

Clones Family Resource Centre Spring Newsletter 2026



Here in the Clones Family Resource Centre we offer a wide range of services, including counselling services, family support, Clones Women's Shed, Cool Kids Club and our Baby and Toddler Group. Clones FRC aims to help all members of the community in any way we can.



The End of an Era



This year marks the retirement of Angela Graham, Manager of Clones Family Resource Centre. Angela has been a dedicated member of the Team since 2015 and has transformed the FRC to what it is today. Her hard work & determination have not gone unnoticed and is a true testament to Angela's work ethic. We would like to wish you the best of luck in her next chapter of life. You will be greatly missed!

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Mobile: 086 1785710

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Website: www.clonesfrc.com



2nd Time 'Round Easter Raffle

Free entry for all of
customers - entry with
each purchase made.
The draw will take place
Thursday, April 2nd



Services & Groups within the FRC

Social and Learning

- Clones Women's Shed - meet every Thursday morning in The Court house, McCurtin Street, Clones. Contact FRC on 047 52919
- Different Keys - Community Singing Group for all levels. Contact May 086 602 8950
- Baby and Toddler Group - A space for parents/guardians/grandparents to come together with baby or toddler for interaction, fun and a chat. Contact Sharon on 047 52919
- Cool Kids Club - Afterschool Club for Primary School Age Children with fun and activities. Contact Sharon on 047 52919

Support Services

- Counselling Service, Play Therapy and Art Therapy offered through the Clones FRC. Qualified, accredited and experienced therapists. To find out more, contact Angela on 086 178 5710
- Social Prescribing- a service to connect people with community groups, organisations and statutory services. Contact Sandra on 086 140 7848
- Citizen Information -Information on your rights and entitlements (My Gov, revenue, Social welfare etc.) Monday 2pm-3.30pm Clones Library, Clones H23 RW70. To book please ring 047 74712
- MABS - Money advice service to help you manage your money and take control of your finances. Contact Monaghan 081 807 2690

Wellbeing Programme

- Senior Alert - Monitored alarms for over 60's to live securely in their own homes. Registration form is required. Contact Clones FRC on 047 52919
- Healthy Food Made Easy - is a basic nutrition and cookery course helping people to build confidence around food related skills. Contact 047 71398
- Speedwell Holistic - Hands on treatment to naturally ease pain (arthritis, headache, back pain) For booking, contact Sandra 0044 773 467 3382
- Living Well - 6 week Program for adults with long term health conditions to develop skills and confidence to manage the condition, anxiety and mood. To register, please contact 087 180 0286

Clones Family Resource Centre

Community Based Family support Centre, partially funded by Tusla, providing a safe and supportive home for families.

