

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 Center
- Low cost General Counseling
- Suicide Prevention Counselling
- Relationship and Family Therapy
- Domestic Abuse Clinic
- Access to Education and Employment Support (one to one mentoring)
- Supports groups — ANEW, LGBT, GROW,
- Social and Activity Groups e.g. Writers Group

Healthy Cooking course @ An Chistin,

Monday Mornings in the Hub, 11am to 2pm

Free. From Feb 5th to March 12th

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

HOW TO CONTACT US

Roscommon Women's Network

Unit 5 The Old Mill, Castlerea,



Co. Roscommon.



094-9621690

info@rwn.ie

www.rwn.ie

Charity Number: 20072995

RWN Local Training Services

1. Working with Computer Applications Level 3
2. Employment Skills Level 4
3. Information Processing Level 5
4. Retail Practices Level 5
5. ECDL Version 6

For more information call 094 9621690 or email: training@rwn.ie



A ship in the harbour is safe but that is not what ships are built for.—

Grace Hopper



RWN Volunteers pictured at the opening of the refurbished RWN Charity Shop on 1st December 2017.



national collective of
community based women's networks

VHI Women's Mini Marathon 2018

Please sign up with us to walk/run the 10km VHI Women's Mini Marathon with us on Sunday **3rd June**. Funds raised are put towards supports & services in Roscommon Women's Network. If you cannot join us please sponsor the women taking part. Look out for women carrying a RWN Sponsor Card!!

COUNSELLING—Low cost

We offer General Counseling & Relationship Counseling here in RWN. The general counselling covers anything from a bereavement to just generally feeling low, vulnerable or overwhelmed. The relationship counselling supports individuals and/or couples to resolve difficulties in any relationship. If you feel you or someone you know would benefit from a confidential conversation with a qualified counsellor at an affordable cost please do not hesitate to make an appointment by calling us on 094 96 21690.

The Men's Group

The Men's Group continue to meet in RWN on Wednesdays @ 11-1pm. If you would like to join the group and/or attend our regular outings just pop in or contact 094 9621690

ANEW

ANEW is a support group for women overcoming alcohol addiction. The group meets weekly at RWN Castlerea. For more information call 089 4292069

Women's Groups—Countywide

RWN continue to support existing women's groups and the set up of new groups around the County. If you would like to join a group or set up a new group in your locality call Maria on 087 4073321.

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. Children's toys, housewares, soft furnishings are all on offer. To donate items to the shop or offer support as a volunteer just pop in or contact RWN office.

STEPS to Excellence Programme

This fun 2 morning a week short course is for you if you who would like to increase your confidence, think more positively about yourself, recognise what is holding you back and help with setting goals to make changes you want in your life. Starting shortly in Castlerea and Roscommon town. Free to social welfare recipients. Please contact us for more info or book your place on 094 9621690 or 087 4073321



Roscommon Women's Manifesto Group 2018

This group supports women to become more politically aware and active and come together with like minded people. Call Maria on 087 4073321 for more info.

International Women's Day

Thursday 8th March

We will celebrate the many achievements of women including the 100th anniversary of Women in Ireland winning the right to vote and to run in a general election. Countess Markievicz was the first woman to run and she won her seat in December 1918

Celebrations will be held on Thursday March 8th from 10.30am to 1pm in Gleeson's Townhouse, Roscommon, includes a light lunch. Watch our FB and/or contact the office for more information.



Intercultural Project

RWN has secured funding from Roscommon County Council and the Department of Integration to run an intercultural project in 2018. We have

an intercultural sports event planned for April and an arts event in September. All nationalities and cultures are invited to participate in the planning team and events. Contact the office for information on how to join the team.

Roscommon Women Into Enterprise

RWN received funding from Ulster Bank, to support women in setting up their own business. If you have a business idea and would like to make it a reality. Call Maria on 087 4073321



Castlerea Parent & Toddler Group

The Parent & Toddler group continues to meet every Tuesday @ 10am-12pm in RWN. Come along with your toddler and join the fun. Fruitie treats and goodies for the little uns...€3 per child.

