

TRIM FAMILY RESOURCE CENTRE

Autumn & Winter 2025 Newsletter



Celebrating Ukrainian Independence Day

The Ukrainian Independence Day was a joyful celebration of culture, heritage, and community for Ukrainians living in Trim and South Meath. It brought families and friends together to share traditional music, food, and crafts, creating a vibrant atmosphere that highlighted the richness of Ukrainian traditions. For many, it was not only a festive occasion but also a way of keeping their identity alive while living abroad. The event provided an opportunity for the wider local community to learn more about Ukraine through a fun quiz. Most importantly, it offered a sense of belonging and unity for Ukrainians, strengthening ties within the community. More than three years since the Russian invasion began, this painful reality continues to highlight just how important events like this are for those who have had to leave their homes behind. The day was organised in collaboration with the members of the Ukrainian Community in Meath group led by Yuri, our Social Inclusion Worker. There were presentations from the local volunteers who spoke about their recent trips to Ukraine with aid supplies and musicians who shared the joy of singing and music.

Community Mural Art

Our mural art course for adults has concluded with the unveiling of another stunning community mural. Under the guidance of LMETB tutor Marena Casey, participants had the chance to explore their creativity and learn new skills while working side by side. The finished piece is a colourful celebration of imagination, teamwork, and community spirit. It now stands as a lasting reminder of what can be achieved together.

AGM

Our Annual General Meeting will be taking place in the Castle Arch Hotel in Trim on September 22nd at 8pm. Everyone is invited so please come along to hear about the work in the past year and the plans we have going forward.



Children & Young People



Young Inventors

The Lego Education Club programme aims to provide children aged 6-12 with a valuable opportunity to develop their STEAM (Science, Technology, Engineering, and Math) skills in an engaging and creative way. Through hands-on activities, participants will work collaboratively to build and program Lego models, sparking their curiosity and enhancing problem-solving abilities. Children are not only having fun but also gaining important skills for the future.

Babies & Bumps

For mums to be and parents of children up to 12 months old. It is a great opportunity to meet other parents, expecting mums and babies. Weekly every Thursday at the Bungalow at 9.45am - 10.30am during school term.

Music Generation

We continue to work with Music Generation Meath in their Trim Music Hub. These are small group lessons with a variety of instruments, available to choose from including drums, guitar, singing and keyboards. Contact musicgenerationmeath@lmetb.ie for more info. Low cost fees apply.

Confident Me

For children aged 8 to 13 years old. This programme helps build self-esteem and confidence. Programme runs weekly for 1.5 hours in 8 week blocks. We are taking names for our next group. Low cost apply.

Parent Toddler Group

For parents and children aged 1 to 3 years old. It is a great way for young children as well as the parents/carers to meet new friends. Weekly every Thursday at the Bungalow 10.45am - 12pm during school term.

CoderDojo

Coding club for children and young people 7 to 17 years old ran in 5-week blocks. Use Scratch and learn basic computer code by creating games and animations in a relaxed setting. No prior coding experience needed.

Halloween Activities

We will be running a variety of Halloween Camps over the mid-term break. Keep an eye on our social media for updates and how to sign up. Low cost fees apply.

Counselling

Our Young Person therapist works with young people aged 12 to 17 to help and talk them through the hurdles life might throw their way. Low cost fees apply.

Play Therapy

Our Play therapists work with children aged 4 to 12 exploring feelings and challenges through play and art. Low cost fees apply.

Christmas Experience

We will be running our annual Christmas Experience again this year in December - Meet Santa and his Elves and check if you're on Santa's good list! Low cost fees apply.

Cool Food Dudes

Cool Food Dudes is a HSE funded nutrition and cookery programme for young people. Held over 5 sessions, it helps young people improve their eating habits, plan meals on a budget and make easy meals. Participants receive a handbook and recipe book. For children 10 - 12 years old.



Health & Wellbeing

Social Prescribing

Social Prescribing helps to improve people's mental, physical and social health. Social Prescribing Link Worker connects individuals with resources and support networks within their community. There are no fees to access this service which is for people over 18 years of age. Referrals can come through your GP, public health nurse or social worker but you can also refer yourself. Personal support plan will encourage you to address factors affecting your wellbeing. Contact marie@trimfrc.ie for more information.



Men's Circle

Our Men's Circle group is a chance for men of all ages and backgrounds to come together in a safe and private space to talk and listen to each other. To build support and friendships, shared experience and learn. It will be starting in late September.

Walk & Talk

Take part in our leisurely group stroll - a great way to keep fit, meet new people, have fun chats and see beautiful sights of the town. The group meets weekly every Tuesday morning at St. Patrick's Church carpark at 10:30am.

Senior Alert Scheme

For people over 65 living on their own or looking for extra security when at home - apply with us for a pendant or bracelet that is connected to 24/7 monitoring centre. First year is free, afterwards low cost fees apply.

Taking Action For Wellbeing

This 5-week health and wellbeing programme helps participants develop a personal wellness plan to enhance their lifestyle and improve whole health and wellbeing outcomes. Dates TBC, planned to start in early 2026.

Healthy Food Made Easy

Adult cooking course. Runs for 6 weeks. Along with cooking, the course also covers topics like nutrition theory and budgeting. The emphasis of the programme is on group learning rather than formal teaching.

Counselling Therapy Service

Counselling services in English or Russian offered in a safe and confidential space. 8 sessions of adult therapy, with options for face-to-face or online sessions are available at low cost. To apply, please email counselling@trimfrc.ie.

Movers and Groovers

8-week fitness and nutrition programme for adults aged 55+. The programme includes Chair and Step Aerobics, Line Dancing, and Strength Training, providing a fun way to stay active.

Wellbeing Courses

We offer a range of Wellbeing courses to support your health, creativity and wellbeing. Contact George@trimfrc.ie for info about any upcoming courses and courses you'd like to see running in the future. Dates and locations vary.

Human Library

Volunteers act as "books" you can talk to. Visitors who attend the event, choose "books" and have open conversations. It is a great way to learn about different lives and see the world from new perspectives. At Trim Library, date TBC.



Men's Music Group

New bi-weekly Men's Music meet up group that meets every second Sunday at 5:30pm to 7:30pm. Play music, learn from others, make new connections in a friendly and welcoming environment. Build your confidence in playing with others and in front of people with a supportive and non-judgemental group. Open to any instrument, any age, any skill level, any musical style.

Register Interest

See a programme or event you like?

Scan the QR code to register your interest



What else can you do?

Drop-in Family Support

We offer weekly drop-in family support clinic in the Office between 2pm to 5pm on Monday and 10am - 1pm, on Thursdays - drop in during those times or email Diane diane@trimfrc.ie to arrange a suitable time.

Fáilte Isteach Conversational English Class

Free English classes for those who wish to improve their confidence and English speaking skills. Meeting twice a week on Wednesday evenings and Friday mornings.

Volunteer with Us!

If you'd like to help your community, come by the office - we welcome adults and also young people over 16 years old with parental consent. No previous experience is required, just call or pop in for a cuppa and find out what volunteer roles are currently available.

Level Up

Level Up programme is for young people aged 16 to 24 years old who are currently out of full time employment or education and are in need of extra support. A dedicated Youth Worker will meet each young person on a one-to-one basis to assess the needs and make a support plan with them.

Parent Peer Support Group

Support Group is for parents/ carers of children/ teens with a disability or additional needs. Meetings are run monthly. It is an informal space for parents to get information, advice and support. The next meeting date is September 16th.

Community Survey

We are always looking for way to improve our services. Take our short survey and help us improve our services and for a chance to win a space on our Halloween Camp 2025 or a voucher for a meal in Trim Castle Hotel.



Parenting Talk with John Lonergan

Author of "Raising Your Child in Ireland Today" will give an evening talk on October 14th at Trim Library. The talk will cover a number of important issues / challenges connected to parenting.

Women's Development Programme

8-week programme starting in October with a focus empowering women through weekly workshops on confidence building, employability skills, and more.

Zero Tolerance Project

We continue to collaborate with Meath Women's Refuge on their Zero Tolerance Project. No previous experience or knowledge is necessary to take part - we want the community's input into tackling this growing issue.

Community Food Bank

Community Food Bank, supported by the SMD program, Food Cloud, and generous sponsors such as Aldi, Lidl, Tesco, SSE, and M&S, in collaboration with our committed volunteers, is available to South Meath residents struggling with rising prices of food and cost of living. Registration is necessary to avail of the service.

Party Pack Rental

Having a party and in need of supplies? We have reusable party packs available for rental. Each pack comes with a storage box and includes items such as serving trays, cutlery, bowls, plates, glasses. Small returnable deposit applies.

Parenting Programmes

Please register your interest via QR code below - your details will be stored by Meath Child and Parent Support Hub. The programmes aim to boost parents' confidence in their abilities and reduce stress related to parenting.



Trim FRC Board of Directors:

Jacinta Kilty, Andy Ogle, Kethellen Guimaraes, Eoin Forrestal, Charlotte Reilly, Greg Commins, Philip Dorian and Ronan Moore