



# November

## Upcoming Events



- Monday** **Garden Group**  
Help maintain our Community garden, and meet new people. At the Bungalow
- Tuesday** **Pop-up Pantry**  
9:30 - 10:30am  
Community Food Pantry - Open to all!
- Walk & Talk**  
10.30am  
Meet at the Church carpark at
- Buggy Buddies**  
Come join other Parents on a walk around Trim. Meet at the Castle Bridge seats at 10.45am.
- Tues & Wed** **Digital Café Drop In**  
Get advice and support using your phone or laptop.  
Tues 10am - 12pm Trim Library.  
Wed 9am - 1pm Trim FRC Office 2 - 4pm Athboy Library
- Wed & Fri** **Fáilte Isteach**  
Conversational English Classes  
Wed 7 - 9pm. Fri 10am - 12pm
- Thursday** **Babies & Bumps**  
9.45 - 10.30am - For Parents of children up to 12 months old and Mums to be to meet up.

- Thursday** **Parent & Toddler Group**  
10.45 - 11.30am - For Parents of children 1 to 3 years' old. Fun games and plenty of singing!
- Friday** **Cool Dudes Healthy Eating**  
5 week course starting the 10th. Help kids improve their eating habits, plan and cook easy meals. 4 - 6pm
- 7<sup>th</sup> & 14<sup>th</sup>** **WRAP**  
2-day course to help you become more aware of how to be well and stay well. 9:30am - 3pm
- 9<sup>th</sup>** **An Evening of Pilates**  
Chair pilates and Mat pilates (beginner and improvers classes). Running for 5 weeks. €20 per person
- 16<sup>th</sup>** **Crafternoon - Men do Mosaics**  
Explore Mosaic for FREE and go home with a finished project. For men of all levels. 1 - 4pm
- 17<sup>th</sup>** **Parent Support Group**  
9.30am in Trim FRC Cabin  
For parents of children with additional needs
- 30<sup>th</sup>** **Crafternoon - Embroidery**  
Try Embroidery for FREE and learn techniques to stitch a decorative seasonal hoop. 1 - 4pm

**Office**  
22 Mornington  
Drive,  
Trim,  
Co. Meath.  
C15R853

**Bungalow**  
15 Wellington  
Avenue,  
Trim,  
Co. Meath  
C15FC03

046 9438850

info@trimfrc.ie

---

## Scan the QR Code to Register Interest For These Programmes and More Like:

**Social Prescribing** - Need support but not sure where to go? Contact our Social Prescriber Kate! socialprescribing@trimfrc.ie or call 089 2457745

**Level Up** - Programme for young people 16 - 24 years old who are currently out of employment or education and are in need of extra supports. Contact Jackie jackie@trimfrc.ie or call 087 3898818

**Rainbows** - For children who have experienced a loss in their family due to Separation/Divorce or Bereavement. We are also looking for Volunteer Facilitators to join our team.

**Low Cost Counselling** - For young people aged 12 - 17 years old and adults over 18.

**Play Therapy** - For children aged 4 - 12 years old.

..and many more programmes!

