




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 July to September 2014.

Pregnant?



Sign up for our new Antenatal sessions! We are offering a range of useful and fun sessions covering everything from pregnancy yoga to information about the changes in the Royal & Mater maternity units and how they affect YOU!

We are also excited to offer our parents the opportunity to take part in HypnoBirthing sessions carried out by our wonderful Midwife Nora. Please contact Nora if you are interested in the above sessions —and please tell your pregnant friends!!

Loyalty Cards

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

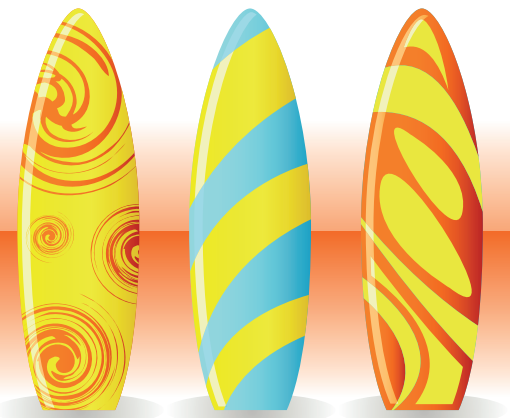
We hope you have enjoyed any prizes you may have claimed and we hope you continue to be a part of this. If you haven't yet got a loyalty card, ask any Sure Start worker for one!



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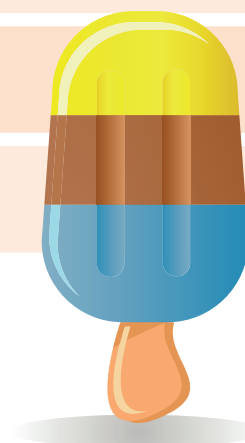
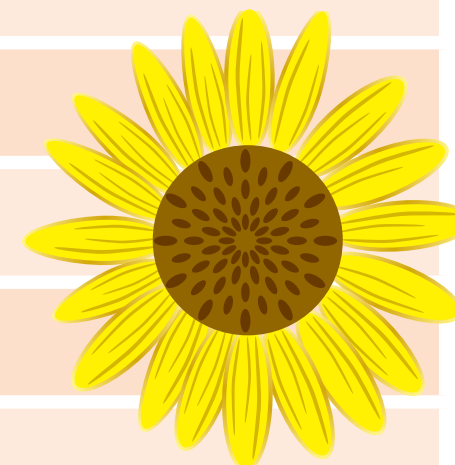


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DAY	START DATE	PROGRAMME	TIME	PLACE
Monday	7th July & 11th August	Let's Get Messy	10.00 – 12.00pm	Whiterock Health Centre
Tuesday	Starts 1st July	Rhyme Time	11.00 – 11.45am	Whiterock Library
Tuesday	Starts 1st July	Story Time	11.45 – 12.15pm	Whiterock Library
Tuesday	Starts 1st July	Little Stars	12.30 – 2.00pm	Whiterock Library
Tuesday	Starts 12th August	Antenatal Yoga	6.00 – 7.30pm	Whiterock Health Centre
Tuesday	19th August	Trip to Newcastle	9.00 – 5.00pm	Meeting at Saol Ur Sure Start Office
Wednesday	3rd July & 15th August	Music Time	10.00 – 11.30am	Whiterock Health Centre
Wednesday	On Going	Celebrate feeding	12.00 – 1.00pm	Whiterock Health Centre
Wednesday	On Going	Sure Slim	12.00 – 1.00pm	Whiterock Health Centre
Wednesday	On Going	Walk in the park	1.00 – 2.00pm	Whiterock Health Centre
Wednesday	16th July & 13th August	Let's play together	10.00 – 11.30am	Whiterock Health Centre
Thursday	4th, 17th July & 14th August	Walk in the park	10.00 – 12.00pm	Meeting at Whiterock Health Centre
Thursday	21st August	Sure Start Family Fun Day	10.00 – 12.00pm	Falls Park
Friday	18th July	Parent & Toddler	10.00 – 12.00pm	Whiterock Health Centre
Saturday	6th, 26th July, 16th & 30th August	Family days	11.00 – 1.00pm	Newhill First Steps



Sure Start Programmes will be closed on the following dates:
11th & 15th July • 25th August

Our Summer Scheme will run for 3 weeks during the summer. Each family will have the opportunity to register for one week, this is free to all Sure Start Members.

Places are limited and you must sign up at registration day.

The Summer Scheme will take place on the following weeks:

30th June - 4th July | 21st July - 25th July | 28th July - 1st August

The week will comprise of the following:

- Monday - Crèche 10.00 - 12.00pm (Crèche is not available for children aged 4 or over)
- Wednesday - Crèche 10.00 - 12.00pm
- Thursday - Family day - walk to the park 10.00 - 12.00 (All the family our welcome)
- Friday - Crèche 10.00 - 12.00pm

The family trip to Newcastle will run on Tuesday 19th August. This will be leaving at 9.00am from Saol Ur Sure Start Office and returning to the Sure Start office at 5.00pm.



Sure Start Fun Day

Will take place on Thursday 21st August from 10.00 - 12.00pm in the Falls Park



SIGN UP FOR OUR SUMMER 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!



We hope to see you all there!

Date: Tuesday 24th June 2014

Time: 10.00-12.00pm / 1.00-3.00pm / 5.00-7.00pm (In Sure Start Office)

Venue: Upper Springfield Development Trust Foyer



You can contact us at our office:

689 Springfield Road

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