

# 2023 WINTER NEWSLETTER



As the twinkling lights and the enchanting melodies of the season fill the air, it brings us immense joy to extend the warmest of greetings to each and every G-old Community Partnership SureStart family. Welcome to the Winter edition of our newsletter - a celebration of the magical moments we've shared throughout the year in our nurturing early years community.

As we wrap up another incredible year, let's express our gratitude for the shared laughter, the milestones achieved, and the bonds that have grown stronger within our G-old community. May the spirit of Christmas fill our hearts with love, warmth, and a renewed sense of purpose as we eagerly anticipate the adventures the coming year holds for us.

From the bottom of our hearts, we want to thank each of you for your dedication, passion, and unwavering support. The magic of Christmas is truly reflected in the joy and wonder we witness every day within the walls of our early years haven.

Wishing you and your loved ones a Merry Christmas filled with love, laughter, and the simple joys that make this season truly special.

Warmest wishes,

Claire, Mary & The G-olden Girls

## SOME OF THE LOVELY CHILDREN WHO ATTEND OUR PROGRAMMES



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

Tel: 028 867 69994 | Email: [info@goldsurestart.org.uk](mailto:info@goldsurestart.org.uk)  
Website: [www.goldsurestart.org.uk](http://www.goldsurestart.org.uk) | App: School Jotter  
Facebook: Gold Community Partnership Surestart





# Just some of our fabulous programmes on offer!

## 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



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

## Cook It!

Do you look in the fridge and see the same ingredients week after week?

Are you fed up with the same dinners, wondering what to make the kids for tea?

Each week we will cook different delicious, nutritious meals.

Fun, fast, healthy food options alongside a little nutritional information.



## Fresh Little Minds

A fun and interactive programme to help promote emotional resilience in families.

Exploring how we express our feelings and emotions.

How can we support our children with their big feelings?

How can we help our children to become more resilient so they are better at managing life's stresses?

Discover how the AMBER approach helps us find calm, worry less, sleep better, improve concentration, increase joy and how to cope during challenging times.

Anchor

Move



Breathe

Relax

Express

peesp group

Meet other parents & children

Welcoming & friendly atmosphere

Tips on supporting your child's learning, talking and social development through play

Non-judgemental space

Share songs, stories & play ideas

Have Fun!





# Just some of our fabulous programmes on offer!

## Nurturing

- ✓ Are you dealing with Temper Tantrums or Sibling Rivalry?
- ✓ Are the kids not doing what they are told?
- ✓ Are you struggling with Routines and Boundaries?

**Nurturing is for you!**

Get the best out of family life by helping you manage many of the challenges faced during our parenting journey.

Reminding ourselves the importance of a little self-care along the way

## Bookstart!



**Fun 3 week course!**

**Free Book Pack**

**Craft Activity**

**Songs and games**

**Using books in everyday routine**

**Get Speech & Language Tips**

**Make friends!**

**BookTrust**  
Getting children reading

## Baby Massage

Helps form a strong, loving bond with your baby

Helps to relax and calm your baby

Relieves baby's constipation, wind & colic

Help baby to sleep better & longer

Learn to understand your baby's body language & cues



## Welcome to the world

**5 Week programme for future Mums & Dads**

Explore your roots, traditions, hopes and fears for the future

Understand how a baby develops before and after birth

Importance of nurturing ourselves to provide the best opportunities for baby to grow & flourish

Thinking about your future as parents, as a couple & as a family.

Practical skills of caring for a new born baby, such as bathing, nappy changing, infant feeding and discussion on baby equipment.



# WHAT'S ON?

DAY	DATE	TIME	COURSE	VENUE
MON	8th Jan	7.00PM-9.00PM	Bumps to Babies	Loy Buildings, Cookstown
MON	15th Jan	7.00PM-9.00PM	Infant Feeding	Loy Buildings, Cookstown
MON	Starting on 8th Jan Weekly	10.00am-12 noon	Breastfeeding Support	Magherafelt Baptist Church Hall
MON	8th Jan x 4 weeks	10.00am-11.00am	Baby Movers (for babies age 16 weeks up until walking)	Loy Buildings, Cookstown
MON	22nd Jan	7.00pm-8.00pm	Antenatal Support Sustaining Healthy Relationships	Loy Buildings, Cookstown
MON	4th, 11th, 19th, 25th March	7.00pm-9.00pm	Welcome To The World	Lurach Centre, Maghera
MON	22nd Jan - 4th March (excl 12th Feb)	10.00am-12noon	Fresh Little Minds Creche available	Ardboe
TUE	9th, 16th, 23rd, 30th Jan	10.00am-11.00am	Baby Massage (for babies age 6-16 weeks old)	Loy Buildings, Cookstown
TUE	Starts 16th Jan - weekly (booking each Friday from 10am)	10.00am-11.30am	Let's Play The Waddler Way (age 12-24 months)	Gortalowry House Cookstown
TUE	9th Jan, 13th Feb, 12th March	10.30am-11.15am	Wiggles & Giggles (suitable from 6 months)	Cookstown Library
TUE	6th Feb	10.00am-11.00am	Craft & Chat	Loy Buildings, Cookstown
TUE	30th Jan , 6th, 13th, 20th Feb	1.30pm-4.00pm	Hypnobirthing	Loy Buildings, Cookstown
TUE	16th, 23rd, 30th Jan	10.30am-11.30am	Bookstart (suitable for 1-2 year olds)	Lurach Centre, Maghera

GET OUTSIDE  
FRESH AIR  
HELPS CLEAR  
THE MIND

LOOKING AFTER  
OURSELVES IN

JANUARY

LIMIT SOCIAL  
MEDIA  
SCROLLING



CLEAN & ORGANISE-  
A TIDY UP AND CLEAR  
OUT CAN HELP YOUR  
MENTAL CLARITY TOO!

EAT WELL-  
GOOD FOOD IS KEY  
FOR A GOOD MOOD

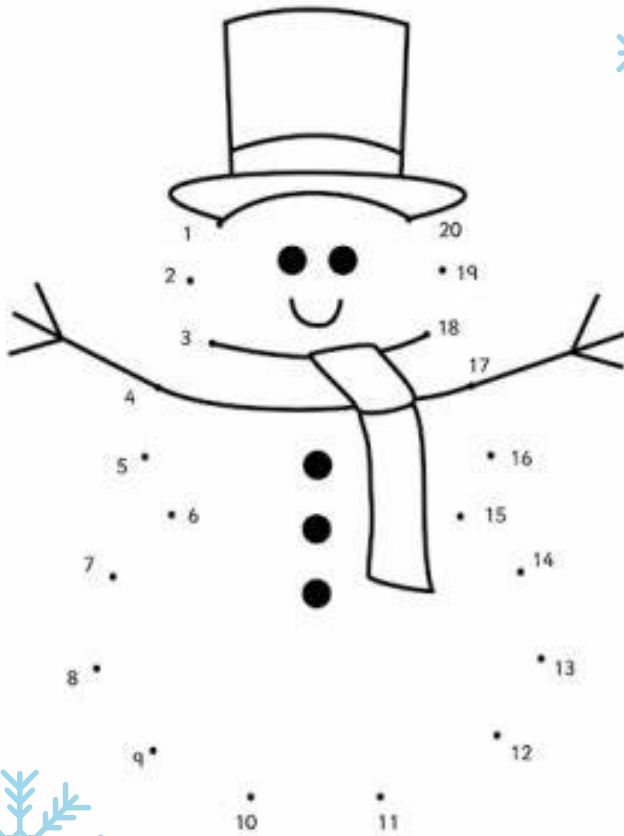




DAY	DATE	TIME	COURSE	VENUE
WED	21st , 28th Feb, 6th, 13th March	10.30am-11.30am	PEEP (suitable from 2-4yrs)	Magherafelt Leisure Centre
WED	17th Jan x 10 weeks	10.00am-12noon	Nurturing (Creche available)	St Mary's, Dunamore
WED	17th, 24th, 31st Jan	10.30am-11.30am	Bookstart (suitable for 1-2 year olds)	Ardboe
WED	Starts on 3rd January, Weekly	10.00am-12noon	Breast Feeding Support Group	Loy Buildings, Cookstown
THU	18th Jan, weekly booking lines open each Tuesday from 10am	10.00am-11.30am	Let's Play	Lurach Centre, Maghera
THU	18th Jan, weekly booking lines open each Tuesday from 10am	10.00am-11.30am	Let's Play	Ardboe
Thu	Starts 11th Jan x 4 weeks	10.30am-11.30m	Baby Massage (for babies age 6-16 weeks old)	Lurach Centre, Maghera
THU	Starts 18th Jan x 7 weeks	10.00am-11.00am	Blossoming Babies (for pre mobile babies 3 months plus)	Loy Buildings Cookstown
THU	8th Feb x 4 weeks	10.30am-11.30am	Baby Movers	Lurach Centre, Maghera
Thu	7th March x 3 weeks	10.30am-11.30am	Baby Club (for babies 0-12 months)	Lurach Centre, Maghera
FRI	2nd Feb - 15th March	10.00am-12noon	Cook It (Creche available)	Lurach Centre, Maghera
FRI	19th Jan weekly booking lines open each Tuesday from 10am	10.00am-11.30am	Let's Play	Gortalowry House, Cookstown
FRI	19th Jan weekly booking lines open each Tuesday from 10am	10.00am-11.30am	Let's Play	St Mary's, Dunamore
FRI	19th Jan weekly booking lines open each Tuesday from 10am	10.00am-11.30am	Let's Play	Rowantree Centre, Pomeroy
SAT	Last Saturday of each Month	10.00am-11.30am	Daddy & Me	Various Venues (Check social media)



# WINTER ACTIVITIES



WHAT'S THE FIRST THING  
ELVES LEARN AT SCHOOL?

THE ELF-ABET

WHY DOES EVERYONE LOVE  
FROSTY THE SNOWMAN?

HE'S COOL

WHAT DO YOU CALL  
A SNOWMAN IN THE  
SUMMER?

A PUDDLE



CAN YOU FIND

7

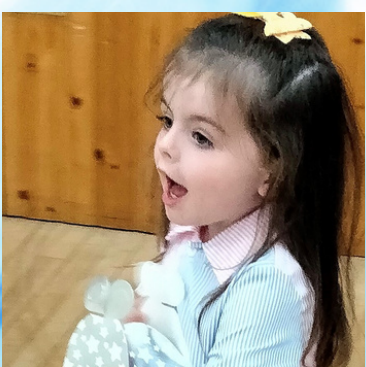
DIFFERENCES  
IN OUR  
WINTER  
PICTURE?





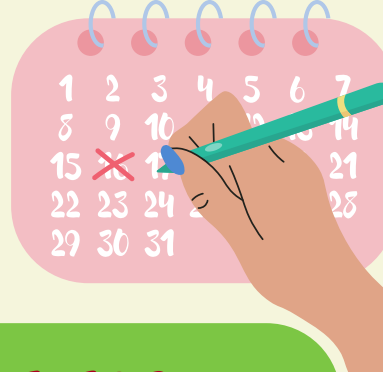
THROUGH THE LENS...

LOOKING BACK AT 2023





# DATES FOR YOUR DIARY!



## 2024 DEVELOPMENTAL PROGRAMME FOR 2 - 3 YEAR OLDS STAGE ONE

THIS YEAR WE ARE DOING THINGS A BIT DIFFERENTLY. **STAGE ONE** OF THE APPLICATION PROCESS **OPENS ON 3RD JANUARY 2024 AND CLOSES ON 31ST JANUARY 2024**. YOU WILL NOT BE ABLE TO PROGRESS TO STAGE TWO OF THE APPLICATION PROCESS IF YOU HAVEN'T SUBMITTED YOUR INFORMATION BY THE STAGE ONE DEADLINE.

YOU CAN APPLY USING OUR QR CODE OR BY FOLLOWING THE LINK ON OUR WEBSITE OR FACEBOOK PAGE

G-old Community Partnership  
SureStart 2024 Developmental  
Expression Of Interest **STAGE ONE**



**Key Dates**  
September 2024 to June 2025 school year

- 12 December 2023**  
Admissions Criteria published
- 9 January 2024**  
Applications open at 12noon
- 26 January 2024**  
Applications close at 12noon

Scan here for more information

www.ea.org.uk

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THANK YOU FOR TAKING THE TIME TO READ OUR NEWSLETTER AND TO ALL OUR FAMILIES, PARTNERS AND COMMISSIONERS FOR THEIR CONTINUED SUPPORT OF G-OLD COMMUNITY PARTNERSHIP SURESTART SERVICES

