STRATEGIC PLAN 2026-2029

TRIM FAMILY RESOURCE CENTRE



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CELEBRATING 20YRS
TOUCHING LIVES IN THE HEART OF OUR COMMUNITY
ZERO
TOLERANCE
MEATH
PREVENTING DSGBV







Foreword





As Trim Family Resource Centre marks 25 years of serving communities across South Meath, this Strategic Plan provides an opportunity to reflect on the difference our work has made and to look ahead to the needs and aspirations of our community.

The feedback received during the development of this Plan was both encouraging and clear. People described our Centre as “very welcoming and supportive”, “a lifeline for families” and a place that is “there for everyone.” They spoke of the dignity and respect that underpin our work, the warm and caring welcome people receive, and the range of activities and supports available. We were also reminded of the vital role our staff play in reaching people who might otherwise not access support. This feedback is a source of great encouragement, while also reinforcing why our services continue to be needed. Communities change, new challenges emerge, and people’s needs evolve. Our Strategy builds on the strong foundations of the past 25 years while ensuring our Centre remains responsive, accessible and relevant into the future.

Our new Strategic Plan belongs to everyone with a stake in our Centre’s future. We developed it together, and we will deliver it together.

More than 126 community surveys and over 100 community engagements helped shape our priorities. Our community told us that wellbeing, connection and access matter; people recognise their own strengths; practical support and information are essential; and communities want opportunities, not only services.

These messages have shaped our four strategic priorities: Children, Young People & Families; Wellbeing & Inclusion; Connection, Reach & Access; and Capacity & Resilience.

As we look to the next four years, we do so with confidence in our community, pride in our achievements and ambition for what we can achieve together.

Thank you to everyone who contributed to this Strategic Plan and to our staff, volunteers, community members, partners and supporters whose commitment continues to make Trim Family Resource Centre what it is today. We look forward to building on this strong foundation and continuing to make a positive difference in our community.

Jacinta Kielty

Chairperson
Trim Family Resource Centre

About Trim FRC

Vision, Mission Statement & Values

Vision: The Centre will be a safe, focal point within the whole community, fostering trust, confidence and development, resulting in a vibrant, self-supporting community and groups that engage in collective action for positive social change

Mission Statement: Our mission is to provide resources, facilitation & support to individuals, families and groups in an informal, welcoming environment.

Values:

- Participation – building people's capacity to identify issues and develop solutions to address these
- Working towards equality and where necessary positively discriminating
- Inclusive of all in society
- Respect the individuals, community and society in all its diversity
- Person centred – work with people from where they are
- Children first – the needs of children are at the core of what we do
- Collective action – bringing people together to effect change

How the community described us



"A lifeline for families."

"Very welcoming and supportive."

"The camps and activities are brilliant."

"Trim FRC is there for everyone."

"Dignity and respect are clearly embedded throughout the Trim FRC work"

"A warm, kind, caring welcome that makes a person at ease from the start."

"Staff are open to conversation and ideas around developments in the area"

"Staff provide so much support to people who are hard to reach and would not otherwise access support"

WHAT TRIM FRC IS KNOWN FOR

- Food bank and practical supports
- Supporting vulnerable families and individuals
- Low cost counselling and family support
- Courses, groups and educational programmes
- Community development and interagency collaboration
- Camps, youth programmes and outreach activities
- Welcoming and inclusive services



The area we work in

Census data

POPULATION PROFILE (2022)

	Trim	Enfield	Athboy	Ballivor	Longwood	Summerhill
Total Population	9,563	3,663	2,596	1,870	1,685	947

National & local strategies

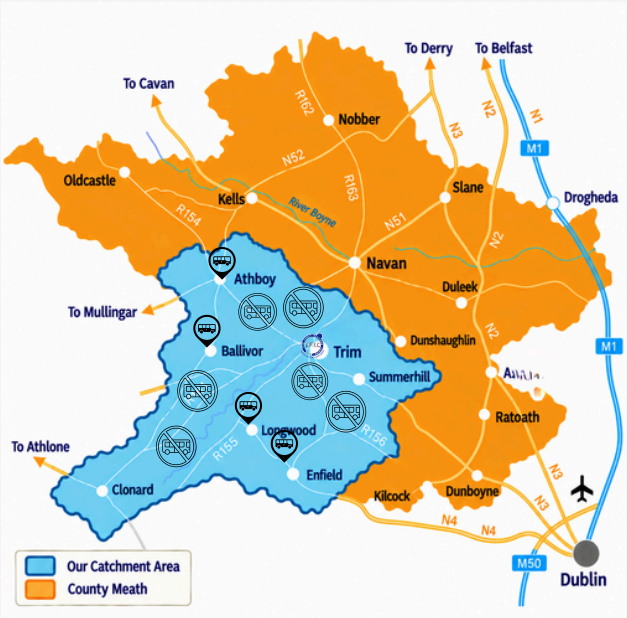
South Meath area is made up of diverse communities with varying needs. The Census data shows significant numbers of children and young people living in Longwood, Enfield and Ballivor (all above 30%), higher levels of disability in Trim, Athboy, Summerhill and Ballivor (all above 20%) and ad an ageing population in Trim and Athboy (both at 14%). These figures highlight the importance of accessible and inclusive supports across all communities in our catchment area.

Trim Family Resource Centre operates within a range of international, national and local policy frameworks that guide its work with children, young people, families and communities across South Meath. Our approach is aligned with the United Nations Sustainable Development Goals, particularly those addressing poverty, health and wellbeing, education, equality and sustainable communities. Nationally, our work reflects the outcomes established through Better Outcomes, Brighter Futures, now developed further through Young Ireland, alongside the Tusla Parenting Support Strategy 2022–2027 and HSE Public Health Strategy 2025-2030. At county level, Trim FRC contributes to the priorities of Meath Children and Young People's Services Committee (CYPSC) 2026-2028 and the Meath Local Economic and Community Plan (LECP) 2023–2029.



Accessibility

While most communities are within 20-minute drive of Trim, limited public transport means that distance creates barriers for many people who want to be more involved in the local community or access community supports.



This particularly affects:

- older adults
- families without access to a car
- people with disabilities
- people living in rural areas

How we work

Community & stakeholders consultation

At Trim Family Resource Centre, we believe that people are the experts in their own lives. This Strategic Plan has been shaped by listening to the experiences, ideas and aspirations of the community members, our staff and volunteers, community organisations and local stakeholders.

We used 2022 Census data and demographic information to understand the background of our communities and help us prioritise the resources we have.

Alongside a demographic analysis and a review of online surveys, the face-to-face conversations have helped identify both the strengths within our communities and opportunities for future development.

Children aged 6–12 years participated in creative vision board workshops across Trim, Summerhill and Ballivor. Rather than asking children what was wrong in their communities, they were invited to imagine their perfect place to live, play and grow up. Their ideas provide valuable insight into the environments and opportunities that help children flourish.

126
Community Survey responses

23
Staff & Board Volunteers consultations

13
Community Leaders conversations

45
Children & Young People creative visions

21
Community Partners surveys



What we learned

What the community told us

The consultation showed that communities are not simply looking for more services, they want opportunities to build on what already works well. By continuing to strengthen relationships, partnerships, participation and community leadership, Trim Family Resource Centre can build on current resources and assets to support thriving, connected and resilient communities across South Meath. Building on the last plan 2023-25, we learned that we need to re-emphasise the importance of the previous priorities and include the outcomes that South Meath Communities are looking for.

- **Wellbeing matters at every age**
- **Communities want connection**
- **Communities want access**
- **Community members recognise their own strengths**
- **Practical supports and information are essential**
- **Communities want opportunities, not only services**

Community messages

Respondents highlighted the need for better transport and outreach services, increased support for neurodivergent children and families, more evening and weekend groups, greater awareness of exisintg services, larger and more accessible community spaces, more opportunities for social connections. Majority of responses to our community survey came from people aged 35 - 44, and 44-64 year olds were also strongly represented. Under 16% of responses came from 65+ and 18 -24s.

What children value most

Children imagine a community that is kind, welcoming, creative, active and inclusive - a place where everyone feels safe, valued and has opportunities to learn, play, make friends and enjoy nature. Parks, trees, gardens and other outdoor spaces featured on almost every vision board. Children consistently described communities where everyone is welcomed, respected and feels they belong.Children wanted places where they could spend time with friends and relax.

Community strengths

People spoke positively about the many strengths that exist across South Meath. Community leaders consistently described welcoming communities where people support one another, volunteer their time and work together to improve local life. Participants valued the Centre's inclusive approach and highlighted the positive relationships that have been developed with individuals, families, volunteers and partner organisations over many years.





Strategic Priorities 2026-2029

Population growth across South Meath, alongside increasing levels of disadvantage, disability and rural isolation in parts of the catchment, reinforces the need to continue expanding services while ensuring they remain accessible and inclusive. These insights have shaped the four strategic priorities for 2026–2029. They reflect not only the needs identified through consultation, but also the strengths, aspirations and potential of our communities.

How we aim to get there

1 Children, Young People & Families

Young people and families were consistently identified as a great priority across every consultation. Communities highlighted the need for more youth opportunities, family support, parenting programmes and affordable activities that promote wellbeing, resilience and belonging.

Opportunities include

✔️ Supports for teenagers (12–18 years)
✔️ Youth drop-in spaces
✔️ Opportunities for children to learn, play and thrive
✔️ Supports for children with additional needs and their families
✔️ Parenting and family support programmes and talks
✔️ Non-sport activities including creative, music and arts programmes
✔️ Study and homework spaces
✔️ Leadership and volunteering opportunities
✔️ Drug awareness and prevention programmes
✔️ Employment and career guidance
✔️ Family support for neurodivergent children and young people
✔️ Support for families from minority ethnic backgrounds
✔️ After- school clubs
✔️ Supports for carers

2 Wellbeing & Inclusion

People told us that strong communities are built through connection, belonging and good mental health. Reducing isolation, improving wellbeing and creating welcoming spaces for everyone emerged throughout the consultation process as a key theme.

Opportunities include

✔️ Low-cost counselling and therapeutic supports
✔️ Neurodiversity supports for adults
✔️ Activities that reduce loneliness and isolation including creative workshops and exercise
✔️ Stress resilience workshops
✔️ Integration workshops
✔️ Access to substance use and addiction programmes
✔️ Access to suitable therapies and activities for children and families with disabilities
✔️ Increased links with other service providers
✔️ Supports to groups to counter hate, misinformation, and discrimination
✔️ Community celebrations
✔️ Activities for older adults
✔️ Community response to suicide











3 Connection, Reach & Access

People want communities where everyone feels welcome, connected and able to participate. Communities outside Trim identified transport, accessibility and awareness of services as significant barriers Many people highlighted the need for larger, more flexible community facilities.Communities also spoke about creating places where people enjoy living.

Opportunities include

✔️ Intercultural events
✔️ Safer public spaces to meet and socialise
✔️ Community Cafes
✔️ Cultural awareness and reducing language barriers
✔️ Transport links for rural communities
✔️ Mobile programmes and workshops
✔️ Multi purpose community hubs and accessible spaces in South Meath
✔️ Shared community networks
✔️ Confidential spaces where outreach workers can meet people who require support with safety
✔️ Shared spaces for community groups
✔️ Parks, playgrounds and community gardens
✔️ Neighbourhood watch evenings in consultation with Residents Committees
✔️ Supporting community members to advocate for improved access to essential local services and resources including GPs, affordable childcare, DEIS schools, affordable housing, a full-time Citizens Information Services.

4 Capacity & Resilience

Supporting local communities to build their own capacity and lobby for making changes in South Meath to ensure everyone has equitable access to supports was identified as a need. To continue supporting communities, Trim FRC must remain financially sustainable and responsive to emerging issues.

Opportunities include

✔️ Community members taking on leadership roles
✔️ Volunteer development and pathways for volunteers to progress
✔️ Pathways for FRC participants to become Board members
✔️ Awareness of available supports
✔️ Partnerships with community groups, local organisations, national networks and state agencies
✔️ Using skills of people in the community
✔️ Listening to our communities
✔️ Analysis of recurring community issues to address structural issues
✔️ Sustainable funding to enhance long-term planning in FRC
✔️ Investing in community groups, staff and volunteers
✔️ Plan responses according to available resources
✔️ Strengthen governance and IT security
✔️ Harness the full potential of emerging technologies
✔️ Improve data collection and evaluation
✔️ Upskilling of community members, volunteers and staff incl. digital skills, neurodivergent awareness
✔️ Consider and implement sustainability









How we will measure progress

Key questions to evaluate the impact of our work will be:

1. **What did we do?**
2. **How did we do it?**
3. **Who benefited from it?**
4. **What difference did it make?**

This Strategic Plan sets out the long-term direction for Trim Family Resource Centre over the period 2026–2029. It provides a clear framework to guide our work while allowing flexibility to respond to emerging community needs and opportunities. Implementation of the Strategic Plan will be supported through annual operational work plans, which will outline the specific actions, projects and programmes to be delivered each year.

We will monitor the progress across our priorities through reviewing our annual operational workplans, continious Board oversight, regular community feedback and data evalaution.

Annual Operational Work Plans

Each year, actions will be identified and agreed with community members, staff and volunteers based on available resources, funding opportunities and emerging community needs.

Annual Review

Progress against each strategic priority will be reviewed annually to celebrate achievements, identify challenges and inform future planning.

Board Oversight

Regular progress reports will be presented to the Board of Management to support governance, accountability and strategic decision-making.

Community Feedback

We will continue to listen to children, young people, families, staff, volunteers, partners and community members to ensure our services remain relevant, responsive and community-led.

Monitoring & Evaluation

We will use participation data, feedback, outcomes and partnership information to evaluate the impact of our work and identify opportunities for continuous improvement.

Our Commitment

We recognise that communities change over time. This Strategic Plan is designed to be responsive and flexible, enabling Trim Family Resource Centre to adapt to emerging needs while remaining committed to our vision of supporting strong, connected and inclusive communities across South Meath.









Logo change

2010



2011



2018



Why are we changing the logo

Our new logo is a reflection of how Trim Family Resource Centre has grown and how we want to continue growing alongside our community. We wanted a fresh, welcoming and modern look that is easy to recognise, stands out across digital and printed spaces, and better captures the warmth, connection and inclusivity at the heart of Trim FRC. Most importantly, we listened to the people who know us best.

We received 89 responses from community members, staff, Board members and our partners, with the clear majority supporting change of the logo while keeping the name Trim Family Resource Centre. The new design represents the strong connections within our community, family support and togetherness, inclusion across generations, growth through collaboration, and our commitment to being a friendly, welcoming and accessible place for everyone

2026

trim

FAMILY RESOURCE CENTRE


CHILDREN'S RIGHTS ALLIANCE
Meta
Meath Library Service
Childcare Committees Ireland
An Roinn Oideachais Department of Education
DROGHEDA CREDIT UNION
FoodCloud
le chéile MENTORING
ALL Adult Literacy for Life
sse Airtricity
IRISH YOUTH FOUNDATION
Raspberry Pi Foundation
LIDL
Health Service Executive
CYPSC Meath
The Community Foundation for Ireland
léargas
National Lottery
neighbourly COMMUNITY FUND
An Roinn Sláinte Department of Health
Trim Climate Action
CRANN Communities Supporting Each Other
THANK
TESCO
YOU
SOLAS learning works
Bank of Ireland
Meath County Council
RTÉ TOY SHOW APPEAL
Coimisiún na hÉireann um Chearta an Duine agus Comhionannas
Irish Human Rights and Equality Commission
Meath County Childcare Committee
VOICE
M&S FOOD
Platinum Homecare
Imetb
pobal government supporting communities
Adrian Dunne pharmacy
FEAD
MITSUBISHI ELECTRIC Changes for the Better
AXA
An tSeirbhís Chúirteanna Courts Service
aura
TUSLA An Ghníomhaireacht um Leanaí agus an Teaghlach Child and Family Agency
Family Resource Centre National Forum Supporting • Strengthening • Empowering