

### MEET AND TRAIN

Meet and Train every Thursday at 7 p.m. from Roscommon Women's Network, The Old, Mill, Castlereah. Start off slowly walking and for those that are able a slow jog with a qualified instructor from Roscommon Sports Partnership. This will lead up to the RWN Charity Fun Run on March 1st. Suitable for all fitness levels, all are welcome. Call 094 9621690 or 087 4073321 for more info.

### RWN CHARITY SHOP

RWN Charity Shop is organising a collection of items, such as, women's, men's or children's clothing, household items, toys, books, CDs, DVDs, bric a brac and unwanted gifts. If you are having a early spring clean clear out, it would appreciate any items you would like to pass the shop's way. A collection point has been organised for Lisnamult Community Centre, Roscommon on Monday, February 23rd. Can you please leave all donations in the changing rooms, as the door will be open from 9 a.m. - 5 p.m.. If you have any queries contact 094 9621690.

### RWN CHARITY SHOP

TUESDAY, JULY 14, 2015

Having a summer sort out? RWN Charity Shop will accept men's, women's and children clothing, shoes, books and bric-a-brac. They are currently taking in school uniforms which will be sold at a very reasonable price ahead of the next school term. They are currently recruiting new volunteers if you would like to volunteer within the RWN Charity shop then call to RWN for an application form or call 094 9621690 or 087 4073321 for more details.

ROSCOMMON HERALD TUESDAY, JULY 28, 2015

### ROSCOMMON WOMEN'S NETWORK

Roscommon Women's Network will be closed for the month of August. All services including MABS, CIC and Parent & Toddler group will recommence when we re-open on September 1st. During this time RWN Charity Shop and Training Centre will remain open. If you would like to donate any items or volunteer in the RWN Social Enterprise Charity Shop please drop into the shop at the Old Mill in Castlereah or call 0874073321.

Roscommon People Friday 27 March 2015

### Five-a-side soccer in Castlereah on Good Friday

Project Match Castlereah, a community group, are organising a five-a-side soccer tournament on Friday, April 3, in Castlereah AstroTurf pitch.

The event will run that day, which is Good Friday, from 9.30 am to 2.30 pm.

The organisers – a group of 18 to 24-year-olds who live in the west Roscommon town – would like to invite people to enter a team.

A group spokesperson said: "With funding from Western Region Drugs Task Force (WRDTF) and support from Roscommon Women's Network, we are organising activities to bring young people together in a safe environment. "The aim is to help link young people directly with organisations in an informal setting, promote our message of alternatives to alcohol/drug abuse and encourage the community into a healthier lifestyle." The organisers are planning to have 12 teams – men, women or mixed, aged from "from 16 to 100 years" – competing for the first Project Match Castlereah five-a-side trophy. There is no entry fee and refreshments will be provided on the day. For further details, contact 094-9621690.



Jay Plunkett, Project Match 5 aside organiser pictured with Gerry Ward, Player of the Tournament from Ballaghaderreen Youth Reach at the Castlereah 5 aside football tournament, which was held recently in conjunction with Project Match.



Pictured are members of Ballaghaderreen Youth Reach, winners of the 5 aside football tournament which was held in Castlereah recently as part of Project Match; Christopher Ward, Jay Plunkett, Project Match 5 aside organiser, John Paul Ward, John Ward (front row), Tom Ward and Gerry Ward.