

BOYLE COMMUNITY NEWS & Una Bhan Newsletter

January
2011

Issue No.
88

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Boyle Day Care Centre to Reopen

Frank Feighan TD., reports that the Day Care Services are to be restored at the Plunkett Home Nursing Home, Boyle by the end of the month.

The Health Service Executive has provided the necessary funding for the facility to open on a three day a week basis from the beginning of January.


Roscommon South Leitrim TD Frank Feighan says its a welcome boost for the elderly people of the town.



Victoria Walker Dance School

Victoria Walker Dance School is now taking registrations for January 2011 and reminding students and parents that the Dance School will reopen on Monday 11th January. A lot of the pupils are from Boyle and the surrounding areas.

There are also some new classes starting, including a boys only hip hop class, ballet for teens and beginners ballet for adults. There are also some more baby ballet and tap classes on weeknights starting. All can be found on www.victoriawalkerdance.ie and it is important to pre-register. Classes are held in Carrick-on-Shannon.



Family Support Agency



PLEAN FORBARTHA NAÍSÍÚNTA

Beginning Experience

A structured support programme for those who have lost a partner through death, separation or divorce. This

programme will enable you to work through your grief and pain with people who understand Information Night Monday 17th January at 7.30pm at the Family Life Centre, Boyle and Programme starts 31st January for 10 weeks at 7.30pm each Monday.

For enquiries or further information you can contact the Centre on 071 9663000



Boyle Civic Amenity Site

Tel: 071 - 9664324

Monday to Friday: 8.00am to 4.00pm. Closed Lunch 1.00pm-1.30pm

Saturday: 8.00am to 12.30pm

Roscommon County Council Civic Amenity Sites

Roscommon County Council provide four Civic Amenity Sites in the County which take a wide variety of household waste for recycling. Sites are situated at Killerney, Roscommon town, Aghalustia, Ballaghaderreen, The Demesne, Castlerea and Termon, Boyle.

With effect from the 4th August 2010 the following charges will apply for entry to the Civic Amenity Sites

Car and Small Van Euro 14.00 incl. VAT per book for 4 Tickets

Car and Trailer, Large Van/SUV, Small Van and Trailer Euro 7.00 incl. VAT per ticket

Large Van and Trailer, Jeep and Trailer/SUV and Trailer Euro 10.00 incl. VAT per ticket



February Newsletter

We welcome your input!

Send in news from your club or society, upcoming events for your group or school! If it is of interest to people living/working in the Boyle Community area then it should be included in next months newsletter! Please drop in to the Centre or send information to:

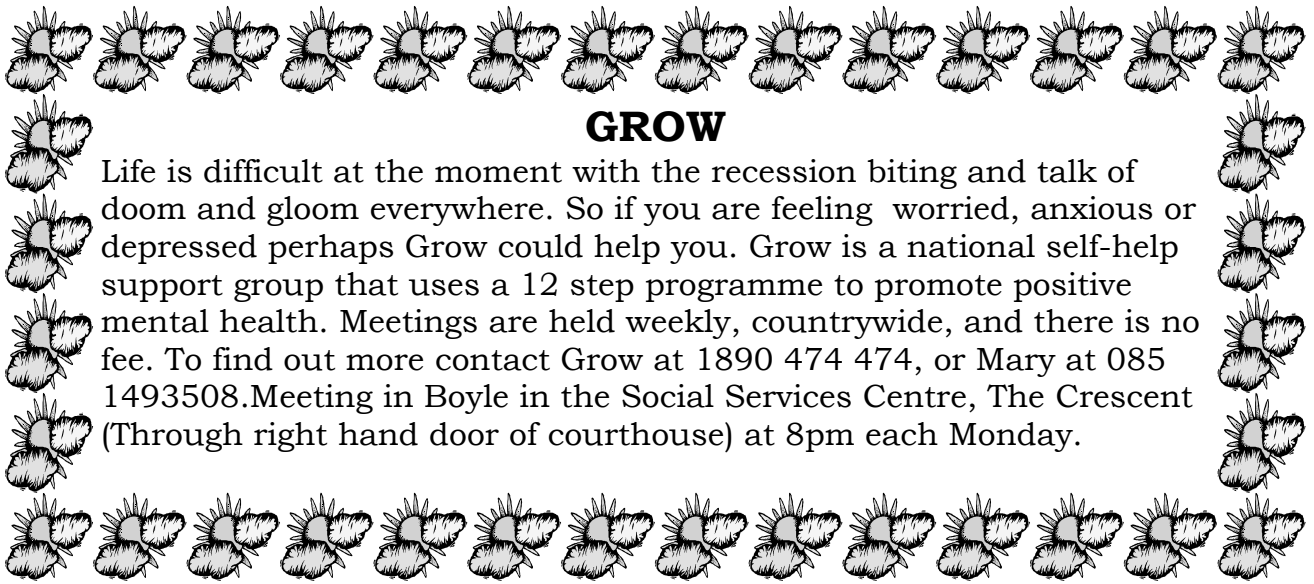
E-mail info@familylifecentre.ie

Fax 071 9662954

Phone 071 9663000

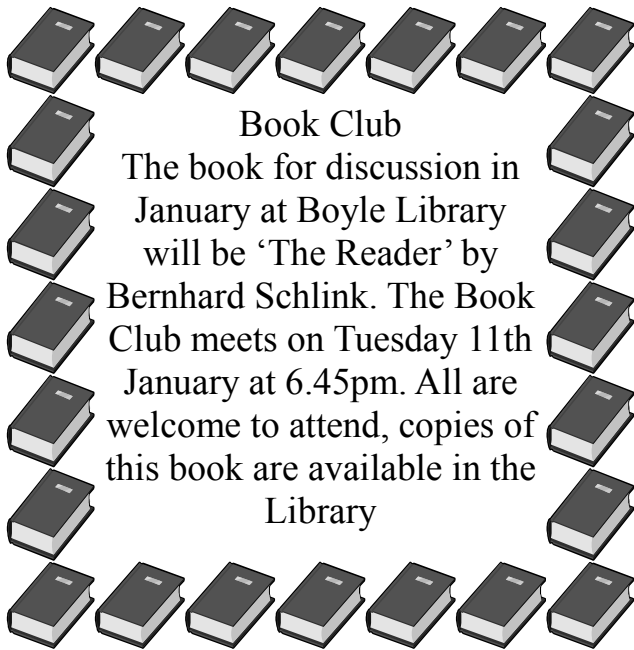
Post to Family Life Centre,
Boyle.

For information to be included in the February Newsletter, please have your piece in, on or before 25th January 2011



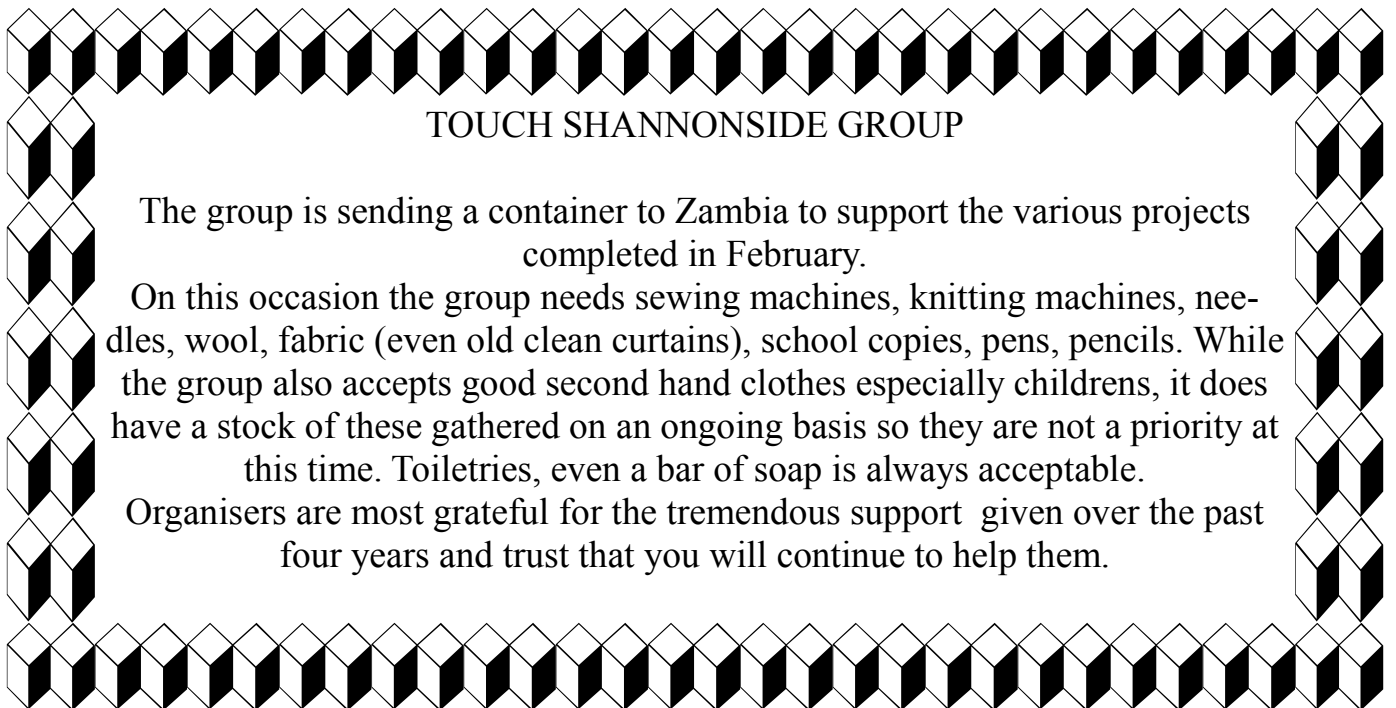
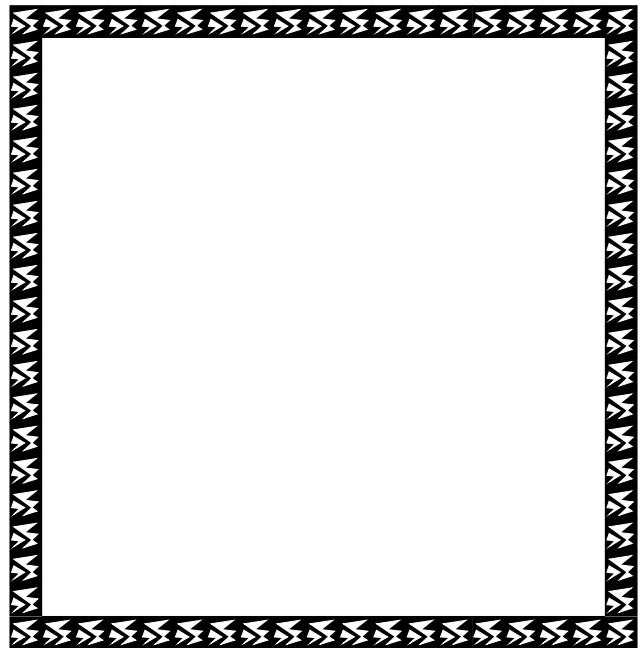
GROW

Life is difficult at the moment with the recession biting and talk of doom and gloom everywhere. So if you are feeling worried, anxious or depressed perhaps Grow could help you. Grow is a national self-help support group that uses a 12 step programme to promote positive mental health. Meetings are held weekly, countrywide, and there is no fee. To find out more contact Grow at 1890 474 474, or Mary at 085 1493508. Meeting in Boyle in the Social Services Centre, The Crescent (Through right hand door of courthouse) at 8pm each Monday.



Book Club

The book for discussion in January at Boyle Library will be 'The Reader' by Bernhard Schlink. The Book Club meets on Tuesday 11th January at 6.45pm. All are welcome to attend, copies of this book are available in the Library



TOUCH SHANNONSIDE GROUP

The group is sending a container to Zambia to support the various projects completed in February.

On this occasion the group needs sewing machines, knitting machines, needles, wool, fabric (even old clean curtains), school copies, pens, pencils. While the group also accepts good second hand clothes especially childrens, it does have a stock of these gathered on an ongoing basis so they are not a priority at this time. Toiletries, even a bar of soap is always acceptable.

Organisers are most grateful for the tremendous support given over the past four years and trust that you will continue to help them.



FAMILY LIFE CENTRE

Boyle, Co. Roscommon 071 96 63000

info@familylifecentre.ie

www.familylifecentre.ie

**JOIN US ON FACEBOOK—www.facebook.com/flcboyle
Spring & Summer 2011 now available**

Family Resource Centre

YOGA

Date: Wednesday 12th January

Time: 11am **Cost:** €10 per session or 6 for €50

Facilitator : Liz Dwyer

Take an hour out of your day to relax and rejuvenate

WINNING NEW OPPORTUNITIES

Date: Monday 28th February for one week, Mon- Fri

Time: 9.45am to 1.45pm **Cost:** FREE

Winning New Opportunities is a **job search programme** targeting people who are unemployed. It was developed to help people who are unemployed to find work and cope with the challenges of unemployment & looking for a job.

PAEDIATRIC FIRST AID

Date: Tuesday 8th February **Time:** 9.30am –4.30pm

Cost: €30 **Trainer :** James McLoughlin

CPR (Child & Infant) (Including AED)

- Respiratory Emergencies.
- Child / Infant Assessment.
- Child / Infant Choking
- Infantile Convulsions.
- Wounds & Bleeding.
- Burns, Scalds, Chemical Poisoning.

Qualification: On successful completion of the course (Written & Practical Assessment) each participant will receive a Paediatric First Aid Certificate issued by Absolute Safety. Childcare available if required, limited number of Places. Booking Essential

IRISH CONVERSATION CLASSES

For Adults

Date: Wednesday 9th February for 10 weeks

Time: 7.30pm - 9pm **Cost:** €80

Facilitator: Michael O'Toole , Native Irish Speaker

Participation will be encouraged according to the level you are at and some material will be provided each week.

For Secondary School Students

Date: Wednesday 12th January for 10 weeks

Time: 6.15pm—7.15pm **Cost:** €50

Facilitator: Michael O'Toole , Native Irish Speaker

Participation will be encouraged and will be geared towards students.

Booking Essential

Counselling and Psychotherapy Centre

Counselling and Psychotherapy

Available Monday to Friday, day and evening.

It is available in as far as possible at a time to suit the individual, family or couple and is by appointment only.

Emergency times are available

The cost is on a sliding scale and is negotiable.

Director of Counselling and Psychotherapy:

Denise O'Dowd

071 9663000 or 071 9663841 (Direct Line)

Staff Counselling and Psychotherapy Team:

Denise O Dowd, Eleanor Shortt, Maura Callaghan, Margaret Glacken, Brian Conlon, Karen Leonard.

Counselling Team: Sean Simon, Marie Brennan, Therese Brady, Cormac Quinn, Andrew Sleater, Carol Kiernan, Tracey Walsh, Marie Carty, Maureen McLoughlin, Carol McLoughlin.

Our Therapists have a wide range of training and experience. We draw on many different approaches in our work including person-centred, humanistic and integration, psycho-dynamic and cognitive behavioural (CBT), family therapy.

All counsellors are accredited or working towards accreditation with relevant bodies. IACP, IAHIP, AACI

What is Counselling & Psychotherapy?

Counselling and psychotherapy is for anybody. Some times life can be difficult for us, it can be unmanageable and challenging. Counselling can be a great support or resource at times of crisis or difficulty in our lives. It involves meeting with a trained professional therapist in a safe, confidential setting and allows you to talk about and explore in a non-judgemental space life's challenges.

Counselling deals with more immediate or crisis issues e.g. relationship break-up, bereavement, stress or work issues. Psychotherapy looks at deeper more long-term issues that may have their roots in our past, (e.g. abuse issues, trauma in childhood) which are affecting our present life.

Frequently counselling and psychotherapy overlap and are used interchangeably.

With the therapist you can explore and discover more resourceful ways of managing your life. The relationship is one of respect and non-judgement between you and the therapist and meetings usually last 50 minutes to one hour.