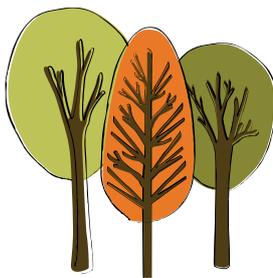


TRIM FAMILY RESOURCE CENTRE

Autumn/Winter 2022 Newsletter



Embracing Communities Event

Come and join Trim FRC team, volunteers and groups, and local and national organisations we are working with in your community on 19th October in Trim Castle Hotel. Find out what we do and how we do it!

The event will be a great opportunity to hear more directly from people who are behind the scenes of many initiatives and services we help to organise in Trim and South Meath area. We hope that the event will raise awareness of what is available locally and break the stigma of accessing the supports. There will be Guest speakers, workshops and refreshments. Please sign up via info@trimfrc.ie / 0469438850 to attend .



Trim FRC Strategic Plan Launch

We gathered lots of feedback and ideas from the community through online surveys, focus groups and the agencies we work with on what is needed in the community of Trim and South Meath. To hear more, join us at the launch of our Strategic Plan on 19th October at 11am in Trim Castle Hotel.

Learn to Surf Without Getting Wet!

Whether you are a complete beginner or you just need help with a specific need like sending e-mails or filling out online forms, call the Office on 046 9438850 to register your interest for our Digital and Computer Skills workshops. These workshops are open to adults and free of charge. Don't be afraid to come and learn - you can do I.T!

Farewell to Maria

Watching her Health & Wellbeing groups grow in the past 5 years is without a doubt a testament to all her hard work, her friendly smile and welcoming demeanor. So sad (!) to see Maria go and we wish her well at her next endeavour. Our loss is truly their gain.

Find Supports For You & Your Wellbeing



Trim Community Music Project

A small group of singers, set dancers and musicians are back meeting in the Bungalow again on Sundays. All experience levels are very welcome to join in for set dancing from 3 to 4pm and/or for songs and tunes from 4 to 6pm. It's €2 per person, no registration required, just show up on the day. Call Bianca ph. 085 1800993.

Singing For Wellbeing



Back by popular demand.

Singing may help lower stress, boost immunity, lung function, enhance memory, and improve mental health. - no age requirement or singing experience needed. To find out more contact the office on 046 9438850.

WRAP

Wellness Recovery Action Plan for adults looking for new ways to support own wellbeing. Contact the office on 046 9438850 for dates.

Pilates

Range of pilates workshops like pilates for men, pilates for women and chair pilates will be running at the bungalow over the coming months. Contact Office 046 9438850 for more information.

Walk & Talk

Take part in our stroll around the beautiful grounds of Trim town. We meet every Tuesday morning at St. Patrick's Church Carpark at 10:30am. Keep fit and connect with people in the community. Who knows where our walks will take us! Suitable for all ages and abilities.



Low Cost Counselling

We provide counselling services at affordable costs here at Trim FRC. If you feel you need someone to hear you out and talk you through things, email us at counselling@trimfrc.ie or call 046 9438 850 to find out more. If this is something you feel you might like to try then email counselling@trimfrc.ie or call 046 9483550.

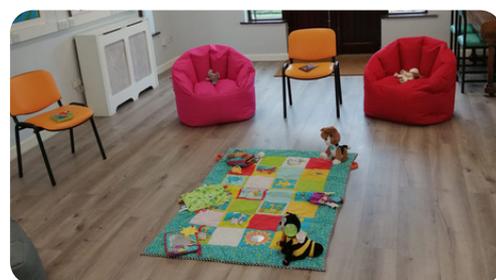
Senior Alert Scheme

Eligible seniors over 65 living on their own or looking for extra security when at home can apply for a pendant or bracelet that is connected to a monitoring centre 24/7. An annual fee applies after the first year. For more information contact Kathrin 046 9438850.



Play Therapy

We employ Play therapists and a Young Person Counsellor. Our Play therapists work with children aged 4 -12 years old. Where together they explore feelings and challenges through play and art with the child. Our Experienced Young Person therapist works with 12-17 year olds - to help them talk through the hurdles life might throw in their way. If you think your child would benefit from either of these types of therapy then please email counselling@trimfrc.ie or call 046 9438850



Grow Mental Health Adult Group

Join weekly face to face meetings to get your life back on track with the 12 steps of recovery and growth programme. Grow Mental Health works thanks to its members creating the healing community where everyone is equal and equally valued. Meetings take place once a week - to find out more contact Louise from Grow on 0818474474 or visit www.grow.ie





Find Supports For You & Your Family



Buggy Buddies

Come along and join other parents for a walk around Trim. We meet Every Tuesday Morning at the Castle Bridge at 10.45am. Contact Catherine 087 7383858.

Babies & Bumps

This is a great opportunity to meet other parents, expecting moms and babies every Thursday 9.45am till 10.30am during the School Term. For parents of children up to 12 months old and mums to be. Contact Catherine on 087 7383858.

Parent Toddler Group

Meeting every Thursday at 10.45am until 11.30am during School Term. For Parents of children 1 year to 3 years' old. Fun games and plenty of singing to be done! Contact Catherine 087 7383858 for more information

Parent Support Group

Our parent led support group for parents of children with additional needs continues to meet fortnightly with both an evening and morning session available. Contact Caroline 087 6031108 for more information.



Rainbows

Next Rainbows group will be run in October (date to be confirmed). If you are interested in signing up your child aged 7 – 12 years old (1st class to 6th class) to one of our programmes then send an email to rainbows@trimfrc.ie or call 046 9433850 and ask for Justyna or Catherine. Rainbows is a 9 week programme for children who have experienced a loss in their family due to Separation/ Divorce or Bereavement. We are also looking for Volunteer Facilitators to join our Rainbows team. Please contact info@trimfrc.ie if interested.

Young Mothers Drop-In

Monthly drop in support group in Trim once per month on a Thursday morning from 10.30 to 12 noon. Thanks to staff from Meath Springboard Services young mothers in the area will be able to drop in and get advice/ find out what supports are in their wider community. No registration required, the meetings will take place in the Bungalow.



Level Up

Programme for young people aged 16 to 24 who are currently out of employment or education and are in need of extra support will be returning to Trim FRC in September. Develop important life skills and workplace competencies and bridge the gap between early school leaving and further training, education or employment pathways. For more information contact Level Up Coordinator on leveluptrimfrc@gmail.com or 087 3898818.

Parents Plus

Evidenced based, practical parenting programme aimed at improving the health and wellbeing of children, adolescents and families. Contact Caroline to check the dates and/or sign up on caroline@trimfrc.ie or 087 6031108 for more information



Family Support Drop-In

A drop in confidential support and information about concerns or issues that you or your children might be struggling with. Call the office or e-mail info@trimfrc.ie.





Other Supports at Trim FRC

Pop-up Pantry

Come to our Community Pop Up Pantry in the Bungalow with your own bag on Tuesday mornings between 11am and 12pm, Take foods you like and help us reduce food waste!



Food Bank

Community Food Bank runs on a weekly basis tanks to FEAD, Food Cloud, Aldi, Lidl, Tesco, M&S, Dunnes Stores and many volunteers. There is no cost for accessing Trim FRC Community Food Bank but prior registration is required. For more information contact Elaine on 087 6602088 or elaine@trimfrc.ie.

CoderDojo

CoderDojo will be up-and-running once again on Saturday mornings. CoderDojo aims to teach kids 7 to 17 years old how to write basic computer code through making games and animations in a very relaxed and informal environment. No coding experience required! Contact coderdojo@trimfrc.ie for more information. If you are interested in volunteering to help us run the sessions please get in touch.



Cula Bula

Cula Bula Youth Club run by local volunteer leaders will be returning soon. Open every Tuesday to young people aged 8 to 12! Young people can engage in a range of activities like arts & crafts, games, movie nights and much more. To find out more contact Caroline on caroline@trimfrc.ie or 087 6031108.

Volunteer Events

Thanks to our volunteers, we are able to provide a diverse range of offerings to our community. This year's events will be more fun again as we gather all volunteers supporting the work of FRC to meet other volunteers and realise the impact of their work which is real and powerful. There are many ways of getting involved as a volunteer so get in touch with us for more information.



LGBTQ+

Peer support groups for young people and adults now meet in the Bungalow thanks to Youth Work Ireland Meath and Outcomers. Contact us for more details.

Internet Access

We provide free access to internet and computers and/or study space if you need a quiet corner to access internet or complete an online course. Please call the Office or e-mail info@trimfrc.ie to enquire about available time slots.



Women's Development Programme

Every Monday and Wednesday until June 2023 (excluding school holidays) - the content covers a range of varied topics like personal development, art, essential oils, healthy cooking, fitness. Contact Caroline caroline@trimfrc.ie or 087 6031108 for more information.

Failte Isteach

Failte Isteach classes are conversational English classes for migrants who wish to improve their confidence and speaking skills. Please contact Kathrin on 046 9438850 or failteisteach@trimfrc.ie



Halloween & Christmas Excitement

We hope many children will have lots of spooky fun at our Halloween events and blissful enjoyment at Santa's workshop this year. All that is coming up will be promoted on our Facebook page so keep an eye for more details coming.



Knitting Group

Learn new skill and meet new people through knitting - every Thursday from 1.30-3pm in the Bungalow.

