

Shannow Family Resource Centre

SUMMER 2017 IS HERE !!!

The Cloisters, Abbeydorney

Tel: 066 7198018

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Website: www.shannowfrc.com

Welcome to Shannow FRC's Summer 2017 Newsletter.

We hope this will give you a flavour of what will be happening at the centre over the coming months. 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.

Paediatric First Aid

This **Paediatric First Aid** course is a 6 hour course run over two evenings (2x3hr sessions). On completion of this course you will receive a Certificate of Attendance. This course would suit parents, childcare workers, teachers, baby sitters or anyone that works with children.

Some of the topics covered are:

- Choking
- Wounds & Bleeding
- CPR
- Asthma
- Croup
- Seizures
- Poisons
- Allergies
- Head Injuries
- Head to Toe examination



When: Tuesday 13th June and
Tuesday 20th June

Time: 6.30pm-9.30pm

Cost: €50 per person

Instructor: Frank O Connor
of Acute Medical Training

**To book a place contact us here at the
centre on 066 71 98018**

Subject to a minimum of 10 people

A Big Thank You to Shannow Women's Group!!!

We would like to take this opportunity to thank the Women's Group who are currently running a Name a Doll and Raffle ticket fundraiser for the Centre. Their endeavour is greatly appreciated by all here at Shannow FRC.

Shannow Women's Group

The Shannow women's group, is proving to be very popular. The group is closing in the coming weeks for the summer but will resume in September. Activities include:

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

Tuesday Evening 7.30 p.m. – 9.00 p.m.

Cost: €3

Come along and join the fun!!!

For further information contact the Centre on 066 7198018.

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.

AI Anon

Meets every Monday evening
@ 8.00 pm

Watch this space!!!!

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

Both of these groups aim to offer support to parents and a nice space for a cup of tea and a chat, as part of the groups we will also offer workshops/courses such as:

- Stress Reduction
- Colour Me Beautiful
- Parenting Programmes
- Personal Development Programmes

Contact us for further details

Low Cost, Affordable Counselling

Shannow offers a low cost, confidential counselling service.

Our Counsellor can support you 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.

AA

Meets every Wednesday evening
@ 8.30pm.

KETB Community Education

Courses

The following is a list of courses that Shannow FRC hope to run in the Autumn Term

- Incredible Years parenting programme for parents of children aged (3 –6 years), 14 week programme to be decided.
- Health and Food Choices with tutor Maxine Browne, 4 weeks, Cost €10. Start date & time to be confirmed.
- Gardening with tutor Kathleen Barrett— 8 weeks—participants pay for materials used, there is no fee for this course Thursdays 11am to 1pm. Start date to be confirmed.
- Cyberbullying & Internet Safety, this is a 4 week course aimed at parents to help them understand the dangers that are out there for their children and also the many forms in which bullying takes place. Cost €10. Start date & Time to be confirmed.
- Colour me Beautiful with fashion and image consultant Niamh Smyth—4 weeks, Cost €10. Start date & Time to be confirmed.
- Basic Internet & Email with tutor Patricia O'Connor— 6 weeks, Cost €30. This course is aimed at people who have a limited knowledge of computers but wish to learn more. Thursdays 2pm to 4pm. Start date to be confirmed.
- Stress Reduction— 6 weeks— To be confirmed.

For more information on any of the above or to put your name down, please contact us on 066 7198018.



Bord Oideachais agus Oiliúna Chíarraí
Kerry Education and Training Board

KETB BTEI COURSES

The Following is a list of FETAC Courses Currently running in the Centre:

- FETAC 4 Computer Applications every Monday 10.30am to 1pm.
- FETAC 4 Information Technology every Tuesday 10.30am to 1pm.
- FETAC 3 Computer Literacy every Tuesday 2pm to 4.30pm.
- FETAC 3 Publisher every Wednesday 10.30am to 1pm.

- FETAC 4 Art & Design every Thursday 3pm to 5.30pm.
- FETAC4 Publisher every Friday 10.30am to 1pm.

All the above courses will finish at the end of May and will resume in mid September.

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



Summer Camps in Shannow FRC

Shannow FRC is currently timetabling our summer camps. Here is a sample of what we will have on offer for National School Aged Children:

- Kids Cookery with Maxine Browne will take place from Tuesday 4th July to Thursday 6th July from 10.30am to 1pm. Cost €30. **Deposit of €10 to secure a place.**
- First Aid Camp—Basic First Aid tips for Kids— dates to be confirmed. Cost €30. **Deposit of €10 to secure a place.**
- Yoga, Art & Drumming Camp with Cathy Lawlor, 3 day Camp dates and final cost to be confirmed. **Deposit of €10 to secure a place.**

For further information or to book a space on any of the above, contact the Centre on 066 7198018.

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
066 7198018**



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 to be confirmed

Day: Thursday

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 Summer Newsletter. To keep up to date with what is happening in the Centre look out for;

- Notices in local shops, Post Offices,
- Information in the Abbeydorney and Kilflynn notes
- Shannow FRC Notes in the Kerryman,
- Information in the Church newsletters,
- Updates on our website:

shannowfrc.com

- Updates on Shannow FRC Facebook page
- Flyers sent out through the five local schools in relation to activities for National School Aged Children.
- Email us at shannowfrc@eircom.net

