

Getting to know you



Questions and answers with Marlina Porter, Manager, Family Resource Centre, Navan.

Q What's your favorite Netflix programme / Box Set at the moment and why?

A I'm just finished Locke & Key. I loved it because it allowed the childhood imagination to re-ignite for a while!

Q What are you currently reading?

A I am currently reading 'Again Rachel' by Marian Keyes. I enjoy her style of writing and was invested in the character from the first book 'Rachel's Holiday' so wanted to see what happened to Rachel thereafter!

Q What would you say to your 16 year old self?

A Don't stop playing the guitar, you'll regret it!

Q What would be your last meal?

A Probably a nice Thai flavoured stir-fry!

Q What do you do to relax?

A I love dancing, writing and spending time in the garden but also enjoy watching sport so any of those are on my relaxation list!

Network Areas



NORTH LOUTH NETWORK
Ormeau, Carlingford, Ravenhill, Dundalk, Blackrock, Castleblinham, Lough Village, Stabbenan



SOUTH LOUTH NETWORK
Drogheda, Ardee, Clogherhead, Collon, Tullyallen, Drogheda, Dunleer, Teemanford



NORTH MEATH NETWORK
Navan, Nobber, Kells, Oldcastle, Athboy, Drumcondra, Crossakel, Rathfriland



EAST MEATH NETWORK
Slane, Duane, Berzinstown, Ashbourne, Ratoath, Stactallen, Stamullen, Balrath



SOUTH MEATH NETWORK
Trim, Dunboyne, Longwood, Enfield, Dunslogh, Sunninghill, Bellinabreedy

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What is Meitheal?

Multi-agency group including parent / carer and child / young person. Early help for a child/young person who has unmet additional and / or complex needs. Identifies the strengths and needs of the child to ensure a strengths-based approach. Tailored response to improve child / young person's outcomes to help ensure their rights are realised. Holistic view of the child/young person in the context of their family and their environment. Expert team around the child/young person with parent and young person's voices privileged as the experts in their own situation. All aspects of the process are led by the parent/child and based on their voluntary engagement. Limits duplication, agrees clear actions and roles, reduces workloads and promotes partnership.

Meitheal is a way of working with children and their families to identify and respond to their strengths and needs in a timely way.

Useful Websites:

www.parenting24seven.ie

www.helpformychild.ie

www.gov.ie/supportingchildren.ie

www.cypsc.ie

www.tusla.ie/services/family-community-support/prevention-partnership-and-family-support/

www.changingfutures.ie

Trim FRC Strategic Plan 2023 -2025 Launch

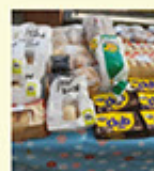
It has been a year since Trim FRC started working on the Strategic Plan 2023-2025, organising meetings with parents, community groups and volunteers. Lots of feedback was gathered from the community through online surveys and focus groups. Also local agencies working with Trim FRC on various initiatives were consulted on what they thought was needed in the community of Trim and South Meath. While the process was lengthy, it was brilliant learning from everyone and together with the Trim FRC Board of Management a vision of how Trim FRC can support families and community members over the next 3 years was put together. To hear more, come and join the launch on 19th October at 11am in Trim Castle Hotel.

Level Up programme

A programme for young people to develop important life skills and workplace competencies will be back in Trim FRC from September 2022. Over the two years prior to Covid, 44 young people aged 16 to 24 were supported through the programme in the Trim and South Meath area. Either because being out of employment or education or in need of extra support to continue their journey of finding which areas they wanted to upskill in but perhaps were never confident enough and / or had no resources to do it. The programme aims to help young people to bridge the gap between early school leaving and further training, education or employment pathways. After completion of group work and one to one sessions with Level Up Coordinator and tutors, all participants will be supported to access a month's work experience locally in order to enhance work based learning. For more information contact leveluptrimfrc@gmail.com or ph. 087 3898818.

Trim FRC Community Pop Up Pantry

Community Pop Up Pantry operates thanks to donations received from local supermarkets registered with Food Cloud and Neighbourly. This initiative is open to everyone. No registration is required, just turn up at the Bungalow at 15 Wellington Avenue, C15 PC03 with your own bag on Tuesday mornings between 11.00am and 12.00pm, pick the items you like and help us prevent food waste in the community.



Meath Newsletter

Local Services - Local Information - Local Supports

Deeside School Completion Programme

The School Completion Programme was set up as part of Department of Education and Skills (DES) DEIS Strategy and is funded by Tusla Education Support Services (TESS). Its aim is to ensure improved attendance, participation and retention of young people in primary and second level education.

Deeside School Completion Programme is located in Meath and Mid-Louth and supports seven schools, three secondary schools and four primary schools. Deeside School Completion Programme (SCP) is made up of team of a Coordinator who oversees the programme and three project workers. O'Carolan College, Nobber, Co. Meath is one of the secondary schools within Deeside SCP.

I feel very lucky in my role as project worker in O'Carolan College, I get to build a supportive relationship with my students to help them in any way I can to make their school experience more positive, every day is different and unique. I feel I would describe my role as a supportive adult in their lives, providing them with an environment where they belong and feel a sense of connectiveness. They can ask for help, be themselves, along with making new friends. The support I provide depends on the student's need, I could be providing key work to the students looking at programmes such as self-esteem, friendships, emotional regulation, whatever they need which may be impacting their ability to attend and participate positively in school. Some students may need help to improve their attendance, this is where I work collaboratively with the students, staff and parents/caregivers to develop a plan, set goals and have fun, creative rewards to mark their achievements. Some of my students may be out of school, my aim is to promote re-engagement within the school environment or referral to education or alternative pathways.

In SCP we recognise the challenges incoming first years may face when transitioning to secondary school, therefore, we provide a transfer day to all students transferring to secondary school. We hold this transfer day in May to ease any worries, concerns or questions they may have about starting their new school in September. This programme provides practical information to the students about the school, gives them the opportunity to meet other incoming students, along with having a tour of their new school. This has been a huge success for our 1st years.

Homework is another area we felt that our students require support in, along with socialisation. I provide homework club to targeted 1st and 2nd year students on a weekly basis. This space helps students settle in to second level, develop good habits in the area of homework, while developing friendships and social skills within the school environment. Here in Deeside SCP, we know how important it is to continue to link with our students over the summer holidays, we have fun, creative and practical activities throughout the summer to keep a positive connection with our students and a link with the school. The memories made on these trips can last a life time!

As we know students may have complex and diverse needs that cannot be met by one organisation working alone, therefore, I work collaboratively with various agencies, organisations and professionals to ensure the student's needs are being met and that the students are at the centre of our care. Often the parents/caregivers require support within the family home. In SCP we offer strengthening families to those who may need some support to help families communicate, learn new skills as a family which will have an overall positive impact on their family life. Strengthening families involve both the parents/caregivers and students, to ensure everyone is developing the necessary skills. Strengthening families has proven to be very effective and the feedback we get back after the programme is over is amazing!

Every day is different in SCP and I am grateful to be there to help our students to make small changes in their lives.

Gretchen Swinburne





Meath LSP was established in 2002 by Sport Ireland "to plan, lead and co-ordinate the development of sport and physical activity in Meath".

Meath LSP aim to increase participation in sports and physical activity throughout Meath by ensuring there is a broad range of opportunities for everyone to be more active in County Meath.

Our main functions are:

- Working to develop clubs, coaches and volunteers and supporting partnerships between local sports clubs, community-based organisations and sector agencies.
- Creating greater opportunities for access to training and education in relation to sport and physical activity provision.
- Provision of targeted programmes, events and initiatives to increase physical activity and sport participation.
- Providing information about sport and physical activity to create awareness and access.

For more information on our upcoming community programmes, training courses and events please check out our new website www.meathsports.ie or call us on 046-9067887.



Womens Development Programmes Available.

Contact us

22 Mornington Drive, Trim Co. Meath
046 943 8530
info@trimfamilyresourcecentre.ie
www.trimfamilyresourcecentre.ie

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Coming Soon!

- Two Mondays Per Week
- Times to be confirmed

Programmes Available.

- Recognising Personal Skills.
- Assertiveness.
- Managing Stress.
- Home Budgeting.
- Wellness Recovery Action Plan.
- Daily Mindfulness Techniques.
- Healthy Cooking and Nutrition on a Budget.
- Communication Skills.
- Decision Making.
- Problem Solving.
- CV Preparation.
- Art.
- Reiki.
- Photography.

Contact Caroline:
087 6031108
caroline@trimfrc.ie

HERE'S TO
Strong Women
MAY WE KNOW THEM.
MAY WE BE THEM.
MAY WE RAISE THEM.
#ElleestheSelf

OUR SEPTEMBER PROGRAMMES!

PARENTING WHEN SEPARATED - 5/9 @ 7PM
PARENTS PLUS ADOLESCENTS - 7/9 @ 10AM
NON-VIOLENT RESISTANCE - 8/9 @ 10AM
NURTURE CORNER - 9/9 @ 3.45PM
CIRCLE OF SECURITY - 12/9 @ 11.30AM
TRAVELLER WOMEN'S GROUP - 13/9 @ 10.30AM
ADDITIONAL NEEDS PLAYGROUP (6+) - 13/9 @ 3.30PM
ADDITIONAL NEEDS PLAYGROUP (0-5) - 14/9 @ 10.30AM
BABY MASSAGE - 15/9 @ 10.30AM
EMPOWERING WOMEN'S GROUP - 16/9 @ 10.30

Family Resource Centre, Navan



CONTACT US ON 0469073178 OR ON
MESSENGER TO BOOK A PLACE!

Trim Family Resource Centre
Parent Support Group
For parents of children with a disability or additional needs

Venue: Trim FRC Cabin, 22 Mornington Drive, C15R853

Our Group meets twice a month, one evening and one morning session
For details of our next meeting or for more information, please phone Caroline on 087 6031108 or Maryrose on 087 3344735

FURTHER EDUCATION & TRAINING

LMETH
Louth and Meath Education and Training Hub

EDUCATIONAL INFORMATION HUB
RAILWAY STREET
NAVAN

ADULT EDUCATIONAL GUIDANCE SERVICE

EMAIL OR TELEPHONE OUR GUIDANCE & INFORMATION TEAM

- ASK ABOUT COURSES
- ASK ABOUT EMPLOYMENT
- ASK FOR CAREER ADVICE

To arrange an appointment:
• Freephone 1800 991 898
• Email: adultguidance@lmeth.ie
• Website: www.louthmeatheducationandtraining.ie

Search Further Education and Training (FET) courses: www.fetcourses.ie

Guidance Team:
Sharon Dwyer: sharon@lmeth.ie Phone: 087 679 7944
Sinead Cullen: sinead@lmeth.ie Phone: 087 953 1857
Arlene O'Neill: arlene@lmeth.ie Phone: 087 607 6321



Empowering the children, families and the community of Kells, Co. Meath to bring about positive change, to meet their needs and achieve their aspirations

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 Cub in the Hub on Carrick St - A82Y308



Children and Youth Programme

Parent, Baby & Toddler Group: every Wednesday 10.00am to 12.00pm - enjoy social time with other parents and little people.

Little Folk - Music with Kyle: Music for babies and toddlers at 10.00am and 11.00am 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 10.00am.

Kells Angels Youth Club: Fun activities, challenges, and side quests for ages 9-12 year on Fridays at 5.00pm.

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 2nd 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 5.00pm.

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.

Wellbeing & Social Programme

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 10.00am to 12.00pm 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.

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 for details of costs, subsidies, and bookings.

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.

Triple L Women's Group: A time for friendship, wellbeing and fun for women on Tuesday mornings 10.00am to 12.00pm.

Pregnancy Yoga with Suzie: Wednesday 7.00pm.

Mummies & Buggies: Post-natal fitness class, movement, strength, posture corrections, pelvic and core stability, plus social time on Mondays at 10.00am.

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.

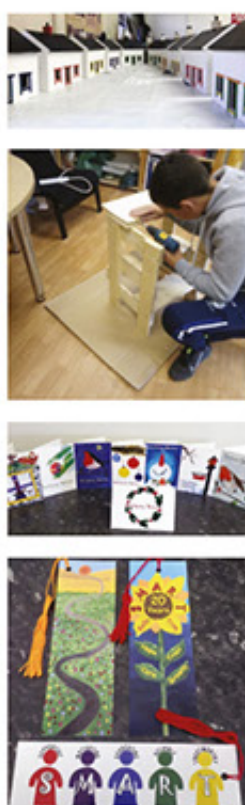
The SMART Project

The SMART Project celebrated its 20th Birthday at a recent event in The Castle Arch Hotel Trim

The project was delighted to welcome Minister Helen McEntee, Superintendent Martina Noonan and members of Community Policing from the Trim & Kells Garda District, founder member and CEO of our Employer Crann Support Group CLG Ms Marie Daly and Board members. We are very appreciative of the support we receive from our employer, community policing, JLO's, community-based projects, Meath county council and voluntary organisations in our area, our funders Irish Government & European Social Fund, however, the project would not be possible without the input and support of our Families and Young People both past and present over the last 20 years.

The project has grown in strength over the last numbers of years, including the extension into the Kells Garda district. The project has two youth justice workers, a family support worker and a project manager. We would like to thank all those including Parents and young people past and present who contributed on the night. Minister McEntee acknowledged the importance of our project and in general to all youth justice projects spread around the country. Minister McEntee spent time speaking to the young people and families and was very complementary of them.

We look forward to supporting families and young people in the coming years.



"We Feel It Too"
A Child's Experience of Domestic Violence
by
Meath Women's Refuge and Support Services

A seminar to raise awareness and share knowledge of the child's experience of domestic violence.

Speakers Include:
Minister for Justice Helen McEntee
Dr. Stephanie Holt on the Impact of Domestic Violence on Children
Dr. Eleanor Hollywood, on the Voice of the Child in Research
Emer McDonagh on how play can support the child in their experience of Domestic Violence

This seminar is aimed at professionals working with families who are or have experienced domestic violence

18TH NOVEMBER 2022
Newgrange Hotel, Navan, Co. Meath
9.30am - 3.30pm
Lunch provided

WHAT WORKS
Meath Women's Refuge and Support Services
Meath County Council
Meath County Development Board
Meath County Enterprise Board
Meath County Sports Partnership
Meath County Youth Council
Meath County Youth Justice Service
Meath County Youth Support Service
Meath County Youth Training Service
Meath County Youth Welfare Service
Meath County Youth Work Service
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