



SPRING 2021

Celebrating — 20 YEARS —

"WE'RE A BIG 20 YEARS OLD" NEWSLETTER



WHERE IT ALL BEGAN: JUST ONE PERSON.

BY TRISH MURPHY

20 years huh, just like that and the Big Fella is gone 11 of those 20. But twas the Big Fella that hooked me all those years ago. Who and where, in the name of God am I talking about I hear you say... Danny O'Brien is who, and Trim Family Resource Centre is the where.

So the Resource Centre had just moved to a premises in our estate (Mornington Heights) and there were rumours it was to be a drop in shelter for the homeless, a drugs shelter, you name it, it was going to change our little area and people weren't best pleased about that.

I recognised Danny going in and out and began to ask a little about what goes on.

A few of us signed up for a computer course, or so we thought. Danny had forgotten to say there was a few weeks of personal development involved before we saw a computer and we found this out after turning up for 3 weeks. From that moment on I blindly signed up for pretty much anything that went on in the centre. Before I knew it I was on the Voluntary Board of Management, heading to courses, training and meetings. It was at one of these meetings that I saw what real passion for your work looks like, that work can have meaning and a purpose and not just 'work hard, play harder'.

This particular meeting with funders, Danny was so emotionally charged and passionate about the work done in the centre that the tears were rolling down his face as he said:

'If there is 1, just 1 persons life who is improved by us being here, then that's amazing work to be proud of'

That was me hooked line and sinker. There it was, there was the SOMETHING I had been looking for.

I went on to do a QQI Level 5 in Social Studies and before I knew it there I was sitting in a lecture theatre in NUI Maynooth and studying for a degree in Social Science.

Danny passed away in my final year studying but he definitely lives on in our community everyday because of his massive (fragile) heart. And now the centre has a place in my heart and always will.

Susan Keogh filled pretty big shoes over the next decade and by God the Big Fella would be fair proud of all the achievements, successes, clubs, groups, events, fundraisers and cuppa's drank. But there is no way of measuring fully the amount of lives that have been touched let alone improved by this fantastic diamond of a place. Justyna Doherty is the new co-ordinator since last year and I wish her every success.

Amazing people come through the doors year after year, whether it's volunteers, employees, community members or fundraisers and I think I'm safe in saying more than 1 life has been improved because the genuine kindness shown by all there. My life has definitely improved...Thank you all.

Here's to the next 20 years.



COMING SOON TO TRIM FRC

Register your interest at info@trimfrc.ie
Phone: 046 9438850

We are looking forward to hosting 3 outdoor activities as soon as the present restrictions are moved to the next stage, all dates are to be confirmed. Come and join us and get your body moving again after that long winter lock down. Meet and make friends while socially distancing.

Dancing on the Green.

Line dancing to music outdoors on the green area in Mornington Heights, will be a fun way to socialise while keeping your distance, take 45 mins out of your week to join us for 4 weeks of light exercise on the green. Beware there will be country music on the day! Places are limited and you must register to take part call Maria on 086 7802768.

Karate Kicks on the Green!

Karate moves is a family fun hour, taking place on Saturday mornings for 4 weeks when the present restrictions change. Learn karate moves for all ages on the green while staying in your family pods as social distancing will be priority. To come and join in with the fun call Maria on 086 7802768. All children need to be accompanied with an Adult and register to take part.

Family Fun on the Green.

Fun and Games with your family on the Green. Moving to gentle exercise and some not so gentle exercise with us on the green. To come and join in with the fun call Maria on 086 7802768. All children need to be accompanied with an Adult and register to take part.

Piano lessons

For children aged 7 years and over.

Are your children interested in learning how to play the piano? Would they like to learn a new skill? If the answer is YES then sign them up for our online piano lessons due to start in the coming weeks. Spaces are limited so book early. Each child will have a FREE one to one lesson with our tutor on an ongoing basis.

For more information contact Caroline on 0876031108 or caroline@trimfrc.ie

20 for 20

Help us reach our goal of 20 fundraisers for our 20 Years celebrations.

Are you 20 years old this year?

Do you have a Facebook and want to do a birthday fundraiser for Trim FRC?

Can you think of any other fun ways to raise money for your FRC? Let us know at info@trimfrc.ie

Trim FRC Community Food Bank

We run our Community Food Bank from 15 Wellington Ave, Trim, C15 FC03 on a weekly basis. Pick up days are Monday and Thursday for the food parcels, between 1pm and 2pm and there is no cost for this service.

You can register your interest by dropping into the Resource Centre or calling 087 6602088.



Easter activities:

Due to the Covid 19 pandemic this year we were unable to run our Easter camps. Listening to the voices of some community members it was highlighted that people were experiencing Zoom fatigue. With this in mind, we decided to provide Easter activity packs to under 6's and over 6's which included colour pages, arts and crafts ideas, modelling clay and a story book.

A link with an audio recording of the book for the under 6's was sent to the parents so children could read along.



ParentsPlus

Trim FRC is hoping to offer parents some support by running a 'Parent's Plus' Parenting programme when restrictions are eased. We would like to tailor the programme to the needs of parents in our community so please let us know which programme you would like to attend:

- Parents Plus Early Years Programme - for parents of children aged 1 to 6 years
- Parents Plus Children's Programme - for parents of 6 to 11 years.
- Parents Plus Adolescent's Programme - for parents of adolescents
- Parents Plus Parenting When Separated Programme - suitable for parents who are preparing for, going through or have gone through a separation or divorce.
- Parents Plus Special Needs Programme - this course is for parents who are raising an older child or adolescent with a mild, moderate or severe intellectual disability, and who may also have an additional diagnosis, such as Autism Spectrum Disorder (ASD) or a physical disability

Programmes are usually 6 - 8 weeks long and may run on mornings or evenings depending on demand.

Please phone the office on 046 9438850 or Maryrose on 087 3344735 to register your interest or email maryrose@trimfrc.ie for further information.



Our Year so Far...

Kite Flying

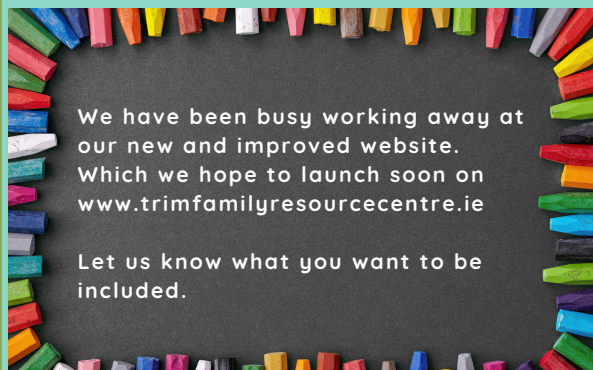
Our Kite Flying activity, which took place at the end of February, was a Meath Sports Partnership initiative and young people in the community got involved and created beautiful kites that they could enjoy with their families.

Mindfulness for Children

Trim FRC Mindfulness programme is run by Eileen Deegan of Mindfulmommaz. The programme ran online for 5 weeks due to Covid 19 and hopefully will be run face to face in the not too distant future.

Mindfulness for children empowers them to explore ways to slow down, focus and take time for themselves.

Our Beacon Family Support Project has been ongoing during COVID. It has been challenging, not being able to visit families in their homes, as a large part of Family Support Work is building a relationship with parents and children and this is something that is easier to do 'face to face'. However, families are being supported by phone, Whatsapp, email, and some 'socially distanced' doorstep visits and this has been working well.



We have been busy working away at our new and improved website. Which we hope to launch soon on www.trimfamilyresourcecentre.ie

Let us know what you want to be included.



Coder Dojo

Coderdojo is a volunteer led and community based programming club for young people in the community who can learn to create games, build websites and explore technology. Brandon is excited to be really getting the ball rolling with restarting the Coderdojo programme and bringing back the world of code and programming to the young people in the community. The hope is to have the Coderdojo sessions run on a semi-frequent basis run online over Zoom sometime in the near future.

Several new volunteers will be joining to help ensure the sessions run smoothly and that they are a fun and welcoming environment for all the young people taking part. If you want any more information or to learn more about Coderdojo, get in contact with Brandon at Coderdojo@trimfrc.ie.

Failte Isteach

We are hoping to restart our Failte Isteach, conversational English group again in May or whenever restrictions allow us to.

New volunteers will be needed to help the sessions run smoothly if you would like to volunteer please contact 046 9438850 or email kathrin@trimfrc.ie.



Meet our Newest Staff Member;

caroline@trimfrc.ie 0876031108

Hi, My name is Caroline Morris and I am the new Community Development and Family support worker with Trim FRC. I have a background in Youth Work, outreach work and working with families. I love walking, reading, music and relaxation. Not that I get to do them lol

I am really looking forward to working with the community and engaging with different groups both old and new. This has been a challenging time for lots of people but stay strong and safe and hopefully we will get to have fun soon!



Calling all past volunteers.

WE NEED YOU!

Have you volunteered with Trim FRC over the past 20 years? We need your memories. We hope to include all your great memories in a special celebration of Trim FRC @ 20

So don't be shy, tell us all you know, we'd love to hear all about how we got to where we are right now.

Let us know at info@trimfrc.ie

Non Violent Resistance (NVR)

Sometimes parents or carers are afraid of their own child because of the abusive and violent behaviour directed towards them. The NVR programme aims to end certain patterns of behaviour and repair the damaged relationship between the parent and the child. The programme empowers parents to take positive action to end the violent and controlling behaviour. To find out more about the programme, contact Justyna on 087 1877553 or justyna@trimfrc.ie



**Welcome
to the team
Caroline**

087 6031108
Caroline@trimfrc.ie