

CLARA NEWS

CLARA COMMUNITY AND FAMILY RESOURCE LTD

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AUTUMN
2015

FOREWORD

Welcome to our autumn newsletter 2015. We have developed this household newsletter as a way of informing and updating the community of some recent and new activities. You can also follow us on Facebook, the Website or see local press for regular updates. Thanks to everyone who has supported the project in anyway.

Marian Fitzpatrick
Chairperson



Pride of Place - Judges visiting Clara Bog

SUMMER ACTIVITIES

PRIDE OF PLACE JUDGING - 30TH JULY 2015

Offaly County Council nominated Clara in this prestigious National Competition. The judging started with a presentation, including a welcome to the judges by Shane Lowry.

The judges had a tour of the Clara Bog Visitors Centre. Michelle McKeon Bennett spoke about her role at NASA and her pride in being a Clara native. The judges examined equipment that had been on the International Space Station.

The judges then met members of the Gun and Conservation Group, members of the ICA, the librarians and the local clergy. Artwork by Vincent Devine was on display as was a table filled with books about Clara or written by Clara people.

The Judges were taken on a guided Bus and a Walking Tour of the Town – among the highlights that impressed the judges were:

- The visit through Goodbodies to the water systems that powered the Factory.
- The visit to the Boxing Club where the judges were introduced to some of the Champions with their medals & trophies.
- The Br. Urban training match at the GAA field.
- A visit to the Fire Station.
- A letter from David Bellamy supporting Clara's entry into the Pride of Place Competition.
- The community information window in Kenny's Shop.
- The visit to the Scouts Den where the Judges talked to the young people and toasted marshmallows over a fire.
- The judges engaged with every group and organisation in the Town by visiting their stalls in either the FRC or the GAA Centre.

- The judges danced with members of the Active Retired Group.
- The PIC players short performance
- The visit to the Men's Shed.
- The visit to the Clara Bog and the Boardwalk.

The organisation and the actual day was a classic example of Clara at its best, everyone pulling together to make the event as successful as possible. The winners of the Pride of Place Competition will be announced on 14th November.

Thank you to everyone who helped to make the event so memorable.

TUJSLA
An Ghriúmhairsreacht um
Leanaí agus an Teaghlach
Child and Family Agency



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Summer Camp - Trip to Banagher

SUMMER CAMP

We had busy months in June and July with summer camps. The secondary camp had a fun packed few days with Joe Quinn at Aspire and at the Bogathon in Portlaoise.

The 6th Class young people enjoyed their time exploring the Clara Bog with the staff from the bog Visitor Centre and Banagher outdoor pursuits and Bubble soccer with Declan Cushen.

We had two weeks of camps for the younger children with activities including puppet shows, swimming, bouncing castle, games day, drumming and arts and crafts. Over 160 young people took part in the camps, which was made possible by the support of the families, community and all the leaders who gave so generously of their time. Sincere thanks to everyone who made this possible.

GROUPS IN THE CENTRE

MEN'S SHED GROUP:

Everyone welcome, learn new skills and meet others. Take part in projects, wood, stone, glass etc. We meet every Monday at 2pm in the shed at the back of the Centre. Open Day Monday October 5th 10.00am – 4.00pm.

WOMEN'S GROUP:

Always looking for new friends to come along and share their ideas. We have a wide variety of interesting activities and we enjoy trips away. If you are only free in the evenings then this group is ideal for you as we meet every Thursday night from 7.30pm – 9.30pm. Upcoming activities include

- Patchwork during October
- Tapestry, chicken scratching and sewing during November and
- Flower arranging, social outgoing and Christmas party during December. Come along and join in the fun.

INSPIRE GROUP:

A fun and light hearted group that meets every Tuesday from 10am to 12pm for a chat, learning something new and meeting new people. Upcoming activities include the following:

- A healthy heart food programme 6th,



Men's Group - Stone carving with Philip Quinn



Sample of crafts made by Groups within the Centre

13th & 20th Oct

- Christmas cake & icing & decorating 3rd, 10th, 17th & 24th Nov
- End of year Celebration 1st Dec
- Flower Arranging 8th Dec

PARENT & TODDLER GROUP:

The toddlers enjoy some group activities and for Parents it's a great way to meet new friends and chat. Why not bring your toddler along and join in the fun?



Groups showing their displays at the Pride of Place Judging Day

TIPS group meet on Mondays 10am - 12pm at the Centre. Lots To Do meet at the Centre every Wednesday 9.30am to 12pm. TIPS Open morning October 5th. Come along for music, movement and a puppet show. Everyone welcome.

CARERS' SUPPORT GROUP:

This support group allows carers to share experiences, ideas, concerns and information. Carers can offer each other emotional support and develop enduring friendships. Members of this group can participate in a range of activities including arts and crafts, informational talks, social evenings and access to training courses specific for carers. The group meets twice a month in the Resource Centre on Wednesday nights at 8pm. Events include Flower Arranging classes which commenced on Wednesday Sept 16th at 8pm.

CLARA ACTIVE RETIREMENT GROUP:

Clara Active Retirement Group provides a social and recreational outlet for all retired men and women over fifty five years of age. Are you young at heart? The group is very active and loves to play bowling, bingo, playing cards, social dancing and have day trips away. Come down and join us for a chat and a cup of tea to make new friends or spend time with the ones you have! The group meets at the Centre every Wed from 2.30pm to 4.30pm.

CLARA YOUTH ZONE:

Youth Zone is for teenagers in Secondary School. Access to Free Wi-Fi, Xboxes, Wii's, Laptops, Music Towers. Call in and chill out and bring a friend on Fridays from 6.30pm – 8pm. The Youth Zone will return on Friday 25th September.

CLARA YOUTH CLUB:

The Youth Club is for young people from 10 years upwards and meets every Tuesday from 7pm to 8pm at the Centre. Plenty of fun and activities on offer. All children must be registered at an annual fee of €5.

ART CLASSES WITH VINCENT DEVINE:

The art classes take place in the Centre every Saturday Morning at 10am. Would your child like to make their own art using printing, drawing, clay and much more. If interested in joining please contact Vincent on 086 3561057

JAPANESE KARATE CLASSES:

Takes place in the Centre on Tuesdays from 5.45pm to 6.45pm for children. Adult classes are on Wednesdays at 8pm. Please contact Sensei Thomas on 086 8948562 for information.



THE CLARA COMMUNITY COOKBOOK

“A TASTE OF CLARA - IN FOOD, PICTURE AND SONG”

IS ON SALE AT THE CENTRE FOR €10 AND MAKES AN IDEAL FAMILY KEEPSAKE

INTERGENERATIONAL GROUP:

The Clara Intergenerational Project brings together the older and younger generations of the community. For an hour once a week local school children have the chance to meet with senior citizens and listen to their stories and experiences and to learn about their local heritage and past history of Clara. If you would like to come along and share your stories you would be very welcome at the Centre on Thursday mornings in September and October at 11.15am.



Arts & Crafts made by Groups in the Centre

UPCOMING ACTIVITIES

TRIPLE P POSITIVE PARENTING

This 8 week Programme focuses on parenting skills and the attitudes and expectations of parents. The content

gives lots of tips and strategies to help manage your child's behavior, build positive relationships and make family life more enjoyable so that you can support your children to grow and >>

develop to reach their full potential. There are also Teen Triple P Programmes which run for parents of pre-teens and teenagers to build on family strengths and support young people to become more independent and to stay safe. The Centre maintains a register of names for other upcoming parenting courses.

HULLABALLOO

Hullabaloo takes place during the Halloween break running from Wednesday 28 October to Saturday 31 October. This is a Children's Art Festival for primary school children which is funded by the Arts Office in Offaly County Council. A wide variety of workshops are on offer including: Drama, Creative Writing, Film, Puppet Shows, and Dancing. This year booking for all workshops and performances will be online. The Centre can facilitate/assist people with the booking. Keep an eye

out for further details on our Website, Facebook and in local press.

CHILDRENS CHRISTMAS PARTY 2015 – SPONSORED BY WILKER AUTO CONVERSIONS

The Centre will run its Annual Children's Christmas Party for primary school children from Junior Infants to 3rd Class on Sunday 6th December 2015. This is a very popular event where much excitement is had when they meet Santa. The children look forward to the fun, entertainment and refreshments provided, making it a particularly memorable event for all involved. Forms will be available from Monday 9th November 2015 in the Centre. Registration is essential.

FUNDRAISING FOR THE CENTRE

Please support our Table Quiz which is to be held on Thursday 15th October at 8pm in the Mill House, Clara. There will be a free draw on the night. All monies raised will be used for the benefit of the Centre.

TEAM HOPE CHRISTMAS SHOEBOX APPEAL

The Resource Centre will be the collection point for the Team Hope Shoebox Appeal. Forms are available in the Centre and you can drop your shoeboxes in to the Centre. This year, as well as our regular countries across Eastern Europe and Africa, Team Hope is planning to send 20,000 shoeboxes to children caught up in the current migrant crisis across Europe. Closing date for receipt of boxes in the Centre is Friday November 6th.

SERVICES AT THE CENTRE

• OFFALY LOCAL DEVELOPMENT COMPANY: WORK AND LEARNING CENTRES

Offaly LDC Work and Learning Centres operate throughout the county to help people who are not currently working to find out about lifelong learning opportunities, avail of one-to-one career coaching and get assistance with job-hunting or setting up a business. Appointments take place in Clara Family Resource Centre on Thursdays between 9.30am and 1pm. To arrange your one to one appointment please contact Vanessa on 087 741 3249.

• FAMILY ACCESS CENTRE

We provide an environment where contact is focused on the child and there is a warm and comfortable atmosphere for both parents and children.

• COUNSELLING SERVICES

A confidential, one to one affordable adult counselling service is available at the Centre. Call 057 9331928 to arrange an appointment.

• SOCIAL WELFARE & OTHER FORMS

We keep a large variety of Forms in Reception. Examples of forms are Medical Card, Passport, Drivers Licence, etc. If you require a form that we do not have we will do our utmost to find it on line and print it for you. Do you need help in applying for your water conservation grant? Call to the Centre for more information.

• PUBLIC NOTICE BOARD:

If you have any information you would like shared within the community, e.g. job vacancies, services offered, please drop them in to the Centre.

• SENIORS ALERT SCHEME

Are you 65 years of age or over and on a state pension? If so, you qualify for the following security item in your home: Socially Monitored Alarms. For further details please contact the Centre.

• WARMER HOME SCHEMES

Forms and further information are available at the Centre.

• DROP IN ADMINISTRATION SUPPORT

We can attend to all your print and support needs, including typing, photocopying, printing, faxing and laminating. We also provide Internet Access and offer help with a range of queries. Stay in touch with your family and friends for free on Skype. We print off job ads and help with CV

• HIRE OF HALL OR EQUIPMENT

The hall in the Centre is available for hire for meetings etc. If you are having a party and need to hire extra tables and chairs, flasks boilers etc. please contact the Centre.

• COMPUTER

If you are interested in starting a computer course, please contact the Centre.

• WEBSITE

If you are running a local event or provide a service, or business to the people of Clara, please contact the Centre so that it can be included on the website.