

## SUPPORTS & SERVICES

Some of the many supports & services available at our Drop-in / Resource Centre. Please ring the office for details of times & appointments.

- Drop in / Information Centre
- Basic Computer Skills training
- Low cost General Counselling
- Relationship and Family Therapy
- Domestic Abuse Clinic
- Access to Education and Employment Support (one to one mentoring)
- Support groups — ANEW, LGBT, GROW.
- Social and Activity Groups e.g. Writers Group

### Outreach Services Available

- Citizen Information Services—Wed 2-5pm
- Roscommon Safelink—Domestic Abuse Support & Counselling—071 9664200
- M.A.B.S.—Money and Budgeting Advice Service—0761 072720

## USEFUL NUMBERS

Castlerea Garda Station	094 9621630
Women's Aid	1800 341 900
Roscommon Safe Link	071 9664200
Samaritans	1850 609 090
MABS (Roscommon)	0761 07 2720
Citizens Information Service	0761 07 6380
LGBT support- Belong To	01 6706623

## Roscommon Women's Network

Unit 5 The Old Mill, Castlerea,  
Co. Roscommon.



094 - 9621690

info@rwn.ie

www.rwn.ie

Charity Number: 20072995



## RWN Training Services

1. Working with Computer Applications Level 3
2. Employment Skills Level 4
3. Information Processing Level 5
4. Retail Practices Level 5



RWN students receiving their QQI awards on 11th January 2018, pictured with RWN chairperson, Una Groarke, RWN staff and GRETB support staff.



*"The beautiful thing about learning is that no one can take it away from you".*

*BB King*



*Marie Soares receiving her QQI Major Award pictured at the RWN Training Centre Awards Ceremony 11th January with her proud tutor Ursula O'Rourke*



## New Writing Group

A new writing group for beginners recently started in RWN. Every age, gender and ability very welcome. It runs every Monday from 11am - 12.30pm.



## STEPS to Excellence Programme

This 2 morning a week short course is for you if you would like to increase your confidence, think more positively about yourself, recognize what is holding you back and help with setting goals to make changes you want in your life. Free to social welfare recipients. Please contact us for more info or book your place on 094 9621690



## Healthy Greener You

Little horticulture, a little cookery, shopping tips, reducing waste tips, a little learning from nature, a lot of fun and more. Learn how and why small changes ordinary people can make in our everyday routine can help ourselves, nature and our world be healthier and happier. The course starts in the spring, so please check out our FB page regularly.



## Textile Upcycling Project

If you are interested in sewing, design, tapestry and upcycling clothing and fabrics, this project is for you! To book a place or to find out how to get involved in this exciting local initiative, please contact us on 094 962 1690



## Castlerea Parent & Toddler Group

The Parent & Toddler group continues to meet every Tuesday @ 10.30 am-12.30 pm in RWN. Come along with your toddler and join the fun. €3 per child.



## RWN CHARITY SHOP

The RWN charity shop is a Social Enterprise. All profits from the shop go directly to support the work of the project and enables us to continue offering our free and low cost supports around the county. We greatly appreciate the donations which we receive from families around the county. A dedicated team of volunteers keep the shop open 6 days a week. The shop stocks good quality clothes for men, women and children. We can boast a superb book corner and DVD rack to suit all tastes. We donate teddies and toys we don't sell to Roscommon SPCA, local hospitals and nursing homes.

## Roscommon Women's Manifesto

Roscommon Women's Manifesto Group together with Longford Women's manifesto group recently hosted "Smashing the Status Quo".

Our all-female panel included TD's past and present, Senators, County Councillors and others who have considered a journey in politics. We held panel discussions and got a true and honest account of what it is like to be a woman in Irish political life. Our all-female panel and Christina McHugh, Editor of the Roscommon Herald who acted as MC for the evening and kept our panel on topic and to time. It proved to be an empowering and entertaining evening.



## County Roscommon Intercultural Project

Following the success of the RWN Intercultural Project in 2018, where we celebrated cultural diversity through song, music, sport and drama, a video featuring snapshots of the fun, activities, integration and learning. The group enjoyed new features on our new [YouTube Channel](#). Check it out and get in touch if you would like to be involved in integration activities in 2019.



## COUNSELLING—Low cost

We offer [General Counselling & Relationship Counselling](#) here in RWN. The general counselling covers anything from a bereavement to generally feeling low, vulnerable or overwhelmed.

## *International Women's Day*

*Friday 8th March 2019*

We will be celebrating International Women's Day on the 8th March in our Resource Centre from 11am to 12.30pm. Our five year strategic plan will be launched at the event and lots of interesting speakers will help us to celebrate.

Among our speakers will be Ruth Scott, former RTE Radio 2 DJ and Marian Harkin MEP. Check out our FB page regularly for updates.