

December 2021
from 11am—1pm
TUESDAY 7TH DECEMBER

Fitness Class
Healthy Eating & Nutrition
11am—1pm

Gardening with Seamus
2.30pm - 4.00pm

TUESDAY 14TH DECEMBER

Arts & Crafts
11am—1pm

TUESDAY 21ST DECEMBER



Christmas Crafts
11am—1pm



Activities & Services
at Breffni Family
Resource Centre:

- ◆ OASIS - Breffni Women's Shed
- ◆ Youth Cafe
- ◆ Crèche
- ◆ Rainbows Programme
- ◆ Programme for People with Disabilities
- ◆ Rooms to Hire
- ◆ Free Pre-School (ECCE)
- ◆ Administrative Services including colour photocopying, enlargements up to A3, printing, faxing, binding, and laminating
- ◆ Community Composting
- ◆ Allotments to Rent
- ◆ After-School & Transport
- ◆ Various Workshops
- ◆ Men's Group
- ◆ Evening Classes
- ◆ Internet Access & Job Group
- ◆ 12-Step Programmes
- ◆ Information Centre
- ◆ Shop
- ◆ Over 55's Programme
- ◆ Parenting Programmes
- ◆ Breast Feeding Support
- ◆ Community Playground
- ◆ FEAD / Food Cloud Scheme and much more!

OPENING HOURS

Resource Centre

Mon - Thurs

9am - 6pm

Friday

9am - 5pm

SHOP

Monday - Fri

9am - 8pm

Regular Updates!

Regular, updated information can also be found on our website at:

www.breffnifrc.ie

Find us on:



Breffni FRC

To Find Us

From Main Street Carrick-on-Shannon, follow the signpost for "Breffni Family Resource Centre" opposite Murtagh's Bar

We are approximately a 5 minute walk from Main Street, Carrick-on-Shannon

Men's Gardening
&
Social Club
Newsletter

Men's Gardening & Social Club is a social and activity group for men of all ages. We meet every Tuesday from 11am to 1pm at Breffni Family Resource Centre in the lovely town of Carrick-on-Shannon. Activities are varied and fun. Just come along any Tuesday!

Based at:

Breffni Family Resource Centre



PLEASE REGISTER FOR EACH WORKSHOP AS PLACES ARE LIMITED.

NEWSLETTER Sep—Dec 2021

Breffni Community Development CLG
 Family Resource Centre,
 Breffni Crescent,
 Carrick-on-Shannon,
 Co. Leitrim. N41 X9D6



Tel: 071-9622566

Mobile: 086-0737454

Email:
info@breffnifrc.ie

Web: www.breffnifrc.ie



Weekly cost of €2 to members
Trips are subsidised for members only
Membership Forms can be obtained at Reception.
Activities & trips may be subject to change.



September 2021

TUESDAY 21ST SEPTEMBER

Fitness Class
Healthy Eating & Nutrition
11am—1pm



Gardening with Seamus
2.30pm - 4.00pm

TUESDAY 28TH SEPTEMBER



Arts & Crafts
11am—1pm

Gardening with Seamus
2.30pm - 4.00pm



October 2021

TUESDAY 5TH OCTOBER

FITNESS CLASS
HEALTHY EATING & NUTRITION
11am—1pm
GARDENING WITH SEAMUS
2.30pm - 4.00pm

TUESDAY 12TH OCTOBER



WILLOW WEAVING WORKSHOP
11am—1pm
GARDENING WITH SEAMUS
2.30pm - 4.00pm

TUESDAY 19TH OCTOBER

TRIP TO GLENVIEW FOLK MUSEUM

*Bus leaves @ 10.30am sharp and leaves Museum @ 1pm
Cost: €5*

GARDENING WITH SEAMUS
2.30pm - 4.00pm



TUESDAY 26TH OCTOBER

BERNIE CURD—Improving Self Confidence/Mindfulness
11am—1pm
Gardening with Seamus 2.30pm-4.00pm

November 2021

TUESDAY 2ND NOVEMBER

Fitness Class
Healthy Eating & Nutrition
11am—1pm
Gardening with Seamus 2.30pm- 4.00pm

TUESDAY 9TH NOVEMBER

Willow Weaving Workshop
11am—1pm
Gardening with Seamus 2.30pm-4.00pm

TUESDAY 16TH NOVEMBER

Arts & Crafts
11am—1pm
Gardening with Seamus 2.30pm-4.00pm

TUESDAY 23RD NOVEMBER

Fitness Class
Healthy Eating & Nutrition
11am—1pm
Gardening with Seamus 2.30pm-4.00pm

TUESDAY 30TH NOVEMBER

Arts & Crafts 11am—1pm
Gardening with Seamus 2.30pm-4.00pm