



March

Weekly
Tuesday

Walk & Talk

10.30am at the Church carpark. Everybody is welcome! Contact catherine@trimfrc.ie for more info

Wednesday

Young Inventors

5:30pm at The Bungalow. For kids aged 9 - 13 years. Weekly Lego, robotics and coding workshops.

Thursday

Babies & Bumps

9.45 - 10.30am - For Parents and children up to 12 months old and Mums to be at the Bungalow. Toddlergroup@trimfrc.ie

Thursday

Parent Toddler Group

10:45 - 11:30pm. For Parents and children 1 to 3 years' old in the Bungalow. Fun games and plenty of singing! Toddlergroup@trimfrc.ie

Saturday

Orion Project

2:00 - 4:00pm at The Bungalow. STEAM workshop for kids aged 9-13 years to build a space base and launch a rocket!

Saturday

Art Class

4:00pm - 6:00pm at The Bungalow. For adults. Running weekly. A relaxed, guided painting session in a welcoming atmosphere. Open to all.

Tuesday
3rd

Adult Social Club

6:00 - 7:00pm in The Bungalow. A place for social games, refreshments and a space for chats. For adults.

Monday
9th

International Womens Day

10:00 - 12:30am at Knightsbrook Hotel. Celebrate IWD 2026 with us with a Sound Bath & Raffle in aid of Willow Domestic Abuse Services.

Tuesday
10th

Parent Support Group

10:00 - 11:30am at Trim Library. Open to all parents of children with a disability or additional needs.

Friday
26th

Social Prescribing Day

11:00am - 12:00pm at The Bungalow. Celebrate National Social Prescriber Day with us at The Bungalow. Tea and refreshments provided

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Scan the QR Code to Register Interest For:

Social Prescribing - Hoping to improve your health & wellbeing and not sure where to start? Find out about community supports and activities by contacting socialprescribing@trimfrc.ie or call 046 9438850.

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

Counselling - For young people aged 12 - 17 years old and adults over 18. Contact counselling@trimfrc.ie.

Healthy Food Made Easy - Cooking course for adults. Taking names for next block.

Cool Dudes - Cooking course for children. Taking names for next block.

Party Packs - Having a party and in need of supplies? We have reusable party packs available for rental. Each pack comes items such as serving trays, cutlery, bowls, plates, glasses. Small returnable deposit applies.

Drop-In Family Support - A welcoming and non-judgmental space where you can access assistance, guidance, and resources. Drop in or contact diane@trimfrc.ie to arrange an appointment.

Men's Music Group - Returning soon! The group welcomes men of all musical levels and instruments to play music in a relaxed and friendly space.

...and many more programmes!

