

# Programme 2024

The following activities are available in Kells Family Resource Centre and are free or low cost.

Please enquire at 046 9247161 or email [info@kellsfrc.ie](mailto:info@kellsfrc.ie)  
for details of costs, subsidies, and bookings.

## 'People Helping People'

### Children and Youth Programme

**Baby Massage / Baby Yoga:** Tuesday mornings



**Kells Foróige Youth Café**

For young people aged 12-18

Monday evenings 6.30pm to 8pm

Hang out, enjoy social & fun activities

**Kells Angels Youth Club**

Fun activities, challenges and side quests  
for ages 8-12 years on Fridays at 5pm.

*Enrolling new members*



**Little Folk - Music with Kyle:** Music for babies and  
toddlers at 10am and 11am every Wednesday

**Brickx Club:** Creative brick building and social activity  
for children 4-12 years - last Thursday of month at 5pm

**Cool Dudes & Teen Cookery Programme**

Cookery for 9- 12-year-olds and teens

Mid-Term & Summer



**Kells Parent, Baby & Toddler Group:** enjoy social time  
with other parents & little people on Mondays 10-  
11.30am - *new members welcome!*

**Chaos Art Academy**

**Teens Programme:** comprehensive 8-week  
art course is designed to introduce teens to a  
variety of art techniques, from basic  
drawing and painting to more advanced  
mixed media and digital art.



*New programmes for 8-12s and 5-8s coming soon.*

**Kells Coder Dojo:** Explore creativity through coding,  
programming, and technology for young people 7-18  
years on Saturday afternoon.

**Maths Grinds:** Maths support for 2<sup>nd</sup> level students

### Parenting & Family Support

**Family Support Service:** Individualised service, working  
with a family providing a listening ear, practical  
assistance, information, support and guidance to help  
families to address issues of concern.

**Parenting Plans – Mentoring:** Tailored parenting plans  
and support of an accredited creative psychotherapist  
to help parents address specific needs or difficulties.

**Family Mediation Service:** Help to come to agreement  
on important life and family matters.

**Family Therapy:** Space, support & opportunity to work  
through family challenges with a family therapist –  
subsidy may apply

**Parents Plus – Parenting Adolescents:** 6-week prog is  
practical, solution-focused and draws on parents'  
strengths – for parents of adolescents (incl. ADHD)

**Parents Plus – Parenting When Separated:** - 6-week  
prog for parents who are preparing for, going through  
or have gone through a separation or divorce

**Parents Plus - Healthy Families:** Support to ensure  
your family thrives in all areas of modern family life –  
routines, screen-time, mealtimes, sleep patterns, self-  
esteem, play-activities and positive relationships.

**Non-Violent Resistance:** Prog for parents to address  
child-to-parent violence and achieve a calm violence-  
free home and relationship.

**Circle of Security:** Develop a secure attachment  
between parent and child, understand and support  
your child's emotional world, learn to read emotional  
needs, enhance your child's self-esteem, honour your  
innate wisdom & desire for your child to be secure.

## Community Hub



The cub in the Hub

**A82Y308**

General Queries  
1-1 Digital Support  
CV Prep  
Senior Alert

### Information & Support Services

Drop-in information service, access to a range of  
support services and room hire for community groups.  
Drop in and visit with the Cub in the Hub on Carrick St.

## Support Services (including outreach services)

**Alcoholics Anonymous:** Support group and fellowship for people living with alcohol addiction -Tuesdays 1pm

**Narcotics Anonymous:** Support & fellowship for people living with narcotics addiction. Sun & Thurs 7pm

**Al-Anon:** Support group for family members of people living with alcohol addiction – Mondays 8pm

**MQI Family Support:** Support service for family members of people in addiction 086 1366870

**Pieta Outreach Service:** Support for family members bereaved by a loved one's suicide 085 738 0444

**Job Matters:** Service assists people with a disability to secure and maintain employment 046 906 0717

**Job Path:** Job seeking support by Seetec 046 907 1270

**SMART:** community-based youth programme promoting positive community interactions and preventing 'at risk' behaviour.

## Social Programme

**Neighbourly Coffee Morning-** Fridays 10am-12pm  
Welcome new community members joining us from Ukraine, find a buddy and lend a hand. *All welcome!*

**Improve Your English:** Every Monday 10am to 12pm  
Informal 1 to 1 / small group classes to practice and improve conversational English.

- Formal classes on Thursday mornings
- Practice with Friday Friends – Fridays 10am -12pm

Make positive community connections.

**One Voice Kells:** A multicultural singing group for fun & community connections on Mondays at 7.30pm

**Neuro-Space:** A safe, friendly and fun space for neurodivergent young adults on Weds evenings.

**Teens Neuro-Space:** A safe, friendly and fun space for neurodivergent Teens.

**Women's Group:** A time for friendship, wellbeing and fun for women on Tuesday mornings 10am to 12pm

**Slimming World:** Group-based support to reach and maintain goal weight – Tuesday morning & evening.

## Admin, IT & Space

**Admin Services:** Printing, scanning, form-filling etc is available between 9.30am and 1pm Monday to Friday

**Computer & Internet Access:** 9.30am-1pm Mon-Fri

**One-to-One Digital Support:** Get the best out of your phone, tablet or laptop

**Room Hire:** For meetings, services, or activities €25 per hour (discounts for block bookings)



## Wellbeing Programme

**Wellbeing Support Programmes:** Support wellbeing through creative therapies and community activities.

**Counselling for Adults:** Affordable and accessible counselling for adults – subsidy may apply.

**Adolescent Counselling:** Affordable and accessible counselling for 12-17 years – subsidy may apply.

**Play/Creative Therapies:** for children aged 7 upwards, help with a range of difficulties - subsidy may apply.

**Confident Me!** Prog for 8-10 and 10-12 year olds to develop within children the ability to recognise and understand their emotions and introduce strategies to manage and address emotions effectively.

**Rainbows:** A nine-week peer support programme to support children through separation or bereavement

**Working Things Out Programme for Young People:** A practical CBT prog. equipping young people with skills to cope positively & overcome mental health problems such as anxiety, depression & poor self-esteem.

**Family Food Support:** Provision of food supplies and support to individuals/families - help make ends meet.

**Healthy Food Made Easy:** 6-week cookery & healthy eating course for adults

**Senior Alert:** monitored alarms to enable older people to live securely in their own homes.

**Yoga 4 Health:** Weekly yoga with Martina

**Baby Massage/Yoga:** Programme for baby & care-giver

**SafeTALK:** Suicide Awareness Workshop on Thursday 11 April 10am to 2pm

**Bowen Therapy:** By appointment 087 1745581, bodywork for pain relief, relaxation, and wellbeing.

**Living Well Programme** – Thurs 2pm -4.30pm  
6-week-programme for adults with long-term health conditions, develop skills & confidence to manage your condition, anxiety & mood.

## Volunteer Opportunities

**English Tutors:** chatty friendly volunteers enabling learners to practice English & make community connections – no experience necessary

**Food Bank & Programmes** – practical support needed

**Children's Activities** – helpers for fun activities

**Youth Club Leaders** – training to work with youth

**Committee Members** – join a Sub-Group or Project Committee to share your skills and get things done!

