

# Autumn Programme 2022

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.

## Community Hub Info & Support Service

A new drop-in local information service,  
access to a range of support services  
and room hire. Drop in and visit with  
the Hub on Carrick St - A82Y308



## Children and Youth Programme

**Parent, Baby & Toddler Group:** every Wednesday  
10am to 12pm – enjoy social time with other parents  
and little people

**Little Folk - Music with Kyle:** Music for babies and  
toddlers at 10am and 11am every Wednesday then  
drop into Parent and Toddler Group

**Chaos Academy:** Exploring creativity through art &  
craft for 5 to 8 year olds on Saturday at 10am

**Kells Angels Youth Club:** Fun activities, challenges,  
and side quests for ages 9 -12 year on Fridays at 5pm

**Kells Youth Café:** Space for young people to hang out,  
enjoy social and fun activities, connect with others of  
similar interests eg gaming, music, dungeons &  
dragons

**Grinds:** Maths grinds for 2<sup>nd</sup> level students after  
school every Wednesday and Friday

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

**School Readiness Programme:** 6 week programme for  
children (3-5 years and 6-8 years) who are preparing  
to enter a structured school setting and those having  
difficulty adjusting to new school routines

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

**Working Things Out Programme:** A practical CBT  
programme equipping young people with the skills to  
cope positively and overcome mental health problems  
such as anxiety, depression and poor self-esteem.

## Parenting Support

### Parents Plus: Parenting Programmes

All parent plus courses are practical, solution-based  
programme that draws on parents strengths.

\* **Parenting When Separated** – suitable for parents  
who are preparing for, going through or have gone  
through a separation or divorce

\* **Early Years Parenting** – suitable for parents of  
children aged 0 to 6 years, including children with  
additional needs

\* **Parenting Adolescents** - suitable for parents of  
adolescents including those with additional needs,  
such as ADHD

### Circle of Security: Parenting Programme

Develop a secure attachment between parent and  
child by understanding your child's emotional world  
by learning to read the emotional needs.

- Support your child to manage emotions

- Enhance your child's self esteem

- Honour your innate wisdom and desire for your child  
to be secure

### Parenting Plans - Mentor

Tailored parenting plans and support from an  
accredited creative psychotherapist to help parents  
address specific needs or difficulties

## Family Support

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

**Family Connections:** Service facilitating family  
visitation and child contact. Offers a safe neutral  
space for supervised or supported contact visits or  
hand-overs

**Young Mothers Group:** Support for young mothers,  
one Thursday morning per month (Springboard)

**Community Food Bank:** Provision of regular food  
supplies to individuals and families to help make ends  
meet.

## Support Services (including outreach services)

**Alcoholics Anonymous:** Support group and fellowship for people living with alcohol addiction

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

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

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

**Job Matters:** Service assists people with a disability to secure and maintain employment.

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

## Wellbeing & Social Programme

**Friday Friends:** every Friday 10am to 12pm

- Coffee Morning – chat and a cuppa
- Knitting Group
- One to One IT Support
- Tasters – cooking/baking

**Health Food Made Easy:** 6-week home cooking and healthy eating course for adults – morning and evening options

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

**Adolescent Counselling:** Therapy for 12-18 years – subsidy may apply

**Creative Therapies:** Play therapy for children aged 4 – 15 years, help with a range of difficulties - subsidy may apply

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

**Bowen Therapy:** By appointment, bodywork to promote pain relief, relaxation, and wellbeing

**Confident Me!** A programme to develop the confidence and skills to handle difficult situations for children aged 8-10 years and 10-12 years

**Creative Mindfulness:** A programme that builds resilience, coping and life skills through mindfulness for children aged 6-8 and 9-12 years

**Rainbows:** A facilitated peer support programme for children aged 7 to 12 years experiencing loss through separation or bereavement

## Wellbeing & Social Programme (continued)

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

**Yoga:** Promoting endurance, strength, calmness, flexibility, and wellbeing

**Adult Yoga with Declan:** Wednesday 7.30- 9pm

**Pregnancy Yoga with Suzie:** Wednesday 7pm

**Adult Yoga with Suzie:** Wednesday at 8pm

**Mummies & Buggies:** Post-natal fitness class, movement, strength, posture corrections, pelvic and core stability, plus social time on Mondays at 10am

**Baby Bonding:** For parents and babies from 28+ weeks of pregnancy to 6 months to enjoy simple, gentle and playful activities to help build a strong relationship

**Wild Women Art Therapy:** 6-week prog. finding & reconnecting with your wild woman traits is the best gift you can give to yourself - Wednesdays 7.30pm

**Senior Alert:** provision and installation of monitored alarms to enable older people to live securely in their own homes with peace of mind

## Other Activities

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

**Rodeo Chess Club:** Learn to play chess, improve your game and take part in tournaments

Children – Saturday 1.30pm to 2.30pm

Young People – Tuesday 6.30pm to 7.30pm

Adults – Tuesday 7.30pm – 8.30pm

**Administrative Services:** Provision of printing, scanning, form-filling etc is available between 9.30am and 1pm Monday to Friday

**Computer & Internet Access:** Public computers are available between 9.30am and 1pm Monday to Friday

**Room Hire:** For meetings, services or activities €20 per hour (discounts for block bookings)

**Contact Kells Family Resource Centre:**

**046 9247161**

**[info@kellsfrc.ie](mailto:info@kellsfrc.ie)**

**[www.kellsfrc.ie](http://www.kellsfrc.ie)**

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