

Shannow Family Resource Centre

SPRING 2017 IS HERE !!!

The Cloisters, Abbeydorney
Tel: 066 7198018 E-mail: shannowfrc@eircom.net Website: www.shannowfrc.com

We hope this will give you a flavour of what will be happening at the centre. As always, we are keen to hear from you . If you have any suggestions or comments regarding the Centre's programmes and services , simply drop in or phone us for a chat, we will be delighted to hear from you .

Baby & Me

A get together for Mum's, Dad's or grandparents with new babies. (0-8 months)



Great way to meet other parents in your area, opportunity for exchanging ideas, experiences, and sharing advice. Enjoy a variety of workshops specifically for parents.

Upcoming workshops include:

- **1st March:** Community Parents, Mary Collins, HSE
- **8th March:** Physiotherapist, Mari-on O' Connor, HSE
- **15th March:** Paediatric First Aid, Frank O' Connor
- **22nd March:** Baby Massage, Ann O'Donnell, Coisceim
- **29th March:** Baby Nutrition, Sheila King, HSE
- **5th April:** Speech and Language, Sandra Hartnett, HSE

Starts: Wednesday 1st March
Time: 10am-11.30am
Cost: FREE

Please book in advance on 066 7198018

Shannow Women's Group

The Shannow women's group , which has formed recently is proving to be very popular. Come along and see for yourself ! Activities include:

- Arts and Crafts,
- Information,
- Chat,
- Fun & Friendship
- And much more

Every Tuesday Evening 7.30 p.m – 9.00 p.m.

Cost: €3

For more info contact the centre at 0667198018

Family Support Worker

Shannow Family Support Services provide information, support and a listening ear for mums, dads, grandparents and carers who would like confidential assistance in addressing any need that is creating stress and strain within the family. Life is not always easy. Sometimes just having someone to talk to about a problem or concern is the easiest way to begin to deal with whatever you might be facing.

Call in or phone the centre to make an appointment.

Al Anon

Meets every Monday evening @ 8.30 pm.

AA

Meets every Wednesday evening @ 8.00 pm

Watch this space!!!! Up and Coming

Shannow FRC are currently timetabling the following activities, dates and times need to be confirmed, watch out in local notes or on our Facebook page for further updates:

- Parents Group (Tuesday's)
- Empowering Parents Group— for parents of children with additional needs—(Monday's)

Contact us for further details

Low Cost, Affordable Counselling

Shannow offers a low cost, confidential counselling service .

Our Counsellor can support you and your family with a range of issues and difficulties you may be facing. Whatever the issue, we are here to help and support you.

To make an appointment, call the centre on 066 7198018,





*Bord Oideachais agus Oiliúna Chiarrat
Kerry Education and Training Board*

KETB Community Education Courses

The following is a list of courses that will be run in the Centre this term, subject to a minimum of 12 participants:

- **Basic Internet and e-mail**

Thursday 2pm-4pm

Cost: **€30 for 6 weeks.**

Start date to be confirmed

- **Diet & Mood-Maxine Brown**

How the foods you and your child eat affects your mood.

Thursday 7.30pm-9.30pm

Cost: **FREE(2 sessions)**

KETB BTEI COURSES

- **Fetac 3 Databases** — are used just about everywhere including banks, retail, websites and warehouses. Come along and learn the basics.

Monday 10.30-1pm

- **Fetac 3 Publisher-** develop the skills and knowledge to support the practical use of a desktop publishing application to create high quality, printable publications such as newsletters, flyers, greeting cards, brochures, certificates, menu, business cards and a whole lot more.

Friday 10.30-1pm

- **FETAC 3 Computer Literacy**—Internet, Anti-viruses, Social Networking, Theory behind computers ,Computer Operation & use. Introduction to Word Processing.

Tuesday's 2pm to 4.30pm.

Start date to be confirmed.

FETAC courses will run for of 16 weeks

Yoga Classes

Classes take place weekly
In the Shannow centre.

Kids Yoga every Monday
From 3.30-4.40pm

Cost: €4

Adult Yoga every Wednesday
From 12-1pm

Cost: €7

For more info call 0667198018



Gardening Group

Shannow have an amazing Gardening Group who meet weekly (Thursday's from 11am to 1pm). The group grow their own produce in the centre's poly tunnel and transplant them to raised beds. The group have taken part in a few flower arranging and produce competitions over the last few years with great success.

During their time they have completed a number of gardening classes and always welcome new members to come on board.



Look out for the wonderful new hanging baskets and flower beds that are being planned for the centre

Got a Question/ Need some help?

If you have any queries on services being run in the Centre or wish to speak to us about accessing supports contact us on 066 7198018



Tai Chi

Classes take place every

Friday 2.30-3.30pm

Cost: €5

Adults of all abilities welcome



Parenting Plus Programme

The **Parents Plus Children's Programme** is a practical & positive course for parents, grandparents and carers of children aged **6 - 11 years.**

The programme has a focus on promoting children's learning and confidence as well as managing emotional/behaviour problems .

Start date **THURSDAY 27th April**

Time: 7PM to 9PM.

Cost: Free

To find out more information or to book a place contact Shannow on 066 71 98018

AND FINALLY

We hope you enjoyed reading our Spring newsletter. To keep up to date with what is happening in the Centre look out for;

- Notices in local shops, Post Offices,
- In the Abbeydorney and Kilflynn notes
- Shannow FRC Notes in the Kerryman,
- The Church newsletters,
- Shannow FRC Facebook page
- Email us at shannowfrc@eircom.net
- Flyers sent out through the five local schools in relation to activities for National School Aged Children.

