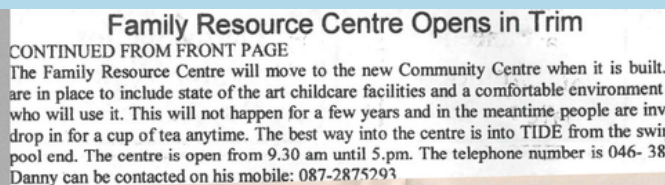
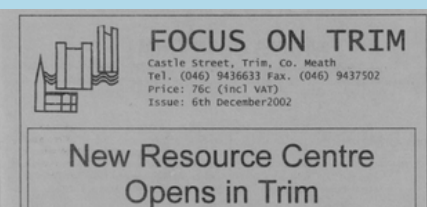


TRIM FAMILY RESOURCE CENTRE

Autumn & Winter 2026

25TH

• Anniversary •



Celebrating 25 Years Of Growing Together With Our Community

This year, Trim Family Resource Centre celebrates 25 years of being at the heart of our community. The 25th anniversary of Trim Family Resource Centre is a significant milestone for the organisation and, more importantly, for the community it has supported and grown alongside over the past quarter of a century.

For 25 years, the door at Trim FRC has been open to everyone. The kettle is always on, there is always time for a chat, and to find out what is happening across our community. For some, that simple welcome has been the first step towards joining a group, meeting new people, finding support or becoming involved in community life. Over the years, local people have helped create and grow many groups and initiatives, including Trim Men's Shed, Women's Shed, ALPS, Men's Music Group, Meath Cancer Support Group, Arts Group, Ukrainian Community in Meath, Cula Bula Youth Club, Happy Hive, Parent Peer Support, English-language classes, the Community Food Bank. These groups represent what can happen when people come together, share experiences and support one another.

Last year we were especially proud to welcome President Catherine Connolly to Trim FRC on the first

day of official engagements following her inauguration. President Connolly's visit gave us an opportunity to showcase the community-led work taking place across South Meath, celebrate what has been achieved and highlight the importance of community organisations and Family Resource Centres in helping people connect, participate and belong.

As we mark this special 25-year milestone, we want to celebrate everyone who has been part of the Trim FRC story - past and present. Whether you have attended a programme, started a group, volunteered, dropped in for a cup of tea, made a friend or simply opened the door for someone else, you have helped make Trim FRC what it is today. We invite everyone in our community to come and join us for three days of celebration at **the Castle Arch Hotel in Trim on 1st, 2nd and 3rd October from 11am to 1pm.**

Come, reconnect, share memories, meet new people - and celebrate 25 years of community, connection and belonging. If you have ever wondered what it is we do then come along and find out if you want to get involved in making the next 25 years and more part of your story.

Children & Young People



The Happy Hive

The Happy Hive runs two groups every Thursday during the school term at The Bungalow. The first group is for mums-to-be and parents of babies up to 12 months old, offering a great opportunity to meet other parents, expecting mums and little ones. Runs from 9:30am – 10:15am. The second group is for parents and children aged 1-3 years, with fun games and plenty of singing from 10:30am to 11:15am. Both groups are relaxed and welcoming, just come along and join the fun! No registration required.

Music Generation

A continuing collaboration 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.

Young Inventors

The Lego Education Club programme aims to provide children aged 6-12 with an opportunity to develop their skills in an engaging and creative way. Participants will work collaboratively to build and program Lego models, while having fun but also gaining important skills for the future.

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 fees apply.

Cool Food Dudes Healthy Food Made Easy

Cool Food Dudes is a HSE 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. For children 10 to 12 years old.

CoderDojo

Coding club for children and young people 7 to 17 years old runs in 5-week blocks. Use Scratch to learn computer code by creating games and Blender to create 3D models and animations.. No coding experience needed. Currently looking to recruit new volunteers to join the team.

Winter and Santa Event

We'll be running a range of fun and engaging activities for children and families throughout the mid-term and Winter breaks, offering something for everyone to enjoy. In addition to these exciting events, we'll also be getting into the festive spirit with a special Christmas Santa event this December. Be sure to keep an eye on our social media for dates, activities, and booking details as we get closer to Winter and Christmas, so you don't miss out on any of the holiday fun. We're looking forward to celebrating the season with you and making it a memorable time for everyone!

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

Play therapy for children aged 4 to 12 is available. Aimed to explore feelings and challenges through play and art. Low cost fees apply.

Cyberpsychology

For children aged 8-13. An interactive role-playing course exploring the digital world in a safe and engaging way. Children will learn to recognise online risks, check information and spot manipulation, protect their personal data, use social media safely, understand the opportunities and risks of AI, and respond to potential online threats.



Email: info@trimfrc.ie

Office: 22 Mornington Drive, Trim C15R853

Bungalow: 15 Wellington Ave, Trim C15FC03

Health & Wellbeing

Adult Social Club

Running one Monday per month in Trim at The Bungalow, and twice per month on Thursdays in Enfield and Summerhill, the Adult Social Club is a friendly and informal space for adults to relax, chat and connect with others in the community. Drop in for good conversation, a cup of tea, and maybe play a few board games in a laid-back, pressure-free atmosphere. Whether you're looking to meet new people, enjoy some company, or simply get out and about, everyone is welcome.



Faite Isteach Conversational English Classes

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

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.

Seasonal Crafts

Learn how to create gorgeous festive art for celebratory occasions such as Christmas, Halloween, Valentine's Day and Easter. Call 046 9438850 or email george@trimfrc to register. Starting December 2026.

Climate Action Week

We'll be running several events and workshops this October during Climate Action Week. The range of activities will be focused on nature, sustainability, waste reduction and community action. Keep an eye on our social media for more details!

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.

Mens Music Group

Meeting every Friday evening, the music group welcomes men of all musical levels from beginners to seasoned players. It's a relaxed, friendly space to make music together, learn new skills, and enjoy a bit of fun along the way.

Rewind Film Club

A relaxed film club where everyone watches the chosen movie in their own time, then meet every two weeks to chat, share perspectives, and vote on what to watch next. A great way to connect, unwind, and enjoy good films and good company.

Movers & Groovers

An 8-week fitness and nutrition programme for adults aged 50+ who want to stay active, feel strong and boost their wellbeing. Each session combines enjoyable physical activities such as Chair and Step Aerobics and Line Dancing with practical nutrition advice and information.

Adult Art Classes

Relaxed and inclusive art sessions where participants can explore different creative techniques, express themselves and develop their artistic skills in a friendly and supportive environment. Whether you have practiced before or simply looking to get creative and meet others, everyone is welcome.



Register Interest

See a programme or event you like?

Scan the QR code to register your interest



What else can you do?

Community Food Bank

Community Food Bank, supported by the SMD programme, 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.

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.

Level Up

The Level Up programme supports young people aged 16 to 24 who are not in full-time employment or education and are in need of extra support. A dedicated Youth Worker provides one-on-one meetings to assess needs and create a support plan.

Social Prescribing

Social Prescribing aids individuals over 18 in enhancing mental, physical, and social health. A Link Worker connects them to community resources and supports. Referrals can be made through GPs, public health nurses, social workers, or self-referrals. A personal support plan encourages addressing factors affecting their well-being.

Digital & Tech Help Drop Ins

Our free weekly Digital & IT Help Drop-Ins are available in Trim, Ballivor and Enfield libraries, offering friendly, one-to-one support with smartphones, tablets and computers. Whether you need help sending emails and attachments, updating your device, changing settings, using internet browsers or simply understanding a digital task, we're here to help. No question is too big or too small, just drop in and ask.

Zero Tolerance Project

We continue to collaborate with Willow Domestic Abuse Services 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. Together, we can create a safer environment for everyone.

Garden Group

A relaxed, and welcoming hands-on garden group bringing people together to plant, maintain, and enjoy a shared green space while connecting with others in the community.

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.

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 dates are: October 6th, November 10th, December 8th. Meetings are typically held in Trim Library from 10.00 - 11.30am.

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. We're currently on the look out for more food bank drivers, CoderDojo volunteers and Cula Bula Youth Club volunteers.

Trim FRC Board of Directors:

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

