

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
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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

November 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.

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 Castlereagh and Monksland. Free to social welfare recipients. Please contact us for more info or book your place on 094 9621690 or 087 4073321

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. One morning a week around the county call the office for info on one near you.

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.

Castlereagh 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.

Roscommon Women's Manifesto

Roscommon Women's Manifesto Group together with Longford Women's manifesto group are hosting "Smashing the Status Quo" on Thursday 15th Nov at 7pm in Abbey Hotel, Roscommon.

Exciting entertaining engaging evening with our all-female panel including; TD's past and present, Senators, County Councillors and others who have considered or are considering a journey in politics. We will hold panel discussions and get a true and honest account of what it is like to be a woman in Irish political life. Our all-female panel will include. Christina McHugh, Editor of the Roscommon Herald will act as MC for the evening and keep our panel on topic and to time. It proves to be an empowering entertaining



ANew

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

County Roscommon Intercultural Project

The RWN Intercultural project recently celebrated Culture night with an array of diverse cultures performing to a full house at Roscommon Arts Centre. "From where to here" took to the stage where ladies from countries all over the world gave a snippet of what life is like living so far away from their original homes taking in Syria to Somalia and Afghanistan to Zimbabwe. Elegantly directed by Bow Productions, this drama brought tears & laughter. We had Irish dancing, Capoeira, Tango, Slovakian music and to end the night, a chat show with a panel discussion of the different Irish cultures within Ireland. RWN continues its intercultural work, for more info call Maria 087 4073321.



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.

Monksland Drop-In Service

RWN has started a Drop In facility in Monksland on Wed mornings 10.30am—1pm. No appointment necessary just pop in for a cuppa and tell us how RWN can help you in Monksland. We are in Monksland Retail Park in the Bros of Charity Building, (beside Suits District).