

Mountview Family Resource Centre

Who We Are

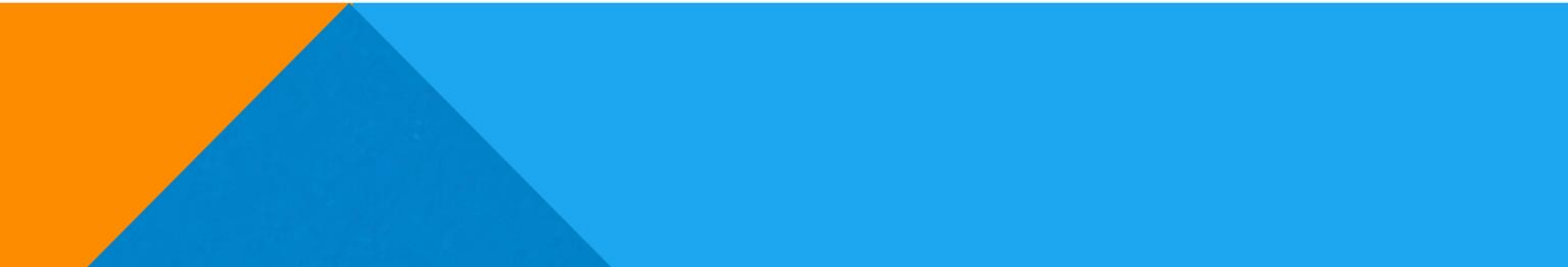


What is a Family Resource Centre

Hi, I'm Margaret from Mountview Family Resource Centre (FRC).

The family resource centre (FRC) programme is a national programme core funded by Tusla. Our work encompasses the whole life course; from cradle to the grave.

The FRC programme is Ireland's largest national family and community based support programme.



Our Vision

Our vision is that all children, families and communities will actively participate and be included in a society that is free from prejudice, inequality, discrimination and exclusion, and which will contribute to their greatest possible well being.



What We Do

So, FRC's responds to the needs of the area they are based in and we try to respond to these evolving needs through the provision of creative and innovation programmes and services.

I'd like to give you an overview of some of the services we provide and offer to the wider community, working from the principles of Community Development to support children and families. People come to us voluntarily, and we also accept referrals.

We try not to lose sight of the fact that some of the most important work is done over a cuppa and we are delighted to be based in a house within Whitechapel estate.

Personal Development Programmes

We provide a variety of groups for men, women and children of all ages with varying needs.

People have a space to connect with one another and to talk openly with no judgement giving participants a sense of belonging and purpose.



Groups we have :

- Men's group
- Women's group
- After school support programme in conjunction with St. Philips Primary School
- Children's group targeting children with specific issues
- Parents group



Learning and Education

Our classes provide the opportunity for interaction and aim to combat isolation in the community, which we have a variety on offer presently.

All our classes aim to support people to have good mental health. These classes allow people to grow and achieve their goals, and increase their confidence and wellbeing.

A comment from one of our participants : “The warm welcome makes all the difference and makes us feel happy and accepted.”



Classes we offer

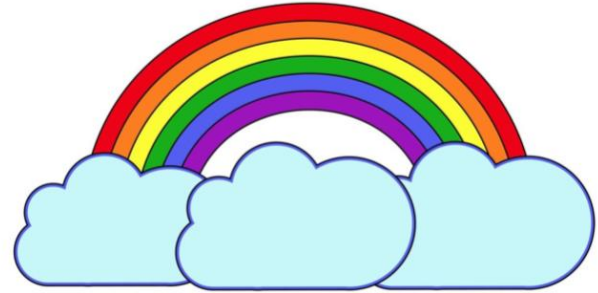
- Crafts
- Jewellery making
- Art
- Computers
- Money management
- Gentle exercise classes
- Zumba gold
- Also a series of sessions with Mental Health Ireland on “Five Ways of Well-being”



Counselling Service and Family Psychotherapy

Rainbows

For children who have experienced loss through bereavement or separation



Play Therapy

Presently we have 4 Play Therapists working with children and young people. Recently we have expanded the service to work with young people under 18 and they are engaging, and finding it invaluable.

We have a dedicated Play Therapy Space at the rear of our project, referrals have increased in numbers from local schools since children have returned to school and we are trying to work through the waiting list to ensure people are not waiting too long and we can accept new referrals. Ring for referral form to start referral process.



Counselling and Family Therapy

Our counselling service is in operation for over 10 years, in conjunction with Genesis, Fiona our counsellor said “I have met amazing people who have been challenged by life’s traumas and hurts.”

Challenges we support :

- long term illness or disability
- bereavement
- loss of children or siblings due to suicide
- addiction abuse
- support with co-parenting
- parenting
- supporting children to navigate through their development stages
- supporting children facing challenging issues in school

The outreach aspect of our work is vitally important and the lunchtime music Bingo was enjoyed by all during COVID, school activity packs were distributed to over 100 families, care packs throughout the pandemic for Easter, pamper pack for International Women's Day, meals on wheels for the most at risk and the regular phone call and house visits.

We continue to prioritize outreach work and networking with local, regional and national organisations is invaluable to keep our work focused on the needs of the wider community. We see the benefits of working together for the greater good of the community.

We are fortunate to have great volunteers and neighbours who help us provide many of our services on offer. If you require an further information about our service please drop in the centre, telephone or email us.

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