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NEWSLETTER

ISSUE 3 July 2025

Hi everyone,

As we progress through the summer season, I'd like to take a moment to thank you for your continued support, participation, and belief in the work we do here at Bagenalstown Family Resource Centre.

This year has been a particularly special one for us, as we proudly celebrated our 25th Anniversary. This is a significant milestone that reflects the dedication of our staff, volunteers, funders, and the community we serve. The celebration was a wonderful opportunity to reflect on how far we've come and to look forward to what's next. Looking ahead, we are excited about the progress on our new sensory room, which is currently underway and will offer a much-needed space for children who require this support.

We also remain focused on sourcing funding for several important initiatives, including our sensory garden, outdoor classroom, and horticulture space. All of which will be designed to support well-being, learning, connection with nature and environment.

We are deeply grateful to all those who have supported us financially, partnered with us, or engaged with our services in any way. Your involvement makes a real difference, and we truly appreciate your commitment.

As we plan for the future, we look forward to continuing our work together to build a strong, inclusive, and supportive community. Here's to a positive and productive summer and beyond!

Warm regards,

Director of Services

Bagenalstown FRC is committed to providing a range of supports and services to families to make the day-to-day challenges of family life a little easier to manage. We recognise that parenting is the most important job that someone can undertake and that sometimes we all need a little help, support, direction or just a listening ear.

We offer the following services to families

- one - to - one parental support
- Meitheal
- Parents support group
- Parenting course - Circle of Security & Parents Plus

We received funding from CYPSC to organise several intercultural community outings this year. This gives families in our community an opportunity to connect with each other and explore various areas across Ireland. This funding will also enable us to develop additional collaborative programmes with our community such as a community art project.

For more information on any of the supports please contact the Reception and ask for Family Support Team



YEARS



Celebrating 25 years
supporting individuals, families and children
through our diverse range of services



Therapeutic Hub - dedicated to offering affordable therapy services to our Community

Play Therapy

Play Therapy is a form of counselling for children aged between 5 – 18 years old.

Children do not often have the words to describe difficult feelings or events that have occurred.

Play is therefore used to help children to express their lived experiences and difficulties.



Child and Adolescent Psychotherapy

Child and Adolescent Psychotherapy is offered to children and adolescents aged between 3 – 18 years

Child and adolescent psychotherapy is an appropriate treatment or intervention for a range of different issues and psychosocial difficulties.



Equine Therapy



We offer a 6 week and a 12 week program for therapeutic horse riding and equine assisted learning for children of primary school age, with Kilkieran Equestrian Farm.

Music Therapy

Given the universal nature of music, music therapy is uniquely able to reach individuals across all backgrounds, and ages and stages of development. It does not require any previous knowledge for individuals to meet their goals and be successful.



Developmental and Therapeutic Play

Developmental and therapeutic play includes the use of play-based activities to assist children, including those with special needs, in the development of skills



Art Therapy

Art therapists use art media and creative interventions to encourage self-expression and reflection within a therapeutic relationship. The aim is to improve mental health and maintain emotional well-being.

Adult Counselling

Our adult counselling service offers one-to-one counselling support to adults over the age of 18 years.

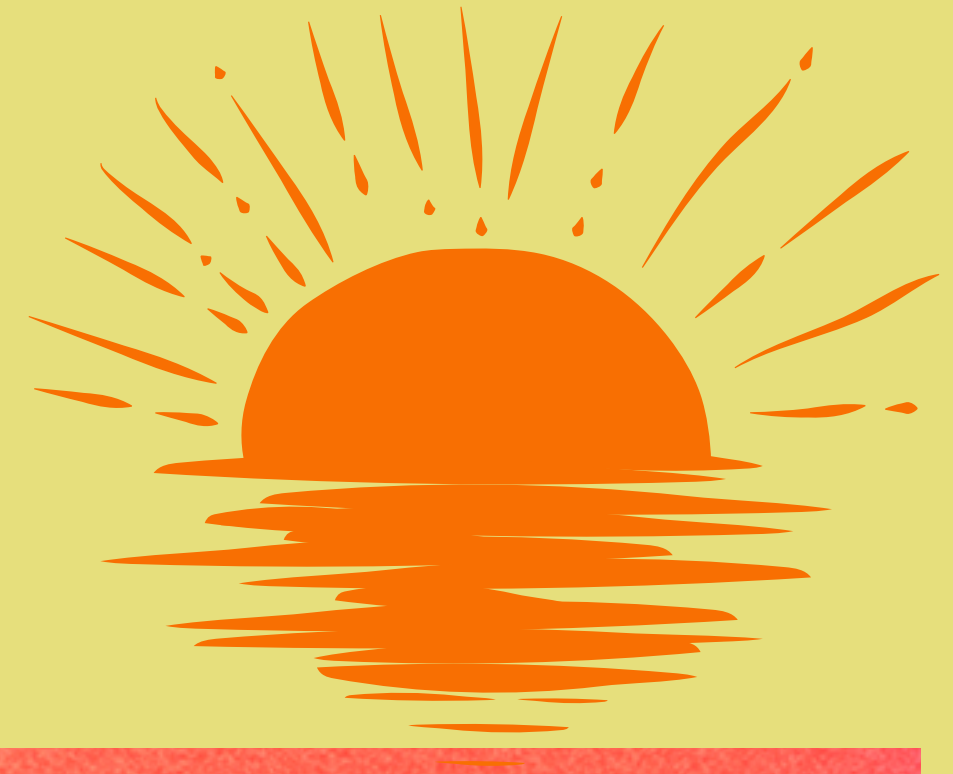
Counselling is offered initially for twelve weeks however as every case is individual the counsellor and client will review and decide whether further therapy is needed.

If you would like to avail of any of these services please contact:

Tanya Coogan Tel - 083-016 5581

Email - tanya.bagenalstownfrc@gmail.com

Therapeutic Hub Update



Strengthening Emotions – School-Based Group Programme.

This programme ran successfully in local schools, helping children aged 4–10 better understand and manage challenging emotions. Through storytelling, art, sensory activities, and movement, each session focused on a specific feeling, guiding children to identify and express their emotions in healthy ways.

Parents were an important part of this journey, receiving practical advice and tools to support their children at home. Families completed the programme with personalised toolkits to help maintain their emotional wellbeing in the long term. Schools have reported noticeable improvements in children's emotional awareness and communication skills.



Facilitating emotional wellbeing for children and families.

In recent months, our therapeutic team has been proud to support children and families in building emotional resilience, creativity, and meaningful connections. Through carefully designed wellbeing programmes delivered both in local schools and at Bagenalstown Family Resource Centre, we've seen inspiring progress and positive growth within our community.

Big Feelings – Family Music Group.

Our ongoing Big Feelings family music group, led by music therapist Ryan Bolger, offers an engaging and nurturing space for families to connect through music. Over 10 weeks, this programme encourages creativity, expression and shared interaction between parents and children.

We are excited to announce that a new Big Feelings group will begin in October 2025. For more information, please contact Tanya in the Therapeutic Hub. We look forward to continuing to support children and families in the coming months, with thanks to TUSLA for funding our emotional wellbeing programmes.



Preparing for Life is a home visiting programme that supports families from pregnancy until their child begins primary school. The programme is a wonderful way to support parents in their journey through parenthood. A home visitor will meet with you monthly and discuss all things parenting.

Phone: 059 972 2023/ 083 208 8685

Email: josie.pflbagenalstownfrc@yahoo.com

During the year in conjunction with KCETB we offer different adult community education courses for example:

Cookery classes

Yoga

Craft workshops

Photography Classes

Well being classes

Flower Arranging

English Classes

Gardening workshops

Gambling Harm Counselling

The Therapeutic Hub at Bagenalstown FRC provides a professional and confidential counselling service for those experiencing harmful gambling and their family members who are suffering as a result of gambling addiction.

This service is available for people who are over eighteen.

Contact Áine (directly) in confidence on 083 0089055 OR

Email - ainebfrc@gmail.com



Aine Byrne
Gambling Harm Counsellor



Senior Alert Scheme

The Senior Alert Scheme provides a free personal alarm that enables older people of limited means to continue to live securely and independently in their homes.

The older person must be 65 years old and living alone or with another eligible person.

For more information on this please contact Laura Tel - 083 208 8689

Male Domestic Abuse Support Service

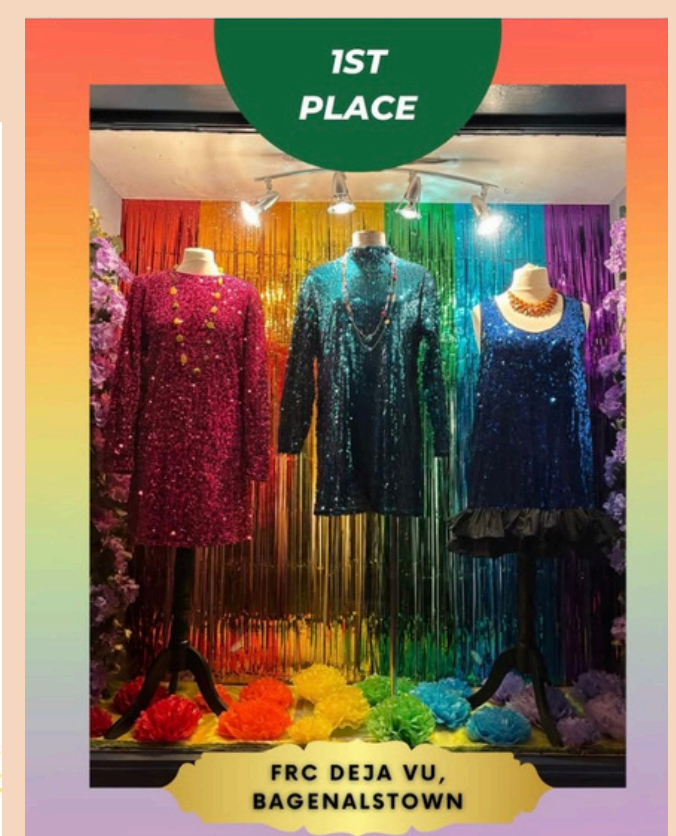
The male domestic abuse support service is a 1:1 confidential service that provides men experiencing domestic abuse with either emotional support or practical support. This can include information on court orders, guardianship, access or providing court accompaniment.

Contact Laura
Tel 083 208 8689



Awesome NEWS

We have just received word that we came first in the Charity Retail Ireland Pride window display competition! Thank you so much to everyone who took the time to vote for us. We are delighted, and so grateful for all the support we receive from the local community and beyond. All the team at Deja Vu.



Open Mon-Fri 9.30am-4.30pm
Sat 9.30 - 4pm
Closed 1.30-2pm each day

Situated on Main Street Bagenalstown it offers new to you clothes, shoes, books and so much more.

Every purchase goes towards funding much needed services that Bagenalstown FRC provide to the community.



NIFTY FIFTY CLUB

Our group meets every Wednesday 1.30 – 3.30pm from September to June in the Centre and enjoy participating in different activities but especially enjoying a chat over a cuppa.

Cost – €3.00 per week



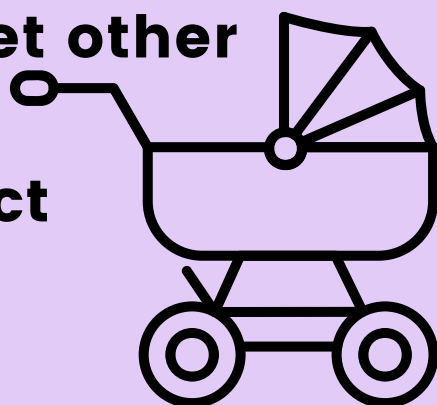
Nifty Fifty Club: The past year has proven to be quite significant for our Nifty Fifty Club. Members have collaboratively authored a book of memories, composed a heartfelt song in honour of our 25th Anniversary, and developed a captivating digital art display for the recent Bagenalstown in Bloom festival. Furthermore, they have participated in a diverse range of activities, including mindfulness, music and dance, relaxation, creative writing, and their cherished game of bingo.

The group finished the year with their beloved annual outings in July, using the centre's mini-bus to visit places such as Dungarvan, Kildare/Newbridge, Wexford, and ending with a trip to Waterford and Tramore. These outings were truly unforgettable, full of joy and friendship.

The Nifty Fifty represents a weekly gathering that has flourished for the past 14 years. This initiative was established to address the sense of isolation that some older community members may experience, fostering new friendships and promoting reintegration into the community. If you would like to join us on a Wednesday from 1:30–3:30 pm, just contact our reception team for more details.

Buggy Walking Group

The buggy walking group has been a huge hit with families. Parents and guardians have the opportunity to exercise before heading out into the community with their babies and buggies.. The group meet up every Monday from 10:30. Meet other parents, explore Bagenalstown and enjoy a cuppa and chat. For more information contact Sarah on 083 897 2460.



PARENT & TODDLER GROUP

Tuesday mornings from 10.00 – 12noon why not pop along with your children for fun, games and a chat
(During school term time)

COST- €2 PER FAMILY

Coming in September 2025

*Discover
the art of
flower
arranging*

Workshops are FREE

*Materials are
provided at
no cost*

*We kindly ask you to bring
your own choice of
flowers and greenery*

Dry Needle Felting Workshops

**Learn the technique of binding dry strands
of wool using a felting needle to create
your own unique piece of art.**

FREE of charge

Materials will be provided

**These creative workshops
are
funded under
KCETB
REACH Funding**

Our Reception team offer a variety of office and administrative services including:

- Word Processing
- Binding
- Laminating
- Printing

For room bookings please contact us and we can advise on availability and room rates.



at Stepping Stones Community Childcare

Sky Room

To grown-ups, it may seem like it's just wet grass and plastic toys but to them, it's a prehistoric world full of adventure.



Sunshine Room

A big thank you to Michael who came to share his passion with our children. One in a million experience of being able to play the violin; sing and dance to music played by a professional musician; join in a trad session.



Billy's Big Jim that we have been hearing about all year finally paid us a visit. Thank you to Wesley Glynn and all his family for this unforgettable experience. We are sure all of us (big and small) went home talking about Big Jim

Afterschools

The afterschool children worked hard making and decorating little origami butterflies for the childcare art work presentation to the board of management for the 25th anniversary. 4 of our girls Alisha Coogan, Holly Henley, Charlotte O'Riordan and Holly Hart presented the completed artwork which was entitled 'From Roots to Wings' to the Board on the day, along with a framed written piece explaining the thoughts and ideas behind the art work which represented every single child that attends our service at this time.



Our ECCE year came to an end.

Another group of children graduated, ready for Primary School in August.

We have played together; learnt together; laughed together; explored the world around us; read stories and built incredible things.

We are proud to see how much they have all grown up. We hope they enjoy their summer holidays and pop back in to tell us all about their first day in school. We will miss them and will be thinking about them.

Happy Graduation

Forest Room

Colour recognition. This experience offers a wide range of developmental benefits for children, including enhanced cognitive skills, improved language development and increased fine motor skills. It also fosters creativity, observational skills and a deeper understanding of the world around them