

# Shannow Family Resource Centre

## AUTUMN 2017 IS HERE !!!

The Cloisters, Abbeydorney

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Website: [www.shannowfrc.com](http://www.shannowfrc.com)

Facebook: Shannow Family Resource Centre

*Welcome to Shannow FRC's Autumn 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.*

### Shannow Women's Group

The Shannow women's group is proving to be very popular. The group is returning on the **26th of September**. Here are some of the activities that proved popular last term:

- ◆ Arts and Crafts
- ◆ Crocheting
- ◆ Jewellery making
- ◆ Colour Me Beautiful
- ◆ Day Trip
- ◆ And much more

The group will take part in

#### FETAC 5

#### Occupational First Aid

course in the Autumn.

It will run for 10 weeks every Tuesday evening from 6pm-10pm.

Please contact the centre on 0667198018 if you wish to join in.



To get the most benefit one should attend all 4 workshops.

Presented by Mary Collins, who specialises in Specific Learning Difficulties.

Thursdays from 7:00-9:00 pm  
Sept 21st & 28th, Oct 5th & 12th

#### Developing a Child's Social and Emotional Skills.

This workshop will be presented by Edel Lawlor, Child and Adolescent Psychologist who specialises in Play Therapy.

She will look at the benefits of therapeutic interventions on the child's social and emotional development

Thursday 19th October 7pm—9pm

#### Planning for your child's future

Are you a parent or grandparent of a child with additional needs or a disability and you have questions or concerns about their future?

This workshop will be presented by Solicitor Miriam McGillicuddy.

It will look at the following topics:

- Planning for the future
- Wills
- Trusts
- Assisted healthcare directives.

Thursday 26th October, 7pm to 9pm

**Registration is Essential for any of the above Parent Workshops for further information or to register call us on 066 7198018**

### Parenting and Family Support

Parenting and Family support is a free and confidential service that empowers individuals and families by providing assistance to increase the health and well-being of individuals and families.

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.

#### **Parenting and Family Support Provide:**

- Information, referrals and signposting
- Advocacy and a listening ear
- Parenting support
- One to one parenting programmes
- Meitheal (a multi-agency approach to supporting a child)

**Call in or phone the centre to make an appointment.**

### Relaunch Shannow

#### Parent Baby/Toddler Group

We are delighted to announce that we will be restarting our Parent Baby/Toddler Group with two Workshops on

Massage & Reflexology, delivered by

Ann O'Donnell of Coisceim:

Tuesday 19<sup>th</sup> and Tuesday 26<sup>th</sup> September from 10.30am to 12 noon.

**Cost: €2 per family**

Are you a Parent, Grandparent, Career, Child-minder of a toddler? Then why not come along and join our Parent & Baby/Toddler Group. Giving you the chance to meet up for a cuppa. While the kids have a chance to play and make new friends.

**Register by calling 066 7198018.**

### Parent Workshops

#### Are you parenting a misunderstood child?

Join us for a series of **4 FREE** workshops filled with information, strategies, and parenting tips covering the following topics:

- Understanding a misunderstood child
- Communicating with schools/ professionals
- Emotion regulation /calming strategies
- Dealing with challenging behaviour
- Personal coping strategies
- Information on supports and resources
- Fostering self-esteem
- Connecting with your child
- Making Home a Haven
- Organisation skills etc.
- Helpful tips on homework
- Transition to second/third level



Bord Oideachais agus Oiliúna Chiarraí  
Kerry Education and Training Board

## KETB Community Education

### Courses

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

- **Basic Internet and e-mail**  
Cost: €20 for 6 weeks.  
Start date & time to be confirmed
- **Nutrition & Fermented Foods-Maxine Brown—4 weeks**  
Wednesdays 2pm to 4pm  
Start date: 8th November  
Cost: to be confirmed
- **Colour me Beautiful with fashion and image consultant Niamh Smyth**  
4 weeks as follows:  
Wednesday 4th October  
Wednesday 11th October  
Wednesday 25th October  
Wednesday 8th November  
Time: 9.45am to 11.45am  
Cost : to be confirmed

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

## KETB BTEI COURSES

The Following is a list of FETAC Courses which will resume the first week in

October in the Shannow 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 1.30pm to 4pm. Resuming 21/9/17
- FETAC4 Publisher every Friday 10.30am to 1pm.

Please note the above BTEI courses have already started in the Spring term and will resume the first week in October. Keep an eye on our website and Facebook for any new courses which may start.

## FETAC 3 Culinary Operations

Learn how to prepare, cook & present nutritious meals. Also learn various cooking methods, food quality & costing's

**Venue:** Kerry College of Further Education Clash Tralee

**Date:** 19th September

**Time** 7-10pm

**Duration:** 14 weeks

To book a place please call us 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**

**Adult Yoga** Every Monday evening

from 6.30-7.30pm

**Cost: €7**

For more info call  
Cathy Lawlor on 087 4373922



## 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.

- Kathleen Barrett will resume a series of 6 Gardening classes starting on Thursday 28th September, from 11am-1pm.



## 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.

### Al Anon

Meets every Monday evening  
@ 8.00 pm

## AND FINALLY

We hope you enjoyed reading our Autumn 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](mailto:shannowfrc@eircom.net)
- Phone us on 066 7198018 or 087 7774573

