

Shannow Family Resource Centre

SPRING 2018 IS HERE !!!

The Cloisters, Abbeydorney

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E-mail: shannowfrc@eircom.net

Website: www.shannowfrc.com

Facebook: Shannow Family Resource Centre

Welcome to Shannow FRC's Spring 2018 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 started in 2017 and have had a very busy year. Here are some of the activities that proved popular last term:

- ◆ Arts and Crafts
- ◆ Crocheting
- ◆ Jewellery making
- ◆ Colour Me Beautiful
- ◆ Day Trip
- ◆ Occupational First Aid

Stress Management and Mindfulness are some things planned for the next term so please contact the centre on 06671 98018 if you wish to join in the Women's Group.



Bord Oideachais agus Oiliúna Chíarraí
Kerry Education and Training Board

Parent Workshops

- Workshop for **Parent's with Teenagers** which will be run by **Edel Lawlor - (Play Therapist)** here in the Shannow Centre.
'Understanding your Teenagers' - The challenges of parenting teenagers and tips will be discussed on the night.
- **When:** Thursday from 7pm-9pm
Start Date: 17th May 2018
Cost: €12 per person to be paid in advance.

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 speak to Kristy or Cathy to make an appointment.

Coming Soon to Shannow FRC

- **Yoga** for over 55's
When: Monday's from 2pm-3pm
Start date: 9th April 2018
Cost: Free
- **Mindfulness**— Workshop .
Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. This workshop is ideal for anyone wishing to bring a greater sense of balance and meaning to their lives
- **When:** Thursdays from 7.30pm-9pm
Start Date: To be confirmed
Cost: Free

Computer Classes Available in 2018

Basic Internet & Email

Fetac Level 3/4 Desktop Publisher

Fetac Level 3/4 Computer Applications

Fetac Level 3/4 Computer Literacy

Fetac Level 3/4 Information Technology

If interested in any of the above courses please contact the centre on 066 7198018 to put your name down.



Shannow Parent Baby/Toddler Group

OUR NUMBERS ARE FALLING. Please help us save the Baby/Toddler Group.

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.

Cost: €2 per family
Register today by calling 066 7198018.





Bord Oideachais agus Oiliúna Chiarraí
Kerry Education and Training Board

KETB Community Education

Courses

The following is a list of courses that Shannow FRC will run in the Spring Term.

- **Basic Internet and e-mail**
Start Date: Monday 5th March
Time: 10.30-1pm
Cost: Free
- **Foods for Health with Maxine Brown— 4 weeks**
Start date: Wednesday 14th March
Time: 1.30 to 3.30
Cost: Free
- **Colour me Beautiful with fashion and image consultant Niamh Smyth— 4 weeks**
Start date: Wednesday 21st Feb.
Time: 9.45am to 11.45am
Cost : Free

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 are currently running 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 Desktop Publishing every Wednesday 10.30am to 1pm.
- FETAC 4 Art & Design every Thursday 1.30pm to 4pm.
- FETAC4 Desktop Publisher every Friday 10.30am to 1pm.

Please note the above BTEI courses have already started but if interested in any of the above please ring the centre and we can put your name down for the next round of courses.



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
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 number of 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 start a series of 6 Gardening classes starting on Thursday 22nd February 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.



Bord Oideachais agus Oiliúna Chiarraí
Kerry Education and Training Board

AA

Meets every Wednesday evening
@ 8.30pm.

Al Anon

Meets every Monday evening
@ 8.00 pm

Student Psychotherapist

Samantha Fitzgibbon is now available for appointments here in the Shannow centre. Please call the centre on 066 7198018 to make an appointment.

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,
- Information in the Abbeydorney and Killynn 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
- Phone us on 066 7198018 or 087 7774573

