

Meet up...

To book any event please email nteacher@bearawestfrc.ie or amurphy@bearawestfrc.ie or call 027 70998



MONDAY

13/1/2020

Social Walk, Tea & Talk
Meet at St. Peter's
6.30pm

20/1/2020

Social Walk, Tea & Talk
Meet at St. Peter's
6.30pm

27/1/2020

Social Walk, Tea & Talk
Meet at St. Peter's
6.30pm

3/2/2020

Social Walk, Tea & Talk
Meet at St. Peter's
6.30pm

10/2/2020

Social Walk, Tea & Talk
Meet at St. Peter's
6.30pm

17/2/2020

Social Walk, Tea & Talk
Meet at St. Peter's
6.30pm

24/2/2020

Social Walk, Tea & Talk
Meet at St. Peter's
6.30pm

2/3/2020

Social Walk, Tea & Talk
Meet at St. Peter's
6.30pm

9/3/2020

Social Walk, Tea & Talk
Meet at St. Peter's
6.30pm

TUESDAY

14/1/2020

Social Lunch @
The White Room
12.30-3pm

21/1/2020

Social Lunch @
The White Room
12.30-3pm

28/1/2020

Social Lunch @
The White Room
12.30-3pm

4/2/2020

Social Lunch @
The White Room
12.30-3pm

11/2/2020

Social Lunch @
The White Room
12.30-3pm

18/2/2020

Social Lunch @
The White Room
12.30-3pm

25/2/2020

Social Lunch @
The White Room
12.30-3pm

3/3/2020

Social Lunch @
The White Room
12.30-3pm

10/3/2020

Social Lunch @
The White Room
12.30-3pm

WEDNESDAY

15/1/2020

The Secrets of Making
Successful Changes
5pm

22/1/2020

Style Yourself for
Confidence with
Viktorija 5-7pm

29/1/2020

Dementia Awareness
Vanessa Alzheimer's
Society 2-4pm

5/2/2020

Listening Skills for
Parents of Young
People 5pm

12/2/2020

Promoting Wellbeing
and Encouraging
Resilience 5pm

19/2/2020

Eat Yourself Well in
Winter - Mindful Eating
with Mary Love 7pm

26/2/2020

Make a START on a
healthy lifestyle 5pm

4/3/2020

Cultivating Calm - Self
Care for Parents &
Carers 5pm

11/3/2020

11am Carers
Information Session

THURSDAY

16/1/2020

Craft & Chat with
Julie Aldridge -
Beading 2-4pm

23/1/2020

Craft & Chat with
Julie Aldridge -
Beading 2-4pm

Childcare Entitlements
Citizens Information
2-4pm

30/1/2020

Craft & Chat with
Julie Aldridge -
Beading 2-4pm

6/2/2020

Craft & Chat with
Julie Aldridge -
Beading 2-4pm

Minding your Money
with MABS 2-3 pm

13/2/2020

Craft & Chat with Rima,
Sewing/Handcraft
2-4pm

20/2/2020

Craft & Chat with Rima,
Sewing/Handcraft
2-4pm

27/2/2020

Craft & Chat with Rima,
Sewing/Handcraft
2-4pm

5/3/2020

Craft & Chat with Rima,
Sewing/Handcraft
2-4pm

12/3/2020

Craft & Chat with Rima,
Sewing/Handcraft
2-4pm

FRIDAY

17/1/2020

Learning Together @
Friends Forever
10am

24/1/2020

Learning Together @
Friends Forever
10am

31/1/2020

Learning Together @
Friends Forever
10am

7/2/2020

Learning Together @
Friends Forever
10am

14/2/2020

Learning Together @
Friends Forever
10am

21/2/2020

Learning Together @
Friends Forever
10am

28/2/2020

Learning Together @
Friends Forever
10am

6/3/2020

Learning Together @
Friends Forever
10am

13/3/2020

Learning Together @
Friends Forever
10am

Minding Yourself and Your Family...

Workshops to develop skills for taking care of yourself and your family, sessions are suitable for parents and carers of children and young people. All of the sessions are facilitated by our Family Support and Development Worker, Natalie.

MAKING SUCCESSFUL CHANGES – Many of us use the New Year to kick start to try to make a change to improve our lives. But how can we make the healthy habits stick? Learn some basic tips based on theories of behaviour change that could make attempts at change more successful.

LISTENING SKILLS FOR PARENTS, CARERS & SUPPORTERS OF YOUNG PEOPLE – Research shows a key factor in children's mental health and wellbeing is having a "Good Adult" they can confide in. We will explore and practice listening techniques to help you be a "Good Adult" in Young People's lives, encourage them to share their thoughts and feelings, feel better and develop self-esteem.

PROMOTING WELLBEING AND ENCOURAGING RESILIENCE – Wellbeing and Resilience will be terms we've heard a lot – but what do they mean when it comes to our kids and how can we ensure we promote them in their day to day lives?

CULTIVATING CALM – Self Care for Parents and Carers Calm is infectious. If you can remain calm and manage your emotions in stressful times, your kid will be more likely to follow your lead. To remain calm you need to know how to care for yourself, be aware of your emotions and mind your mental health. We look at tactics to incorporate self-care activities into daily life.

All the above workshops will take place at Beara West Family Resource Centre or St Peter's Church, @ 5pm on Wednesday evenings depending on numbers. To book please contact **027 70998 ntreacher@bearawestfrc.ie**

LEARNING TOGETHER "PEEP GROUP"

Peep supports all parents and carers with babies and children from new born until they start school, in encouraging their child's learning and development.

You can make a real difference just by talking, playing, singing and sharing books or activities together.

Come along - you and your baby or child can make friends, share ideas and have fun through singing, story and activities.

Our sessions are on Friday mornings @ 10am at Friends Forever Childcare or call 027 70998.

Better Together...

It's good for our mental and social health to be together and look after each other. If you're at a loose end, come and join us.

SOCIAL LUNCH – Simply bring yourself to a relaxed, two course social lunch @ the White Room, every Tuesday 12.30-3pm. At only € 5 per head it's a bargain, and the company is thrown in for free!

WALK, TEA AND TALK – Join us at St Peter's Church @ 6.30pm on Mondays for winter walks and a tea/talk afterward. Walks are supervised by staff and volunteers with walk leader training. We will be walking on footpaths in areas with street lights. During Operation Transformation – six weeks from Monday

13th January we will be offering additional information and tips for healthy family lifestyles. Bring all the family and meet your neighbours for a gentle walk and a cuppa.

CRAFTY CHAT – We have two fantastic facilitators to support you develop your crafting skills or start from scratch! We hope you'll create work you are proud of but also that you'll have fun making it with others. Julie Aldridge will be leading simple beading/jewellery-making sessions. Rima will teach simple sewing/ handcraft or other support with your own projects.

DANCING FOR BEGINNERS – Learn to Dance with Noraine @ Beacon/Beara Bay, participants of all ages encouraged. Only **€20** for 5 sessions! From Saturday February 15th 9-10.30pm.

Well Informed...

Good information and advice can help us feel more confident and able to face the day-to-day and take care of ourselves. We have chosen some expert guest speakers to keep you Well Informed.

DEMENTIA AWARENESS WITH VANESSA BRADBURY OF THE ALZHEIMER'S SOCIETY – Are you experiencing memory loss or related problems or caring for someone who is? Vanessa helps us understand Dementia, explore how we can continue to live well and identify supports available.

MINDING YOUR MONEY WITH WEST CORK MABS – Tips for budgeting and making the most of your money when saving and spending – signposting to supports for problem debt

CHILDCARE AND ECCE WITH CITIZENS INFORMATION – Make sure you are up to speed with changes in access to childcare supports and get registered with the National Childcare Scheme. Citizens Information also signpost to other supports that might be relevant to parents of children of pre-school age.

CARING FOR CARERS WITH AIDEEN – Being a carer for someone who has a disability or health condition can be both rewarding and challenging. Aideen explores supports available to carers so they can care for themselves and those they care for effectively.

MINDFUL EATING WITH MARY LOVE – Mary introduces evidence-based approaches to weight loss and developing and maintaining healthy relationships with food.

Apart from the Social Lunch and the Dancing which is only **€5** per head all events are **FREE!**
This programme is sponsored by HSE Lotto Funding.