

Family Resource Centre EAST COAST



Newsletter SUMMER 2023



Parent & Toddler Group

Our parent and toddler group runs from 10 am -12pm every Thursday morning. Everyone is welcome and refreshments are provided.

TRIP TO NEWBRIDGE HOUSE AND FARM FOR PARENTS AND TODDLERS

Parents and toddlers from Laytown, Bettystown, Mornington and Mosney went on a trip to Newbridge House and Farm in July. We had lovely weather. The toddlers had great fun exploring the farm and the gardens. This was funded by the department of Children, Equality, Disability, Integration and Youth.



Irish Heart Foundation

Thank you, Irish Heart Foundation, for mini check-ups arranged for the community in the Parochial Hall

Coffee Mornings



Last Wednesday of every month at 5 Strand Haven, Laytown.

Everyone welcome. Join us for a coffee and chat, great to meet new people

The Sassy Seniors



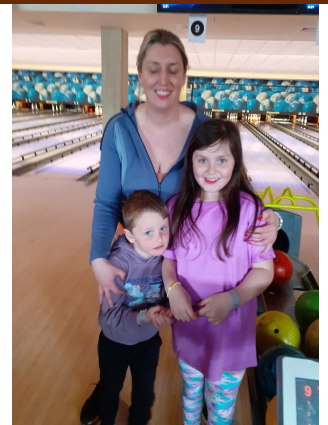
Trip to Sanctuary Dublin
Funded by ECFRC



Trip to Kilmainham Jail
Funded by ECFRC



Age Ireland Event Fairy House.
Funded by Meath County council.



Family Bowling Fun Day. Funded by Children Equality Disability Integration & Youth.

Summer Camp



The children enjoyed a fantastic fun filled July; we had 4 weeks of camp for children aged 6 yrs up to 15 yrs. We had many fun outings and enjoyed lots of fun activities. The children got to visit Funtasia, Flynn Park, Battle of the Boyne just a few to mention.

Week 3

Summer camp with more of our youths funded through The Drogheda Implementation Board. The youths enjoyed another trip.

Week 4



Week 1

Summer camp with children aged 6-9s funded through The Department of Children, Equality, Disability, Integration and Youth. children enjoyed a trip to play area in Drogheda Funtasia, the cinema in the Arc Drogheda, and Navan Adventure Centre



Week 2

Summer camp with children aged 10-12's

FAMILY TRIP TO EMERALD PARK

July 25th -
thanks to DCEDIY



Multicultural Event

Multicultural Event held by East Coast Family Resource centre in Village Hotel
Great day had by all.

Special thanks to our performers:

Farah Elle- the singer,

Anthony Kelly - the clown and face painter,

Karl-the balloon modeller,

Adedeji Adenuga-

African drummer.

Huge thank you to the Department of Children,

Equality, Disability,

Integration and

Youth for funding this beautiful event.



Wellness Day

On June 21st the women enjoyed the wellness day with the ECFRC at Sonairte , Ecological centre. There was Yoga, lovely gardens to relax and enjoy a spot of lunch. Thanks to all who came help us enjoy the day.



2023 Programmes and Workshops

PARENTS PLUS PARENTING PROGRAMMES: For parents of 0-18 year olds

PARENTS PLUS: WORKING THINGS OUT PROGRAMME: CBT programme you can equip young people with the right skills to cope positively and to overcome mental health challenges

'CONFIDENT ME': 10 week programme designed at helping children in 5th and 6th class who have experienced adversity and difficulty in their lives and teach them develop skills that will help in difficult times/ situations.

RAINBOWS: 9 week listening, group support programme for children following separation and bereavement. Apr-June

WWW: Wednesdays 10 am – 12pm weekly

SASSY SENIORS: Thursdays 10am – 12 pm weekly

PARENT AND TODDLER GROUP: Every Thursday 10am – 12pm

COMMUNITY COFFEE MORNING – last Wednesday of every month 10-12

East Coast Family Resource Centre

1 Somerton, Triton Rd., Bettystown. Co. Meath

Telephone: 041 - 981 2230 / 087 - 644 3364

Opening Hours:

Monday – Friday 9.00 am - 5.30 pm

Facebook:

East Coast Family Resource Centre

Website: crannsupportgroup.ie/Laytownfamilyresourcecentre

