

# FARRANREE FAMILY RESOURCE CENTRE

## Origins of Family Centre

In 1988 a FAMILY RESOURCE CENTRE was planned to provide a network of support services for families in the Farranree / Fairhill / Commons Road and surrounding areas, to enable people to become involved in their own human, social and spiritual development. The driving force behind this initiative was Sr Lelia Karr.

Temporary accommodation was made available in the local Convent and Boys Primary School. A Community Committee was set up to raise funds for a new building. The Department of Social Welfare, under the then Minister, Mr. Michael Woods, gave a substantial Grant towards the project. The Cork Diocesan Trustees and Trustees of the Local Presentation Convent gave the site gratis and work on the present Family Centre began in November 1990. It was completed in January 1992.

The FARRANREE FAMILY RESOURCE CENTRE was officially opened on the 18<sup>th</sup> May 1992. President Mary Robinson officially opened an upstairs extension to the Centre on the 26<sup>th</sup> of February, 1996.

A further extension, consisting of four rooms, was added to the building in May 1997.

The overall aim of the Farranree Family Resource Centre is to provide and develop Community based family support services, such as:-

- Care of the Older Person
- Human, Personal and Social Development Courses
- Counselling and Advice services
- Healthcare programmes
- Literacy skills
- Second-chance education Courses
- Support Groups for people of all ages and needs
- Accommodation of representatives of all agencies or groups relevant to Family Support Services

## Programmes

<ul style="list-style-type: none"><li>• Parent &amp; Toddler Group</li></ul>	Our parent and toddler group would normally meet twice weekly. Our aim is developing a healthy relationship between parent and child through various activities such as music, art, play, story reading, swimming, educational trips and dance. Also enabling parents to relate effectively with their children. Social workers have, on occasion, recommended clients to avail of our services.
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Moving Age – for the elderly of our community	Moving Age incorporating Chiropody service, cookery, bridging the gap with transition year students in North Presentation and Bealtaine Festival. We also organise visiting speakers e.g., safety awareness in the home, health awareness, music, film and song exhibitions and more. Also, our ladies meet twice weekly for tea, cakes and chat in the kitchen.
Counselling / Support group therapy	We have a CDLTF (Cork Drugs Liaison Task Force) counsellor operating in the centre.
Art Courses	There are four art courses (morning and evening) for adults held each week in the centre.
Computer Skills (including FETAC levels 4 & 5)	There are three computer courses running each week in the centre. In recent years the demand for these courses has greatly increased due to unemployment in the area. A new course called Tech Smart was initiated this year – how to operate / make best use of your Smart phone, Tablet, iPad etc.
Digital photography	Photography class meets weekly.
Women's groups	We have a weekly cookery and flower arranging class.
Parenting for adults of special needs children	We work in collaboration with Springboard for this service.
Adult Literacy	In collaboration with the CETB (Cork Educational Training Board) a literacy programme is in operation providing an ongoing weekly service for those who require assistance.
Adult Education incorporating Irish, Geography, English, Maths, History and Spanish	For adults who wish to return to second chance education. Some students avail themselves of the Junior and Leaving Certificate programmes also. We introduced Spanish last year and this has proved very successful– levels include beginners, improvers and advanced.
St. Vincent de Paul	Meet twice a week in the centre. An initiative was launched whereby families who were being supported by SVP were encouraged to attend our cookery classes in the centre.
Healthy eating	Weekly cookery class incorporating recipes to aid in healthy eating habits.
Mindfulness & Wellbeing	We introduced a wellbeing / mindfulness programme which has proved extremely popular. We find this so important, now more than ever, with the continuing mental health issues that face all in our community.

**Computer classes**



**Bingo Session**



**Music session (hopefully we will see days like this again)**



**Parent & toddler setting**



**Samples of our art**



### Flower arranging



### Post Covid

To fulfil the expressed needs of people using the Family Centre during the year 2020 the above activities and programmes were planned but unfortunately due to the Covid 19 crisis we were unable to follow through on many of them – we were able to deliver programmes such as computer skills, digital photography and mindfulness.

However, we delivered some programmes virtually and this was very successful. While we were unable to facilitate the Moving Age group and others in the centre, we ensured that we made weekly contact in order to enquire as to any specific needs they might have e.g., food or medicine delivery. We worked in collaboration with the Covid Farranree/Fairfield Network during this period.

### Who avails of the centre?

Approximately **3,000** users would avail of the facilities of the Family Centre during the year but obviously this was not the case in 2020. In previous year's these would have included participants in Courses and Programmes, students gaining work experience as well as representatives of various Agencies, Professional Research Workers, Residents' Associations, Parish Groups and members of various Community Groups including Springboard, Presentation Secondary School, Cork City Partnership, HSE (HAZ worker) and Rapid.