

Family Resource Centre EAST COAST



TÚSLA An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency
**Quarterly
Newsletter**

**FEBRUARY
2021**



The East Coast FRC fundraised €650 with their Christmas Raffle where the top prizes were a Turkey and Ham Voucher from O Callaghan's Butchers and The Dublin Meat factory butchers!! We would like to thank McDonagh's Caravan Park, Coastal Carpets, Tresses and Talons, The Village Hotel, Bettystown Hardware Shop, Stacks Pharmacy and Bangers Bakery for their donations towards this raffle. The FRC then provided hampers to 23 families and individuals in the community.

thank
YOU
SO
much



The FRC made a clothing appeal to the community which saw 27 children benefit with pre loved and also new clothing. We would especially like to thank Mornington preschool who so kindly donated beautiful gift baskets of clothes and accessories for children in the community with money they raised from their preschool car wash! Thank you to all the people who took the time to donate to the children's clothing appeal.

The giving tree was another initiative which saw the community donate 33 Christmas presents to families in financial difficulty.

The after-school children sang outside our local nursing home St Ursulas and also made crafts for the residents. We had our very own Santa that dressed up for the occasion and brought his two little helpers with him



East Coast Family Resource Centre
1 Somerton, Triton Rd., Bettystown. Co. Meath

Opening Hours:
Facebook:
Website:
Telephone:

Monday – Friday 9.00 am - 5.30 pm
East Coast Family Resource Centre
crannsupportgroup.ie/Laytownfamilyresourcecentre
041 - 981 2230 / 087 - 644 3364

The Youth Group made Christmas logs for the resident of St Ursula's Nursing Home. Check out the groups new ECFRC hoodies gifted to them by The FRC for Christmas!

The Youth Group took part in a four week Illustration Workshop run by the fabulous Niamh Fizzsimons who is a professional designer you'll find her on Facebook 'ArtzforKidz'. The young people learned how to be creative, storytelling through art with mindfulness being a huge part of the programme. On our last session our young people created Christmas cards for the staff and residents in St Ursula's Nursing Home in Bettystown. A lovely workshop and thank you Niamh!



WWW-Wild Wonderful Women

The WWW completed the 8 week LMETB course '5 Simple Steps Towards Natural Living'. Tutor Mary provided information on using natural ingredients; covering home cleaning, personal care and beauty, nutrition and uses of essential oil. the group learned about various methods of supporting wellness such as reiki, mindfulness and relaxation techniques. Mary concluded with a reflection on the year and the group's hopes for 2021.

The group also brought out their creative side as they enjoyed making Christmas Wreaths via zoom. The WWW enjoyed meeting up as a group for the first time in many months for Christmas Lunch (adhering to social distance guidelines at all times- maintained appropriate distance/ wore masks when not eating).

The Buzybees Group



This group of women are a highly creative group they have been keeping busy doing Christmas decorations, they also have done a fund raiser for cancer Research. They continue to do knitting for the baby's care units, some of them are doing a upholstery course over the next few weeks.



Thank you to Meath CYPSC for additional 'My place to play' mats and toys distributed by the FRC to families, to provide a secure place to play, to develop language, fine motor skills and for babies up to 18 months



Buzz a buddy



Are you in need of a chat?

Would you like to buddy up and chat with another individual in your community?

Contact East Coast FRC @ 041-9812230/ 0876443364 or send us a text with your name and age to be matched up with a buddy in your community.



RESPONDING TO EARLY WARNING SIGNS 1.5 HR WORKSHOP

This 1.5hr workshop is for parents or carers that may be concerned about the behaviour their child is presenting. This workshop will provide parents with information on:

- Good Mental health
- Early warning signs of mental health difficulties
- Referrals and accessing services
- How to respond and positive mental health



INVEST IN YOU : 4 week Programme



This 4 week programme helps parents and carers to make their own self care plans and focus on their own positive mental health and wellbeing

Places are limited. To add to the waiting list please contact: Kellie @ 041-9812230 East Coast FRC.



EAST COAST FAMILY RESOURCE CENTRE SCHEDULE SPRING

If interested call or text to add to the waiting list

Parents Plus Adolescence

February - Date to be confirmed

10am-12pm (online)

Parents Plus Early Years

February - Date to be confirmed

10am-12pm (online)

Confident Me Children's Programme

Date to be confirmed

Responding to Early Warning Signs

February - Date to be confirmed

Invest In You

February - Date to be confirmed

Keep an eye on our website and Facebook page for commencement dates of our upcoming programmes

