

Kerry Region (South Kerry Cluster) FRC Programmes Autumn 2016



South West
Counselling
Centre Ltd



Strengthening Families Programme Ireland

North and East Kerry
DEVELOPMENT



A chara,

This is a snapshot of the programmes that will be rolled out by the Kerry Region (South) Family Resource Centres. This is being forwarded to you on behalf of the below.

Ballyspillane Family Resource Centre	Connie O Leary	ballyspillanefrc@hotmail.com
Castleisland FRC	Liz Galwey	castleislandfrc@gmail.com
Kenmare Family Centre	Susan O'Shea	kenmarecommunitycare@gmail.com
Killorglin Family Resource Centre	Margaret Wrenn	killorglinfamilycentre@gmail.com
Maine Valley Family Centre	Liz Fenton	mainevalleyfrc@eircom.net
South West Kerry Family Resource Centre	Nancy Holmes-Smith	swkerryfrc@eircom.net

FRC : Ballyspillane Community & Family Resource Centre Ltd Phone: 064-6635589

Address : Ballyspillane Estate Website :

Killarney Email: ballyspillanecfrc@hotmail.com

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AUTUMN 2016 Facebook: Ballyspillanecfrc

Programme &						
Supporting Agency	Start Date	Sessions	Duration	Where	Cost	Description
1. Parent & Toddler Group	September School term times	2 hours Mornings	10-30-12-30pm	Ballyspillane FRC Killarney	€2.50 per session	Supportive social outlet for parents and toddlers in a child friendly setting ,toys and educational materials for toddlers tea/coffee and snacks provided
2. Sunflowers Community Childcare Service Crèche & Pre-School	Ongoing	Daily	9-00am To 4-30pm Daily	Ballyspillane FRC Killarney Childcare Premises	Ecce/ subvention/ fee paying	Play based curriculum that is planned based on the needs and interests of the children, using the principles of Siolta and Aistear.
3. After-Schools Sessions	September To June	1hr .15min	Mon/Tues Wed/ Thurs 3-15-4-30pm	Ballyspillane FRC After Schools	Subvention /Fee paying	Homework support /healthy Snacks /stay safe programmes /fun activities e.g. cooking, crafts, games etc Contact : Childcare Manager at 064-6635589
4. Family Support	Ongoing	By Appointment	Monday – Thursday	Ballyspillane FRC Killarney	No fee	Contact Michelle Moore Family Support Worker for more Information

Programmes & Supporting Agency Services	Start Date	When	Duration	Where	Cost	Description
		Or Referral				Contact number : 064-6635589
5. Parenting Plus Parenting programme (1-6yrs early years)	October-November	2.5 hours	8 weeks	Ballyspillane FRC Killarney	No Fee	Practical and positive evidence based parenting programme to support and empower parents & develop the relationship between parents and children. Joint Initiative between BCFRC & KTH&CDP Contact : For more details contact the centre at : 064-6635589
6. Strengthening Families Refresher Session	Autumn	Monday Evening 6-8-30pm	Agency Referrals	Ballyspillane FRC Killarney	No fee	A once off refresher session for families who previously participated in the 2015/16 preventative programme for families at risk of drugs & alcohol abuse
7. Counselling for Adults /Adolescent	Ongoing	1 hour	By Appointment	Ballyspillane FRC Killarney	Negotiable, low cost	Professional Counsellors providing counselling for both adults /adolescents Contact Centre 064-6635589
8. Mental Health Awareness Session for Adults (Kerry Jigsaw)	October	1.5hrs	Open to all	Ballyspillane FRC Killarney	Free	Presented by Jigsaw Kerry An information session for parents/guardians on mental health supports available from Kerry Jigsaw for young people For more information : Contact Marian McCabe Development Worker : at 064-6635589
9. Community Consultation Evening (SKDP & KCC)	November	Evening	7 to 9 pm	Ballyspillane FRC Killarney	Free	Open to all residents & FRC service users to meet and discuss the key findings of a recent community need survey and developing a forward plan for the future.

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
10. Youth Activity programmes (BCFRC & KTH&CDP)	October - November	1-2hrs	6-9yr olds	Ballyspillane FRC Killarney	€5 registration fee	Joint Initiative for young boys and girls aged between 6-9yrs from the Ballyspillane area. Activities to include ,Arts & Crafts ,games recreational & physical activities ,cooking. For more information Contact Marian McCabe and Noreen Casey at 064-6635589
11. Health & Fitness Classes	Autumn Mornings	6 weeks	Registration	Ballyspillane FRC Killarney	€5	For beginners, Light exercise relaxed social setting with qualified PAL Instructor body stretches, breathing exercises, walks . Weight management and healthy eating support for participants with trained Leader ,weekly tips and motivational to manage participants and improve participants physical health and wellbeing .
12. Uni-Slim Classes	Evenings	6-30- 8-00pm	Registration	Ballyspillane FRC Killarney	€10 per session	
13. Cookery Course for Men (KETB)	Autumn	8 weeks	Evenings	Ballyspillane FRC Killarney	€40 per participant	Basic cookery for men to learn the basic techniques and how to cook on a budget Limited number of places available.
14. Computers for Beginners (KETB)	Autumn	6 weeks	Mornings	Ballyspillane FRC Killarney	No fee	Introduction to use of computer and learn the basics of using computers IT Skills, Microsoft word etc.
15. Arts & Craft Classes	October – November	8 weeks	Evenings	Ballyspillane FRC Killarney	Nominal fee	An arts & crafts taster programme for women interested in participating in various crafts, delivered by KETB Tutors in an informal and relaxed social setting.
16. Information Support Service	Ongoing	Ongoing	Ongoing	Ballyspillane FRC Killarney	Nominal fee Photocopyin g service Information & Advice Free	Information & Jobs Notice Board Form filling; Referral to CIC, Social Protection etc. CV preparation Printing & photocopying etc.

Castleisland FRC				Phone : 087 7553066		
Church St.				Email : castleislandfrc@gmail.com		
Castleisland						
County Kerry						
Programmes & Supporting Agency						
Description	Start Date	When	Duration	Where	Cost	
Additional Needs recreation	Sept 14th	Wed 3pm-4pm	Weekly during school term	FRC	€3	Recreation and relaxation for primary school children with additional needs/support for families
Pre-school (age 3-5) TUSLA	Aug 31st	Mon-Fri	School term	Bright Beginnings	ECCE grant or €3 per day	Early Intervention/support for families
Crafters club FETAC	Sept 20th	Tue 7.30pm-9.30pm	Sept-April	FRC	€3	Social evening for craft lovers which gives members an opportunity to share and learn new skills.
Crafts KETB	Sept 27th	Tue 7pm-9.30pm	Sept-April	FRC	-	
Learning Support	Sept 20th	Tue 3-4 & 4-5	School term	FRC	€3	Support for children who require additional assistance (referrals through schools). Family support.
Nutrition/ KETB	Oct 3rd	Mon 10-12	6 weeks	FRC	€3	Supporting families/social inclusion
Personal Dev (level 3) KETB	Sept 28th	10am-12 noon	11 weeks	FRC	-	Ongoing FETAC course
Parenting KETB	Oct	TBC	6 weeks	FRC	-	Providing support on positive parenting for families.

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
Nutrition for men KETB	Oct	TBC	6 weeks	FRC		
Additional needs camp	Nov 1st	Tue-Fri 09.30- 1pm	Mid term	FRC	€15	Recreation for children/support for families.
Knitting camp	Nov 1st	Tue/Wed/ Thu 2pm- 4pm	Mid term	FRC	€5	Knitting camp for primary school children/support for families
Children's Christmas craft workshop	Dec 10th Two sessions	09.45- 12.45/ 1.30-4.30	3 hours	FRC	€5	Recreation for children/support for families.
MABS	Ongoing	Thu morn by app	Mornings	FRC	-	Money advice and budgeting service By appointment with MABS
Jigsaw	Ongoing	Wed pm	Afternoons	FRC	-	Providing mental health support for children and young adults (12-25) by appointment with Jigsaw
Meitheal/TUSLA	Ongoing	As required	As required	FRC	-	Working together to achieve better outcomes for children and young people

Kenmare Family Centre**Phone: 064 6642790 / 087 7086641**

Railway Rd.,

Kenmare

County Kerry

Email: kenmarecommunitycare@gmail.com**Programmes &**

Supporting Agency	Start Date	When	Duration	Where	Cost	Description
PARENTING / FAMILY SUPPORT						
Parent & Toddler Group	Every week	Mon & Thurs	10am – 12noon	Kenmare Family Centre	€2 per family	Playgroup + support for parents/ carers
Parent & Baby Group	Every week	Wed	10am – 12noon	Kenmare Family Centre	€2 per family	Playgroup + support for parents / carers
Momma & Baby Yoga (KCCC)	Tbc	Wed	11.30 – 12	Kenmare family Centre	€40 / 6 weeks	Mothers & babies can enjoy a short session of yoga together!
Music / dancing for playgroups (KCCC)	Tbc	Mon/ thurs	11.30 – 12	Kenmare Family Centre	€4	Fun program for playgroups, dancing, singing, relax time for parents & toddlers
Breastfeeding support group (supported by PHNs)	Every week	Thurs	12.30 – 2pm	Kenmare family Centre	Free	Support & encouragement for breastfeeding mothers
Ante-natal classes (PHNs)	6 th Oct	Thurs	5 – 7pm	Kenmare Family Centre	Free	Preparation for birth of a child.

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
Parenting Courses (KCCC / ETB)	Oct	Thurs	7.30 – 9.30pm	Kenmare Family Centre	Free	Parenting skills program
One to one family support + Meitheal (Tusla)	Oct	On request		Kenmare family centre/ family homes/ schools etc	Free	Supporting families through challenging issues in their lives.
Homework clubs (supported by Primary schools)	3 rd Oct	Mon & Wed	3.15 – 4.15pm	Kenmare Family Centre	Free	Homework support for children who could benefit from extra help (school referral)
Special Needs Support Groups	15 th Sept	Tues & Thurs	7.30- 9pm 3.15 – 4.15pm	Kenmare Family Centre	Free	Tues – support for parents of Special needs children (once per month) Thurs – Social group for profoundly disabled children (weekly)
Mental Health Supports						
Peer Support Group	Every week	Mon	12.30 – 2.30pm	Kenmare Family Centre	Free	A group of adults who support each other in their recovery journey. Following the WRAP program
GROW	6 Oct	Thurs	7.30	Kenmare Family Centre	Donation	www.grow.ie Mental Health community support group
Kenmare Mental Health Association	Sept	Tues	8 – 9pm	Kenmare Family Centre	Free	Monthly meeting of the Kenmare Branch of Kerry Mental Health

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
Movie Nights (Adult Literacy)	Sept	Tues	7.30 – 9.30pm	Kenmare Family Centre	Closed group	Social outlet for those learning to speak English
Community Well-Being & Social Groups						
Time for You (South West Counselling)	6 th Oct	Thurs	7.30 – 9.30am	Kenmare Family Centre	€20	Run over 4 this, this program teaches coping skills, resilience, meditation, relaxation techniques
Counselling (South West counselling)	Every week	Tues	9.30 – 5.30pm	Kenmare Family Centre	Low cost	Low cost counselling available to everybody in the community
Relaxation Mornings (Local therapists)	2 nd Sept	Fri	9.30 – 2pm	Kenmare Family Centre	€15 / half hr treatment	3 professional, friendly & caring therapists can offer you aquapuncture, bio-energy, massage, reflexology. You are welcome to relax with a cup of coffee afterwards. Children welcome to come along also
Yoga	7 th Sept	Wed	7 – 8pm	Kenmare Family Centre	€8	Monika has been teaching in the centre for the past 3 years. Puts her heart & soul into her work.
Meditation	21 st Sept	Wed	8.15 – 9pm	Kenmare Family Centre	€3	Susan, Family Support worker offers a weekly, quiet, calm space. Guided meditation, loving kindness, soft music, reflections,
Drumming	Every week	Mon	8 – 9.30pm	Kenmare Family Centre	€5	Weekly drumming group for adults. Upbeat, fun, welcoming, non-judgmental group!
Knitting group	Every week	Tues	10.30am – 12.30pm	Kenmare Family Centre	€2	Come & knit, chat & have tea. A warm, welcoming & relaxing group
Canvas Cllub	13 th Sept	Tues	3.30 – 4.30pm	Kenmare Family Centre	€95 for 10 weeks	Art group for primary school children.
Culture Club	2 nd Oct	Sat	10am – 12		€3	Primary school kids can learn about the different cultures in their community.

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
						Games, stories, activities, snacks
Kenmare family Centre Open Morning -	30 th Sept	Fri	10 – 1pm		Free	A showcase of what happens in the family centre. Meet staff, volunteers & tutors, counsellor & therapists. Yoga, drumming & knitting demos. Launch of Autumn program.
Kenmare Family Centre Christmas Gathering	16 th Dec	Fri	10 – 1pm	Kenmare Family Centre	Free	Happy Christmas celebrations at Kenmare Family Centre. All welcome!
Paediatric First Aid (Red Cross)	15th Oct	Sat	10 - 2pm	Kenmare Family Centre	€15	First aid skills for responding to children when you are faced with burns, cuts, breaks, poisoning, choking.

Maine Valley Family Centre
Castlemaine Community Centre
 Tralee Road,
 Castlemaine,
 County Kerry

Phone : 066 9767833 / 086 0580019
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Please note the majority of programmes have no cost other than donation towards Tea/Coffee, if nominal it will be low cost and due to having to rent a room although most organisations provide rooms at no cost

Programmes & Supporting Agency						
Supporting Agency	Start Date	When	Duration	Where	Cost	Description
Administration drop in service	Ongoing	As needed	ongoing	Maine Valley Family Centre	Internet and Skype use free Photocopying 10 cent Printing 5 cent	Information sharing Form filling: referral to CIC, Social Protection etc. CV preparation; printing & photocopying.
Pre-School	Ongoing	3 hours	Ongoing	Maine Valley	ECCE/ subvention/ Fee Paying	Play based curriculum that is planned based on the needs and interests of the children, using the principles of Síolta and Aistear.
After-School	Ongoing	3 hours	Ongoing	Maine Valley	Subvention & Fee paying	Homework time and an hour of fun activities e.g. cooking, crafts, games etc
School Collection Special	Term Time	1 hour	Ongoing	Maine Valley	€18 per week	Social time with other children of similar age, homework time, snack provided with return transport to school for 3pm.
Educational supports (TUSLA)	Term time	3.5 hours	Ongoing	Castlemaine	Subsidised	Educational supports provided for children within the after school setting.
Wibbly Wobbly Wonders	Term Time Wed	1.5 hours 10am to	Ongoing	Castlemaine	Donation	Facilitated activities including sensory & language activities messy play, music and movement. All aimed for young

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
		11.30am				children and their parents. Contact us on 087 3353842. Encourages children's development and bonding in a friendly supportive environment.
Additional needs camp	X3 times per year	2.5 hours	Ongoing	Castlemaine	Low cost	For School aged children offering a wide variety of topics. This camp provides 3 hours of supervised fun, one to one support, and activities to suit all children's individual abilities, needs and interests. It is in a secure, safe and child friendly environment. This camp also provides respite for the parents/guardians during out of school holidays, Along with offering an opportunity for the parents to meet each other and have a chat over a cup of tea/coffee.
Camps	During school holidays	3.5 hours	Ongoing	Castlemaine	Low cost	Pre-school and School age camps including topics such as arts and crafts, cooking, science & nature, drama and many others.
Language and Literacy €4.00 / Pay as you Go	Term time	2 hours	6-8 week blocks	Castlemaine	Low cost	Pre-school children This is a two hour programme facilitated by qualified childcare staff, the aim of this programme is to promote children's language and communication skills using language and literacy tools such as phonics, sand paper letters and early

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
						writing skills , all in a child centred environment.
Counselling for Adults	Ongoing	1 hour	8 sessions, then reviewed	Castlemaine	Negotiable , low cost €20	Professional Counsellors (IACP) providing counselling for both adults and children. Non judgemental and supportive. Contact 021 4217484 (confidential phone line)
Group Counselling for Adults	Autumn	2.5 hour sessions	6 sessions	Castlemaine	Nominal	Facilitated group sessions in a supportive and safe environment, learning to deal with grief, loss or a change in life's circumstances for example, through death, separation, unemployment, children leaving home, illness etc.
Play Therapy	Ongoing	1 hour	Up to 12 sessions / needs based	Castlemaine	Negotiable , low cost €20	Providing Play Therapy to help children express their feelings and deal with painful experiences, developing confidence and positive self-esteem. Contact 021 4217484 (confidential phone line)
Book Club (Kerry County library)	All Year	Friday 10.15M	Friday once a month	Castlemaine	Nominal	Opportunity to discuss and explore your favourite book in conjunction with Kerry County Mobile Library. NEW MEMBERS WELCOME. Oct. 14, Nov. 14, Dec. 9

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
Maine Valley Parent & Toddler	Term time Thursdays	10 to 11.30am	Ongoing	Castlemaine	€3 per session	Supportive social outlet for parents and toddlers in a child friendly setting ,toys and educational materials for toddlers tea/coffee and snacks provided Contact Jennifer on 086 8668318
Youth Club Milltown (KDYS)	Term time	2 hours	8-10pm Friday evenings	Milltown Nagle Rice	€3 per session	Contact on 0874432189 Castlemaine and Keel area welcome
KC's Men's Shed	All Year	Varies	Ongoing	Keel	Nominal	To support the Men's Shed, a friendly and welcoming to men of all ages, backgrounds and abilities, where men come together and have ownership of their shed, projects and program of events. In the longer-term, to create a safe and secure meeting place that provides a social outlet and a space for shared activities, with the objective of enhancing the wellbeing and community value of all participating men. Contact: Martin 086 2288313
GO (Grow Ourselves) Allotments	All Year	TBC	TBC	Milltown	Nominal	If you are interested in being a part of a new development in the Milltown area aimed at developing allotments. If you would like the opportunity to provide yourself and your family with a source of fresh food free from potentially harmful herbicides and pesticides, this might be the group for you.

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
						Contact: Amanda 087 3133962
Women's Group	All year	1-2 hours	Monthly	Castlemaine	Donation	Support the development of a women's group locally and to enable the group to engage with additional programmes and activities
Empowering Parents 0-12 (DESSA, KETB)	Autumn	2.5 hours	6 weeks	Castlemaine	Nominal	A peer support for parents of children who experience disability/learning disabilities to look at inclusion, advocacy, legal and policy provisions and the emotional needs of parents themselves.
Empowering Parents Support Group	Autumn	1-2 hours	Monthly	Castlemaine	Donation	Support the development of a support groups for parents of children with disabilities. Meets once a month (Closed group). Contact us for further information.
Computer Word Processing QQI level 4 (KETB)	Thursdays	2 hours (9.30am-11.30am)	25 weeks	Castlemaine	Nominal	To equip the learner with the knowledge, skill and competence to use word processing applications. 6 weeks 2016 remaining 2017
Free Computer classes (FIT) (Kerry flyer) Men Only	Autumn	2 hours 9.30am-11.30am	4 weeks	Castlemaine	Nominal	Designed to provide patient instruction and inspire confidence in the use of the internet. Hosted by KC Men's Shed. Contact: Martin on 0862288313.
Parents Plus Children 6-11 years old (KETB)	Autumn	2 hours	6 weeks	Castlemaine /Keel	Nominal	A practical and positive course on managing emotional/behaviour problems and promoting children's learning and confidence aged 6 to 11 years.

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
Parents Plus Separated Parents (KETB)	Autumn	2 hours	6 weeks	TBC	Nominal	Practical steps for parents to cope successfully and to help their children cope and thrive when families separate.
Deliver workshops for parents (HSE, KETB)	Autumn	1.5 to 2.1 hour sessions	Thematic workshops	Castlemaine		Deliver workshops supporting parenting and creating awareness, Dental Hygiene, Childhood development, Baby-Led Weaning, Restful Sleep; Understanding Transition (primary to secondary school); Wellness/Looking After Yourself, Nutrition and Healthy Eating; Young People's Sexual health
Deliver workshops on Personal Development for Adolescents (KETB)	Spring 2017	5 hours total	2 thematic workshops	Maine Valley Area	Nominal	'Lets Talk About Going to Secondary School'. Self-esteem workshops for children going from Primary to Secondary School
SafeTalk	Autumn	Workshop	½ - 1 day	Castlemaine	Nominal	Workshop aimed at developing skills to reduce suicide risk in local communities, preparing participants to identify people who have thoughts of suicide and to apply TALK step to connect them with support services.

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
Women's Personal Development Arts and Crafts	Autumn	2.5 hours Monday's AM	8 weeks	Castlemaine	Nominal	An arts and crafts programme delivered through Maine Women (Maine Valley's Women's Group) developing skills in various crafts through a fun an informal environment.
Staff Support & Supervision	Autumn	2 days	2 days	TBC	TBC	This 2 day course provides an introduction to a model of effective staff support and supervision for voluntary management committee members and workers who want to develop their staff support and supervisory role.

Killorglin Family Resource Centre

Phone: 066-9762933

39, Iveragh Park

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Killorglin,

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County Kerry

Programmes &**Supporting Agency****Start Date****When****Duration****Where****Cost****Description**

Supporting Agency	Start Date	When	Duration	Where	Cost	Description
First Time Parents <i>Supported by KETB</i>	Autumn	2 hours	6 weeks	Killorglin FRC	Nominal fee	How to build positive parent-child relationships. Involving family and community in raising children.
ADHD support group	On going	Monthly	2 hours	Killorglin FRC	No Charge	Information Sharing Personal Development workshops
Series (4) of workshops for parents 0-12 <i>Supported by KETB</i>	Autumn & Spring	2.5 hours per workshop	4 weeks	Killorglin FRC	Nominal fee	Nutrition/Healthy Eating Communications Managing Behaviour Basic First Aid
Grow It Yourself	Ongoing	2 hours	2 nd Thursday every month	Killorglin FRC	No Charge	Support and Information on gardening etc.
Laune Childcare Pre-School	Ongoing Morning and afternoon sessions	3 hours	Ongoing	Killorglin FRC Centre Childcare premises	Ecce/ subvention / fee paying	Play based curriculum that is planned based on the needs and interests of the children, using the principles of Síolta and Aistear.

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
Laune Childcare Breakfast Club	Term Time	7.30-8.45am	Term Time	Killorglin FRC Centre Childcare premises	Subvention	Nutritional Hot or Cold Breakfast
Laune Childcare After-School Service	Term time	2 hours	Ongoing	Killorglin FRC Childcare premises	Subvention	Homework support /healthy
Out of School Camps	Outside Term time	Full Days	Ongoing	Killorglin FRC Childcare premises	Subvention	Fun filled activities
Play Therapy	Ongoing	When needed	Ongoing	Killorglin FRC Childcare premises	Fee Paying	Suitable for children who are experiencing difficulty maintaining healthy social relationships Increased aggression or acting out behaviour Difficulty concentrating in school Becoming withdrawn or being bullied Becoming anxious with difficulty separating from family
Music Therapy	Ongoing	Weekly	Ongoing	Killorglin FRC Childcare premises	Fee paying	Music Therapy combines knowledge of science and music to achieve optimum physical, emotional and mental and social health. Suitable for adults and children. Excellent for children with extra needs
Time for You <i>Supported by SW Counselling Centre</i>	September	Weekly	6 weeks	Killorglin FRC	No Charge	For men and women over 50. Workshops will focus on ways to stay mentally healthy and well, remain productive and enjoy life

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
Counselling for Individuals,, Adolescents families and children	Ongoing	1 hour	Ongoing	Killorglin FRC	Subsidised	Professional Counsellors providing counselling
Basic Computers <i>Supported by KETB</i>	September	3 hours	10 weeks	Killorglin FRC	Free for those on Social Welfare Payment	Basic Computer Skills
Occupational First Aid <i>Supported by KETB</i>	Spring	3 hours	10 weeks	Killorglin FRC	No fee for early school leavers	HETAC accredited programme
ECDL <i>Supported by KETB</i>	September	3 hours for 2 days per week	12 weeks	Killorglin FRC	Free to those on Social Welfare Payment	HETAC accredited course
TTRS Dyslexia Support Programme	September	2 hours per week	10 weeks	Killorglin FRC	May be subsidised	A multi-sensory approach for children with dyslexia
Dyslexia Support Group	October	Quarterly	Ongoing	Killorglin FRC	No Charge	Information Sharing
Facilitation Skills	September	3 hours	8 weeks	Killorglin FRC	Price on request	Facilitation skills for working with groups

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
Office Procedures <i>supported by KETB</i>	October	3 hours	8 weeks	Killorglin FRC	Free to those on Social Welfare Payment	Office Procedures and communication skills
Steps to Success <i>supported by SKDP</i>	September	2 hours	11 weeks	Killorglin FRC	Free	Confidence building and personal development

South West Kerry Family Resource Centre 18 Main Street, Cahersiveen, County Kerry	Phone: 066 9481000 Email: swkerryfrc@eircom.net Facebook: South West Kerry Family Resource Centre
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Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
Family Support (SWKFRC)	Drop in to make appointment	Ongoing	As required	SWKFRC	Free	The provision of information and support
Subsidised Counselling Service (SWKFRC)	September	Monday's	50min sessions	SWKFRC	Sliding Scale Minimum payment acceptable €15 per session	Local, affordable, professional and confidential service for adults, teenagers and children, to help deal with issues that are causing anxiety, stress, confusion or sadness; be it relationship or behavioural difficulties, or a loss, bereavement or change of some kind. Call 087 203 7952 to make an appointment.
Play Therapy	Ongoing	Thursday's	Recommended 10 sessions	SWKFRC	€45 per session. Supports routes available to help with funding if required.	Play therapy is generally employed with children aged 3 through 11 and provides a way for them to express their experiences and feelings through a natural, self-guided, self-healing process. As children's experiences and knowledge are often communicated through play, it becomes an important vehicle for them to know and accept themselves and others.

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
Rainbows / SWKFRC	When we have a suitable group we can run a programme (similar age range and experience)	Possible days: • Wed pm • Fri pm After school	14 weekly sessions	SWKFRC	Free	<ul style="list-style-type: none"> • Rainbows' is a peer support group to help children where a significant loss has affected their lives. • There are 3 Levels within Rainbows: Level 1: 4 – 6 yrs. Level 2: 7 – 8 yrs. Level 3: 9 – 11 yrs. • Each group will have between 3 and 6 children and will be organised and facilitated by trained and compassionate volunteers
Indirect Dyslexia Learning (SWKFRC and contracted tutors)	Dependant on funding. Runs with the school term	After School	26 sessions (2 x 1hour sessions per week)	SWKFRC And various outreach venues	€290 per child including returnable deposit of €30 if unused	<ul style="list-style-type: none"> • IDL is a multi-sensory, computer aided system of lessons, guided by a tutor • IDL is a learning system rather than a teaching system • The IDL programme has helped students with various learning and literacy difficulties: dyslexia, dyspraxia, mild learning difficulties, processing and co-ordination problems, ADD/ADHD, Scotopic / Irlen Syndrome • Extra tutor support is provided and tailored to the individual child

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
Indirect Dyslexia Learning - Parents information and support sessions	TBC	TBC	1 sessions	SWKFRC	None	Parents information and support session
Conversational English SWKFRC & Third Age	Oct	Thursday evenings	6pm – 7:30pm	Cahersiveen Library* Possibility of group in Waterville also	€2 per session. €5 for text book if required (optional)	Help individuals to improve their English / developing links with new families
Homework support where English not first language SWKFRC & Third Age	Individual arrangements	After School	1 hour	Library or SWKFRC	Free	Help for parents and children to improve their English and cope with overseeing homework / developing links with new families
6th Class Project SWKFRC	Oct/Nov	Day to be confirmed 4.30 – 6pm	6 weekly sessions	Social Services Day Care Centreif FRC unavailable	€25	Working with children making the transition from primary to secondary school. Topics covered include: Building self-esteem and confidence; assertiveness; fears; concerns; hopes; planning and study skills; coping skills; who and how to ask for help; nutrition advice.

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
Empowering Young People SWKFRC	Dependant on requests from schools	Day to be confirmed 2 hours	5 weekly sessions	National School	None bar travel and admin expenses	These workshops are in response to a sizeable number of parents who have requested a programme to help their child who is being bullied or suffering from very low self-esteem. (5 th and 6 th class)
Empowering Young People Parents sessions SWKFRC	Prerequisite to start of EYP course in the school	Eve to be confirmed	1 hour	National School	Free	Understanding the programme and supporting child
Halloween Children's Workshop SWKFRC	31 st Oct	Afternoon	3 hours	TBC	Small charge per child	Educational and social workshops for children 5 to 9 years and 10 to 12 years, in the school holiday periods. Opportunity to include children referred to us directly by schools, social workers, learning-support tutors etc.
Christmas Children's Workshop SWKFRC	TBC	1 day	3 hours	To be decided	Small charge per child	Educational and social workshops for children 5 to 9 years and 10 to 12 years, in the school holiday periods. Opportunity to include children referred to us directly by schools, social workers, learning-support tutors etc.
Children's Craft classes SWKFRC	Oct	TBC	TBC	To be piloted in National School(s)	TBD	Classes to help children from 5 th class (primary) learn handcrafts, e.g. knitting, crochet, sewing etc., so that they can avail of more options in second level. Opportunity to support disadvantaged

Programmes & Supporting Agency	Start Date	When	Duration	Where	Cost	Description
						children, and to encourage social interaction.
Children's Wool Art Workshops SWKFRC	Autumn mid-term break	TBC	1 week	SWKFRC	TBC	A facilitated project to work with children from previous Rainbows Groups, to make a collaborative piece of art, which will be displayed in the FRC. Opportunity for a reunion
Language and Play SWKFRC	Autumn	1 – 2 hours	4 – 6 sessions	Dromid Baby & Toddler Group	None	Project working with parents and young children to help develop play, language and development in babies and young children
Breastfeeding PHNs / SWKFRC	August 30th	Every Tuesday	11.30am – 1.30pm	SWKFRC	Free	<ul style="list-style-type: none"> • Support • Friendship • Advice/ Baby Weighing from PHN • Baby Massage sessions
Ante natal 'pop-up' group PHN	Dependent on demand	Ongoing	Usually 2.30pm – 4.30pm	SWKFRC or College Arms	Free	<ul style="list-style-type: none"> • Support / Preparation / Advice from PHN • Friendship
Baby Massage SWKFRC / tutor	Autumn and or Spring	3 sessions per course	2 hours	Waterville and Cahersiveen	Minimal	Learn about the massage techniques for your child using essential oils – mother, father and baby.
Parents Plus Early Years Programme SWKFRC	Spring	8 – 10 weekly sessions	2 hours	TBC	Nominal	A practical and positive guide to parenting children aged one to six years, which builds on parents strengths and uses carefully selected video scenes to illustrate ideas.

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Parents Plus Adolescent's Programme SWKFRC	Autumn	8 – 10 weekly sessions	2 hours	TBC	Nominal	Considers how parents can connect with and build good relationships with their teenage children, while also being firm and influential in their lives. Includes effective communication and conflict resolution
Teenage Relationships SWKFRC /tutors	Autumn	2 to 3 workshops	2 hours	Suitable venue for group	Nominal	Series of workshops for developing parents confidence, skills and knowledge to approach the area of sexual health with their children
Wellbeing Social Health Education Project / SWKFRC	Spring	TBC	2.5 hours 8 weeks	Waterville	Waterville	Acquiring skills, knowledge and awareness, to empower mothers to achieve a greater sense of well-being in their daily lives and in their role as a parent. Providing a safe and supportive space.
Youth Participation Programme SWKFRC	January 2016 Closing October 2016	Regular planning meetings	Several months	SWKFRC for meetings	Funded	Working with young people to identify an issue they wish to address in their community <ul style="list-style-type: none"> • Body Image Workshop • Collaborative Window Art • Youth Disco • Mural • Drama Workshop

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Engagement through Art	Ongoing – new members always welcome	Wednesdays from pm 2.30	Ongoing	College Arms Cahersiveen for meetings or out in the field	Funded	Art in nature Developing options for young adults who need extra support or opportunity to socialise since leaving school and may not have found further education or work.
Information and support for individuals and groups SWKFRC	Ongoing	9.30 to 5.30 Monday to Friday	As required with a member of staff	SWKFRC	Photocopying and printing for groups will be charged for	Finding information on services and supports for individual issues / family issues / groups. Form filling, preparing CV's, running a group, sourcing grants, advertising etc.
Knitting & Crochet Group SWKFRC	Ongoing	10:30am – 12:30pm Wednesdays	2 Hours	SWKFRC	€2	Group to help individuals improve or learn knitting/crocheting skills, also provides a social outlet in the community.
Assisted Technology SWKFRC / KETB	TBC	Spring	2-3 hours	TBC	Free	Session will cover how to use technology to support learning for children with additional learning needs, e.g. Dyslexia, Autism Spectrum, vision or hearing impaired.
Empowering Parents Training SWKFRC	TBC once group in place	TBC	TBC	TBC	Payment for work book	DESSA Empowering Parents training

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Information Talks Various speakers SWKFRC	Autumn	1. TBC 2. TBC 3. TBC 4. 13 th Oct 5. 22 nd Sept	2 hours	College Arms / Library	Free or Small Charge	<ol style="list-style-type: none"> 1. Parenting issues 2. Nutrition 3. Learning difficulties e.g. Dyslexia 4. Sight Loss 5. Child-minding as a business