

Your Family Resource Centre! 20 years in Trim

Birthday Edition

We are celebrating our 20th birthday on July 12th - but we're doing it in style. One week of fun!



With Trim FRC turning 20 on 12th July, we would like to invite you to celebrate this special occasion with us between 12th to 17th July. We are more than excited about meeting you face to face during that week on the Green in Mornington Heights and online via our Facebook page. As we have for the past 20 years - we will have the kettle on so check the schedule below, pick a day and join us on for the various events!

Monday we will catch up with Senior members in our community over Afternoon Tea on the Green from 2 to 4pm. Refreshments will be provided. Please book your table with Maria on ph. 087 7802768 or maria@trimfrc.ie.

Tuesday and Wednesday mornings between 10am and 1pm we will run Art and Crafts Camp and Creative Mindfulness for children aged 10 -12. For cost and to book your child/ren for those activities contact Caroline on ph. 087 6031108 or caroline@trimfrc.ie.

Tuesday afternoon between 2 and 4pm we will have an Open Door event in the Bungalow for families and community members to drop in and learn about our supports and programmes in Trim FRC. No registration needed for this event.

Wednesday afternoon between 2 and 4pm via Facebook Live we will chat with past volunteers and community members about history of Trim FRC. Follow our Trim FRC Facebook page to be part of this event.

Thursday between 2 and 4pm we will welcome young and old to join us for some traditional Irish music on the Green. Bring your own blanket. Children must be supervised by a parent/ guardian. No registration required for this event.

Thursday evening we will bring old and new staff and Board members together for an evening of sharing memories and old photos. *This is an invitation only event.*

Friday we invite families to go on our annual Summer Trip to Dublin Zoo leaving Trim at 10am and returning at 5pm. For cost and to book your place - contact Kathrin on ph. 046 9438850 or kathrin@trimfrc.ie.

Saturday will be our Community Fun Day on the Green in Mornington Heights from 11am to 2pm and we will have plenty going on from music, family games, art, to tea and ice cream! Please register your interest with Catherine on 046 9438850 or catherine@trimfrc.ie.

Please note that all outdoor events are weather permitting and we ask everyone to comply with Covid 19 guidelines while attending the events.

We can't wait to see you there!

Our Activities

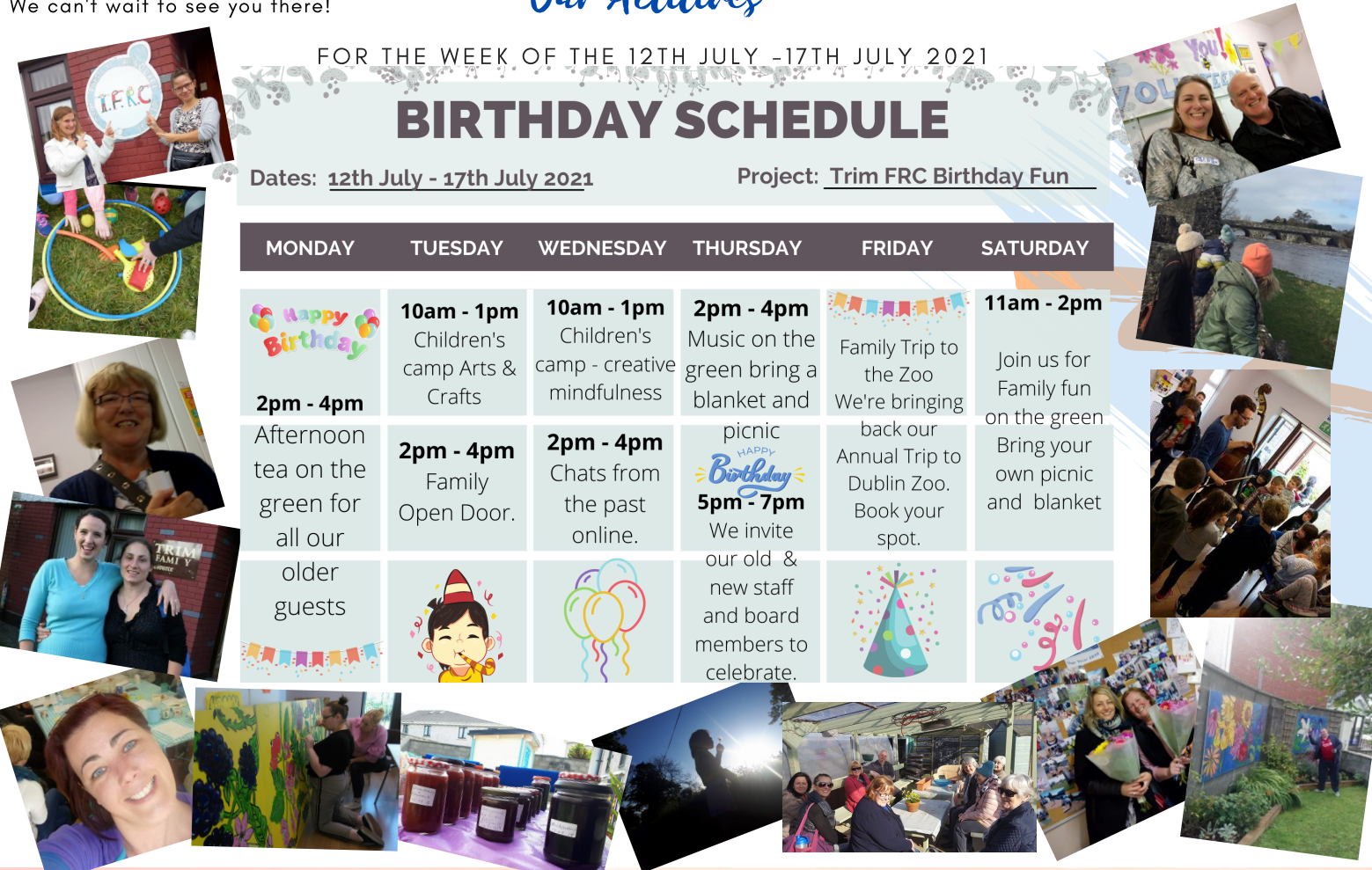
FOR THE WEEK OF THE 12TH JULY -17TH JULY 2021

BIRTHDAY SCHEDULE

Dates: 12th July - 17th July 2021

Project: Trim FRC Birthday Fun

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 10am - 1pm Children's camp Arts & Crafts 2pm - 4pm Afternoon tea on the green for all our older guests	10am - 1pm Children's camp - creative mindfulness 2pm - 4pm Family Open Door.	10am - 1pm Children's camp - creative mindfulness 2pm - 4pm Chats from the past online.	2pm - 4pm Music on the green bring a blanket and picnic 5pm - 7pm We invite our old & new staff and board members to celebrate.	 Family Trip to the Zoo We're bringing back our Annual Trip to Dublin Zoo. Book your spot.	11am - 2pm Join us for Family fun on the green Bring your own picnic and blanket
					



BIRTHDAY

edition



SUSAN KEOGH

Coordinator 2010 - 2020

I remember well starting in a sad FRC suffering from the deep loss of Danny O'Brien, the first Coordinator of the FRC. However, my arrival offered a new focus and new hope for the direction and future of the FRC. After a year we had started what was the first of several Women's Development programmes, which has now grown into a yearlong programme. Over the years I spent in Trim FRC we have supported dozens of women in life skills and confidence building, which allowed them to make positive life choices and move on to education or employment. From the initial programme Trim Women's Group emerged and they became influential and supportive to women in the Trim area and in the development of further programmes.

One of our first tasks in the community was to carry out a community consultation. We got local children involved in the building of a model of the Mornington estate and invited the community to come and make comments on what was needed in the area based on the themes of: recreation, health, transport, amenities and education. It was a fantastic piece of the local community getting to see their area in a 3D model. We continued with the community consultations over the years, working with local people and groups to build their skills on research and developing questionnaires. This enabled us to get more people from the community out there and consult with their families and peers, making it a more community led and focused consultation. Into this 1st programme came the new Development Worker, Liam Rodger who's first day on the job was a yoga session with the women. A good start, I'd say. Liam went on to be active in the establishment and progression of many of the women's programmes and was there in early years of the establishment of Trim Men's Shed. We started this in response to the need to support men during the recession and went from regular breakfast groups in the FRC to an active Men's shed moving to a new building. Who can forget the men's programme and the Tai Chi lessons in Knightsbridge community House?

Winning the St Patricks Day parade float was a big highlight for us all, with the women's group making fantastic puppets of caterpillars and butterflies to represent development and growth. It was fantastic to see all of the women and children involved.

We have been proud to be involved Meath Strengthening Families programme over the years, a strong programme which works with both families and children. Many thanks to all of the community and statutory agencies from Meath who stuck with it over the years, in particular Meath Community Drug and Alcohol response who were the main drivers behind the programme.

We were excited to get the RAINBOWS programme up and running and were delighted with the response from volunteers who help facilitate the very successful programme. A big achievement for us recently was the securing of the Beacon Project, a Family Support Project which continues to support families in the local community.

Best of luck to all future staff, Board members, volunteers and community users for the next 20 years and more. It was a pleasure to be involved in your FRC.



Trim FRC @ 22 Mornington Drive, C15R853 or 15 Wellington Ave, C15FC03

Phone : 046-9438850

Email: info@trimfrc.ie

www.trimfamilyresourcecentre.ie





Our fundraisers

TO HELP US TOWARDS THE NEXT 20 YEARS!



We have many ways you can help us...

The past year or more has left us unable to fundraise as we normally would – our annual Danny O'Brien Golf Classic had to be cancelled this past two years, as well as numerous bucket collections. So...we have had to come up with some new ideas for this year, and as we are celebrating being in Trim for the past 20 years we have made them all birthday based.

We have sent out some **birthday cards** to all the local businesses, some of who have helped us in the past and some who we hope will find a little gift in the bottom of their hope jar and share it with us. All cards will be displayed with their notes of hope.

We have also sent out a **Buy a Virtual Birthday candle** to people who have signed up for our newsletter.

We have set up an **iDonate page**

<https://www.idonate.ie> to give a once off donation or to become a *Friend of Trim FRC* and donate monthly to us. €20 pays for one food parcel or €45 pays for one counselling session.

You can set up a **birthday fundraiser for Trim FRC on Facebook**, thanks to everyone who has done one so far, at <https://www.facebook.com/fund/trimfamily.resourcecentre/>

We welcome any **donation by cash or bank transfer**. Contact catherine@trimfrc.ie for more information.

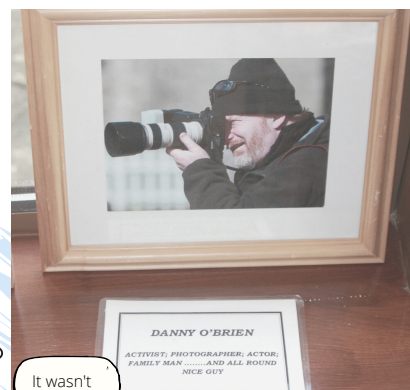
If you can help us in any way we would very much appreciate it. You are what makes us become even stronger and better.

PHIL O'BRIEN - DANNY'S WIFE

My late husband Danny, loved working in the FRC. He worked with Paula & Leanne – One evening he came home laughing as he came in our front door. I asked him, what was so funny and he relayed the following story to me. A small mouse appeared in the office area of the FRC, running around the skirting area!!!

Leanne, one of the key workers there, started screaming and jumped on top of her desk. Danny ran in to see what the commotion was about, and immediately ran for his camera, to take a picture of the offending mouse much to the dismay of Leanne.

Danny was an awful messer and many's the time jumped in and out of windows to frighten the poor women. These are just two of the many stories I can recall.



It wasn't me



THE KELLY FAMILY - OUR BRILLIANT NEIGHBOURS.

Living next door to Trim Family Resource Centre for the past years has given us loads of lovely memories as a family, from the annual day trips and going to see Santy.

All the kids have the fondest of memories of the various activities available to them from the Summer camps and especially Cula Bula youth club. The Resource centre has given the area a great sense of community and gives us great comfort knowing there is a friendly group living right next door. Best wishes for the future and here's to the next 20 years !! Brendan, Valerie and all the Kelly family.





Your memories and thoughts on 20 years in Trim FRC

BY THE PEOPLE WHO MADE IT GREAT.



MARY LOWE

ONE OF OUR MANY GREAT VOLUNTEERS

I was planning to return home from the USA after 56 years of living abroad. I wanted to give back to my homeland so I began my search on Facebook about what was happening in Trim area. I came across information about Trim FRC. I spent my years working with families and knew that I found a place where I could get involved. I called the Centre and I spoke to Community Development Worker Liam who gave me the insight into the great community work of Trim FRC. This was my place to get involved. In October 2014 I joined Board of Management and trained as a Rainbows Programme facilitator on a volunteer basis. I facilitated Rainbows for 5 years. My volunteering was a wonderful 6 years of sharing, growing and making new friends in our community.

If you want to get involved, do what I did and make a call - your life will be changed.



CIARA VAUGHAN - PAST ADMINISTRATOR

A big Happy 20th Birthday to Trim Family Resource Centre! I have great memories of my 3 years at Trim FRC. One particular memory that stands out for me is the annual Community Christmas Party. From the days of preparation to the big event itself, it represents what Trim FRC is all about. With a real sense of community and Christmas spirit, it's something for everyone to look forward to.

COLLETTE GARY- PAST STAFF MEMBER

I joined the FRC family in 2015 as the Failete Isteach Co-ordinator initially through the TÚS scheme and was welcomed with open arms by all the staff. During my time in the FRC I got engaged, married and had a baby. I enjoyed our team meetings on a Monday morning as it gave a chance for everyone to coordinate their needs for the week, while enjoying a cuppa and maybe a slice of cake.

Susan was project Co-ordinator during my time there and was always fully supportive of my "other" work. She supported and encouraged me to interview for a position and when I failed in that she told me to try again. Of course she was right. I succeeded in another position and eventually proved myself and got the position I originally wanted.

I do miss the impromptu lunches for birthdays, leaving do's and celebrations of all kinds.

I will always remember my time in the FRC very fondly and the friends I made there. Although we may not see each other often or meet up, you are all always in my thoughts.



CATHY & TRISH FROM MCDAR

In 2007 the late Danny O'Brien in his position of manager of Trim Family Resource Centre, Garret Weldon from RESPOND and Marie Marsden who was the Community Development Worker in Trim pulled together interested parties and agencies to look at a way to support young people in the community. Meath Community Drug & Alcohol Response, MCDAR was one of those agencies. The journey was a positive one for the community. There was great participation by many different local groups and organisations. Relationships were built. Trust was established. Networking and sharing of information between services increased dramatically. This contributed to a greater community infrastructure with a feeling of partnership and the possibility of being able to achieve something that one agency on their own could not. An example being the RAY Youth Café.

