

Full Events List for
April-June Inside



Hello Everyone

Welcome to another edition of the Sure Start newsletter. As always it is full of news, events and programmes which are put together for all our families. We hope you enjoy what we have in store for you from April to June 2014.

New Programme! Sure Slim

We will be launching a new slimming club in April, called Sure Slim.

Meetings will take place in Whiterock Health Centre on Wednesdays at 12.00 noon.

Sign up at our registration day as this is **FREE!**
(£1 weekly donation into the prize pot).

Lose lbs not £s!



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Loyalty Cards

We would like to take this opportunity to thank all the parents who have joined our loyalty card scheme.

We hope you have enjoyed any prizes you may have claimed and we hope you continue to be a part of this. If you haven't yet got a loyalty card, ask any Sure Start worker for one! Anyone with full cards please hand them in before the end of March to claim prizes.

We are planning to offer spot prizes for parents on our Facebook page where we will ask people to like and share a status in order to win a prize.

Keep an eye on Facebook for further information.

facebook.com/SaolUrSureStart • twitter.com/SaolUrSureStart

689 Springfield Road • Telephone. 028 9032 4870 • Email. info@usdtsurestart.co.uk



DAY	START DATE	DURATION	PROGRAMME	TIME	PLACE
Monday	Starts 28th April	9 weeks	Parent and Toddler	9.30am - 11.30am	Whiterock Health Centre
Monday	Starts 28th April	9 weeks	Active Bears	9.30am - 10.30am	Postman Pats
Monday	Starts 12th May	6 weeks	Tots of Fun	1.30pm - 2.30pm	Whiterock Health Centre
Monday	Starts 28th April	9 weeks	Parents Walking Group	7.00pm - 8.30pm	Meet at SureStart Office
Tuesday	Starts 29th April	6 weeks	Managing Children's Behaviour	9.30am - 11.30am	Newhill Youth Club
Tuesday	Starts 10th June	4 weeks	First Aid	10.00am - 12.00pm	Newhill Youth Club
Tuesday	Starts 29th April	9 weeks	Rhyme Time	11.00am - 11.45am	Whiterock Library
Tuesday	Starts 29th April	9 weeks	Story Time	11.45am - 12.15pm	Whiterock Library
Tuesday	Starts 29th April	9 weeks	Baby Grows	12.30pm - 1.30pm	Whiterock Library
Wednesday	Starts 7th May	6 weeks	Tots of Fun	10.30am - 11.30am	Whiterock Health Centre
Wednesday	Starts 30th April	9 weeks	Sure Slim	12.00pm - 1.00pm	Whiterock Health Centre
Wednesday	Starts 30th April	9 weeks	Walking group	1.00pm - 2.00pm	Various Places
Wednesday	Starts 30th April	9 weeks	Evening Cookery Class	6.30pm - 8.30pm	Whiterock Children's Centre
Thursday	Starts 1st May	9 weeks	Fit First Programme	9.30am - 11.30am	Falls Park
Thursday	Starts 29th May	9 weeks	Healthy Lifestyle Programme	9.30am - 11.30am	Newhill Youth Centre
Thursday	Starts 1st May	9 weeks	Rhyme Time	1.30pm - 2.30pm	Whiterock Library
Friday	Starts 2nd May	9 weeks	Parent and Toddler	10.00am - 12.00pm	Naiscoil Na Mona
Friday	Starts 2nd May	6 weeks	Baking Class	9.30am - 11.30am	Whiterock Children's Centre
Friday	Starts 13th June	4 weeks	Spin Class	9.30pm - 10.30pm	Corpus Christi School
Friday	Starts 4th April	9 weeks	Family swimming programme	12.00pm - 1.00pm	Whiterock Leisure Centre
Saturday	ONCE A MONTH EACH	Ring the Office for further info	Family programme and Dad's Saturday programme	11.00am - 1.00pm	Newhill First Steps

Sure Start Programmes will not be running on the following dates:
14th April - 28th April (Easter) • 5th May (Bank Holiday) • 26th May (Bank Holiday)



Sign Up for April Programmes!

We would like to invite all local families along to our registration day. We hope you have had a look at the programmes we have on offer for you. If you are interested in any of these please come along and register or if you're not sure what you would like to do, please come along and speak to our friendly team about your options. Details below. No places will be confirmed on the day.

NEW! Bring a friend to sign up to Sure Start and earn bonus loyalty stamps for both of you! Also can we remind parents if any of your contact details have changed please let us know on the day or contact us by the methods below!!

We hope to see you all there!

Date: Tuesday 15th April 2014

Time: 10.00am - 12.00pm / 1.00pm - 3.00pm / 5.00pm - 7.00pm

Sure Start Easter Event

When: Tuesday 16th April

Time: 10.30am - 12.30pm

Location: Falls Park Pavilion



Sure Start...Is FREE

- Is for *all* local families with a bump or child aged 0-4
- Is for working and non-working parents
- Is for *all* local families no matter what income



You can contact us at our office:

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