

Boyle FRC

Supporting you, your family
and our community



Autumn/Winter 2021

Boyle Family Resource Centre
&
Boyle Counselling and
Psychotherapy Centre

Registered Charity No: 20153519

Boyle Family Resource Centre

Manager: Louise Moran

manager@boylefrc.ie

Financial and Clerical Officer: Elaine Egan

administrator@boylefrc.ie

Receptionist: Marie Brennan

reception@boylefrc.ie

Community & Family Development
Support Workers:

Emer McFadden CommFam@boylefrc.ie

Karen Delaney FamComm@boylefrc.ie

Counselling & Psychotherapy Centre

Direct Line: 071 96 63841

Clinical Manager : Maura Callaghan

boylecpc@boylefrc.ie

Counsellors & Therapists:

counsellingtherapy@boylefrc.ie

CONTACT US

Phone: 071 96 63000

Email: info@boylefrc.ie

Web: www.boylefrc.ie

Facebook: www.facebook.com/boylefrc

Twitter: www.twitter.com/FRCBoyle

Instagram: @boylefamilyresourcecentre

Boyle Counselling & Psychotherapy Centre

071 9663000 or 071 9663841 (Direct Line)

Director: Maura Callaghan

We provide Counselling & Psychotherapy
for the following from young children to adults

Adolescent Therapy

Bereavement

Child

Couple and Relationship

Individual

Family Therapy

Child and Family Holistic Therapist

Play Therapy

We also provide:

Crisis Support

Suicide Prevention

Suicide Bereavement Liaison

Support Groups & Services

Professional Training

Most of these services are available Monday to
Friday, day and evening. It is available in as far
as possible at a time to suit the individual,
family or couple and is by appointment only.
Emergency times are available.

**Due to COVID-19, we have suspended taking fees
but donations are accepted.**

Our Team: Maura Callaghan, Marie Brennan,
Karen Leonard, Criona O'Donnell, Ursula Conboy,
Catherine Tarabulsi, Sarah Davey Tiffany Jennings
Walsh and Placement Counsellors.

Roscommon Suicide Bereavement Liaison Service

Roscommon Suicide Bereavement Liaison
Service is a free & confidential service that
provides assistance & support to families &
individuals grieving the death of a loved one by
suicide. **Contact:** Tiffany Jennings Walsh,
Suicide Bereavement Liaison Officer
on 085 740785. *This service is funded by the
HSE National Office for Suicide Prevention.*

Volunteers

Volunteers are the back bone of
Boyle Family Resource Centre.

There are over 100 volunteers
working within 14 teams here at the
Centre.

We value and appreciate their
commitment and time.

If you would be interested in
volunteering, please contact the
centre for a volunteer pack.

Board of Directors

Chairperson: Evelyn O'Donnell
Secretary: Monica Devine
Treasurer: Annette Keenehan
Director: Mary Flynn
Director: Moya Mohan
Director: Brian Nerney
Director: David Kelly.

*One of the greatest gifts you can
give is your time.*

A message from our Board and Staff on our

Autumn/ Winter programme of Activities for 2021.

The start of 2021, was not the year any of us had hoped
or wished for with further restrictions and changes to
our services.

At Boyle FRC we continued to meet the needs of our
community by being available over the phone, delivering
programmes such as parenting courses online, weekly
distribution of food packages to those in need or our
Counselling services via zoom and phone.

While 2021 continued to be a year of uncertainty and
change, the flexibility and commitment of our Staff,
Volunteers and Community remained unchanged and we
are grateful to each and every one of you.

As we step into Autumn, we are cautiously making plans
on the programmes and services we hope to offer. We
are looking at blended options where possible to allow
for Face to Face and online learning simultaneously. At
all times we will adhere to Public Health guidelines and
keep the safety and well-being of our community to the
fore.

In 2021, we worked to secure funding through Roscom-
mon County Council, Community Foundation of Ireland
Comic Relief, Mitigating against Educational Disad-
vantage Fund and Healthy Roscommon CYPSC. These
funds will allow us to upgrade spaces to make our Cen-
tre more accessible within the COVID 19 regulations
through outdoor space, blended learning or toolkits for
well-being. We are extremely grateful to these funders
and indeed all our funders for supporting the work of our
Centre and allowing us to further grow and develop.

We look forward to continuing our work in supporting
you and our community.

Administration Services

The Boyle Family Resource Centre offer a wide
range of Office and Administration Services at
affordable rates. If you require a large amount of
photocopying/office services
please call in advance to ensure availability.

Service	Details	Cost
PHOTOCOPYING		
A4 Paper	Black & White	.10c
A4 Paper	Colour	.20c
A4 Coloured Paper	Black & white	.15c
A4 Coloured Paper	Colour	.20c
A4 Card	Black & white	.25c
A4 Card	Colour	.30c
A3 Paper	Black & White	.20c
A3 Paper	Colour	.40c
A3 Coloured Paper	Black & white	.30c
A3 Coloured Paper	Colour	.50c
LAMINATING		
A4	To preserve docu- ments from wear & tear, dust & moisture.	.80c
A3		€1.00
BINDING		
	Spiral bound with clear Cover & card back	€1.50
FAXING		
		€1.00
INTERNET ACCESS		
	On FRC Computer. Wi-Fi also available.	Donation
SCANNING		
	A4	.20c
	A3	.50c
TYPING		
	700 words	€10
	CV, One page etc	€2.00

ROOM USAGE

The Centre has meeting rooms that can be rented if
you wish to enquire about renting/using a room,
please contact us.

Learning & Education

Irish Classes with Micheál Ó'Tuathail.

Beginning Irish Again

Date: Tuesday September 14th

Time: 7.00p.m. to 8.30p.m. **Cost:** 8 weeks €70

Complete Beginners Irish

Date: Wednesday September 15th

Time: 7.00p.m. to 8.30p.m. **Cost:** 8 weeks €70

Improvers Irish

Date: Thursday September 16th

Time: 7.00p.m. to 8.30p.m. **Cost:** 8 weeks €70

English Language Class

English language classes for those whom English is not their first language.

Date: Starting Tuesday September 14th

Time: 12.30 - 1.30p.m. **Cost:** Donation

Spanish Classes

Classes in Beginner and Intermediate level Spanish.

Date: Starting Thursday September 23rd

Beginners Class **Time:** 10.30a.m.—11.30a.m.

Intermediate Class **Time:** 11.45a.m. - 12.45p.m.

Cost: 6 weeks €40

Music & Italian

 with Marie Hanmore Cawley

Share learning with people of all ages and abilities. Learn new skills from the mix of Music and Italian.

For Beginners **Date:** Starting Monday September 27th

Time: 10.30am—12p.m.

Intermediate Level **Date:** Wednesdays on Zoom

Cost: €3/donation **Pre-Booking is essential**

Personal Growth

Winter Warmers 2021

The GRETB funded Community Ed classes for Autumn 2021 will commence September 2021. Check in centre and on social media for classes and start times.

For online classes, Boyle FRC may be able to support you with digital devices to access classes.

Pilates with Oliver Nevin ***Limited availability***

Date: Starting Tuesday September 14th

Time: 9.30a.m. - 10.30a.m. and 10.40a.m. - 11.40 a.m.

Cost: €50 for 6 sessions

Yoga with Liz Dwyer ***Limited availability***

Date: Starting Wednesday September 15th

Time: 11a.m. - 12.00p.m. and 12.15p.m. - 1.15p.m.

Cost: €50 for 6 sessions

Stafford Steppers

A community walking group for all, a place to socialise safely, gentle exercise and a friendly chat.

Date: Thursday Mornings **Time:** 11a.m.

Please contact the centre to register your interest

Strolling Strollers

Weekly Walking group for parents/carers and their young children to meet and chat.

Date: Wednesday Mornings **Time:** 10.30a.m.

Youth Groups

Roscommon Youth Service run weekly (during term time) youth groups for children aged 10-18 at Boyle FRC. Please contact Sean on 086-0319014 for more information.

Boyle Food Partnership

Food Packages

We operate two schemes FEAD and Food Cloud.

If you and/or your family need food, we distribute food through these programmes at the Centre. Please text the word FOOD and your first name to 0860496467 to receive details or call to the Centre.

School Kits

In August 2021, we will be distributing school kits to low income families of children in primary school and the Junior cycle of secondary school. These kits are funded through the FEAD programme. These kits provide a large percentage of the stationery required for children going back to school in September 2021. If you require a school kit for your child please text the word SCHOOL and your name to 0860496467 to receive details.

Community Mothers

Community Mothers Roscommon is a free home visiting support for parents of children under five, delivered in the areas of Boyle and Ballaghaderreen.

Self-referrals are welcome and you can contact Emer (Boyle) on 086 014 3942 or Kara (Ballaghaderreen) on 086 604 8560 directly. You can also speak to your PHN, GP or any other agency you may be involved with who will refer you on to us. If you are interested in becoming a Community Mother volunteer in this rewarding programme, Emer and Kara would also love to hear from you

Drop In Room

We will open our drop in room in line with Public health guidance of time, however our staff are always available behind closed doors so please call us on 071-9663000.

Parent and Family Support

We offer sign posting to services/information or we can provide more intensive support. Some examples of the support we offer; Improving communication skills, dealing with difficult behaviour, making routines and establishing boundaries.

Individual one to one support

This work is aimed at children or young people who are dealing with challenging experiences that are likely to impact on their development. For example, boundaries, bullying, anxiety and behavioural issues. Please contact the centre to make a referral or for more information.

Family Support Drop In Clinic

A drop in confidential space for parents and families to drop in for a listening ear and receive support about issues and concerns that you have about you and/or your children. Clinic will be available in person or over the phone.

Date: Wednesday Mornings **Time:** 9.30am to 12.00pm during primary school term starting on Wednesday September 1st. **An interagency project together with Boyle FRC, Foroige, Tusla & Roscommon Safe-link.**

Common Sense Parenting

As your child's first and most important teacher this 7 week programme helps parents to learn skills to encourage their children's positive behaviour.

** This program will be offered through blended learning (online and in centre). **

Date: Starting Monday September 13th (6-16 years)

Time: 10.00a.m.—12.30p.m.

Date: Starting Wednesday September 15th (0-6 years)

Time: 7.00p.m.—9.30p.m. **Cost** €20.

Mindful Parenting

An eight week mindfulness program that parents can use to support their child's positive mental health and well-being.

** This program will be offered through blended learning (online and in centre). **

Date: Monday November 1st - Monday December 20th

Time: 7.30 - 8.30p.m. **Cost:** €2/donation per session

E-Powering Parents

This is aimed at empowering parents to help keep their children safe online.

Date: Wednesday November 17th

Time: 7.30pm—9.30pm

TACKLE Drug & Alcohol Parenting Module

This is aimed at empowering parents to address and communicate with their child about alcohol and other drugs

Date: Wednesday November 3rd

Time: 7.30pm—9.30pm

Boyle Breastfeeding Support

A space where you and your baby will receive lots of support, a warm welcome & a cuppa!

Date: Last Friday of every month. **Contact the centre for more information.**

Cost: €2 or donation

Baby & Toddler Activities

Baby & Toddler group is a great way of meeting other people with children the same age as yours in our community. We have Bazz Art, Crafts, Music and other activities planned. **Contact the centre for more information.**

Mindful Garden

A four week programme for children aged 6-11. Benefits for children:

- Calmer and happier
- Increased concentration
- Reduced anxiety and stress
- Improvement socially and emotionally
- Increased confidence and self-esteem.
- Better quality of sleep and more!

** Course will be ran online via zoom **

Date: Starting Saturday October 16th until Saturday November 6th

Time: 10.00 - 11.30a.m.

Cost: €10

Booking is Essential

Therapeutic Services (see overleaf)

- Family Therapy
- Adolescent Therapy
- Child and Family Holistic Therapist
- Play Therapy
- Individual and Couple Counselling

Community Sensory Space

Our community sensory room is available for booking. We will be following HSE guidelines to ensure the safety of individuals who use the room. Please contact Boyle FRC to book.

Community Polytunnel

A group from Roscommon Youth Service, are currently giving the polytunnel a well needed face lift, we hope to offer some classes and space to the community in Autumn 2021.

Boyle FRC Book Club

Social group for readers in the community. Meet on the last Monday of the month to discuss that months book. **Contact the centre for more information.**

Health Week

PHYSICAL HEALTH & WELLBEING: Taster Classes of Yoga and Pilates: 10a.m. - 11a.m. Mon 6th, Tue 7th, Wed 8th & Thur 9th September Free Over 55's Under 55's: €3 per session **Kindly Funded through Age and Opportunity**

SEXUAL HEALTH: FREE Informative talk from sexual health west on Monday September 6th

BREAST CHECK IRELAND: FREE Information talk on Tuesday 7th September: 12.30p.m.—1.30p.m.

MINDING YOUR MENTAL HEALTH - MINDFULNESS: 1 hour of gentle meditation to bring mindfulness into your day. Wednesday September 8th **Time:** 12p.m. - 1p.m.

MARIE KEATING: Mobile Information Unit with Specialist Nurse Thursday 9th September **Time:** 9.30a.m. - 4p.m.

CROI: 'Eating for a Healthy Heart'. Thursday September 9th 11a.m. - 12p.m.

Booking is essential for all Activities & Talks

Support Services and Groups

Bereavement Support - Booking Essential Support for those grieving the loss of a loved one.

Date: Monday October 4th for 6 weeks

Time: 7.30p.m - 9pm **Cost:** Donation

Widows & Widowers Support Group

Support for those grieving the death of their spouse.

Date: Thursday September 9th (2nd Thursday of month)

Time: 7.30p.m. - 9p.m. **Cost:** Donation

Loss of Relationship

Spring 2022

For those who have lost a relationship through death, separation or divorce

GROW

Its principal strength is the support members give to each other from their own experience in matters to do with mental health. Contact Teresa on 085-1493508 for more information.

Date: Monday Evenings **Time:** 7.30pm-9pm

Venue: Boyle CPC (next door to main building)

Rainbows/Spectrum

A group for children/teenagers who have lost a parent or significant other through death, separation or divorce.

LGBTI+ and Allies

A weekly group for young people aged 13-18 years who identify as members of the LGBTI+ community or who are an ally to the LGBTI+ community. Opportunity to try some fun activities, seek advice/support

Venue: Boyle Family Resource Centre.

Contact Sean on 086-0319014 for more information

Children's Camps

Halloween Camp 2021

This camp will be held at the centre unless Public Health Guidelines advise against.

Please contact the centre for more information.

Date: 27th and 28th October 2021

Time: 10a.m - 1.00p.m.

Booking Information

For more information on any of our programmes, groups, courses or services, please contact us.

If you would like to be added to our mailing list please

email: info@boylefrc.ie

COVID-19 Regulations

Boyle Family Resource Centre have had to implement a number of changes with how our programs and services are delivered due to the Guidelines issued by the government with regard to COVID-19.

These can change at any time in line with Public Health Advice - Please check with us.

Everyone entering the Centre will be asked to wear a face mask, sanitise their hands and provide contact details for contact tracing purposes

All rooms now have a max capacity sign on the door going in, this cannot be exceeded. The seating arranged to maintain social distancing, please do not move without consulting staff.

All courses and programs must be pre-booked and paid for in advance.

While we have had to change some aspects of our Centre, you will always be welcome at Boyle FRC