

TRIM FAMILY RESOURCE CENTRE

Spring & Summer 2024 Newsletter



New Collaboration

We are delighted to have forged a collaboration with Scoil Mhuire Secondary School. The staff would like to thank the teachers of the WellRead Committee and all the students for their help - it is heartwarming to see young people with such community spirit. The students helped with wrapping presents, and assisting Santa Claus on his busy day in the Bungalow, and also generously donated non-perishable foods and a variety of toys to our Community Food Bank Christmas Appeal. Transition Year Students are actively engaged with Failte Isteach English classes, Parent and Toddler Group and Community Food Bank.

Social Inclusion Worker

We are excited to introduce a new member to the FRC team - a Social Inclusion Worker. Thanks to Tusla funding, they will work with local families, assisting them in connecting with local groups, enhancing their English skills, and participating in cultural and social events. Any Ukrainian/ IPAs families who have relocated and are settling into a new community in South Meath can benefit from this support.

We trust that the welcoming environment of the local community will foster a sense of connection and respect for new members in Trim and the South Meath area.

Social Prescribing Launch

Join us on Wednesday 20th March, from 10am to 12pm at Trim Castle Hotel for the launch of our new Social Prescribing service for South West Meath, a celebration of community empowerment and holistic wellbeing, Funded by the HSE. Please RSVP by Friday 8th March to Kate on 089 245 7745 or at socialprescribing@trimfrc.ie if you would like to attend. Let's come together to celebrate community, connection and wellbeing!



Social Prescribing is a holistic approach to healthcare that connects individuals with non-medical support in their community. From arts and crafts groups to fitness classes and gardening clubs, social prescribing offers a range of activities to promote physical, mental and emotional health.

Farewell to Theresa

We appreciate Theresa for dedicating her time to our Singing for Wellbeing courses, nurturing confidence and promoting the health benefits of singing. We wish her a joyful retirement!



Children & Young People



Cool Food Dudes

Healthy Food Made Easy 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 to cook meals. The course content is based on the most up-to-date healthy eating guidelines from the Department of Health. Participants receive a handbook and recipe book. Groups sizes are small and range from 5 to 12 on average. For ages 10 - 12.

Babies & Bumps

For mums to be and parents of children up to 12 months old this is a great opportunity to meet other parents, expecting moms and babies. Meets weekly every Thursday at the Bungalow at 9.45am - 10.30am during school term.

Parent Toddler Group

For parents and children aged 1 to 3 years old. Fun games and plenty of singing to be done. Weekly every Thursday at the Bungalow 10.45am - 12pm during school term.

CoderDojo Club

Weekly Saturday coding club for children and young people aged 7 to 17 years old. Learn basic computer code through making games and animations in a very relaxed environment. No coding experience required.

Easter & Summer Camps

We will be running an array of camps and workshops over the Easter and Summer holidays. From Pottery, Lego, Illustration, Coding and Samba Drumming. We will have something to suit children of all ages and abilities. Each camp will cost €3 per child. Keep an eye on our social media for more information!

Play Therapy

Our Play therapists work with children aged 4 to 12 exploring feelings and challenges through play and art. 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.

Music Classes

An 8 week introduction for children who would like to learn an instrument. Choose from piano, guitar or ukulele. The classes will run on Monday and Tuesday afternoons. The cost for 8 weeks is €15.

Confident Me

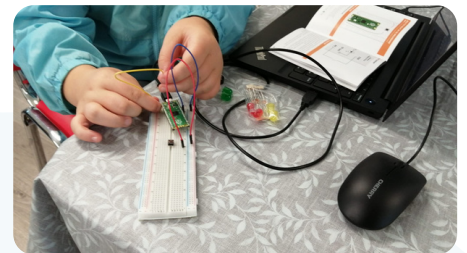
For children aged 8 to 12 years old. This programme helps build self-esteem and confidence. Programme runs weekly for 1.5 hours in 8 week blocks. We are taking names for our next group.

LGBTQ+ Support Group

Weekly peer support group for young people that meets in the Bungalow thanks to the outreach work of Youth Work Ireland Meath - contact Peter on peter@youthworkirelandmeath.ie

LGBTQ+ Talks

Join us this April and May for a series of engaging and informative workshops focused on LGBTQ+ topics. These workshops aim to promote understanding, support, and allyship within our community. Whether you identify as LGBTQ+ or are simply interested in learning more, everyone is welcome to attend. Topics covered will include How to be an Ally, Gender 101, Letters and Stripes and The Journey of Pride.



Health & Wellbeing

Creative Cafe

Bring-your-own-project!

It can be anything from a college assignment, to a needlework project or a Greetings Card. Wonderful opportunity to connect with others, share ideas, seek feedback, or simply enjoy the company of like-minded individuals.



Buggy Buddies

For parents to join up and keep fit and meet other parents for a walk and a chat around Trim. Meet weekly every Tuesday at the Trim Castle Bridge seats area at 10:45am.

Social Prescribing

Through this service, you can receive 1-to-1 support to improve overall wellness and wellbeing by addressing issues such as loneliness, and isolation. Contact Kate at socialprescribing@trimfrc.ie or phone 089 245 7745

Beauty Cafe

Take part in our upcoming Beauty Cafe. Learn what colour and shape of clothing suits you in a group setting.



Wellbeing courses

Take part in one of our short adult courses aimed at improving wellbeing, enhancing confidence and greater connectedness of adults engaging in fun creative activities. Courses are suitable for men and women and require no previous experience. Our low cost fees make it accessible for all. With a range of options like Yoga, Pilates, Tai Chi, Line Dancing, and Singing for Wellbeing, there's something for everyone. Scan the QR code to find out more about the courses currently being offered.

Low Cost Counselling

We provide counselling services at affordable costs for both men and women living in Trim and surrounding areas. Available in English or Russian.

Senior Alert Scheme

For people over 65 living on their own or looking for extra security when at home - apply with us for a pendant or bracelet that is connected to 24/7 monitoring centre. First year is free.

Silent Book Club

For adults to bring their own book and lose themselves in a good story at our Silent Book Club. It's the perfect opportunity to unwind, escape into captivating tales, and connect with fellow book lovers.

Upcycling Workshop

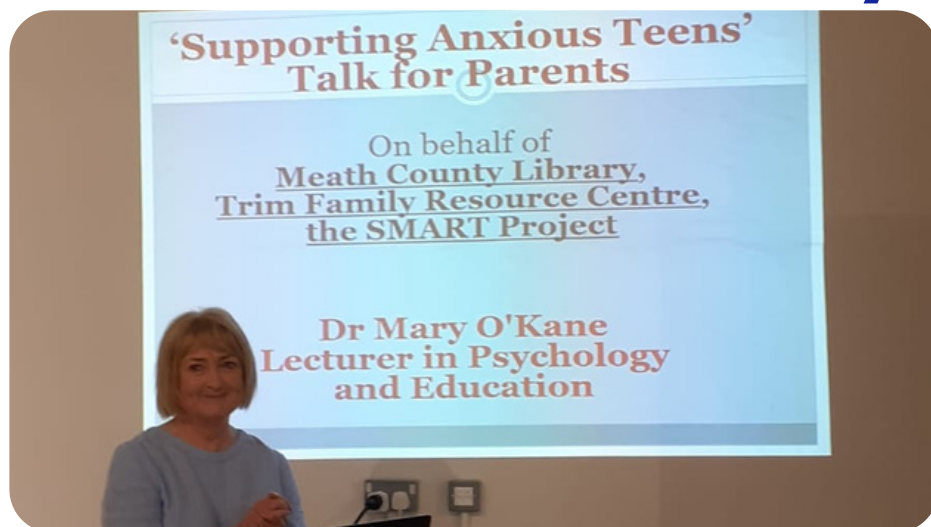
Take part in our upcoming upcycling workshop and breathe new life into old treasures at our hands-on workshop. Learn new skills and contribute to a more sustainable future.

Walk & Talk

Take part in our group stroll around the beautiful Town of Trim. Who knows where our walks will take us! Weekly every Tuesday morning at St. Patrick's Church Carpark at 10:30am.

Email: info@trimfrc.ie

What else can you do?



Parenting Advice & Supports

We have a variety of parenting programmes and talks which will offer practical, solution-focused tips and draw on parents' strengths. Programmes are usually 6 – 8 weeks long and may run on mornings or evenings depending on demand. We have facilitators trained in a range of Parents Plus and Non-Violent Resistance programmes. The talks are once off events focusing on a variety of topics. Scan QR Code below for further information.

Food Bank

Our weekly Community Food Bank, supported by the SMD program, Food Cloud, and generous sponsors such as Aldi, Lidl, Tesco, and M&S, in collaboration with our committed volunteers, is available to all residents of South West Meath currently struggling with rising prices of food and cost of living. Registration is necessary to avail of the service.

Fáilte Isteach Classes

Free conversational English classes for migrants and refugees who seek to improve their confidence and English speaking skills. Meeting twice weekly on Wednesday evenings at The Bungalow and Friday mornings at Trim Library. Contact Yurii on 046 9438850 or yurii@trimfrc.ie for more details.

Parent Support Group

Our Parent Support Group is for parents/carers of children with a disability or additional needs. Meetings are run monthly. It is an informal space for parents to get information, advice and support. Scan the QR Code for next meeting date. The group also plans to run some events between now and September which will consist of workshops and information talks.

Healthy Food Made Easy

This course will run in the mornings over 6 to 8 weeks in the LMETB building in Trim. Each two and a half hour session includes topics like nutrition theory and a practical cookery element. The emphasis throughout the programme is on group learning rather than formal teaching.

Employability Programme

Level Up programme is for young people aged 16 to 24 who are currently out of full time employment or education and are in need of extra support. A dedicated Youth Worker will meet each young person on a one-to-one basis to assess the needs and make a support plan with them.

Volunteer With Us

If you'd like to help your community, come by the office - we are always looking to engage with new volunteers for various roles. We welcome adults and also overs 16s with parental consent. No previous experience is required, just pop in for a cuppa and find out what you can do to get involved.

Air Dry Clay Pottery

Air dry clay is clay which dries or cures when exposed to air. It has a soft texture and is easy to work with, making it a popular choice for pottery beginners. Air dry clay can be used to make a variety of items from trinket dishes, to plant pots and jewellery. This 6 week course for adults will run on Monday mornings in the Bungalow beginning in May.



Register Interest

See a programme or event you like? Scan the QR code or visit <https://forms.gle/1FzRbnWWjwpQCmMK6> to register your interest

