

TRIM FAMILY RESOURCE CENTRE

Spring & Summer 2025 Newsletter



Zero Tolerance Meath

Meath Women's Refuge and Support Services is leading on a 3 year national pilot project funded by the Domestic Sexual and Gender-Based Violence Statutory Agency CUAN and evaluated by Maynooth University.

This is a very exciting project because it is the first in its kind to be rolled out in Ireland. The project's vision is to make the County of Meath more confident to identify and develop community led responses to domestic, sexual and gender-based violence. The project highlights that prevention is a shared responsibility and to prevent it everyone needs to be involved.

We need people who are passionate about their communities and have a desire to make their community safer for themselves and the people they care about. There is an opportunity to join groups in Trim, Kells, Ashbourne or Navan. Each group will work on developing initiatives to make each community a safer place to live.

Trim Family Resource Centre are leading on the group in the community of Trim and are asking for more people to join. If you are interested in getting more information you can contact Rebecca on 083 458 0763 or rebecca.machin@dvservicesmeath.ie.

Community Mural Project

Jigsaw Meath and Trim Family Resource Centre are thrilled to announce an exciting new project to revitalise the alleyway connecting Mornington Heights and St. Michael's School. Thanks to funding from Meath County Council's Creative Arts Department, we have secured the incredible talent of local artist Meghann Quinn to bring this vision to life. The theme of this project is Biodiversity and Mental Health, and Meghann will transform three graffitied walls into beautiful, meaningful art that reflects the values and voices of your community.

We would love your input to ensure the artwork truly represents your community's spirit. Part of this community project includes the following questionnaire which should take just 2-3 minutes. Thank you for taking the time to participate and share your ideas and opinions!



Children & Young People



Parent Toddler Group

For parents and children aged 1 to 3 years old. Fun games and plenty of singing to be done. Its a great way for young children as well as the parents/carer to meet new friends Weekly every Thursday at the Bungalow 10.45am - 12pm during school term.

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. No need to register, just come along and join in the fun!

Music Generation

In collaboration with Music Generation Meath, we will once again support running small group lessons in Music Generation Trim Hub. A variety of instruments including Drums, Guitar, Keyboards, Ukulele and Singing. For anyone between the ages of 7 and 18. Low cost fees apply.

Cool Food Dudes

Cool Food Dudes is a HSE nutrition and cookery programme for young people. Held over 5 sessions, it helps young people improve their eating habits, plan meals on a budget and make easy meals. Participants receive a handbook and recipe book. For children 10 - 12 years old.

Music Lessons

An introduction to the ukulele for children 7 and up, where they will learn the basics and keep their own ukulele. Interested in bringing this to your community? Get in touch!

Counselling

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.

Play Therapy

Our Play therapists work with children aged 4 to 12 exploring feelings and challenges through play and art. Low cost fees apply.

CoderDojo Club

Weekly Saturday coding club for children and young people 7 to 17 years old. Learn basic computer code by creating games and animations in a relaxed setting. No prior coding experience needed.

Confident Me

For children aged 8 to 13 years old. This programme helps build self-esteem and confidence. Programme runs weekly for 1.5 hours in 8 week blocks. We are taking names for our next group. Low cost fees apply.

Young Inventors

The Lego Education Club programme aims to provide children aged 6-12 with a valuable opportunity to develop their STEAM (Science, Technology, Engineering, and Math) skills in an engaging and creative way.

Easter and Summer Fun

We will be running camps and workshops over the Easter and Summer holidays. From Pottery, Lego, Illustration, Coder Dojo to Samba Drumming. We will have something to suit children of all ages and abilities. We are hoping to bring our camps to Summerhill and Enfield this year, please get in touch if you'd like to get involved. Low cost fees apply.



Health & Wellbeing

Taking Action for Whole Health & Wellbeing

For the first time, we will be running the Taking Action for Whole Health and Wellbeing programme. It is a 2-day, self-directed recovery programme designed to support everyone on their wellbeing journey. This is in partnership with the Copeland Center for Wellness and Recovery. The programme will be running on the 12th and 13th of March. If you'd like to register for the programme contact Diane diane@trimfrc.ie.



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. Our low cost fees make it accessible for all. With a range of options, there's something for everyone. Scan the QR code to find out more about the courses we are planning to run over Spring/Summer months.

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.



Social Prescribing

Social Prescribing helps to improve people's mental, physical and social health. Social Prescribing Link Worker connects individuals with resources and support networks within their community. There are no fees to access this service which is for people over 18 years of age. Referrals can come through your GP, public health nurse or social worker but you can also refer yourself. Personal support plan will encourage you to address factors affecting your wellbeing. Contact Kate: kate@trimfrc.ie or phone 089 245 7745

Buggy Buddies

For parents to join up and keep fit and meet other parents/ carers for a walk and a chat around Trim. Meet weekly every Tuesday at the Trim Castle Bridge seats area at 10:45am.

Walk & Talk

Get those walking shoes on and take part in our leisurely group stroll around the beautiful town of Trim! Who knows where our walks will take us! It is a great way to keep fit, meet new people, have fun chats and see beautiful sights around the town. The group meets weekly every Tuesday morning at St. Patrick's Church carpark at 10:30am.

Counselling Service

We provide counselling services at affordable costs in English or Russian, in a safe and confidential space. The low cost service offers 8 sessions of adult therapy, with options for face-to-face, outdoor or online sessions. Cost per session ranges from €20 to €45 depending on your financial situation. To apply for this service please email counselling@trimfrc.ie for more information.

Healthy Food Made Easy

Adult cooking course. Runs for 6-8 weeks. Along with cooking, the course also covers topics like nutrition theory and budgeting. The emphasis of the programme is on group learning rather than formal teaching.

Register Interest

See a programme or event you like?

Scan the QR code to register your interest



What else can you do?



Danny O'Brien's Memorial Golf Classic

We are thrilled to announce details of the much-loved Danny O'Brien Memorial Golf Classic in aid of Trim Family Resource Centre. This is our main fundraising event of the year and is vitally important for our continued success in supporting your local community. The event will take place in County Meath Golf Club on Friday 23rd May 2025 between 9am - 4pm. Call the office to register a team or find out how else you can get involved.

Family Support

Raising children is a truly rewarding experience but can also be a very challenging job for parents. Sometimes a conversation and some information can help in managing a stressful situation. If we can't help with your particular difficulty you, we will put you in touch with someone who can. Call the office or drop in to speak to a member of staff about your query.

Digital Tech Help

Our Digital Tech Help Drop Ins take place every week in Trim, Enfield, and Ballivor. Visit any of our drop-in hub to receive assistance and guidance on using your devices. Any and all questions and queries are welcome. Just pop-down to Brandon and receive 1-to-1 support. For more information, please contact Brandon on brandon@trimfrc.ie or call 046 9438850, or speak to staff at the libraries in Trim, Enfield and Ballivor.

Volunteer with Us

If you'd like to help your community, come by the office - we are always looking to engage with new volunteers for various roles. We welcome adults and also young people over 16 years old with parental consent. No previous experience is required, just pop in for a cuppa and find out what you can do to get involved. Garda vetting may be required.

Employability Programme

Level Up programme is for young people aged 16 to 24 years old 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 the Office for more details.

Fáilte Isteach Conversational English Class

Free conversational English classes for migrants and refugees who seek to improve their confidence and English speaking skills. Meeting twice weekly on Wednesday evenings at The Bungalow and Friday mornings at Trim Library. Contact Yurii on 046 9438850 or yurii@trimfrc.ie for more details.

Community Food Bank

Our weekly Community Food Bank, supported by the SMD program, Food Cloud, and generous sponsors such as Aldi, Lidl, Tesco, and M&S, in collaboration with our committed volunteers, is available to all residents of South West Meath currently struggling with rising prices of food and cost of living. Registration is necessary to avail of the service.

Parent Peer Support Group

Our Parent Support Group is for parents/carers of children with a disability or additional needs. Meetings are run monthly. It is an informal space for parents to get information, advice and support. Contact the Office for the next meeting date. The group has ran workshops such as a Make-Up Masterclass in the past and plans to run similar events and workshops in the future.



Trim FRC Board of Directors:

Eoin Forrestal, Jacinta Kielty, Kethellen Guimaraes, Andy Ogle, Charlotte Reilly, Greg Commins, Philip Dorian and Ronan Moore