

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
- Suicide Prevention Counselling
- Relationship and Family Therapy
- Domestic Abuse Clinic
- Access to Education and Employment Support (one to one mentoring)
- Support groups — ANEW, LGBT, GROW.

Information Evening on Recycling and Up-cycling coming shortly

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 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



Volunteers/trainees & staff inspired at their visit to Ballymun Rediscovery Centre



Each of us can make a difference—together we can make change.
Barbara Mikulski



Pictured at the launch of the RWN County Intercultural Project 13th April in Áras an Chontae

June 2018 edition



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 10.30am - 12.30pm. Call for more details or just pop in next Monday morning.

COUNSELLING—Low cost

We offer General Counselling & Relationship Counselling 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. Please do not hesitate to make an appointment call 094 96 21690.

Recycling / Upcycling Information & Training

We will be running a short training session on recycling and upcycling which will include information on the importance of environmental protection, in June, exact date to be confirmed. If you would like to book your place please contact us or keep an eye on our FB page.

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.

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. We are organizing a bus trip to a local pet farm in June. €3 each.

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.

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, 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. The group recently attended their first County Council meeting and make an excellent presentation to County Council Chief Executive and members. Call Maria on 087 4073321 for more info.



County Roscommon Intercultural Project

The massively successful countywide Intercultural project was enjoyed by over 200 children and adults from all cultures who participated and volunteered in weekly soccer camps and culminated in a Family Sports/Fun Day on 29th April.



Would you like to try Capoeira, an afro-brazilian martial art combining elements of dance, acrobatics & music. On Saturdays in Ros Bowl, Roscommon Town 4—4.45pm for children and 5—6pm for adults. Starts Sat 16th June.

**Venha Consco Aprender Capoeira No Ros Bowl
A Partir de 10/06 por 4 Semanas**

**Vagas Limitadas, Contatar Catia 085 8892575
Zajecia capoeiry zaczyna sie 16.06. w Ros Bowl**

Kontakt Monika 0873333225

The Intercultural Art, Dance & Drama groups are currently planning for an event in the Roscommon Arts Centre on 21st September to mark Culture Day. It's fun meeting new people and learning about new cultures and working together. Just get in touch if you would like to join in...

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

