

# Rosemount Family Resource Centre Newsletter

I would like to introduce myself as the Manager of Rosemount Family Resource Centre. Firstly, I would like to welcome the new residents to Rosemount. I hope they can become active members of our community and help us strengthen Rosemount Family Resource Centre with the continued support of the current residents. My main goal as the manager is to promote social inclusion and build on the many wonderful services, we currently have here at Rosemount Family Resource Centre. I look forward to working closely with the new residents and the wider community within our catchment area, Rosemount, Goatstown Close, Mulvey Park, Columbanus, Farrenboley and the wider area to build a better Family Resource Centre to benefit us all.

Rosemount FRC has an open-door policy and we welcome all and your suggestions, Feel free to drop in for a chat and a cuppa and see what programs we have to offer.

**Together we can make a difference,**  
Louise



## Family Therapy

The service creates a setting where individuals, couples or families can come together and talk to explore difficult thoughts and emotions safely.

- To understand each other's experiences and views, appreciate each other's needs, build on family strengths.
- Make changes in their relationships and their lives.
- Family/systemic therapy can be helpful in times of crisis and with regard to long standing problems.

Brian Miles is our present registered psychotherapist with FTAI and ICP.



## Rainbows

Rainbows offer a 9 week listening, group support programme for children following a bereavement or parental separation.

- Children of similar age and loss experience are in separate groups
- Rainbows is suitable for children from 7 years
- Rainbows is not counselling or professional therapy

Visit [www.rainbowsireland.ie](http://www.rainbowsireland.ie) for more information on the rainbows service

Start date: March 2019, date to be confirmed

Venue: Rosemount Family Resource Centre

Time: To be confirmed

Contact: Louise Keogh



## Children's Coding Classes

Children ages 7 upwards can learn basic programming, web development skills in a creative and social environment. There is a strong emphasis on peer learning, as students learn from each other with the assistance of tutors.

**Classes take place every Monday 5.30pm- 7pm and Wednesday 4pm-5.15pm**

**The class cost €5 per session**

# Coffee and Conversation separated dads support group

Are you a separated father?

Are you out of the family home?

Are you being refused access to your children?

Are you having legal problems?

**Are you feeling alone or isolated?**

Would you like to join a support group with men in the same position?



For further information please phone

Rosemount Family Resource Centre on 01-2166131

## Craft Group

Do you enjoy doing crafts, why not come along to our craft class which includes knitting, crochet and embroidery.

Every Friday from 10.30am-12pm

The cost is €3 per class



## Chair Yoga

Have you ever wanted to do yoga but haven't wanted to get down on the floor to do it? Chair yoga might be the answer for you. This class is designed to suit both young and old, and you should feel the benefit of it in a few short weeks.

The class is held every Friday from 11am to 12pm.

The cost of yoga is €5 per class



## Tai Chi

### Tai Chi

Have you ever wanted to try Tai Chi?

Well, now is your chance! Come along to our Tai Chi classes.

Every Tuesday from 11am-12.30am

The cost is €5 per class.



## Afterschool Club

We run an afterschool club in the centre, which is open to primary school children aged 7 to 12. The children receive a warm snack when they come in from school. They are given a quiet environment to do their homework in, where help and support can be given by our tutors. After their homework is finished and checked, the children can engage in various activities which are designed to build their self-confidence and their social skills, such as games, arts and crafts and mindfulness.

**Afterschool club runs from Monday to Friday from 2.30pm to 5.00pm**

**The cost is €15 per week per child**



### Mobile and Tablet Training

Do you have trouble using your phone or tablet? Do you wonder what all the buttons and apps are for? Well our mobile and tablet training may be the thing for you! This training is delivered on a one to one basis and is structured around what you wish to learn.



**Class takes place,**

**Every Tuesday 11am-1pm**

**The cost is €3 per class.**

### Beginner's Computer Classes

The class structure will depend on prior computer knowledge of the participants. Some topics the course covers are browsing the web, setting up an email account, sending your first email, inserting pictures, adding attachments to email, replying to an email, organizing files on your computer. Other topics include booking flights online, google maps, skype and social media sites such as Facebook.

**Class take place,**

**Every Monday from 11am-1pm**

**The cost is €3 per class.**

### Advanced Computer Classes

The advanced computer classes cover a range of topics and are tailored to suit the needs of the participants. Some of the computer programmes include word processing, spreadsheets, IT security, using databases and image editing.



**Class takes place**

**Every Friday from 11am-1pm**

**The cost is €3 per class.**

### Grinds

**Leaving and Junior Cert Grinds Available**

Biology Mondays 4.30 to 5.15 and 5.30 to 7pm

French Thursdays 5.30 to 7pm

Math's Grinds starting January 2019

Other subjects are available on request.

**€10 per Grind**

### Acrylics,

Monday from 10am-12pm

### Sketching,

Wednesday from 2pm-4pm

### Watercolours,

Thursday from 10am- 12pm



### Social Club

The social club started in 2010 with three members, the ethos behind the group is to reduce isolation and loneliness and to empower the older members of our community to lead a more active lifestyle. The group is open and welcomes new members. They have an outing once a month and visit various interesting places.

# ROSEMOUNT FAMILY RESOURCE CENTRE EASTER CAMP 2019

APRIL 15TH - 17TH

For further details please contact:  
Rosemount Family Resource Centre,  
Phone 01-2166131 or call in to book your child's place

Children must  
be between 7  
and 12 years  
old

Times: 10am  
until 4.30pm

The cost of  
the camp is  
€40 per child

## Thank You

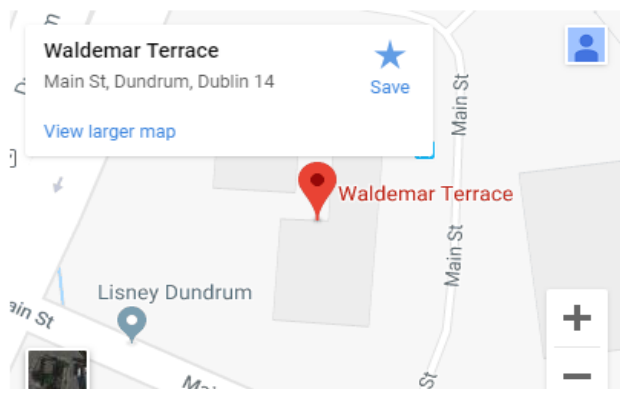
The staff and Board of management would like to extend a huge thank you to our amazing volunteers, TUS and CE workers as without their support we would not be in a position to provide such an extensive service. We would also like to thank Tusla, St Vincent de Paul, the community Garda, Super Valu Churchtown, Uncle Toms Cabin, Airfield Estate, Flemings Butchers, Dundrum Credit Union, Noel Reid, Joe Daly, Southside Partnership, Women 4 women, Human appeal and the local community that support us.

### Rosemount Family Resource Centre

(01) 216 6131

frcrosemount@gmail.com

3 Waldemar Terrace, Main Street, Dundrum, D14



## Volunteers Needed!

Would you like to help your local community? Are you friendly, approachable and have some time to spare? If so, we need you! We are looking for volunteers to help us. Feel free to drop into the centre for more information or call 01-2166131.

