

2019 Summer Project

As an extension to our After Schools programme Rosemount Family Resource Centre run a very successful 3 week Summer Project each year. The project is open to all children aged between 7 – 12 years who live in our catchment area. The project is designed to provide children and young people with a diverse and interesting summer programme.



This year's Summer Project was a great success with visits to Tayto Park, Fort Lucan, Hidden Valley, Cabinteely Park, the cinema, Secret Valley Farm, Explorium and Clara Laragh. The concept of this programme is to develop new skills by introducing new learning and experiences, forging new friendships, building on self-confidence and self-esteem.



THANK YOU

We would like to extend a big thank you to all the business and volunteers who have given their time and assistance in helping out with our summer project this year. A special thanks to Supervalu Churchtown for donating to our summer BBQ, Lidl Dundrum, Southside Partnership and Shane Ross. The Community Gardai Ivan, Jamie, Emma, Liam, Shane, Anne-Marie and Helen for their transport with the Garda bus and supervision. Our volunteers Ann, Donna, Ger, Justin, Catherine, Mags, Lisa, Laura and Adrian your help is so much appreciated and has made great memories for the children this summertime. Also, thank you to all our other sponsors for their continued support throughout the year.

For further information please contact
Rosemount Family Resource Centre Tel. No. 01-2166131
www.rosemountfrc.ie

or follow us on:



The Centre runs a Homework Club for Primary School children from 1st to 6th class. On arrival the children get a light snack, homework is supervised, and assistance is given where needed. When the homework is completed the children have time for developmental activities such as arts and crafts, games. These activities are designed to build confidence and their social skills.

**Homework
Club**

Monday to Thursday 2.45 to 5pm €18.00 per child per week

2-3 Waldemar Terrace, Main Street, Dundrum, D14 FX79

Children's Coding Class

Children and young people aged 7 to 17 years old learn basic programming and web development, in a social and creative environment. The real success of the clubs is the philosophy of peer learning students learning from each other with the assistance and guidance of Tutors/Mentors.

**coding
for {kids}**

**Monday 5.30pm to 7pm
Wednesday 4pm – 5.15pm
€5.00 per session**

Grinds Supports:

Our Grinds supports cover a broad spectrum of the Irish education system and are demand led. They cover ordinary and higher levels. Tutors for other subjects are sourced as required. Thanks to Capital Credit Union Dundrum for funding this programme.

Monday to Thursday 4.30pm to 7pm.

€10 for one grind subsequent Grinds €5.00 per Grind.

Starting October 2019

Adult Programmes for September 2019

Beginner's Computer:

The class structure will depend on the prior computer knowledge. Even if you have never turned on a computer, don't worry, our tutors will help you. The beginner's computer class is held on

Monday from 11am - 1pm, €3.00 per class: On-going



Advanced Computer Classes:

Some of the computer programmes are: Word Processing, Spread sheets, IT Security, Using Databases, Image Editing, and Advanced Word Processing.

Friday from 11am - 1pm, €3.00 per class: On-going.

Mobile Phone / iPad Training:



Do you have trouble using your phone, or wonder what all the buttons and apps are for; well our phone/iPad training is just the thing for you. Learn how to get the best out of your phone. The Mobile Phone / iPad Training is held on

Tuesday from 11am - 1pm, €3.00 per class: On-going

Healthy Eating classes:

These classes help you discover new ways of cooking, how to cook tasty nutritious meals on a budget. The good thing is that this course will tickle your taste buds because participants get to eat the food they have cooked.



Thursday from 10.00 – 12.00, €3.00 per class: Starting 19th Sept.

Chair Yoga:



Ever thought of doing Yoga but don't want to be getting down on the floor to do exercise. This class is designed to suit both young and old, and no matter what age you are you are sure to feel the benefit after a few short weeks.

Friday 11am - 12pm, €5.00 per class: Starting 15th Sept.

Craft Group:

Some of the group do crafts and others come along for a chat and a cup of tea/coffee. Everyone is welcome.



Friday 10.30am – 12pm, €3.00 per class: Ongoing

Art Classes:

Acrylics Art Class: Starting on Tuesday 17th Sept.

10am – 12pm for 8 classes (€5.00 per class)

Sketching Class: Starting on Wednesday 2nd Oct

2pm – 4pm for 8 classes (€5.00 per class)

Water Colours: Starting on Thursday the 3rd Oct

10am – 12 pm for 8 classes (€5.00 per class)



Sewing Classes:

Learn how to use a sewing machine or upgrade your skills to take up a hem or make curtains.

Monday 10am – 12pm, €3.00 per class Starting: Nov. 2019

Tai Chi for Beginners:

This class focuses on Balance, Movement and Relaxation.

Tuesday 11am – 12.30pm, €5.00 per class: Starting: Oct. 2019

Drug and Alcohol Awareness Programme:

Just because you can't see it doesn't mean it's not there.

Keep yourself informed and up to date on the topics of alcohol and drugs. **Dates to be confirmed**



Adult Well-Being Course:

Stop thinking about everyone else and do something for yourself. Come and join us in our Wellbeing course. This course helps you to have a loving relationship with yourself and others around you, encouraging rather than self-criticising.

Friday 18th Oct. 10.15am – 11.45am, €3.00 per class

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 Family/systemic
- To 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.

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 for more
Start date: Oct. 2019, date to be confirmed
Contact: Louise Keogh

Venue: Rosemount Family Resource Centre

Other

- Family Support: Meithal/NVR Programme/Parenting Programmes
- CV and cover letter. By appointment (LES Supported)
- Referrals to other services.
- Photocopying.
- Access to a computer and the Internet. By appointment
- Affordable Room hire for community groups