

Clones Family Resource Centre Autumn Newsletter 2025

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.

Our New Staff

Edgar is our bilingual family support worker, supporting our migrant community in the town



Sandra is our social prescriber in the Family Resource Centre, linking participants to sources of support within the community



St. Andrew's Church of Ireland Sunflower Meadow

Scotshouse Village, County Monaghan, H23 W226

Visit our beautiful Sunflower Meadow ~
All welcome . Thursday to Sunday only.

14th – 31st August, 2025

Call Angela Graham on 087 9645323 for
further details

Donations to:

- St Andrew's Church of Ireland
- St Tighernach's Church of Ireland, Clones
- Cavan Monaghan Palliative Care
- Crocus Cancer Support Group
- Scotshouse Community Childcare

WITHIN THE COMMUNITY

Second Time Round Charity Shop

Our charity shop is located in McCurtain Street Clones. Open Monday to Friday 10am - 5pm. We offer clothes for all the family. Why not call in and bag a bargain?



 Breaking News! 

Local Walking Group
every week. Call
Clones FRC on 047
52919 for more
information

We are thrilled to announce that Clones Family Resource Centre is receiving funding as part of the PeacePlus RESTART programme! 🎉
Through this initiative, we are benefiting from a share of €8,412,327 in funding, supporting rural regeneration and cross-border collaboration. This investment will help strengthen our community, enhance local services, and create meaningful opportunities for growth.

Social Prescribing Day 2025

Social Prescribing Day was celebrated on March 19th, 2025, it is a global celebration of the people and communities making Social Prescribing possible.

To mark the occasion, Clones Family Resource Centre and Teach na Daoine FRC hosted special creative events, highlighting the power of connection and well-being.

Angela Graham (Manager) and Annmarie Fryers from Clones FRC spoke with Northern Sound Radio about the impact of Social Prescribing and how it helps individuals access community-based support.

Clones News

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Social Prescribing Day - celebrated with special events in Clones and Monaghan

Social Prescribing Day, celebrated globally on March 19th, shines a light on the people, organisations, and communities that make Social Prescribing possible. Clones Family Resource Centre in partnership with Teach na Daoine Family Resource Centre in Monaghan were proud to mark the occasion with a series of events and initiatives aimed at raising awareness of this transformative service.

Social Prescribing is a free, HSE-funded service that connects individuals to non-medical community supports to improve their overall health and wellbeing. By addressing social isolation, loneliness, and long-term health conditions, Social Prescribing provides a vital lifeline for many. Social Prescribing Coordinators guide individuals to a range of activities including exercise groups, arts programmes, gardening projects, and community support networks, ensuring a holistic approach to health. Since its rollout in Counties Monaghan and Cavan in 2020, over 1,000 people have benefited from this initiative.

Social Social Prescribing Coordinators are newly appointed Sandra Anderson (Clones FRC) who Covers Clones, Ballybay, Castleblayney, and surrounding areas. And Mary Hill (Teach na Daoine FRC, Monaghan) who Covers North Monaghan and Carrickmacross.

To celebrate Social Prescribing Day, Clones Family Resource Centre and Teach na Daoine FRC hosted special events, including 'Design & Paint Your Tote Bag' with Sew Art Studio at Clones FRC and the 'Make Your Mark Community Art Programme' at Teach na Daoine FRC. These creative workshops, provided free of charge, promoted social connection and emotional wellbeing through artistic expression. In keeping with the adopted theme for 2025, 'Wellbeing Through Community Connections', people had an opportunity to come together, make friends and enjoy so fabulous therapeutic events.

The impact of Social Prescribing is best illustrated through real-life experiences. A local man in his 50s, struggling with chronic pain and isolation, credits Social Prescribing with changing his life. Through the service, he gained access to a music pain support group, psychotherapy, and the six-week Living Well programme, significantly improving his day-to-day life. "I never heard of Social Prescribing before, but it has changed my life. I only wish I had found it sooner," he said.

Angela Graham, Manager of Clones Family Resource Centre, underscores the importance of this initiative: "Social Prescribing is transforming lives in our community. By offering social connection and offering practical support, we first-hand the positive impact on people's health and wellbeing. We're proud to be part of this movement. It's an excellent addition to the suite of services offered by Family Resource Centres in County Monaghan."

Referrals to Social Prescribing can come from GPs, health professionals, community mental health teams, or through self-referral.

For more information on accessing Social Prescribing services, visit www.allirelandsocialprescribing.ie or www.facebook.com/MonaghanSocialPrescribing on Facebook, where you can find details of services per county.



The group that took part in the Social Prescribing Day event 'Design & Paint Your Tote Bag' at Clones Family Resource Centre. Photo Rory Geary



At the Clones Family Resource Centre's Social Prescribing Day event was Sandra Anderson, Social Prescribing Coordinator and Angela Graham, Clones FRC. Photo Rory Geary



Local Social Prescribing Coordinators Sandra Anderson (Clones FRC) who Covers Clones, Ballybay, Castleblayney, and surrounding areas. And Mary Hill (Teach na Daoine FRC, Monaghan) who Covers North Monaghan and Carrickmacross. Photo Rory Geary



Catherine McGregor from Sew Art Studio, with some of the group taking part in the 'Design & Paint Your Tote Bag' event at the Clones FRC. Photo Rory Geary



At the Clones Family Resource Centre's Social Prescribing Day. Photo Rory Geary