

# Trim Family Resource Centre

*Find out what we do and what you can do!*



## Recovery and reconnecting

BY JUSTYNA DOHERTY

### New website and new road signs

Earlier in the year we launched our new website where you can find out what services we offer and sign up for the monthly newsletter (fancy word for monthly news via email). We were also successful in applying for the new road signs so that you can easily find us in our estate - coming soon.

### No Fear Here on the road to digital transformation

With the help of Facebook, Comic Relief and LMETB donations and grants Trim FRC is surely going to be transformed into a community digital hub- we are now able to offer WiFi access and devices to community members and groups in the Bungalow and out for loan. We will also be able to purchase new recording equipment and upskill anyone who is struggling with accessing online applications/email and any other information online.

### Meath Library Laps4Loan

Thanks to Meath Library initiative we are able to offer laptops for loan. Please contact Brandon for details [bradon@trimfrc.ie](mailto:bradon@trimfrc.ie)

## AGM Sept 2021

20TH SEPT @ 8.30PM IN  
THE CASTLE ARCH HOTEL

We are always looking for new people to join us. Please contact Justyna on 087 1877553 or [justyna@trimfrc.ie](mailto:justyna@trimfrc.ie)

## Strategic Plan 2022 -25

Each community has its own people, stories, resources and needs...That's why we want you tell us what you think our community needs going forward? What's lacking at the moment? What can be done to improve things? What would you like to see happening to help you make changes in our community so we can recover and reconnect going forward. You can add your comments via online link for the survey in October or come up to the Office or Bungalow and one of the staff will assist you with completing a survey.



# Our Summer 2021 – a special one!

## WE CELEBRATED AND CREATED.

What have we been up to over the Summer?

From kite flying, Trim touring, kayaking to art and crafts sessions, Creative Mindfulness, and music sessions. So thanks to all who helped to organise all the amazing days out for local children and young people - Meath Sports Partnership, Trim Canoe Club, Music Generation Meath, Mindful Mommaz, volunteers Vanessa, Cynthia, Fidelma, Susan, Jackie, Chris, Kevin, Jordan, Mairead and all the FRC team! Summer memories are always the best ones!!

This Summer was made special by the fact that Trim FRC turned 20!!!

We marked this milestone by holding a number of events on the green and in our garden. We even had a very special guest in the form of the sun and glorious weather to help with the fun times.

We had Tea on the Green, Music on the green and invited back past staff from over the years.

Gerry Tully successfully hosted an online fundraiser on Facebook live, great music and fun was had.

We hosted chats from the past - where we spoke to locals who told us all about The Heights and Trim FRC.

We finished the week with a blistering sunny Saturday fun day on the green.

### Answers on a postcard please!



### Health & wellbeing

If you are interested in joining one of the following classes and meet up with other people in the area, contact Maria to register for Get up and Dance, Chairrobics, and Mindfulness courses (for adults only) starting in October and November.

### Plant and Chat

Will take place on Tuesday 21st of September. A chance to meet individuals in the community, have a cuppa and plant some flowers in the Bungalow. Contact Caroline on 087 6031108 or email her on [caroline@trimfrc.ie](mailto:caroline@trimfrc.ie)

**Summer memories are always the best ones!**

## Social Prescribing

We welcome the announcement of the Social Prescribing Network to be rolled out nationally. We have been working towards establishing services locally. With emphasis on providing links and information to community members about our initiatives and programmes over the past number of years. We are strong believers that the Social Prescribing programme will help many people access these and other local services.

## Community Families

We are delighted to be able to join the roll out of training for our new Community Families programme. During the summer Maria and Catherine have been busy training with the National College of Ireland on how we can be the best Home visitors & Coordinator to our new Community Families. We have learned so much and can't wait to put it all in to practice. Keep an eye on our website for more information





# Our Autumn Winter 2021 Line up

GET IN CONTACT IF ANYTHING CATCHES YOUR INTEREST

## Strengthening Families Programme

This 14 week skills based programme for parents and teens is being offered online at the moment with great hopes for the Graduation ceremony to be held face to face. Each year is a new journey for SFP facilitators and families where everyone learns new skills on how to improve communication and strengthen relationships. For more information on how to access the programme in the future contact Meath SFP Coordinator Trish Egan on ph. 087 0273105

## Parent support group

- this is a new parent led support group for parents of children with additional needs. The group will meet monthly with both an evening and morning session available. The group commences on Monday 20th of September. Contact Caroline 087 6031108 or Maryrose 087 3344735

## Parents Plus

Parents plus Special Needs Programme (for parents of children with additional needs aged 9+) The programme will run for 8 weeks and commence on 22nd of September - 17th of November 2021. Contact Caroline or Maryrose to sign up for this programme.

## NVR

Are you or anyone you know struggling with their child's abusive behaviour? Non Violent Resistance programme helps to empower parents to take positive action to end the violent and controlling behaviours. The programme has proven to be effective for many families in ending the cycle of child to parent violence.

Contact Justyna for more information or register your interest for the upcoming programme - weekly group sessions for parents will start in October.

## Teen Sibling Support

Programme for young people aged 11 to 16 who live with a parent or another family member struggling with substance use. The programme offers young people skills building sessions and will be delivered over mid term break in October. For more information contact SMART Youth Project: Cathreen on ph. 087 4146653 or Mark on ph. 087 1013931



## Ongoing supports @ Trim FRC Counselling

Our low cost counselling is open to all in our community. Call 087 738358 or email [counselling@trimfrc.ie](mailto:counselling@trimfrc.ie) for more details.

## Play therapy

Available for children aged 3 to 11 years old contacts as above.

## Rainbows

We are hoping to run our Rainbows programmes this Autumn. Rainbows is a programme for children aged 6 - 12 years old who have gone through a family loss due to Separation/Divorce or Bereavement.



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## Children

Children activities over mid term break will be promoted on our Facebook page so keep an eye for more details coming and contact Caroline to register.

## Cula Bula

Cula Bula Youth Club volunteers will be looking at reopening the club once Covid restrictions are lifted. Open to all young people aged 8 to 12. Registration and parental consent are needed for young people to join. All volunteers are trained with Youth Work Ireland Meath and are Garda vetted. For more information contact Caroline.

## Coder Dojo

Over the Summer, the Coder Dojo programme made a return via Zoom. We continued creating games in Scratch but also for the first time we introduced 3D Modelling and Animation to the program. We are once again on hiatus but we plan to return in the coming weeks. Keep a lookout for any updates or get in contact at [Coderdojo@trimfrc.ie](mailto:Coderdojo@trimfrc.ie) for more information.

## Faile Isteach

Classes will restart on Thursday, 7th October from 7 to 9 pm and Friday, 8th October from 10-12 in small groups of 6 people. Classes are casual and informal, very much focused on getting you to communicate in everyday situations. Classes run from October to May, except for school holidays.

Even with restrictions easing, there will be some measures in place, most importantly Social Distancing.

If you would like to join as a student or give volunteering a go (no experience is required) - or you would simply like some more information - please contact Kathrin on [faileisteach@trimfrc.ie](mailto:faileisteach@trimfrc.ie)

## MABS

Information sessions on managing your home finances will be held online on the following dates: 4th October, 11th and 29th November from 12 to 1pm. Please contact Caroline to register



## Ongoing supports @ Trim FRC Food Bank

Community Food Bank is run on a weekly basis to offer supports to families who might be struggling with the costs of food shopping. Thanks to FEAD, Food Cloud, Aldi, Lidl, Tesco, M&S, Dunnes Stores and many volunteers we are able to prevent food waste in our community and support local families. For more information contact ph. 087 6602088

## LGBT Support Group

A new Meath LGBT Support Group will start in Trim FRC for anyone 18+ who is LGBT or questioning. This is being set up thanks to support and funding from Outcomers. For more information contact Outcomers LGBT Support Services on ph. 0879315051

Don't be ashamed to share your story.

Is it to early for the 'C' word?

ANNUAL COMMUNITY CHRISTMAS PARTY ...COMING SOON!!!

**TUSLA**  
An Ghníomhaireacht um Leanaí agus an Teaghlach  
Child and Family Agency

