

## Le Chéile Family Resource Centre Community Supports

**Le Cheile FRC Childcare:** Our childcare service is committed to providing a happy, relaxed and nurturing environment for children. 6 months upwards, full and part time day care as well as E.C.C.E Pre school. Tusla registered, all staff qualified, and part of the National Childcare scheme. Contact Liz / Eileen 022-42439.

**Family Support:** Focused on early intervention aiming to promote and protect the health, wellbeing and rights of all children, young people and their families, paying particular attention to those who are at risk. Family support can be accessed by self or professional referral. No charge. Contact 022-42439.

**North Cork Social Prescribing:** A free service that helps to link people into community groups, activities, educational courses or other support. Suitable for anyone over the age of 18 who is interested in making a change in their lives. Contact Eithne 087 7193257 or Linkworker@lecheilefrc.ie.

**Community Health Project:** Running many low-cost health initiatives throughout the year, including yoga, men's fitness, dance and knitting as well as information sessions to promote a healthy lifestyle. Contact Pauline 087-4335047.

**Ukrainian Support Worker:** Available to translate, help with integration into Irish life, and navigate the different systems e.g. education, medical. Providing support to Ukrainian families to help to integrate into life in North Cork and Ireland. Contact Alex 087 3627074 or supportworker@lecheilefrc.ie.

**Literacy Support Programme:** Providing support to children who experience literacy challenges and giving them the opportunity to achieve their potential. Delivered using technology and soft material and develops typing skills, reading and writing abilities as well as self-confidence. Contact Karen 087-1486012.

**ART THERAPY:** Art therapy is a way of supporting adults and children to explore their life challenges and develop an emotional language in a safe and confidential setting. (For under 18s, consent required by parents / guardians), Price on application. Contact Karen 087-3735000 or 022-42439.

**Counselling:** Low cost counselling service for adults and children 12+ . For under 18s, consent required by parents / guardians), Counselling can be accessed by self or professional referral. Contact Karen 087-373500 or 022-42439.

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*Check out our website for all our services and supports [www.lecheilefrc.ie](http://www.lecheilefrc.ie)*

*Address: Le Cheile Family Resource Centre, Mallow, Co. Cork, P51 F344.  
Phone: 022 42439. Email: [admin@lecheilefrc.ie](mailto:admin@lecheilefrc.ie)  
Facebook: Le Cheile Family Resource Centre  
Instagram: [lecheilefrc.mallow](https://www.instagram.com/lecheilefrc.mallow).*

## Free or Low Cost Community Resources based in Le Chéile

**Laugh & Craft:** Tues Evenings, 7-9pm, Noreen:0879865650.

**Women's Shed:** Thurs, €2 per morning, Noreen: 087-9865650

**A.A meetings:** Mondays, Thursdays, Fridays, Saturdays, Sundays 087 6657105

**Al Anon meetings:** Mondays contact 01-8732699

**G.A. meetings:** Thursdays contact: 086-0865730

**Grow:** Mondays Contact Noreen: 086-1726004

**Active Retired Group:** Tuesdays Greta Hickey 087-9029479

**Jehovah's Witnesses:** Wednesdays & Sundays Contact 087 9862626

**Mala Choir:** Tuesdays Mary Higgins: 086-8160437

**Accord:** Contact: 025-31899

**Jigsaw:** An early intervention, primary care service for young people's mental health. Contact 021-2452500

## Local Groups & Activities based in Le Chéile FRC

**Yoga with Wendi:** Wed, Thurs, Fri Wendi 087 7766736

**Mallow Camera Club:** Mondays mallowccsec@gmail.com

**Light Bulb Theatre:** 087-6982887 email: [lightbulbmalow@gmail.com](mailto:lightbulbmalow@gmail.com)

**Children's Art Class:** Saturdays Conor 085 1062497 [artwithconor@gmail.com](mailto:artwithconor@gmail.com)

**Mallow Tuition:** Brian Normic Contact 086 1613464

**Yoga with Gwynne:** Mondays Contact 087-2842353

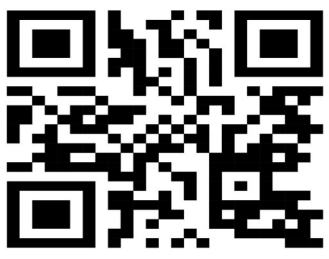
**Baby Massage:** Tuesdays Liz 087- 6218202

**Taekwondo:** Mondays Contact 086-3091041

**Pilates:** Mondays Catherine 087-6800280

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Mercy Centre and Le Cheile FRC are available for room hire.  
McAuley Hall: 150 people seated. Lombard room: 60 people seated.  
End room: 25-30 people seated. Fenlon room: 25-30 people seated.  
Please email bookings@lecheilefrc.ie or contact 022-42439.



*Le Chéile FRC and Mercy Centre  
Autumn News letter 2024*



*Mallow Community Campus  
Fair Street, Mallow  
Co. Cork*

*Email: [bookings@lecheilefrc.ie](mailto:bookings@lecheilefrc.ie)  
Tel no: 022-42439  
Eir Code : P51PF10*