

Family Resource Centre EAST COAST



Quarterly Newsletter

JULY 2020

During the initial stages of COVID19, The East Coast Family Resource Centre supported families, children and young people remotely over the phone or online. The FRC looked at providing practical support and advice to parents around establishing a routine, healthy eating on a budget and activities to keep everyone occupied and interested. The FRC continued to engage families in their family support plans covering topics such as Nonviolence resistance, parenting plus programmes and support to complete forms, applications and referring and signposting families to relevant agencies.

Some of the programmes and supports we provided included:



The Food Provision Project

Meath Springboard, Kells People's Resource Centre, Trim Family Resource Centre, East Coast Family Resource Centre and Meath Partnership, with funding from the Children's Rights Alliance operated a food provision scheme in County Meath during Covid lockdown. The scheme was to support the nutritional needs of children under the age of 6 years experiencing deprivation during the Covid-19 crisis

Meath CYPSC 'My place to play' Play Mats

Meath CYPSC funded and provided the FRC with play mats and equipment for children under 18 months. The equipment included 10 play mats, and each play mat came with toys including mirrors, sensory balls, obis and maracas and a training video link. These were especially beneficial for children in temporary accommodation with limited play space providing a sense of wellbeing, building positive attachment through play with their parents.



Meath Sports Partnership

Meath Local Sports Partnership hosted a Skip 'n' Play activity for children aged between 8yrs - 13yrs in the car park of Meath County Council. They provided The FRC with 60 skipping ropes to distribute to families to encourage children to take part in the skipping activity. The FRC distributed these to preschool, after-school and families avail ng of the service.

East Coast Family Resource Centre
1 Somerton, Triton Rd., Bettystown. Co. Meath

Opening Hours: Monday – Friday 9.00 am - 5.30 pm
Facebook: East Coast Family Resource Centre
Website: crannsupportgroup.ie/Laytownfamilyresourcecentre
Telephone: 041 - 981 2230 / 087 - 644 3364

Parental Wellbeing

The parental wellbeing programme is a new 4 weeks programme focusing on improving self-care and wellbeing practices. Each week covered a different topic as physical health, mental health and spiritual health and the creation of your own self care plan. This FRC position was funded by Pobal and Meath CYPSC.

The LMETB programme 'live your best life' course began on 2nd July for 6 weeks with 8 attending from The FRC womens group via zoom.

Food Cloud

Staff collect from Marks and Spencers twice a week and delivered to 9 families in the Bettystown, Laytown and Mosney area. The FRC has since recruited volunteers to assist in Food provision. Food parcels are delivered to the families front door, procedures are in place to ensure health and safety of staff and volunteers.



TESCO

Tesco Blue Token

Tesco donated €333.30 to The FRC through the blue tokens. With this money staff provided groceries and food parcels to elderly and vulnerable people in the community. The FRC also provided activity packs to the local Mens Shed.



School Age Children & Youth Summer Camp

Summer camp is taking place in July and August with limited numbers to ensure the health and safety for all participants. Group will take part in outdoor activities as sports, games, photography and dance.

Covid Response Protocol

The Crann Support Group and The FRC developed a Covid response plan to ensure the health and safety of service users. This includes increased cleaning and disinfecting routines, information on signs and symptoms of Covid, dealing with a suspected case of Covid 19, hand-washing and hygiene advice and physical distancing with some staff completing QQI level 5 in Infection Control.

EAST COAST FAMILY RESOURCE CENTRE SCHEDULE 2020-2021

NON VIOLENCE RESISTENCE

PARENTS PLUS ADOLESCENCE

RAINBOWS

PARENTS PLUS EARLY YEARS

FAMILY COMMUNICATIONS

**CONFIDENT ME
CHILDRENS' PROGRAMME**

Keep an eye on our website and Facebook page for commencement dates of our upcoming programmes

