



## Kells People's Resource Centre

Old Carrick School  
Lord Edward Street  
Kells, Co. Meath  
Tel: 046 9247161  
Email:  
kellsresourcecentre  
@gmail.com

**facebook**

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**Drop in to the  
Resource Centre**  
**Monday to Friday**  
**9.30am to 1pm for**  
**queries and**  
**enrolments for all**  
**activities**

Every Saturday  
9am to 2pm



# OPEN DAY

## Family Fun Activities



**Saturday 10 September 2016 - 12pm to 4pm**

Open Day with Family Fun Activities to highlight the services, activities and programmes available in the resource centre and to showcase the work and activities of groups and organisations that use the centre.

**Join us for some fun activities, a cuppa and an opportunity to sign up for activities and programmes.**

## Support for Parents / Family

Parenting is probably the most challenging and rewarding job that we will ever take on. There are times when we feel we might burst with joy and pride and other times when we are not sure how to handle situations.

Here in the Resource Centre, we are keen to support the parenting role, to draw upon and share the wealth of knowledge within the community.

### Drop In Support

Support and information available to parents on issues of concern, Monday to Friday 9.30am to 1pm



### Monday Mammies

Peer Support for *Parents and Babies [Under One]*.

Informal friendship and infant parenting support every **Monday at 11am**.

### Swings & Slides Parenting

*Strengthening Parenting Skills for Parents of Children Under Ten*

A very enjoyable course dealing with establishing parent/child bonds, routines, good behaviour, healthy eating. Lots of tips from other parents. Starts **Tuesday 11 Oct 10am to 12pm**

### Parent & Child Activities

We are running several parent & child activities to create opportunities for fun activities for families together eg cooking, art, crafts – other ideas for activities welcomed.

### Little People: Storytime

Storytime with art/craft for little people and their parents - [book to take home] First Weds of each month 11am

### Little Folk: Music with Kyle

Music with Kyle for babies and toddlers every Wednesday at 10am

### Family Focus

*Parenting teens thru the challenges & temptations of the teenage years.*

Are you concerned about bringing up a teenager in today's society? This course offers info, support and awareness of the temptations and challenges that may affect your teenager's life eg. drugs, alcohol, boundaries. **Mon 7 Nov 7pm to 9pm**.

### Family Communications

*Building on your parenting skills, creating a stronger family unit and communicate better with your children.*

\*Explore the needs of children and reasons why they misbehave  
\*Learn techniques to handle difficult behaviour & actively listen to child  
\*Deal with situations like family change, shared parenting / separation  
\*Identify family strengths  
\*Resolve conflict & negotiate, practice clear and direct communication

for common family dilemmas.

This course starts on

**Thurs 6 Oct 10am-12pm.**



## Meet the Staff

Staff look after the day to day running of the Centre and the various programmes and services



**Angela Murphy**  
**Co-ordinator**  
kellsresourcecentre@gmail.com  
Programme & Centre Management  
Family Support  
Community Development



**Shirley McGarry**  
**Administrator**  
kprcshirley@gmail.com  
Administration  
Training & Supports  
Fundraising



**Eugene Gillick**  
**Support Worker**  
kprceugene@gmail.com  
Project Support



**Danielle Lynch**  
**Support Worker**  
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Youth Work  
Family Support



**Amanda Whelan**  
**Support Worker**  
kprcamanda@gmail.com  
Wellbeing Programme  
Project Support



**Mary Feekery**  
**Administrative Asst**  
kprcmmary@gmail.com  
Administration  
Training & Supports



**Gerard Tyrrell**  
**Caretaker**  
Upkeep and development of the Centre and the grounds

## Resource Centre Support Services

### Drop-In Support Service

is provided to members of the local community. The service is available 9.30am to 1pm Monday to Friday and assists people to deal with a range of issues through the provision of information, communication, support, training as well as access & referrals to other services.

- ✓ Information & Support
- ✓ Community Queries
- ✓ Family Support Queries
- ✓ Activities Sign Up
- ✓ Training Registration
- ✓ Admin Resources
- ✓ Communications
- ✓ Use of Equipment
- ✓ Use of Facilities
- ✓ Computer / Internet Use
- ✓ Job Seeking Support



### Use of Resources

We provide access to a range of office and communication resources to individuals and community groups:

- Computer / Internet**
- Telephone**
- Photocopying**
- Administrative Support**
- Room Hire**

### Computer/Internet Access

- ✓ Internet & Email
- ✓ Skills Development
- ✓ Course Assignments
- ✓ Job Search, CVs & Applications
- ✓ Contact with home
- ✓ Online Social Networking
- ✓ Information & Research

### Job Seeking Support

- ✓ Help with CVs
- ✓ Application Forms & Letters
- ✓ Online Job Seeking & Applications
- ✓ Printing

## Support Services for Older People

### Mature Movers – over 55s

Meath Local Sports Partnership  
Join Carmel at 10am on Thursday in the Resource Centre.

For more info call 046 9067337

### Senior Alert Scheme

For peace of mind 24-hours a day for the older person.

Grant aided installation and service promoting confidence & independence  
For more info call Shirley 046 9247161



## Outreach Services



Money and Budgeting Advice Service is available by appointment in the Resource Centre just call **MABS** at 0706 072680



Service is available at the Resource Centre every Wednesday 9.30am to 1pm. This is a free confidential service about your rights & entitlements.

### Job Path

Job Path is a new approach by DSP to employment activation targeting long term unemployed people [over 12 months] to assist them to secure and sustain full time paid employment or self employment. Referral through Department of Social Protection.

### AA Meeting

Alcoholics Anonymous meet in the Resource Centre each Tuesday 1pm

### JobMatters

Jobmatters is a free employment & recruitment service covering County Meath that assists people with a disability in securing and maintaining work. For appointment call 046 9060717

### Adoption Tracing & Peer Support

Self-help guide & peer support for adopted adults wishing to trace/reunite with natural family. For appointment call 046 9247161

Are there other outreach services that you would like to see in the Resource Centre?

## Training Opportunities

€10 refundable deposit secures your place; €5 per class, unless otherwise stated  
Deposits refunded on full completion of the course. Call 046 9247161 to book

### Stained Glass

Learn to make wonderful creations with stained glass. Course starts Friday 21 Oct 10am to 12pm.

### Women's Development

Programme of personal & skills development and exploring women's social issues. Course starts **Tuesday 04 October 10am to 1pm**

### Community Leadership Skills Programme

Learn community leadership skills that will help you in many aspects of voluntary work, service and community development activities. Key skills development, know-how, guidelines, group development and committee skills. **Thursday 7pm to 9pm**

### Cookery Courses

We are running a range of six week cooking courses which show participants how to cook healthy meals on a budget. If you are interested in good nutritious food this is the course for you. Courses available for beginners, improvers, advanced and parent/child courses. Contact the Resource Centre for more info.

### Computers For Beginners

Do you or someone in your family need help with taking the first steps online? Our Beginners & Improvers Computer Courses will help you learn to send emails, internet searches, banking online, social media etc!  
**Classes start on Friday 7 October 10am to 12pm**

### English Conversation

Improve your English language skills every Monday 11am to 1pm  
All ages & nationalities are welcome.



**Kelly Gartland**  
Secretary



**Fiona Conroy**



**David Peppard**



**Dawn Nelson**



**Seamus McDonagh**



**Dermot McDonagh**  
Chairperson



**Marjan Boers**  
Treasurer



**Heather Hamil**



**Stephen McGowan**



**Emma Insley**



**Bernard Joyce**

## Kells 4 Women Group

Kells 4 Women Group is a group of local women who come together for social activities, addressing issues of concern to women and running personal/skills development programmes. If you are interested in joining the group contact the Resource Centre. **New members welcome!**

## Kells Men's Shed

Kells Men's Shed was initiated earlier this year. The group meets at the Resource Centre every **Friday 10am to 12pm** undertaking a range of activities. Kells Men's Shed are currently fundraising and seeking suitable premises around town to base themselves. **New members welcome!**

## Youth Programme

*KPRC provides positive recreational & development activities for young people.  
We need the support of local adults to volunteer to help. Call 046 9247161*

### Children's Art Club

Art Club returns on Friday 16 September 5pm-6pm. Art & craft activities suitable for children 6-8 and 8-12 years.

### Kells Angels Youth Club



[ages 8-12] returns Friday 25 September 6.30pm – 7.30pm. A range of indoor & outdoor activities, fun & games.

### Kells Foróige Club

Kells Foróige Club are back on Monday 12 September 8pm-9pm. A great programme of activities for 12-15 year olds including fun activities, social & community projects, national competitions –new members welcome!



### LGBT Youth Group

New youth group for young LGBT or Questioning young people starts in September. **More info 086 3661338**

### The Brickx Club

The Brickx Club starts on Friday 23 September 6pm to 7pm. Queries to Sarah-Jane 086 1785513



*Kells People's Resource Centre*

## Meet the Board of Management

The Voluntary Board of Management ensures that the Resource Centre meets the needs of the community

## Volunteering Opportunities – Get Involved!

Kells People's Resource Centre has benefitted greatly from the voluntary efforts of many people in the community in all aspects of the work. We are keen to continue to offer quality volunteering and work placement opportunities. If you have time or a skill to share we would be delighted to discuss how you might help yourself and others through volunteering.

**Our sincere thanks go to all who helped the Centre over the years!**

### Volunteers Needed:

#### Fundraising / Events:

Ideas and volunteers are always needed to help with fundraising & events

#### Project & Committee

**Work:** Help to organise groups and community activities

#### Teaching English:

Volunteer tutors are needed on Monday mornings 11am to 1pm for our English conversation group to help migrants to improve their English - training & support given

#### Youth Clubs:

Adults interested in helping out with youth clubs [ages8-18years] – training & support given – one evening per week

#### Gardening:

Help with maintaining & developing the gardens – work your own patch.

#### Facilitation / Tutoring:

help with support groups and skills development groups. Provide workshops on topics of interest.

#### Garda Vetting and Child

#### Protection Training applies

to all voluntary positions:

## Wellbeing Programme – Taking Care of You!



Kells People's Resource Centre  
**Community Food Bank**

### KPRC Community Food Bank

is run by KPRC staff and volunteers. Food is donated by local food producers & retailers then distributed in food parcels to members of the community who register their interest. To donate /register call **086 7038163**

### Counselling Service

An affordable confidential, person-centred and non-directive counselling service. Payment is on a sliding scale depending on means and ability to pay. Call Anne **086 3603291**.

### Mindfulness

Learn to live in the “now” through relaxation and meditation. Learn coping skills. Starts on Tuesday evening 20 September at 7pm Cost: €5 per session Call 046 9247161 to book your place.

### Walking Group

The walking group re-starts during September walking two mornings at 9.30am - group decide the frequency of the walks. Set distance and pace to reach your own goal. **All Welcome!**

### Mindful Warrior



Aimed at First Year Students offering guidance during transition from primary to secondary school through meditation, pedagogy discussion, art and story practices and mindful movement.

Mindful Warriors emerge better equipped and initiated in their own right, **Fridays at 4pm**

### Meitheal na Nollaig

For the past two Christmases we have hosted **Meitheal na Nollaig on Christmas Day** which have been great successes providing a lovely Christmas dinner and entertainment for people who would otherwise have spent Christmas Day alone or in difficult circumstances. **We need donations of food and gifts to help us run the 2016 Meitheal na Nollaig. Can you help?**

## Other Activities in Kells People's Resource Centre



Lose weight without feeling hungry! Reach your weight loss dream - enjoying the food you love! Every Wednesday 9.30am, 11.30am, 5.30pm & 7.30pm with Maeve 087 1259496

### Kells Camera Club

Every 2<sup>nd</sup> Thurs @ 8pm

### Meath Civil Defence

Every Thursday at 8pm

### Karate [Juniors]

With John Smith on Monday at 6.30pm  
Queries to 086 8943364

### Creative Writing

Learn to write your stories in this course on Creative Writing course facilitated by Geri Schear - starts soon

### Creative Writing



### Kells Craft Club

Meet Wednesday at 7pm  
Tuition on:

- \* Card Making
- \* Crochet
- \* Christmas Crafts

**New members welcome!**

**Sign up for eBulletin.** If you would like to receive our ebulletin, with details of all activities taking place in the Resource Centre, please send your name and email address to [kellsresourcecentre@gmail.com](mailto:kellsresourcecentre@gmail.com)