

## Breffni Community Development CLG Mission Statement

The aim of Breffni Community Development CLG is to provide social, developmental, educational and caring supports and services that will meet the needs of families, children and individuals in an accessible, friendly, confidential and respectful environment.



### BREFFNI ADMINISTRATIVE SERVICES

**OUR SERVICES**

- Typing Services - Essays, Projects, CV's etc.
- Design Work
- Binding
- Laminating - A4 & A3 Black and White and Colour
- Photocopying - A4 & A3 Black and White and Colour
- Printing - A4 & A3 Black & White, Colour
- Scanning

**IF YOU HAVE ANY PROJECTS THAT YOU WOULD LIKE US TO PRICE FOR YOU, PLEASE TELEPHONE US OR JUST CALL IN.**

OPEN 9AM - 6PM  
MONDAY TO FRIDAY

skype



## AUTISM Support Group

HELP & ADVICE \* MEET OTHER FAMILIES \*  
COMFORTABLE & FRIENDLY SURROUNDINGS

REFRESHMENTS SERVED

Last Thursday of every Month from 11am - 12.30PM.

**BREFFNI FAMILY RESOURCE CENTRE**  
Carrick on Shannon

For more information you can contact  
Bernice O'Connor on 086 2270795  
or call 071 9622566



## Breffni Community Composting

OPENING HOURS  
Tuesday 8am - 5pm

**COMPOST**

We accept:

- Vegetable Peels, Grass Cuttings
- Country House, Old Fences, Dead Hedge Clippings (either chipped or long stalks)
- Egg Shells, Tea Leaves, Coffee Grinds
- Fruit peelings (only limited amounts of citrus - their peelings should be used)
- Manure: Horse, Cow, Rabbit, Chicken, Guinea Pig
- Large Wood Material
- Chemically Treated Garden Waste

## Breastfeeding Support Group for Women

Drop-in for sessions for pregnant women, breastfeeding mothers, babies & toddlers. All Welcome!

**BREFFNI FAMILY RESOURCE CENTRE**

**Mondays**  
11:00am - 12.30pm

Breffni Crescent, Carrick on Shannon




**Kidmania!** Monday to Thursday's  
Kidmania! runs for 4 days a week. This group is for young people aged 8-12yrs of age. The young people are welcomed with a snack as well as supported in the completion of their homework & enjoying free time with their friends. There is a school bus in operation which drops off here at the centre.

**Fun Friday's**  
Fun Friday runs from 2.30pm to 5pm and is open to children aged 8-12yrs. Lots of fun activities, projects and trips!

**Drop In Group**  
Drop in group for the 12+ years of age is here 2 evenings a week from 5.30-7pm. New members are always welcome to come along and chill out in our purpose built space and use the many facilities that we have on offer.

### Awareness Campaign & Special Interest Projects

During the year Breffni Youth Cafe gets involved in various Awareness Campaigns and special interest projects which include different activities such as Arts & Crafts, Drama, Cookery and much more.

**Seasonal Camps**  
Breffni Youth Cafe runs seasonal camps throughout the year for young people aged 5+ years of age. These camps are generally ran during school holidays e.g. Midterm Camps, Easter Camps, Summer Camps, Fun Days Camps, Transition Camps, Halloween Camps and Christmas Activities.

For further information, please contact Sarah on 0719622566. Spaces are limited so booking is essential.

### Breffni FRC Provides a Range of Family Supports to Help You

We offer a Counselling Service; referrals to Tusla's Meitheal programme; Parenting Courses and we can help you make a support plan for yourself and / or your family through confidential discussions.

We'll work with you and external & statutory agencies to help you find the best solution to any problem you may be having.  
Call Suzanne, in the strictest confidence, on 071 9622566



Breffni Childcare incorporating Pre-School, Crèche and Afterschool. Our Community Childcare facility is TUSLA approved and employs a Manager, Assistant Manager & 12 staff including staff on a Community Employment Scheme. Breffni Childcare is involved in the following Government Schemes: National Childcare Scheme (NCS), Childcare Subvention Plus (CCSP) Childcare Subvention Universal (CCSU) & Free Pre-School (ECCE).

### Curriculum

Breffni Childcare delivers a well-balanced curriculum to meet the needs, ages & stages of all the children within our care. We provide the children with both indoor and outdoor activities. Our activities are based on the Aistear curriculum.

### Meals

All our meals are freshly prepared everyday by our cook. All fresh ingredients are used. We cater for Breakfast, Mid-morning snack, Dinner and an afternoon snack. If children require any dietary/allergy requirements, where possible, we will meet these needs.

<https://www.facebook.com/breffni.childcare>

## Breffni Men's Gardening & Social Club

Every Tuesday  
from 11am - 3pm  
BREFFNI FAMILY RESOURCE CENTRE

Activities include Woodwork Projects, Gardening, Trips Away and much, much more.

Whether you'd like to learn new skills, share what you know with others or even just come along for a chat and cup of tea you'll always find a welcome!

Membership Fee €15 per annum  
Weekly cost of €2

For any queries or to get involved please call 071 96 22566  
Membership forms can be obtained from Reception

## COUNSELLING & THERAPY SERVICES

BREFFNI FAMILY RESOURCE CENTRE  
Carrick-on-Shannon, Co. Leitrim, N41 X9D6

Breffni Family Resource Centre offers care to families and children with the following type of counselling and support services:

- Marriage and Relationship Counselling
- Child Counselling & Therapy
- Bereavement Counselling and Support on the death of a family member
- Recovery Counselling & 12 Step Programmes

Funding is provided by Tusla, Child & Family Agency, which enables us to offer this significant service to members of the community

All enquiries can be made in the strictest confidence, to Suzanne McGuinness (Project Coordinator) by calling 071 9622566 or by email: [suzanne@breffnifrc.com](mailto:suzanne@breffnifrc.com)



Open to all ladies.  
We meet every Friday, in the Cabin, from 10am to 1pm.  
Membership €20 per annum.  
Membership forms can be obtained at reception

### COMMUNITY ALLOTMENT SCHEME

Breffni Family Resource Centre is offering allotments set just a 5 minute walk from Main Street, Carrick-on-Shannon. If you would like to stay healthy & save money or you wish to exercise and get some fresh air then Breffni Allotments can offer you all this for an annual subscription. Ground level plots are 10m x 4m and raised beds (for the less mobile) are 7m x 1.2m and come ready for you to plant. Facilities, such as parking, water, community composting unit, use of shed and greenhouse available on site. For further details or to book your allotment, please call us on: 071-9622566 or email: [info@breffnifrc.ie](mailto:info@breffnifrc.ie)



### Rooms to Hire

We have a range of rooms available at affordable prices for groups, training, courses, meetings and events.

Please call Sinead for details on 071-9622566 or email [info@breffnifrc.ie](mailto:info@breffnifrc.ie)

### Admin Services

We can provide typing, editing, design, copy and print services, as well as binding, laminating, badge making and leaflet production.  
Call our Reception for details

# Breffni Community Development CLG Family Resource Centre NEWSLETTER

**Opening Hours**  
**RESOURCE CENTRE**  
Monday - Friday  
9am - 5pm

**COMMUNITY SHOP**  
Monday - Thursday  
9am-8pm  
Friday  
9am-7pm

**CHILDCARE FACILITY**  
Mon - Fri  
8am-6pm



**BREFFNI ENERGY PROJECT**

Solar Panels completed at Breffni Family Resource Centre. We would like to take this opportunity to thank our funders - Leader Programme, Leitrim Development Company and Leitrim Local Community Development Committee for making this energy saving initiative possible.



### Autumn/Winter 2020

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



Breffni Family Resource Centre

Tel: 071-9622566  
Company Mobile: 086-0737454  
Fax: 071-9622106  
Childcare Mobile: 086-4520062  
Email: [info@breffnifrc.ie](mailto:info@breffnifrc.ie)  
Web: [www.breffnifrc.ie](http://www.breffnifrc.ie)  
Facebook: Breffni FRC



Breffni Family Resource Centre

@breffnifrc



To find us, from Main Street, Carrick-on-Shannon, follow the signpost for **Breffni Family Resource Centre** opposite Murtagh's Bar  
It's a 5-10 minute walk





**NEW** ART with Noreen - Suitable for beginners, intermediate and advanced. Classes offer acrylics and oil painting. 6 weeks from Monday, 15th September, 4.30-6.30pm. Cost: €55

**NEW** Zumba Gold - Suitable for all levels and open to adults aged 55 and over. 6 weeks from Thursday 17th September, 4.00-5.00pm. Cost: €30

**NEW** Body Conditioning for Over 55's - Suitable for all levels in building core strength and flexibility. 6 weeks from Tuesday, 15th September, 4.00-5.00pm. Cost: €30

**NEW** Parents Plus/Parenting When Separated - A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce. 6 weeks on ZOOM from Tuesday 8th October, 7.30m—9.30pm. Cost: FREE

**NEW** QQI Level 3 Growing Vegetables and Garden Planning. Commencing back on Monday 14th September, 10am—4pm. Cost: FREE. Late participants are welcome!

**NEW** Spanish Lessons, this 6 week beginner course will enable participants to develop the ability to use the language in range of social and personal situations. 6 weeks from Wednesday 16th September, 7.00-9.00pm. Cost: €50

**NEW** Women's Support Group, meetings are held on the last Monday of every month commencing on Monday 14th September from 10am—12.30pm. Meetings are open to all women who are experiencing or have experienced, coercive control, domestic violence, co-dependency or unhealthy relationships. There is no charge for attending but we ask that you please register with us beforehand.

**NEW** Mindful Garden— The Mindful Garden programme is a unique, safe and effective approach that uses a combination of therapies aimed at meeting the needs of the child. The goal is to equip children with the necessary tools to care for their wellbeing and live happy and fulfilled lives. This is achieved in a fun, supportive and interactive environment. For children aged 6 to 12 years. Saturday 19th September, 10.00-11.30am, Cost: €65.

**NEW** Christmas Floral Display Workshop . Come spend a fun morning learning how to make your own colourful Christmas Floral Arrangement. All flowers will be provided just bring some green foliage with you for decoration. Saturday, 12th December from 11am—1pm Cost: €10.

**NEW** The Possibility Programme – *Live Your Best Life* - Are you feeling under pressure? Coping with tough challenges? Searching for possibilities? Is your thinking blocked? If your answer to any of these questions is yes, then we can help you find a different way to look forward, move forward, and find solutions. Life Coaches, Nicola Scully and Liz Rafferty, aka The Possibility Illuminators, present this 4 week course at Breffni Family Resource Centre. Thursday, 17th September, 7.00-9.00pm. Cost: €120

**\*\*Places are booked on a first come, first served basis, places cannot be guaranteed until we receive your completed booking form and full payment\*\***

**\*\*Due to COVID-19 restrictions we have a limited number of places available.\*\*\*\*\***  
Hand Sanitising and Social Distancing will be in place.\*\*\*

**Coming Soon to Breffni Family Resource Centre**

**NEW** Healthy Ireland Virtual Staywell Screening Community & Wellbeing Programme, Information will include Nutrition, Mindfulness, Heart and more, August to December 2020

**NEW** Family Learning - This programme creates a positive and stimulating learning environment for parents and carers to return to education. The course aims to create an atmosphere that is informal and relaxed, where parents' own life experiences are respected and valued. Please contact us to register your expression of interest.

**NEW** World Mental Health Week. In recognition of Mental Health Week a day of Gardening with Seamus Scott has been arranged on Saturday, 10th October at Breffni Allotments.

**NEW** Rainbows—The Rainbows programme supports children and young people affected by loss because of bereavement, separation or divorce. For further info or to receive an Expression of Interest Form please call 071 9622566 or email: [coordinator@breffnifrc.ie](mailto:coordinator@breffnifrc.ie)



Groups & Supports at Breffni Family Resource Centre	
<b>Counselling Service</b>	Low-cost counselling service for adults and children. Call Suzanne, in confidence, for more information.
<b>Smiley LGBT Group</b>	SMILY LGBT Youth group meets each week from 1.30pm to 4.00pm every Friday. SMILY LGBT+ offers a safe space for teens that maybe lesbian, gay, bisexual, transgender or youths questioning their sexual or gender identity aged 14-23 years old.
<b>Monthly Carers Coffee Morning</b>	Meet other carers, have a cup of coffee and get support for your caring situation. Help us plan activities that will help you.
<b>8 RAYS LEITRIM</b>	8 Rays Leitrim is a group run by and for members of the Lesbian, Gay, Bisexual, Transgender, Queer and Intersex communities with the support of our families and friends. This group meet the First and Third Thursday of the month @ 7.30pm.
<b>Walkers Group</b>	Commencing in September the walkers group will meet at 10am every Wednesday at the centre followed by a cuppa at the centre.
<b>Corryeolus Women's Group</b>	A variety of arts, crafts and healthy living courses. Booking required.
<b>Bethany Bereavement</b>	This non-denominational group offers support to people grieving the loss of someone. Meets the last Thursday of the month at 7pm.
<b>Friends &amp; Family Recovery Programme</b>	Please call 071 9622566 for expression of interest.
<b>Food Cloud</b>	Food distribution for low income families. Register for this scheme through the centre by calling Suzanne on 071-9622566. Distribution weekly and or monthly.
<b>Simon Community</b>	The North West Simon Community holds a housing advice, information and support clinic every Wednesday at Breffni FRC from 2.00—4.30pm. You can also contact them on 071 91 47522 for assistance around housing issues including rent arrears, evictions and homelessness.
<b>Monthly Recovery</b>	First Thursday of every month. 1—1 Alternative Therapies. Call 071 9622566 to book.
<b>Autism Support Group</b>	Get help and advice and meet other families. Meet Last Thursday of every Month from 10.30am,
<b>SMART Recovery</b>	Get your life back in shape with this peer support group for people in recovery from any kind of addiction. Meets Mondays 7pm - 8.30pm.
<b>Leitrim Memory Café</b>	For people living with dementia and their family carers. Last Tuesday of the month at Carrick Cineplex Paradiso Café. 11am-1pm.
<b>Saol Nua</b>	Saol Nua is a Social Group for adults with learning difficulties, anxiety disorders, mental health issues, depression and mood disorders. A varied programme of activities, workshops, trips and courses are organised throughout the year. If you, or anyone that you know, would be interested in joining the Saol Nua Social Group, please call Suzanne on 071-9622566 or email <a href="mailto:suzanne@breffnifrc.com">suzanne@breffnifrc.com</a> .
<b>Other groups meeting at Breffni:</b>	
<ul style="list-style-type: none"> <li>• ICA (Irish Countrywomen's Association)</li> <li>• NA (Narcotics Anonymous)</li> <li>• Christian Meditation</li> <li>• Prayer Groups</li> <li>• Recovery Support</li> <li>• SAW (Saturday Adult Workshop) AND MANY OTHERS</li> </ul>	

**Enjoy, relax and splash of some colour!**

**Art Classes for Adults**

in Breffni Family Resource Centre  
Monday 14th September  
from 4.30-6.30pm (for six weeks)  
Tutor: Noreen Goffney

Cost: €55

Discover your artistic side for the first time or improve existing skills in a relaxed and encouraging atmosphere.

**Call: 071 9622566**

Due to COVID-19 restrictions we have a limited number of places available. HAND SANITISING AND SOCIAL DISTANCING WILL BE IN PLACE. TUSLA

GET GROOVIN' AT YOUR OWN PACE

**ZUMBA gold**

Commencing **Thursday 17th September 4-5pm (six weeks)** BREFFNI FAMILY RESOURCE CENTRE

**Register today!** Cost €30

Due to COVID-19 restrictions we have a limited number of places available. Please call 071 9622566. Hand Sanitising and Social Distancing will be in place.

**LEARN TO SPEAK SPANISH**

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

Join us for weekly Spanish lessons, for Complete Beginners, with our Native Tutor. Learn a new language, or just the basics.

Commencing Wednesday, 16th September from 7pm to 9pm - €50 for 6 weeks.

Call: 071-9622566 to book your place.  
[www.breffnifrc.ie](http://www.breffnifrc.ie)

**CALL NOW**

Due to COVID-19 restrictions we have a limited number of places available. Hand Sanitising and Social Distancing will be in place.

**Evolve Holistic Wellness**

The Mindful Garden Workshop

A programme designed for children aged 6-12

The Mindful Garden programme is a unique, safe and effective approach that uses a combination of therapies aimed at meeting the needs of the child. The goal is to equip children with the necessary tools to care for their wellbeing and live happy and fulfilled lives. This is achieved in a fun, supportive and interactive environment.

**BREFFNI FAMILY RESOURCE CENTRE CARRICK ON SHANNON**

Commencing Saturday 19th September (4 weeks)  
10am - 11.30am - Cost: €65

**BENEFITS FOR ALL:** Calmer and happier, improved social and emotionally increased confidence and self-esteem, reduced anxiety and stress, increased concentration, better quality of sleep, improved relationships. A better understanding of their own feelings and being able to express themselves appropriately. AND MUCH MORE ...

**BENEFITS FOR YOUR FAMILY:** Valuable advice and practical tips on how to keep your family connected and balanced. Understand your child's worries and other feelings more fully. Learn new skills for encouraging co-operation from your children. To deepen family connections, and bring ease, warmth and joy back to your relationship with your children. AND MUCH MORE ...

Places are limited so please call 071 9622566 to register your child

Please see our guaranteed online registration form in blue in and relevant the gold before course starts.