyme & Storytime	Wed	4th Oct	Parish Centre, Newcastle	10.30am-11.30am
Postnatal Pilates	Thur	5th Oct	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	5th Oct	Mount Crescent	11am-12noon
Ardglass Play Together	Fri	6th Oct	St Nicholas' Primary School	10am-11.30am
Breastfeeding Support Group	Fri	6th Oct	Mount Crescent	11.30am-1pm
Bright Stars	Fri	6th Oct	Mount Crescent	9.30am-11am
Newcastle Play Together	Mon	9th Oct	St Marys Primary School	9.45am-10.45am
Fountain Street Play Together	Mon	9th Oct	Fountain Street Presbyterian Hall	10am-11.30am
HENRY Programme	Tue	10th Oct	Mount Crescent	9.30am-11.30am
New Mums	Tue	10th Oct	Mount Crescent	12.30pm-2pm
Rhythm Rhyme & Storytime	Wed	11th Oct	Fountain Street Presbyterian Hall	10am or 11am
Solid Starts	Wed	11th Oct	Mount Crescent	9.30am-10.30am
Rhythm Rhyme & Storytime	Wed	11th Oct	Parish Centre, Newcastle	10.30am-11.30am
Postnatal Pilates	Thur	12th Oct	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	12th Oct	Mount Crescent	11am-12noon
Ardglass Play Together	Fri	13th Oct	St Nicholas' Primary School	10am-11.30am
Breastfeeding Support Group	Fri	13th Oct	Mount Crescent	11.30am-1pm
Bright Stars	Fri	13th Oct	Mount Crescent	9.30am-11am
Newcastle Play Together	Mon	16th Oct	St Marys Primary School	9.45am-10.45am
Fountain Street Play Together	Mon	16th Oct	Fountain Street Presbyterian Hall	10am-11.30am
HENRY Programme	Tue	17th Oct	Mount Crescent	9.30am-11.30am
New Mums	Tue	17th Oct	Mount Crescent	12.30pm-2pm
Rhythm Rhyme & Storytime	Wed	18th Oct	Fountain Street Presbyterian Hall	10am or 11am
Solid Starts	Wed	18th Oct	Mount Crescent	9.30am-10.30am
Rhythm Rhyme & Storytime	Wed	18th Oct	Parish Centre, Newcastle	10.30am-11.30am
Postnatal Pilates	Thur	19th Oct	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	19th Oct	Mount Crescent	11am-12noon
Antenatal Evening	Thur	19th Oct	Mount Crescent	6.30pm-7.30pm
Ardglass Play Together - Health Fair	Fri	20th Oct	St Nicholas' Primary School	10am-11.30am
Breastfeeding Support Group	Fri	20th Oct	Mount Crescent	11.30am-1pm
Bright Stars	Fri	20th Oct	Mount Crescent	9.30am-11am
Newcastle Play Together	Mon	23rd Oct	St Marys Primary School	9.45am-10.45am
Fountain Street Play Together	Mon	23rd Oct	Fountain Street Presbyterian Hall	10am-11.30am
Rhythm Rhyme & Storytime	Wed	25th Oct	Fountain Street Presbyterian Hall	10am or 11am
Solid Starts	Wed	25th Oct	Mount Crescent	9.30am-10.30am
Rhythm Rhyme & Storytime	Wed	25th Oct	Parish Centre, Newcastle	10.30am-11.30am
Postnatal Pilates	Thur	26th Oct	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	26th Oct	Mount Crescent	11am-12noon
Breastfeeding Support Group	Fri	27th Oct	Mount Crescent	11.30am-1pm
Bright Stars	Fri	27th Oct	Mount Crescent	9.30am-11am

## CELEBRATING 2023 PARENTING WEEK 16TH -20TH OCTOBER

During this week we will be recognising and celebrating all those in a parenting role. The aim is to inspire a sense of pride and empowerment among parents, reminding them of the crucial role they play in shaping the next generation

**This year's theme is 'The Positivity of Parenting'**

"The Positivity of Parenting" is about acknowledging the positive impact parents have on their children's

lives, fostering love, support, and growth. It encourages parents to celebrate the strengths, resilience and dedication of parents, as the backbone of families and communities.

The theme acknowledges that while parenting can be challenging, it also emphasises the joy, fulfilment, and meaningful experiences that come with raising a child.

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

Activity	Day	Date	Venue	Time
Newcastle Play Together	Mon	6th Nov	St Marys Primary School	9.45am-10.45am
Family Life & Wellbeing Programme	Mon	6th Nov	Mount Crescent	9.30am-11.30am
Managing Childrens Behaviour	Tue	7th Nov	Mount Crescent	9.30am-11.30am
New Mums	Tue	7th Nov	Mount Crescent	12.30pm-2pm
Bookstart Corner	Wed	8th Nov	Mount Crescent	10am or 11.30am
Slow Cooker	Wed	8th Nov	Newcastle	10.30am-11.30am
Baby Movement	Wed	8th Nov	Mount Crescent	10am-11am
Postnatal Pilates	Thur	9th Nov	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	9th Nov	Mount Crescent	11am-12noon
Little Movers	Thur	9th Nov	Newcastle	10.30am-11.30am
Ardglass Play Together	Fri	10th Nov	St Nicholas' Primary School	10am-11.30am
Ballymote Play Together	Fri	10th Nov	Ballymote Sports Centre	9.45am-11.15am
Getting Ready for Baby	Fri	10th Nov	Mount Crescent	9.30am-11am
Breastfeeding Support Group	Fri	10th Nov	Mount Crescent	11.30am-1pm
Bright Stars	Fri	10th Nov	Mount Crescent	9.30am-11am
Newcastle Play Together	Mon	13th Nov	St Marys Primary School	9.45am-10.45am
Family Life & Wellbeing Programme	Mon	13th Nov	Mount Crescent	9.30am-11.30am
Managing Childrens Behaviour	Tue	14th Nov	Mount Crescent	9.30am-11.30am
New Mums	Tue	14th Nov	Mount Crescent	12.30pm-2pm
Bookstart Corner	Wed	15th Nov	Mount Crescent	10am or 11.30am
Slow Cooker	Wed	15th Nov	Newcastle	10.30am-11.30am
Baby Movement	Wed	15th Nov	Mount Crescent	10am-11am
Postnatal Pilates	Thur	16th Nov	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	16th Nov	Mount Crescent	11am-12noon
Little Movers	Thur	16th Nov	Newcastle	10.30am-11.30am
Ardglass Play Together	Fri	17th Nov	St Nicholas' Primary School	10am-11.30am
Ballymote Play Together	Fri	17th Nov	Ballymote Sports Centre	9.45am-11.15am
Getting Ready for Baby	Fri	17th Nov	Mount Crescent	9.30am-11am
Breastfeeding Support Group	Fri	17th Nov	Mount Crescent	11.30am-1pm
Bright Stars	Fri	17th Nov	Mount Crescent	9.30am-11am
Newcastle Play Together	Mon	20th Nov	St Marys Primary School	9.45am-10.45am
Family Life & Wellbeing Programme	Mon	20th Nov	Mount Crescent	9.30am-11.30am
Managing Childrens Behaviour	Tue	21st Nov	Mount Crescent	9.30am-11.30am
New Mums	Tue	21st Nov	Mount Crescent	12.30pm-2pm
Bookstart Corner	Wed	22nd Nov	Mount Crescent	10am or 11.30am
Slow Cooker	Wed	22nd Nov	Newcastle	10.30am-11.30am
Baby Movement	Wed	22nd Nov	Mount Crescent	10am-11am
Postnatal Pilates	Thur	23rd Nov	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	23rd Nov	Mount Crescent	11am-12noon
Little Movers	Thur	23rd Nov	Newcastle	10.30am-11.30am
Ardglass Play Together	Fri	24th Nov	St Nicholas' Primary School	10am-11.30am
Ballymote Play Together	Fri	24th Nov	Ballymote Sports Centre	9.45am-11.15am
Getting Ready for Baby	Fri	17th Nov	Mount Crescent	9.30am-11am
Breastfeeding Support Group	Fri	24th Nov	Mount Crescent	11.30am-1pm
Bright Stars	Fri	24th Nov	Mount Crescent	9.30am-11am
Family Life & Wellbeing Programme	Mon	27th Nov	Mount Crescent	9.30am-11.30am
Managing Childrens Behaviour	Tue	28th Nov	Mount Crescent	9.30am-11.30am
New Mums	Tue	28th Nov	Mount Crescent	12.30pm-2pm
Bookstart Corner	Wed	29th Nov	Mount Crescent	10am or 11.30am
Baby Movement	Wed	29th Nov	Mount Crescent	10am-11am
Busy Bees	Wed	29th Nov	Newcastle	10.30am-11.30am
Postnatal Pilates	Thur	30th Nov	Mount Crescent	9.30am-10.30am
Antenatal Pilates	Thur	30th Nov	Mount Crescent	11am-12noon
Little Movers	Thur	30th Nov	Newcastle	10.30am-11.30am