

TRIM FAMILY RESOURCE CENTRE

Autumn & Winter 2023 Newsletter



Social Prescribing

Community connections can combat loneliness and lead to better health

There are now more than forty Social Prescribing services funded by the HSE across the country, and we are very excited to announce that this service will be also made available to adults living in our catchment area of Trim and South West Meath from October this year. The aim of Social Prescribing is to connect adults over 18 to community groups, organisations and services for practical and emotional support via the support of a Social Prescribing Link Worker. Social Prescribing is an initiative that can improve the wellbeing of a wide range of individuals including people who are socially isolated, lonely, have long-term conditions and mental health difficulties (www.hse.ie). A Social Prescribing Link Worker spends time with a person to find out what they enjoy, their strengths, and their goals in order to empower and support people on their wellbeing journey.

Who is Social Prescribing for?

Social Prescribing is for adults over 18 years old, including (but not exclusively) people:

- who are lonely or isolated
- with one or more long-term conditions
- who need support with their mental health
- who are frequent GP/ED attendees and may benefit from other social supports
- who have complex social needs which affect their health and wellbeing.

For more information contact us on info@trimfrc.ie.

Embodied English Workshops

Learning English in a fun and creative way

These are two sets of workshops which will run every second Saturday afternoon in September and October. This project is run in partnership with Meath Library Services and is free to attend.

One set is for volunteer tutors who facilitate Fáilte Isteach Conversational English Classes in Meath, or who may plan on joining a group. The tutors will explore how to integrate Drama techniques, such as Improvisation or the One-Word-Story, into their lessons to keep students engaged and how to develop confidence to find the right activities to suit their groups. Volunteers who tutor English with other organisations are welcome, too.

The other set of classes is for people who would like to improve their confidence in speaking English through engaging the whole body in the learning process through voice, movement, and emotions.

For more information, please contact Kathrin on 046 4938850 or kathrin@trimfrc.ie.

Digital Café

Learn how to use a smart phone or tablet

This will be a weekly drop in session for senior community members to meet with a mentor at Trim Library, Athboy Library or in Trim FRC. You can bring your own device or learn on one of the Library's age-friendly Acorn tablets, which are specifically for seniors.

For more information, please contact Brandon on brandon@trimfrc.ie or on 046 9438850, or speak to staff at the libraries in Trim and Athboy.

Children Supports & Programmes



I AM BABA Show

For babies. A magical adventure of song, lights and textures for babies aged 0 - 12 months. We are delighted to host I AM BABA on October 20th in the Bungalow. Shows will run at 10am, 11am and 12pm. Call us to register you and your bundle of joy. Places are limited.

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.

Confident Me Programme

For children aged 8 to 12 years old. This programme helps build self-esteem and confidence. Programme runs weekly for 1x hour in 10 week blocks. We are taking names for our next group.

Cool Food Dudes

This 5-week course for school aged children is practical but fun and everyone can participate. The sessions run once a week for 2 hours and include cooking and tasting! Children will choose what they would like to cook from a range of recipes provided.

Warrior Programme

A 10 week programme for children in 5th and 6th class that draws on the various traditions of culture and the arts, helping young people to develop as gentle warriors.

Music classes

A 6 week Beginner Introduction for children who would like to try learning an instrument. Choose from piano, guitar or ukelele. The classes are one-to-one with a tutor and run once a week for 30 minutes. Cost is €12 for 6x weeks.

Play Therapy

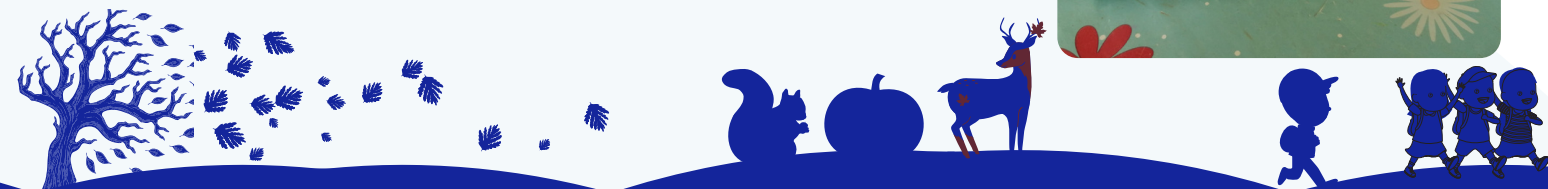
Our Play therapists work with children aged 4 to 12 exploring feelings and challenges through play and art. Our Young Person therapist works with young people aged 12 to 17 to help and talk them through the hurdles life might throw their way. Low cost fees apply.

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

Rainbows Programme

A 9 week programme for children aged 7 to 12 years old who have experienced a loss in their family due to separation/ divorce or bereavement. We are taking names for our next group.



Email: info@trimfrc.ie

Office: 22 Mornington Drive, Trim C15R853

Bungalow: 15 Wellington Ave, Trim C15FC03

Wellbeing Supports & Programmes

Women's Development Programme

Programme for women of all ages who are not currently in paid full-time employment or education. Designed in line with participants' needs and interests, while exploring opportunities to develop your skills and progress into further education and employment. Starting on Monday September 25th. The programme will run on Mondays and Wednesdays for 16x weeks.



Buggy Buddies

For parents to join and meet other parents for a walk around Trim. Meet weekly every Tuesday at the Trim Castle carpark area at 10:45am.

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.

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.

Wellbeing courses

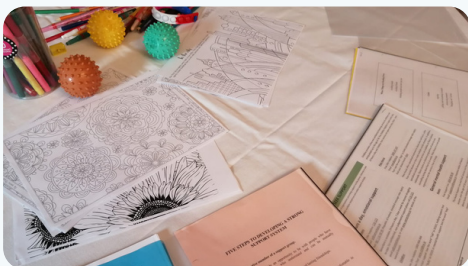
Take part in one of our short adult courses aimed at improving wellbeing, enhancing confidence and greater connectedness of adults engaging in fun creative activities. Courses are suitable for men and women and require no previous experience. Low cost fees apply for some courses. Scan QR code on page 4 to find out the dates and details.

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.

Parent Support Group

Our Parent Support Group for parents/carers of children with a disability or additional needs. Meetings are twice a month, once in the morning, and once in the evening. It is an informal space for parents to get information, advice and support. Our next meeting on 11th September at 9.30am will include a MABS workshop on 'Preparing for Christmas'. The next evening meeting will take place on 25th September at 7.30pm. For further information contact Caroline - 0876031108 or caroline@trimfrc.ie or Maryrose on 0873344735 or maryrose@trimfrc.ie.



Wellness Action Recovery Programme

WRAP is a 2 day course that provides a simple and powerful process for creating the life and wellness you want. With WRAP, you can discover simple, safe, and effective tools to develop a daily plan and wellness goals to stay on track with your life and wellness goals, gain support and stay in control even in a crisis. Attend on 7th & 14th November. €10 fee applies.

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What else can you do?



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 and Friday mornings at the Bungalow. Contact Yurii on 046 9438850 or yurii@trimfrc.ie for more details.

Food Bank

Weekly Community Food Bank runs thanks to SMD programme, Food Cloud, Aldi, Lidl, Tesco, M&S, and our many volunteers. Anyone wishing to avail will need to register. First 4x weeks are free, then a 5 euro weekly contribution applies. Open to all residents in South West Meath.

Pop-up Pantry

Community Pop-Up Pantry is open on Tuesday mornings in the Bungalow from 9.30 to 10.30am. Our dedicated volunteers collect surplus foods from local supermarkets every week and you are welcome to come along, take the foods available on the day and stop local food waste.

Volunteer With Us

If you'd like to help your community, come by - 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.

Parenting Programmes

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. Scan QR Code below for further information.

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. Contact our Youth Worker Jackie - 0873898818 or jackie@trimfrc.ie.

Annual General Meeting

Our Annual General Meeting will take place on Monday 18th September at 7pm in the Bungalow. Come along to hear all about the work we completed last year and meet our dedicated Board of Management Directors. We are always keen to expand the skills of our Board so contact us if you would like to join.

Circle Of Security Programme

An 8-week evidence-based programme for parents of children aged 0 -7 that supports parents and children in building positive, warm attachments. The programme will help parents understand children's behaviours, respond to their cues and create a secure base from which children can explore their world safely.



Register Interest

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

