

KELLS FRC

NOVEMBER NEWSLETTER

WHAT'S COMING



Recovery Café

As part of our ongoing commitment to supporting recovery in our community, we're delighted to invite you to our next Recovery Café on Thursday, 4th December, from 6:30 pm to 8:30 pm in the Community Hub.

The Recovery Café is a welcoming, alcohol- and drug-free space where everyone is invited to come together for friendly conversation, connection, and a sense of community. Whether you're on your own recovery journey, supporting someone who is, or simply want to meet others in a positive, relaxed environment, this is the perfect place to drop in for a cuppa and a chat.

These evenings are a great way to connect, share stories, and celebrate the many pathways to recovery across our region.

So mark the date, spread the word — the kettle will be on, and you'll be made very welcome!

Hosted by:

Meath Community Drug & Alcohol Response



MABS and Citizens Information Are Back in Kells Community Hub

We're delighted to share that MABS (Money Advice and Budgeting Service) and Citizens Information are now back offering their free outreach services in the Kells Community Hub — by appointment only.

These services are here to support everyone in our community — whether you need help managing your money, dealing with debt, understanding your rights, or accessing social welfare and local supports.

It's important to make use of these free and confidential services. Getting good advice early can make a big difference — it can ease stress, help you make informed decisions, and stop small problems from becoming bigger ones.

All visits are by appointment only, so please contact the services directly to book your time:

MABS: 0818 07 2000

Citizens Information: 0818 07 4000

Drop into the Kells Community Hub (with your appointment) and see how these trusted services can help you.



Weekly Programme Picks

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

[Visit our website](#)



MONDAY

Bright Sparks - Parent, Baby & Toddler Group

Foróige Youth Café



TUESDAY

Slimming World
AA group



WEDNESDAY

Music with Kyle
The Neuro space



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

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