



# Trim Family Resource Centre

*Find out what we do and what you can do!*



## Hope blooms in 2022!



### A New Day Dawns BY MARY LOWE

January 21, we saw a host of people of all ages stream out of doors to embrace the message that all restrictions were lifted with one exception of mask wearing. Once again, we were given some hope to embrace without fear a new day. It is no secret that these past two years have radically changed how we view life. We quickly learned that the everyday activities which we took for granted and looked forward to being rapidly changed or cancelled. We found ourselves with dizzying sensations to adapt and change while not knowing what to expect. We rapidly learned that our life which, we trusted, could be so quickly torn apart. As I write this, we are on eve of St. Brigid's Day the threshold of Spring. The old Irish calendar welcomed Spring on this day. A new sense of hope beckons us forward to trust once more. Nature never disappoints. I hear from my family and friends about the siting of the delicate snowdrops that brave pushing their delicate heads through the dark old soil to let us know that Spring is close by. Following soon behind them will be the host of golden daffodils that will grace our banks and gently sway in the breeze. They are another beacon of hope to greet us as we go on our way. Yes, nature beacons us to hope once more and is an assurance that there is always something to look forward to and never disappoints. We can safely say that we have been through our dark night of the soul, however, we are a resilient people who have come through numerous tough times in the past. As we transition to a new normal, we bring with us many lessons learned and one of the strongest being that, we are to take nothing for granted and trust in the present moment. We are also a country of storytellers, and it is in listening to and telling our stories that healing will take place. We bring with us lessons learned and a new hope that no matter what lies ahead that together we will rise to the occasion. We are all travellers on a journey and never meant to walk alone. I close now with a message of hope with this Apache Prayer:

"Looking behind, I am filled with gratitude.  
Looking forward, I am filled with vision.  
Looking upward, I am filled with strength.  
And looking within, I discover peace"





# Find supports for you...



## Fabulously Fit

Light physical activity training taking place indoors is starting on 9th February- suitable for women of all ages. Moderate exercises will help you create new habits and ways of staying fit and flexible. To find out more contact the office on 046 9438850.

## Singing for Wellbeing

One of the best things about singing is that you don't have to be good at it to benefit in many ways - singing may help lower stress, boost immunity, lung function, enhance memory, and improve mental health. By high demand we are planning to bring these fun singing sessions back after 2 years - no age requirement or singing experience needed. To find out more contact the office on 046 9438850.



## LGBT+ Adult Group

Lesbian Gay Bisexual Trans + Support Group for adults is taking place twice a month in Trim FRC for anyone who is LGBT+ or questioning. This is organised thanks to support and funding from Outcomers. For more information contact Outcomers LGBT Support Services on ph. 087 9315051.

## GROW Mental Health Adult Group

Join weekly face to face meetings to get your life back on track with the 12 steps of recovery and growth programme. Grow Mental Health works thanks to its members creating the healing community where everyone is equal and equally valued. Meetings take place once a week - to find out more contact the office on 046 9438850.

**"No winter lasts forever;  
no spring skips its turn."**



## Stroll for Your Soul

Weekly walk and chat around the beautiful grounds of Trim town. Join in and be active while also connecting with other people in our community. Strolls are suitable for all ages and abilities. Meeting point is at St Patrick's Church carpark at 10.30am on Tuesday mornings.

## Counselling service

Low cost counselling service at Trim FRC is open to all in our community. Thanks to additional funding for this confidential service, you can avail of 8 sessions at a cost of €20 per session. Call 087 738358 or email [counselling@trimfrc.ie](mailto:counselling@trimfrc.ie) for more details.



## Meath Talks podcasts

These podcasts have been created as a wellbeing resource and cover a wide range of health related topics and feature the agencies which provide this support and guidance across County Meath.

We were delighted to have been invited to record our first podcast ever, and while it was nerve wracking at the start, we settled into a conversation and enjoyed the hospitality of Anthony O'Prey from HSE Health Promotion & Improvement and Aiden - the owner of Rainwater Studio in Kilbeggan. We hope you will enjoy listening to Meath Talks which can be accessed at

<https://www.meathpartnership.ie/pages/meath-talks/>



## GROW Mental Health podcasts

GROW team are currently working on bringing a new series of podcasts about the core values that are the foundation of Grow Mental Health.

GROW podcast can be accessed at <https://grow.ie/grow-mental-health-the-podcast/>

The first podcast explores Change - why so many of us are hesitant to make changes in our lives or even frightened by the idea of change? Even when we can see what the benefits might be for making a change - big or small in our daily routines? How do we know when it's time to change?



# Find supports for your family...

## Parent Support group

This is a parent led support group for parents of children with additional needs. The group will meet monthly with both an evening and morning session available. The group meets on Mondays throughout 2022.

Contact Caroline 087 6031108 for more information.

## Beacon Family Support

Beacon Family Support is provided to parents in the community thanks to additional funding from Tusla. Parents who do not meet the threshold for Social Work, might be referred for this service and link with one of Beacon Family Support Workers in Trim, Kells or Drogheda on a voluntary basis to receive one to one parenting support. Contact Justyna, Maryrose or Trish for more information.

**"Rise above the storm and you will see the sunshine."**



## Parents Plus programmes

Parents Plus Programmes will be planned according to the needs in our community so let us know if you would like to attend a programme. Parents Plus programmes run for 6 to 8 weeks and cater for parents of children in all age groups, parents who are parenting when separated, and parents of children with additional needs aged 9+.

## Parent and Toddler group

This is a new group meeting every Monday morning. The group offers a safe space for parents of children 0 -12 months and 12 - 24 months to meet other parents and allow children play and socialise in a small group setting. For more information contact Catherine on 046 9438850 or text 087 7383858.

## NVR programme

Non Violent Resistance programme helps to empower parents to take positive action to end the violent and controlling behaviours. The programme has proven to be effective for many families in ending the cycle of child to parent violence. Contact Justyna on ph. 046 9438850 for more information.



## Play therapy

Children often find it difficult to express themselves verbally and so traditional talking therapies can be difficult for them. Play is a child's natural way of expressing themselves. Play therapy is available for children aged 3 to 11 years old. Thanks to additional funding for this confidential service, children can avail of 8 sessions at a cost of €20 per session. Call 087 738358 or email [counselling@trimfrc.ie](mailto:counselling@trimfrc.ie) for more details.



## Rainbows programme

Rainbows is a 9 week programme for children aged 6 - 12 years old who have gone through a family loss due to Separation/Divorce or Bereavement. Registration and parental consent are required. Small groups of between 4 to 8 children are run by trained facilitators in 3 age groups: 7-8 years old, 9-10 years old or 11-12 years old.

## TLC Kidz programme

This is a 12 week Recovery Group work Programme for Children, Young People and their Mothers in Meath and Louth who have experienced domestic abuse, programme taking place in Navan. This is done through separate groups for children and their mothers which allows for a safe space to discuss feelings and look at strategies and solutions for coping going into the future. If you are interested in attending or would like to make a referral, contact the TLC Kidz Coordinator by phone at: 087 384 3159 or email: [helena@dvservicesmeath.ie](mailto:helena@dvservicesmeath.ie).



Drogheda Women's & Children's Refuge Centre C.L.G.





# Find other supports @ Trim FRC...

GET IN CONTACT IF ANYTHING CATCHES YOUR INTEREST

## Easter/ Summer fun



Children's activities over the school breaks will be promoted on our Facebook page so keep an eye for more details coming soon and contact Caroline to register on [caroline@trimfrc.ie](mailto:caroline@trimfrc.ie) or ph. 0876031108

## Cula Bula

Cula Bula Youth Club run by local volunteer leaders is back open every Tuesday to young people aged 8 to 12! To find out more contact Caroline on [caroline@trimfrc.ie](mailto:caroline@trimfrc.ie) or ph. 087 6031108. Art and crafts, board games, music and more! Prior registration and parental consent essential to join.

## Coder Dojo

Coder Dojo is back! This programme aims at teaching kids how to write basic computer code through making games and animations. We will be making a return to live, in-person groups starting February 19th. Equipment and mentoring provided. Sessions are taking place on Saturday mornings. Get in contact at [coderdojo@trimfrc.ie](mailto:coderdojo@trimfrc.ie) for more information or to register.

## Community Survey

Still time for you to tell us what is missing in our community via survey here: <https://forms.gle/XqyPiButnMygzz289>. Alternatively, come up to the Office and one of the staff will assist you with completing the survey.



## Fáilte Isteach

Faillte Isteach classes are conversational English classes for migrants who wish to improve their confidence and speaking skills. Please contact Kathrin on 046 9438850 or [faillteisteach@trimfrc.ie](mailto:faillteisteach@trimfrc.ie)

## Women's Development Programme Introduction

These short group face to face introduction sessions will give the opportunity to find out more about the course we are planning to run from September 2022. The course content varies from year to year as we learn what women want! In previous years some of the sessions included:

- 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 on 087 6031108 or [caroline@trimfrc.ie](mailto:caroline@trimfrc.ie) for more information.

## Online skills

If you need support with accessing online courses or services please make an appointment in the Office and one of the staff will assist you. Call the Office on 046 9438850 if you are interested in Digital skills courses in 2022.



## Pop Up Pantry

Community Pop Up Pantry operates thanks to donations received from local supermarkets registered with Food Cloud and is open to everyone. No registration is required, just turn up at the Bungalow at 15 Wellington Avenue with your own bag on Tuesday morning between 10.30 and 11.30am, pick the items you like and help us prevent food waste in the community.

## Food Bank

Community Food Bank is run on a weekly basis to offer supports to families who might be struggling with the costs of food shopping. Thanks to FEAD, Food Cloud, Aldi, Lidl, Tesco, M&S, Dunnes Stores and many volunteers we are able to support local families. There is no cost for accessing Trim FRC Community Food Bank but prior registration is required. For more information contact Elaine on 087 6602088 or [elaine@trimfrc.ie](mailto:elaine@trimfrc.ie).

## Senior Alert Scheme

Eligible seniors over 65 living on their own or looking for extra security when at home can apply for a pendant or bracelet that is connected to a monitoring centre 24/7. The annual fee applies after the first year. For more information contact Kathrin on ph. 046 9438850.

