

G-old Community Partnership

Gortalowry, Oldtown, Killymoon, Ardboe, Dunamore, Pomeroy, Maghera and Town Parks East

SureStart

Autumn Newsletter 2023

It's that time of year again where we look forward to settling back into a routine with school and nurseries returning. In our Autumn newsletter, we have celebrated the success of our Summer programmes, including our Let's Plays, Little Bakers, and Tot's that Bop. There are also some lovely pictures of our families enjoying the programmes on offer and we hope to see lots of you back, along with some new faces in the coming months. Please take some time to read through our newsletter to see some of the new programmes on offer as well as some old favourites. We hope all our children who have moved on from our Developmental Programmes have settled into their new playgroups and are doing well. We will be welcoming our new children starting in September.

As our thoughts turn to Christmas we wish to advise our families that we endeavour to offer support and signposting as families struggle with the cost of living crisis, please contact any of our team for confidential support.

Claire & Mary Project Managers

ANNUAL GENERAL MEETING

You are invited to attend our Annual General Meeting.

Where: Burnavon Centre, Cookstown

When: Thursday 14th September
@ 2pm

Everyone Welcome!

MEET THE ADMIN TEAM

We are the first point of contact when you phone or call into the office and we are happy to help with any of your queries and questions regarding our services. We look forward to assisting you in the near future.



L-R (Clare: Administrator, Deborah & Rosi: Secretarial Assistants, & Avril: Finance Manager)

HALLOWEEN PARTIES

Maghera - Thursday 26th Oct 10am-11.30am

Cookstown - Friday 27th Oct 10am - 11.30am

CHRISTMAS PARTIES

Maghera - Thursday 14th Dec 10am - 11.30am

Cookstown Leisure Centre - Friday 15th Dec
10am -11.30am

Gold Surestart - :Loy Buildings, Top Floor, 18-24 Loy Street, Cookstown, BT80 8PE

Tel: 028 867 69994 | Email: info@goldsurestart.org.uk

Website: www.goldsurestart.org.uk | App: School Jotter

Facebook: Gold Community Partnership Surestart



**Call 028 867
69994 to book**

What's On?



SCHEDULE OF EVENTS

DAY	DATE	COURSE	LOCATION	
Mon	4th Sept	Bumps to Babies <i>Antenatal information evening, also open to non Surestart families</i>	Loy Buildings, Cookstown	7.00pm - 9.00pm
Mon	11th Sept	Infant Feeding <i>(Antenatal information evening, also open to non Surestart families)</i>	Loy Buildings, Cookstown	7.00pm - 9.00pm
Mon	11th - 25th Sept	Bookstart <i>Stories and fun for 1-2 year olds, free book pack for those who attend</i>	St Mary's, Dunamore	10.00am - 11.00am
Mon	4th Sept	Breastfeeding Support Group	Magherafelt Baptist Church Hall <i>First Monday of each Month held in Parish Centre, Magherafelt</i>	10.00am - 12:00 noon
Mon	4th - 25th Sept	Little Goldfish <i>suitable for children up to 15 months</i>	Cookstown Leisure Centre	6.30pm - 7.00pm
Mon	6th -27th Nov	Hypnobirthing	Loy Buildings, Cookstown	1.30pm - 4.00pm
Mon	4th - 25th Sept	Baby Movers - (16 weeks plus) <i>Yoga moves through the use of music, play & movement with your baby</i>	Loy Buildings, Cookstown	10.00am - 11.00am
Mon	18th Sept Week 1	Blossoming Babies <i>Little Einstein's</i>	Magherafelt Baptist Church Hall	1.30pm- 2.30pm
Mon	25th Sept Week 2	Blossoming Babies <i>Emotion Explorers</i>	Magherafelt Baptist Church Hall	1.30pm- 2.30pm
Mon	2nd Oct Week 3	Blossoming Babies <i>Tiny Talk</i>	Magherafelt Baptist Church Hall	1.30pm - 2.30pm
Mon	9th Oct Week 4	Blossoming Babies <i>Dental Discovery</i>	Magherafelt Baptist Church Hall	1.30pm - 2.30pm
Mon	16th Oct Week 5	Blossoming Babies <i>Weaning Wonders</i>	Magherafelt Baptist Church Hall	1.30pm - 2.30pm
Mon	23rd Oct Week 6	Blossoming Babies <i>Playtime Pals</i>	Magherafelt Baptist Church Hall	1.30pm - 2.30pm
Mon	30th Oct Week 7	Blossoming Babies <i>Soothing Senses</i>	Magherafelt, Baptist Church Hall	1.30pm - 2.30pm

Remember all of our programmes, classes & events are completely FREE to registered G-old Community Partnership SureStart Families - call us on 028 867 69994 to register!

**Call 028 867
69994 to book**

What's On?



SCHEDULE OF EVENTS

DAY	DATE	COURSE	LOCATION	TIME
Tues	5th - 26th Sept	Baby Massage <i>from 6 weeks plus</i>	Loy Buildings, Cookstown	10.00am - 11.00am
Tue	19th Sept	Sustaining Healthy Relationships	Loy Buildings, Cookstown	7.00pm - 8.30pm
Tue	12th Sept	Play The Waddler Way <i>suitable from 12-24 months</i>	Gortalowry House, Cookstown	10.00am - 11.30am
Tue	Oct/Nov	Baby Movers <i>Yoga moves using sand, play & movement from 16 weeks</i>	Loy Buildings, Cookstown	TBC
Tue	24th Oct, 21st Nov & 12th Dec	Wiggles & Giggles <i>Stories songs & rhymes from 6 months plus</i>	Cookstown Library	10.30am - 11.00am
Tue	5th - 19th Dec	Rhyme Time <i>Interactive rhyme session for the whole family</i>	Loy Buildings, Cookstown	10.00am - 11.00am
Wed	6th Sept - 11th Oct (excluding 20th Sept)	Aqua Yoga <i>Gentle exercise in the water, suitable from 20 weeks pregnant & non swimmers</i>	Cookstown Leisure Centre	6.00pm - 7.00pm
Wed	14th Oct - 13th Dec	Nurturing <i>Support Creche available</i>	Gortalowry House, Cookstown	10.00am - 12.30pm
Wed	6th Sept	Breastfeeding Support Group <i>Launch Morning/Celebration Event</i>	No 47 Cafe, Kilcronagh Business Park, Cookstown	10.00am - 12 noon
Wed	13th Sept (weekly)	Breastfeeding Support Group	Loy Buildings, Cookstown	10.00am - 12 noon
Wed	13th Sept	Wiggles & Giggles	Cookstown Library	10.30am - 11.00am
Wed	11th Oct	Craft & Chat <i>Get creative with your little one, from 2 years+, parents & child programme</i>	St Mary's, Dunamore	10.30am - 11.30am
Wed	8th-22nd Nov	Book Start <i>Stories and fun for 1-2 year olds, free book pack</i>	Loy Buildings, Cookstown	10.00am - 11.00am

Parenting Week celebrates the important role parents play in their children's lives and happens every October. This year (2023) Parenting Week will be from Monday 16th - Friday 20th October. Keep an eye on our social media for more Parenting Week info!

**MORE ON THE
OTHER SIDE**

Call 028 867
69994 to book

What's On?



SCHEDULE OF EVENTS

DAY	DATE	COURSE	LOCATION	TIME
Thu	7th Sept - weekly	Let's Play Maghera	The Lurach Centre, Maghera	10.00am - 11.30am
Thu	14th Sept - 5th Oct	Baby Massage	Cookstown Leisure Centre	10.00am - 11.00am
Thu	21st Sept Week 1	Blossoming Babies <i>Little Einstein's</i>	Loy Buildings, Cookstown	10.00am - 11.00am
Thu	28th Sept Week 2	Blossoming Babies <i>Emotion Explorers</i>	Loy Buildings, Cookstown	10.00am - 11.00am
Thu	5th Oct Week 3	Blossoming Babies <i>Tiny Talk</i>	Loy Buildings, Cookstown	10.00am - 11.00am
Thu	12th Oct Week 4	Blossoming Babies <i>Dental Discovery</i>	Loy Buildings, Cookstown	10.00am - 11.00am
Thu	19th Oct Week 5	Blossoming Babies <i>Weaning Wonders</i>	Loy Buildings, Cookstown	10.00am - 11.00am
Thu	26th Oct Week 6	Blossoming Babies <i>Playtime Pals</i>	Loy Buildings, Cookstown	10.00am - 11.00am
Thu	9th Nov Week 7	Blossoming Babies <i>Soothing Senses</i>	Loy Buildings, Cookstown	10.00am - 11.00am
Thu	26th Oct	Halloween Party	The Lurach Centre, Maghera	10.00am - 11.00am
Thu	9th Nov - 14th Dec	Cook It x 6 weeks <i>Nutritious & delicious meals, ingredients supplied</i>	Magherafelt Baptist Church Hall	10.00am - 12:00 noon
Thu	14th Dec	Chat with Me about Christmas <i>Story, activities & free book. From 2 years +</i>	Loy Buildings, Cookstown	10.00am - 1.00pm
Thu	14th Dec	Christmas Party	Lurach Centre, Maghera	10.00am - 11.30am
Fri	1st Sept	Let's Play, Cookstown	Gortalowry House, Cookstown	10.00am - 11.30am
Fri	8th Sept	Let's Play, Dunamore	St Mary's Dunamore	10.00am - 11.30am
Fri	8th Sept	Let's Play, Pomeroy	The Rowan Tree Centre, Pomeroy	10.00am - 11.30am
Fri	27th Oct	Halloween Party	Cookstown Leisure Centre	10.00am - 11.30am
Fri	15th Dec	Christmas Party	Cookstown Leisure Centre	10.00am - 11.30am
Sat	30th Sept, 28th Oct, 25th Nov, 16th Dec	Daddy & Me <i>Fun filled morning for dads, male carers & children</i>	Cookstown Primary School	10.00am - 11.30am

More information about our programmes..

Blossoming Babies

Watch your baby blossom as we play, sing & relax our way through the following topics: Brain Development, Dental Health, Weaning, Language & communication, Sensory Play

NEW



Week 1: Little Einstein's - Developing your baby's brain through play, songs & relaxation

Week 2: Emotion Explorers - Understanding your baby's emotions through fun & play

Week 3: Tiny Talk - Developing your baby's communication through play, songs & rhymes

Week 4: Dental Discovery - Making dental health fun for your baby

Week 5: Weaning Wonders - Food made fun

Week 6: Playtime Pals - Creating play ideas for your baby using everyday objects

Week 7: Soothing Senses - Movement & Sensory Play

Suitable for babies 3-12 months



LET'S PLAY is a fun and stimulating environment where children aged 0-4 and their parents can come and engage in developmental appropriate activities which help to improve the child's holistic development. Let's Play gives Parents/carer the opportunity to engage with their children and help them to develop new skills through play.



BUMPS TO BABIES is an Antenatal information session that is open to everyone including non SureStart families. and is delivered by Helen (Mid Wife) and Sarah (SLT). We look at topics such as brain development, bonding with your baby and communication development, keeping a healthy body and mind during pregnancy, tips for labour and birth and support once your baby arrives.



Aqua Natal Yoga

Delivered by our experienced Mid Wife, Helen at Cookstown Leisure Centre from Wednesday 6th September from 6.00pm - 7.00pm

This Class is suitable for those from 20 weeks pregnant and is also suitable for non-swimmers.

This gentle exercise class is suitable for all levels of fitness and is a great fun and social event.

Cook it! is a nutrition programme that has been developed for use in local communities in Northern Ireland.

The programme offers hands-on, practical experience of cooking and preparing food, as well as improving knowledge of healthy eating and food safety on a budget.

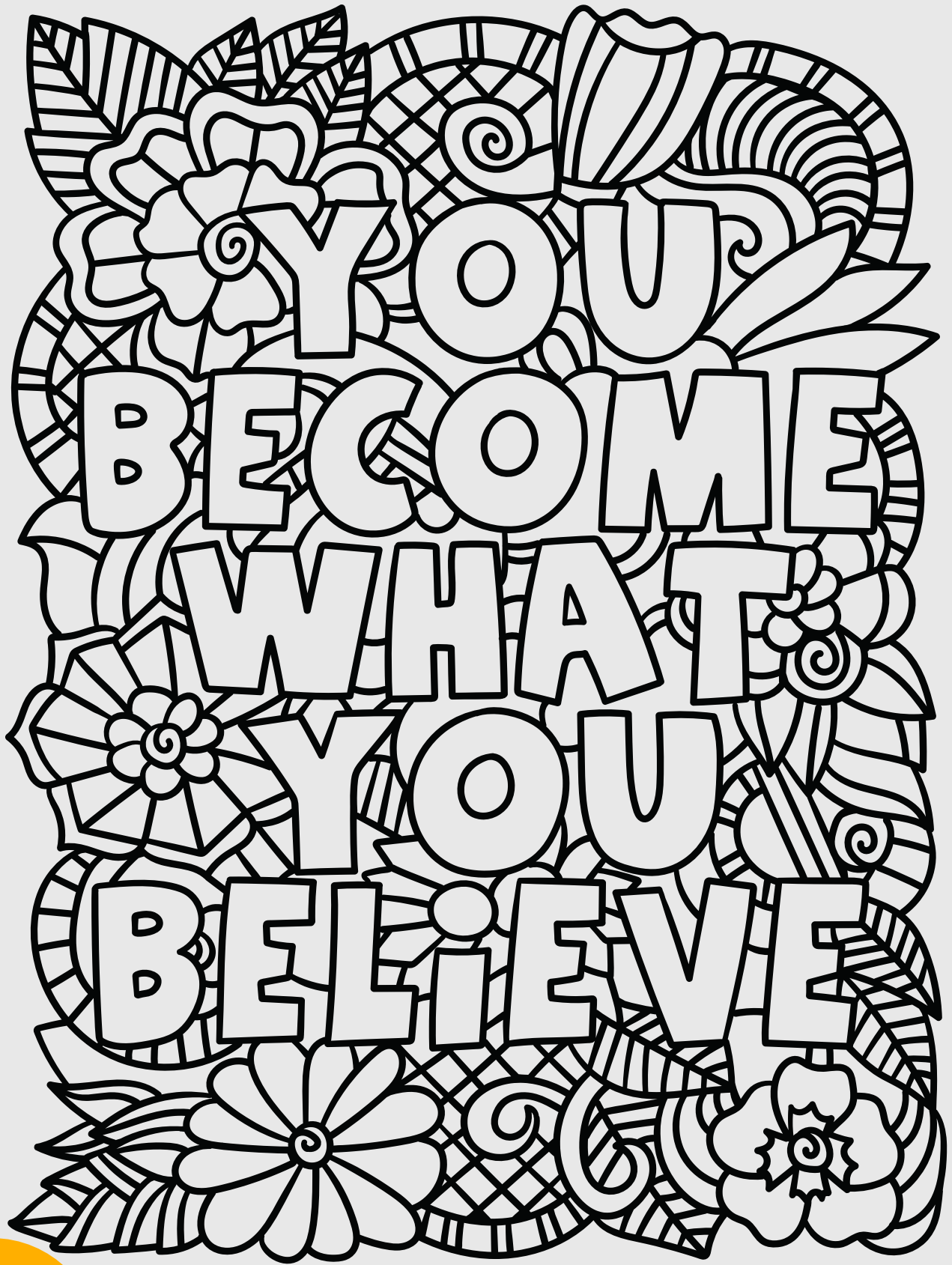


Call us on 028 867 69994 for more information on any of our programmes



Mindfulness Colouring

Take a few moments to calm your mind



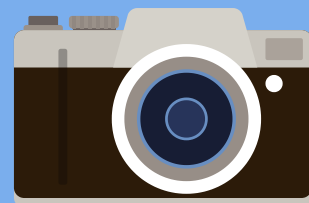
For the
Grown Ups



For the
Little
People

Time to Colour!





A SELECTION OF PICTURES FROM RECENT EVENTS & PROGRAMMES

