



Bagenalstown
Family
Resource
Centre

Moneybeg
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Co. Carlow

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NEWSLETTER

ISSUE 2 April 2025



I am both proud and humbled by the incredible resilience, creativity, and compassion that defines the community we serve. The past year has been one of growth, reflection, and renewed purpose here at Bagenalstown Family Resource Centre (BFRC).

In 2024, we supported hundreds of families, children, and individuals through a diverse range of services—from our thriving Therapeutic Hub and early years education to health and wellbeing programmes, family support work, and our ever-evolving charity shop, Déjà Vu. These numbers matter, but what matters more is what they represent: confident children, supported parents and families, and empowered communities.

We saw growing engagement in our family and parenting supports, including a rise in Preparing for Life home visits and strong feedback from our Circle of Security parenting programme. Our afterschool service embraced a more child-led approach, and we heard firsthand from children about what matters most to them—rest, play, and voice. We listened, and we adapted.

The demand for therapeutic services—play, art, music therapy, counselling—has grown rapidly. While this reflects increased awareness and reduced stigma, it also signals the mental health needs facing our community. We remain committed to securing sustainable funding to meet this demand and reduce waiting lists.

Our 2025 priorities focus on expanding access, enhancing inclusion, and strengthening our physical environment. Plans are already underway for the creation of a sensory room, an outdoor classroom, horticultural space and sensory garden, and a digital booking system to streamline support. Our 25th Anniversary will be celebrated on May 15th, which is also international day of the family as we celebrate a quarter-century of service we are looking forward to the future with hope and ambition.

None of this would be possible without our dedicated staff, volunteers, partners, and funders. Your trust and collaboration drive everything we do. And to the families who walk through our doors: thank you for your courage, your honesty, and your belief in us. We're here because of you, and we're here for you.

Here's to continued connection, compassion, and community-building.

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

For more information on any of the supports please

contact the Reception and ask for Family Support Team



Warm Regards.

**Bagenalstown Family
Resource Centre**



Preparing for Life
HOME VISITING

**Lynda
Stacey
Director of
Services**

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



Bagenalstown Family Resource Centre is delighted to announce that Tanya Coogan has joined the team as the new Therapeutic Hub Coordinator.

Throughout her career as an IACP accredited Psychotherapist Tanya has offered support to individuals across a variety of presenting issues, age groups and backgrounds. Additionally, she brings valuable business and managerial experience which will help guide the expansion of the Centre's therapeutic services.

As the Therapeutic Hub Continues to grow in 2025, Tanya is eager to contribute to its development. Bagenalstown Family Resource Centre is now home to a dynamic team of 20 therapists including specialists in play, music, art, adolescent and adult therapies.

Therapeutic Hub Co
ordinator
Tanya Coogan

Tanya looks forward to working alongside this talented team to meet the evolving therapeutic needs of the Community.

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.



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.

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

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

Tanya Coogan Tel - 083-016 5581
Email - tanya.bagenalstownfrc@gmail.com

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.

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.



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.

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

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 or older and living alone or with another eligible person.

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

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

English Classes

Well being classes

Yoga

Gardening
workshops

Craft workshops

Flower Arranging

Cookery classes

Photography Classes

Easter Closure

Please note the following closures over the Easter period:

Bagenalstown Family Resource Centre - Closed Friday 18th April
Closed 21st-25th April

Stepping Stones Childcare Service - Closed Friday 18th April
Closed 21st-25th April

Deja Vu Charity Shop - Closed Friday 18th April
Closed Sat. 19th April
Closed 21st-26th April

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

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



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.

SPRING



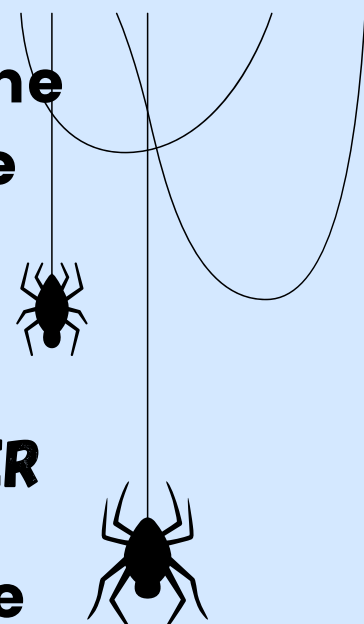
at Stepping Stones Community Childcare

Acorn Room



The children in the Acorn Room were very busy with their

INCY WINCY SPIDER
theme



Catherine Ryan Maher
Manager of
Stepping Stones



Sky Room



And the Easter Bunny himself, surprised the children from the Sunshine Room.

Sunshine Room



The Sky Room enjoying a picnic in the sun with their bunny and chick friends.

Forest Room



The children in the Forest Room decorated their door with a fabulous Easter Bunny.

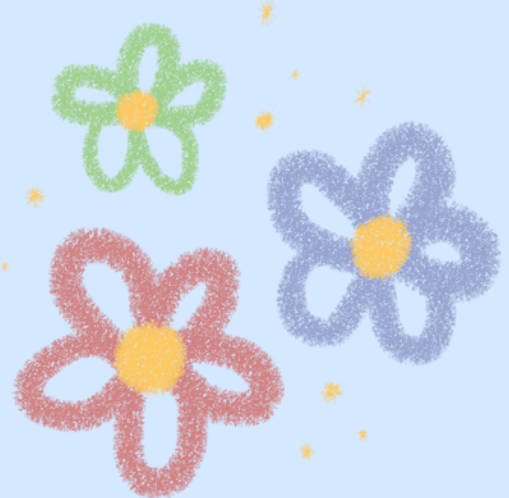


Michelle Thomas
Afterschools
Manager

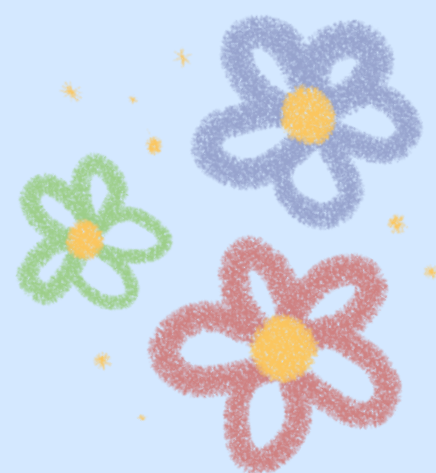
A group of senior afterschool children decided they wanted to be part of a Carlow and Kilkenny council campaign called "Not Around Us", an initiative to let people know that they don't want to be around them when they are smoking or vaping. Also to make people aware about the environments where they are smoking/vaping especially if its an environment where children and young people live, learn and play.

They attended the launch of the campaign in Carlow town hall on Friday 11th April and they aim to make the grounds of Bagenalstown Family Resource Centre and Stepping Stones Childcare Centre a smoke free zone.





What's Happening



Baby Massage Classes

Come along and join our Baby Massage classes on 30th April until 28th May.
10am - 11.30 am
in the Family Resource Centre
€5 per week for 5 weeks
Please contact us to book your place.

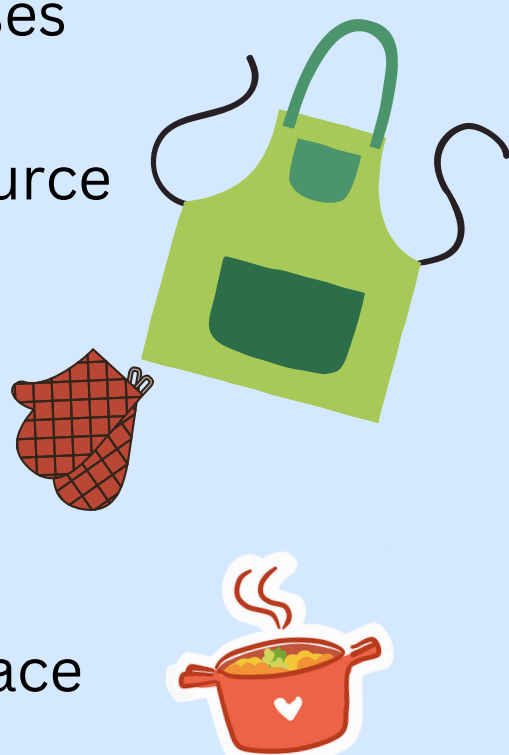
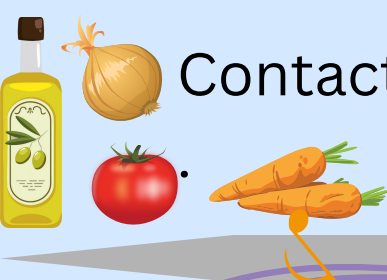
Parent and Toddler Group
Every Tuesday During School Term
10.30 - 12.00 at
Bagenalstown Family Resource Centre
€2 Per Session

MENS COOKERY CLASSES

Calling all over 55s
Come along and join us for Demo Based Cookery Classes on Thursday evenings in Bagenalstown Family Resource Centre

Until 29th May
5.30pm - 7.30pm

Contact us to book your place



Flower Arranging Workshop

Thursday May 8th
10-12 noon

Free - Just bring your own flowers and greenery

Contact us to book your place



Bagenalstown Family Resource Centre Presents

Music And Movement

An Interactive Workshop For Parents and Their Children
Aged 1-3

Followed by FREE
Parent and Toddler Group
11am-12noon

Entry €2
Tuesday
13th
May
10am-11am

To Register
Phone:
059-9722028
Message:
0838972460

