

# Autumn Programme 2023

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'*

## OPEN DAYS

Please join us in Kells Family Resource Centre as we showcase our services, activities, and programmes on:

**Friday 13<sup>th</sup>, Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> October 2023**

Each day will give you a different view of what is available in both the Resource Centre and the wider community of Kells.

### Friday 13 October 2023

#### 8am to 9.30am Men's Breakfast

A full Irish breakfast with some healthy options for local men to enjoy a meal and chat together.

#### 10am – 12pm Wellness Workshop

'People Helping People' – a workshop to learn about self-care, taking care of our own mental health and knowing how to source help locally for ourselves and other. Knowing what support services are out there and how do we engage with them?

#### 12.30pm – 2pm Square Meals Workshop

A workshop exploring healthy meals on a budget and demonstrating some amazing cost-effective foods and recipes while we showcase our food support services and projects. Food parcel and home cooking challenge for all attendees with fantastic prizes.

### Morning of Sunday 15 October 2023

#### Try Out Some Group Activities For children & Adults

Yoga



Mindfulness

Good Mood Dance



**Community Hub**  
**A82Y308** The cub in the Hub



**A82Y308**

General Queries  
 1-1 Digital Support  
 CV Prep  
 Senior Alert

**Information & Support Services**

Drop-in local 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

### Saturday 14 October 2023

Kells Family Resource Centre and all other community and sporting groups in Kells will showcase their activities and supports available locally

**OPEN DAY**

**Saturday 10am to 4pm**



**Open of all members of the community  
 Booking Essential for Workshops & Activities**

### Afternoon of Sunday 15 October 2023

#### An afternoon of Healing

Healers and therapists offering one to one sessions in:

- Acupuncture
- Bowen Therapy
- Craniosacral Therapy
- Matrix Energetics
- Kinesiology
- Energy Healing
- Numerology Healing
- Reiki

## Children and Youth Programme



### Kells Foróige Youth Café

For young people aged 12-18  
Monday evenings 6.30pm to 8pm  
*Enrolling new members in September*  
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 8th September*



**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  
this autumn – dates to be confirmed.



**Kells Parent, Baby & Toddler Group:** enjoy social time with other parents & little people from 11 September on Mondays 10-11.30am - **new members welcome!**

**I AM BABA:** A theatre adventure of songs, lights & textures for babies aged 0-12 months on Tues 17 Oct.

**Kells Coder Dojo:** Explore creativity through coding, programming and technology for young people 7-18 years on Saturday afternoon – starts 2<sup>nd</sup> September.

**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** – Thurs 7-9pm  
6-week programme is practical, solution-focused and draws on parents' strengths – for parents of adolescents (incl. ADHD) Starts Thursday 21 Sept

## Other Activities

**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

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

## 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**

## Wellbeing & Social Programme

**Neighbourly Coffee Morning-** Fri 8 Sept 10am-12pm  
Welcome new community members joining us from Ukraine, find a buddy and lend a hand. **All welcome!**

**Living Well Programme** – Thurs 2pm -4.30pm  
6-week-programme starts 12 Oct for adults with long-term health conditions, develop skills & confidence to manage your condition, anxiety & mood.

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

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

**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, starts Thurs 21 Sept / 6 Nov

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

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

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

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

**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 Therapy:** for children aged 4 – 15 years, help with a range of difficulties - subsidy may apply.

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

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