

WWW.KELLSFRC.IE

OCTOBER 2025

# KELLS FRC

*OCTOBER NEWSLETTER*

## WHAT'S COMING

---



## Cool Dudes

We're delighted to announce that our Cool Dudes cookery programme is back this October mid-term break! Fun, hands-on cookery course for children aged 10–12 years. Over four sessions, young chefs will learn to prepare tasty, healthy meals, explore new ingredients, and build confidence in the kitchen – all while having great fun with friends.

As part of the Healthy Food Made Easy (HFME) programme, Cool Dudes helps children develop the skills and knowledge to make healthy food choices that last a lifetime. Every participant will also take home their own recipe handbook so they can continue their cooking journey at home.

Dates: 28th – 31st October

Time: 10:00 am – 12:30 pm

Ages: 10–12 years

To register, call the office on 046 924 71 61 or click the button below to express your interest.

[Cool Dudes Expression of Interest form](#)



## Confident ME!

The programme is designed especially for young people who may have experienced challenges or adversity in their lives, and it provides a safe, supportive, and encouraging environment where they can grow in confidence and resilience.

Throughout the programme, children will take part in fun, interactive activities that focus on:

- Exploring hopes and dreams
- Understanding emotions
- Building coping skills
- Boosting self-belief

The programme also encourages teamwork, problem-solving, and communication, giving children valuable life skills they can carry with them as they grow.

Parents are included too, with a mandatory information and enrolment evening held before the programme begins. This ensures that families understand the aims of the course, the approach taken, and how best to support their child at home.

By the end of the 8 weeks, children will have:

- A greater sense of self-confidence
- Tools to manage their emotions
- Stronger resilience to face challenges
- A more positive outlook on their future

Programme Dates:

- Ages 8–10: Thursdays, 3:30–4:45 pm (from 23rd October)
- Ages 10–12: Thursdays, 5:00–6:15 pm (from 23rd October)

Cost: €80 (one-off payment) OR €30 deposit plus €10 per week for

the first 5 weeks. Payment/deposit must be made at the Parents' Information Evening on 21st October at 7 pm.

We are also planning to run Confident Me for teens and for kids aged 5-8 in the near future. Please fill out the form below.

Registration: Call 046 9247161 or click the button below to express your interest.

**Confident Me Express of Interest**



## **Ignite Programme**

The Youth Café is delighted to bring the IGNITE Programme to our community — an exciting training opportunity for young people aged 13–25.

Over three sessions — 6th, 13th and 20th of October (5:15–7:15 pm) — participants will work together in groups to develop creative ideas that tackle real social and environmental challenges. Along the way, they'll gain valuable skills in teamwork, leadership, and problem-solving.

At the end of the programme, the best project will be awarded a grant to support its development and delivery, giving young people the chance to bring their ideas to life and make a real impact in their community.

This is a fantastic opportunity for local youth to learn, collaborate, and take their first steps as changemakers.

To join, please fill out the Microsoft form below:

Join the Ignite workshop



## **Death Cafe**

Kells Family Resource Centre hosts its first Death Café on Monday, 6th October at 7 pm in the Training Room. The evening will be facilitated by Kay Kearns.

A Death Café is a simple yet meaningful event where people come together to enjoy tea, cake, and open conversation about death. It is not a counselling or support session, but rather a safe, confidential and respectful space where thoughts can be shared freely.

Each conversation is group-directed, with no set agenda or themes – just an opportunity to talk, listen and reflect.

If you would like to join us, please RSVP by texting your name to 086 703 8163.

---

# **IMPORTANT HIGHLIGHTS**

---

**AUTTUMN PROGRAMME LAUNCH**



We're excited to announce the launch of our Autumn Programme! As the new season begins, we're bringing a fresh line-up of events, workshops, and activities designed to inspire, connect, and energize our community.

Keep an eye on our calendar, sign up early to secure your spot, and join us in making this autumn a season to remember.

KFRC Autumn Programme 2025

---



## Weekly Programme Picks

Many of our activities are taking a break for the summer.

[Visit our website](#)



### MONDAY

*Teen Neuro-Space*

*Foróige Youth Café*



### TUESDAY

*Women's Group*

*English Classes*



### WEDNESDAY

*Music with Kyle*

*Active Retirement*



### THURSDAY

*Guitar Lessons*

*Yoga 4 Health*



### FRIDAY

*Math Grinds*

*Kells Angels youth groups*

---

Lord Edward St, Townparks, Kells,  
County Meath, Ireland  
046 924 71 61

Visit our social accounts



Check out our site [→](#)

This email was created with Wix. [Discover More](#)