

Cúram Family Centre

Contact :094 93 62096

Email:curamclaremorris@eircom.net

Autumn Newsletter

Surviving the Recession



The economic crisis is affecting all of us. From construction workers with fewer homes and businesses to build, to parents wondering if they can afford to pay the mortgage this month, to business people worrying about having to make layoffs, employees worrying if they are going to be laid off and those who have lost their jobs wondering how to make ends meet on Social Welfare. Almost everyone is experiencing increased levels of stress and anxiety due to these recessionary times. Untreated and prolonged stress can affect ones physical and mental health and wellbeing, career and relationships. So it is very important to look after ones mental and emotional health as well as ones physical health. If you are having difficulties or feel you are not coping, talk to family or friends and seek professional help if you need to. Often a problem is not so great when shared with somebody else. Remember there is always help no matter how big you think your problem is. Cúram has many Supports/Services on offer to alleviate these stresses and strains. Services include – Counselling, Family Support, Local Employment Service, F.A.S., Money Advice and Budgeting Service, Citizen’s Information, St. Vincent de Paul and many more.

In Cúram you will always find a welcoming face and a listening ear.

Tips on Living Positively

- Attune your ear to good news. TV and radio are full of doom and gloom. Choose what you listen to.
- Think positively (avoid “stinking” thinking) Focus on positive aspects of your life.
- Believe in yourself (is feidir liom!)
- Count your blessings (health, friends & family etc.)
- Take exercise and maintain a healthy diet—physical and mental health are connected.
- If you have time get involved in voluntary/community work. Helping others will take your mind off your own worries and give you a sense of accomplishment.
- If you have difficulties and feel you are not coping - Seek Help
- And remember that the current downturn is temporary and that brighter days are ahead.

‘The Sun Will Shine Again’

Help With Financial Difficulties

Money Advice & Budgeting Service

Problems paying off debts? Experiencing Financial Difficulty? Need advice on money management? South Mayo MABS is a free, confidential, independent, non judgemental service for people in debt or at risk of getting into debt. Located in the Humbert Mall, Castlebar we also provide outreach services in a number of locations throughout the area. An outreach service is provided in Cúram on an appointment basis. To make an appointment call us at 094 9028888. Alternatively you can call the MABS helpline at 1890283438 or visit www.MABS.ie

St. Vincent De Paul Society -

The Society of St Vincent De Paul offers year round advice and assistance to those in need. Help is offered to families and individuals who may be experiencing difficulties in their every day lives as a result of financial pressures or other unexpected difficulties. All contact with the Society is private and confidential. The Society may be contacted at any time on 085-8140339 or by leaving a message at Cúram.

CONTACT : 094 93 62096

Cúram Family Centre

Adult Education Programme

MORNING CLASSES

Self -Esteem /Self Development

Monday 10.30- 12 noon

Start Date - **Oct 3rd** 4 weeks €25

Pilates Monday morning 10 a.m. - 11.30 Start date: **19th September** Cost : €45 Duration : 8 weeks

Yoga Tuesday morning 10a.m. & 11.30

Start date : **20th September**

Cost : €45 Duration : 8 weeks

Common Sense Parenting

Wednesday morning 10.30—12 noon

Start Date: **14th September**

Cost €20 Duration : 6 weeks

Dressmaking Class Thursdays 10a.m.- 12

Start Date - **15th Sept** Cost : €70 for 6 weeks

Contact Catherine 087 6578588

Family, Health & Homecare - This class includes, cookery, budgeting & nutrition

Thursdays 10.30—12.30 Cost €25

Start Date : **6th October** Duration : 6 weeks

Art (Watercolours) Fridays 10 a.m.—12 noon

Start Date : **September 30th**

Cost : €45 Duration : 8 weeks

Baby Massage Tuesday Afternoons 2—4p.m.

Start Date Sept 26th Contact Aisling 086 3280956

To book your place contact Cúram on 094 93 62096 or by email : curamclaremorris@eircom.net

Adult Ed Programme is Part funded by Mayo V.E.C. and Claremorris Women's Group



Classes are open to all

EVENING CLASSES

Sean Nós Dancing

Monday evenings 9– 10.30

Start Date : **Sept 26th**

Contact : 087 6368834

Pilates Monday evening 8 - 9p.m

Start date : **19th Sept** 7.30 - 9p.m.

Contact Ann 085 1171293

Art (Watercolours) Tuesday Evenings

Start Date : 13th Sept, 7.30—9.30

Contact Angela 094 95 40876

Yoga Tuesday eve 7-8.30 & 8.30– 10p.m

Start date : **September 13th**

Contact Bridie 086 6064050

English Language Classes

Start Date Tuesday Sept. 13th

6.30 - 8p.m. Cost : No charge

Digital Photography 2 classes beginners

5.45- 7.15 and continuation class 7.30-9p.m..

Start date : **September 28th** Cost €45

Art (Oils) Thursdays

3 classes 3p.m.—5p.m. 6 - 8p.m. & 8 -

10p.m. Contact Reg on **094 93 81546**

Aerobics: Thursday Evenings

Start Date : To be confirmed

Basic Massage :Thursday evenings

Sept. 29th, Oct 6th, 13th, 20th

Contact 0894430535

Supports for Families



Rainbows & Spectrum Programme

Rainbows and Spectrum programmes are for children and teenagers who have experienced loss in their lives e.g. death of a family member or separation of parents. Trained personnel facilitate these programmes. An information evening for parents on both programmes will take place on Monday Sept 26th at 8p.m. The programme runs for 12 weeks commencing October 17th at 6.30 p.m.



Common Sense Parenting® is a skill-based parenting program where parents develop practical & effective ways to encourage your children's positive behaviour, discourage negative behaviour, and teach your children alternatives to negative behaviour.

Two programmes will run this term for parents of children 0-6years and children/teenagers 6 -18 yrs.

Both programmes commence on **Wednesday 7th September**. Cost €20 includes book.

You will develop and learn specific skills to use when interacting with your children, setting them up for success in their everyday lives.

Cúram Family Support Programme is available to families (parents & children aged 0-17 yrs) experiencing difficulties. We work directly with parents within the family environment in order to enhance the lives of children and the family as a whole. Cúram Family Support uses the Mol an Óige Teaching Model to support parents in using parenting skills to address areas of difficulty. It is a way of working with parents to achieve the best possible outcomes for their children. Some reasons why parents may contact the project are -

- Situations of stress in the family environment, which may have a detrimental effect on the child.
- Parents experiencing crisis which impact on their children.
- Parents who have difficulty managing their children's behaviour.

Families can refer themselves or an agency may refer a family with their consent. For further information please contact Annette Conway on 094 93 73928 or 087 9119714

Counselling and Bereavement Service

Counselling takes place in a caring, confidential environment and is available to all in the community. A sliding scale fee is in operation from €10- €40 depending on ability to pay. Counselling is free for those unemployed. To arrange an appointment contact Cúram at 094 9362096. Cúram offers marriage counselling, individual, couple & family counselling. Issues of anxiety, depression, panic attacks, relationship difficulties & loss are also dealt with.

Bereavement Support is available in Cúram for those who have suffered a significant loss and would like to talk to someone in confidence. Bereavement Support is available by appointment contact Cúram at 094 9362096

Dóchas – a ray of hope for those bereaved through suicide. Dóchas is a support group for family members bereaved through suicide. A five week support programme commences in Cúram Family Centre, Claremorris on Tuesday 1st November at 8 p.m. and continues for 5 Tuesday nights. This programme offers a safe & confidential environment where one can share one's story and feelings with others who have experienced a similar bereavement. Individual counselling also available for those who have lost a loved one through suicide. For further information contact Cúram 962096. Booking is essential.

Community Training/Support Reducing the risks of suicide in our community.

A.S.I.S.T. (Applied Suicide Intervention Skills Training)

A two day interactive workshop in suicide first-aid will take place in Cúram on Mon 28th and Tues 29th November. It is suitable for all in the community - health workers, teachers, community workers, Gardai, youth workers, volunteers, people responding to family, friends and co-workers.

Most people thinking about suicide show some signs. These offer us opportunities to respond.

Suicide intervention training can help all of us see, hear and respond to these invitations. It can also increase our confidence to ask about suicide when someone's safety may be in the balance.

Pre booking is essential as places are limited. Contact Cúram Facilitated by trained H.S.E. personnel.

"The Importance of Community in Modern

Times". John Lonergan former governor of Mountjoy prison for 24 years will be guest speaker in Cúram on October 12th at 8p.m.

John will include in his talk the following -

-how an active community can play a huge role in reducing feelings of isolation, loneliness, shame, hopelessness. and all too often despair.

-how a vibrant community can help people to get hope back in their lives again and re-build their self-esteem.

-why the little things in our lives matter most .

Encouraging people to help others and highlighting how this in turn will help themselves. It will be a reflective evening where people can relax and perhaps see the funny side of the mad lives we all live in this "modern" world.

Places are limited so booking is essential. There is no charge. Light refreshments will be served.

Women's Group– Autumn Events

Claremorris Women's Group

meet in Cúram every month and new members are always welcome . Meetings and events are advertised in local papers and newsletters. Events for this Autumn include, English classes for the international community, Massage, Cooking on a budget, Style coaching, Arts and Crafts for children. The main aims of the group are :- to provide skills training for women.-to raise awareness and provide information on issues relating to women and women's health - to offer Social and Recreational activities to women in isolation and to integrate women from the International Communities.

Date for your diary -November 2nd

Ladies Night Out-

Style Coaching - What to wear for you shape, Accessorising, Fashion trends and lots of other tips on fashion and style.

More details available nearer the date

Basic Massage Workshop

A four week basic massage workshop will take place in Cúram on Sept 29th, Oct 6th, 13th, 20th, 7.30 - 9p.m.. Learn how to release stress and tension, enabling calm and relaxation to come into ones life by using the gift of massage on people you care about. Cost €50. Contact 089 4430535

English Classes for the International Community. 7 week course commences Tuesday Sept.13th 6.30- 8.30. No charge.

Art & Crafts for Children

Dates to be confirmed

Services/Supports for the Unemployed

Local Employment Service

Local Employment Service registration every Tuesday & Friday. This service for the unemployed provides Information on Fas courses, C.E. Schemes, R.S.S., and Tús Programme, information on further training /education and job opportunities available in the area. Contact 094-93-62757 for details. Other services offered are: CV Preparation for registered clients, Employer contact, Information on FAS courses, Mediation Services, Interview Techniques

Mayo Local Employment Service is very much person centred and works on a one to one basis in a confidential and relaxed environment to achieve a realistic progression route for all our clients.

F.A.S - Registration in Cúram **1st Thursday** of every month 10 am-12 noon.

Other Supports/ Services At Cúram

A.A. & Alanon Support meetings, every Monday throughout the year. 8.30 Winter, 9p.m. Summertime.

Legion of Mary—Tuesdays 10.30a.m.

Chiropody Service available 2nd & 4th Wednesday of each month. Contact 093 38518

Community Playgroup - Caters for children 2 yrs 9 mts - 5 yrs

Parent & Toddler Club - every Thursday 10.30 a.m.—12 noon

Pioneers - Card games Thursday nights 9p.m.

Irish Wheelchair Association - meet in Cúram Family Centre every Wednesday from 12—4.30. For more information please contact Martina or Anne on 094 90 60937

L.A.N.— Information and support for women experiencing Domestic & Sexual Violence

Citizens Information Board
information · advice · advocacy



The citizen's Information service provides information, advocacy and advice on all your rights and entitlements. This is a free, confidential, impartial and independent service covering a range of subjects including employment, redundancy, housing, legal matters, health, welfare payments and immigration issues. A wide range of information booklets and information leaflets also available at the centre. A sample of the booklets/leaflets available that may be of help to the unemployed are as follows :-

- 'Working For Work'—Exploring Welfare, Work, Education and Training options for unemployed people.
- Back to work enterprise allowance.
- Back to education allowance
- Supports and information for the self employed..
- Information booklet outlining services and supports available in Claremorris for unemployed people.

Opening hours are Mon. Tues & Friday 10a.m. – 1p.m. Wed & Thurs 10 – 1p.m and 2p.m. - 4.30p.m Contact Tel : 094 93 62202 or log on to www.citizensinformation.ie for more information on all your Rights and Entitlements. No appointment necessary.

Tús - Community Workplace Initiative

The Tús initiative is a community work placement scheme providing short-term working opportunities for unemployed people. The work opportunities are to benefit the community and are to be provided by community and voluntary organisations in both urban and rural areas. The Tús initiative is managed by local development companies and Údarás na Gaeltachta for the Department of Social Protection, which has overall responsibility for the scheme.

5,000 places in the Tús scheme will become available during 2011. Unemployed people who are eligible to participate in the scheme will be selected and contacted by the Department of Social Protection.

To be eligible to participate in the Tús scheme you must:

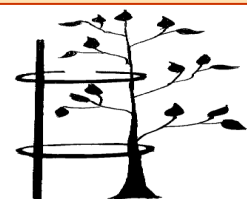
Have been continuously unemployed for at least 12 months and "signing on" on a full-time basis; and

Have been receiving a jobseeker's payment (Jobseeker's Benefit or Jobseeker's Allowance) from the Department of Social Protection for at least 12 months; and

Be currently receiving Jobseeker's Allowance.

Activities For Children

- Yoga
- Ballet
- Music
- Arts & Crafts



Cúram
Supporting the Individual,
Family & Community