

Family Resource Centre EAST COAST



TÚSLA An Ghriúchtaíocht um Léarnú agus an Teaghlach
Child and Family Agency

Quarterly Newsletter

NOVEMBER 2020

ECFRC Youth Groups



The afterschool group enjoying drawing and the Halloween activities.

Halloween Workshops

During mid-term the youth enjoyed Halloween Make-up and a Photography workshop. Using special effects makeup teenagers took inspiration from movies and theatre to create their bespoke Halloween look. Working with a specialist makeup artist the workshop looked at the basis of special effects makeup. Our photography workshop showed our young people how to take pictures using different angles. Our young people really enjoyed being part of our workshops.



East Coast Family Resource Centre
1 Somerton, Triton Rd., Bettystown. Co. Meath

Opening Hours:
Facebook:
Website:
Telephone:

Monday – Friday 9.00 am - 5.30 pm
East Coast Family Resource Centre
crannsupportgroup.ie/Laytownfamilyresourcecentre
041 - 981 2230 / 087 - 644 3364

BuzyBees Group



The Buzybees group are a group of women aged 55+ they are a highly creative group of women that are a part of the East Coast FRC. They have been keeping busy with different activities throughout the covid 19, they have made masks for the front-line workers. They also knit Blankets, cardigans, hats and small toys for the baby care units and still born babies in the maternity hospitals. Right now they are doing Christmas decoration.



WWW-Wild Wonderful Women

The Wild wonderful women have participated in two LMETB Courses- 'A Powerful You' and '5 Simple Steps to Natural Living'. The group communicate regular outside of their weekly group session through sharing funny memes and stories on their group WhatsApp giving all a boost through laughter which keeps the spirit up and the connection alive! The Wild Wonderful Women have shown each other an incredible amount of support over the past year from encouraging and supportive text message to meeting for a cuppa and chat when needed. We are looking forward to continuing this support, fun and laughter in 2021.



Food Cloud

A big thank you to all the volunteers who pick up the food from Marks and Spencers supermarket and deliver to families in the community.



Christmas 2020!

The FRC is holding a Christmas raffle with first prize Turkey and Ham and stuffing kindly donated from O Callaghan's butchers plus many more wonderful prizes donated from local businesses! All funds raised will go directly to food hampers, assistance with children's Christmas presents and other support for families and children in the community. If you are in need of support with the above please contact the FRC and we will do our best to help!

Mental Health & Wellbeing Support

We would like to introduce Sabrina our new youth worker funded by Pobal Mental Health fund and Meath CYPSC- Sabrina will focus on all areas of wellbeing facilitating groups and one to one sessions. Why not pop into 5 Strand Haven in Laytown and say hello to her!



RESPONDING TO EARLY WARNING SIGNS 1.5 HR WORKSHOP

This 1.5hr workshop is for parents or carers that may be concerned about the behaviour their child is presenting. This workshop will provide parents with information on:

- Good Mental health
- Early warning signs of mental health difficulties
- referrals and accessing services
- how to respond and positive mental health



INVEST IN YOU : 4 week Programme



This 4 week programme helps parents and carers to make their own self care plans and focus on their own positive mental health and wellbeing

Places are limited. To add to the waiting list please contact: Kellie @ 041-9812230 East Coast FRC



EAST COAST FAMILY RESOURCE CENTRE SCHEDULE SPRING 2021

	Starting	Ending
Parents Plus Adolescence	Tues 19/01/2021 10-12.30	Tues 16/03/2021 (online)
Parents Plus Early Years	Wed 20/01/2021 10-12.30	Wed 03/03/2021 (online)
Confident Me Children's Programme	Date to be confirmed	
Rainbows Loss & Bereavement Programme	Date to be confirmed	
Non Violence Resistance (NVR) Parenting Programme	Date to be confirmed	

Keep an eye on our website and Facebook page for commencement dates of our upcoming programmes

