

RWN working with virtual college

An Cosán Virtual Community College (VCC), an online and mobile education initiative, which empowers young people to learn using virtual and online technologies, is open for business and actively looking for students in the county through its partnership with Roscommon Women's Network. It is hoped to start courses in October.

The courses are aimed at adults who are thinking about returning to education and wondering what they could achieve. VCC offers an alternative route to higher education for the many people who for various reasons do not get a chance to complete their education. These courses are designed to help early school leavers, lone parents, unemployed as well as traditional students.

VCC uses an online model of live lectures with offline activities and assignments, combined

with face-to-face workshops. It also offers 'personalised scaffolding' which includes support across a number of areas including digital competence, academic literacy, mentoring, study support and building collaborative learning communities.

Roscommon Women's Network as a pilot is collaborating with the Virtual Community College to support the people of the county to access a Level 6, Certificate in learning to learn at Third level starting on Wednesday, October 14th from 10 a.m. to 2p.m. in the RWN training centre in Castle-rea.

The course will run every Wednesday at the same time until Wednesday, December 16th.

From October, the VCC will also be offering introductory higher education programmes, including the following courses which students can access from home - Commu-

nity Leadership - Level 7 and Citizenship and Social Action - Level 7.

It will also offer courses for continuous professional development for community education practitioners including: Transformative Community Education and Technology Enhanced Learning - Level 7.

All of VCC's higher education courses are accredited by IT Carlow.

Speaking to the Roscommon Herald this week Nora Fahy, Project Manager of Roscommon Women's Network said RWN was delighted with this opportunity to partner with the VCC on this innovative education initiative.

To find out more you can log onto the website www.ancosanvcc.com to download our brochure. Contact Roscommon Women's Network on 094 9621690 or info@rwn.ie or you can email VCC at info@ancosanvcc.com.

Wellness day at RWN

Roscommon Women's Network will host a Wellness Day in Castlerea on Thursday, October 22nd from 10a.m. - 4p.m..

The Marie Keating Foundation will be on hand with its mobile unit, giving talks and advice on cancer awareness. RWN will also take part in the 'Bin Your Bra Campaign' and has asked ladies to please drop in their old bras and RWN will pass them on to the Marie Keating Foundation who will receive €1 for each bra. There will also be talks throughout the day on addiction and how it impacts on families, alcohol support groups, positive mental health, nutrition and healthy lifestyle.

The event begins at 10 a.m. with an information session from the Marie Keating Foundation and at 11 a.m. there will be a talk about addiction and how it impacts on families. A session on physical exercise and nutrition takes place at 11.45 a.m., while after lunch there will be a mindfulness hour, followed by an information session from GROW at 3.30p.m. in relation to Mental Health Support.

Fun activities will be on offer on the day throughout the RWN centre, including stress busting, getting your nails done, Indian Head massage and much more. Indian Head Massage takes place from 10a.m. to 12.30. There will also be a raffle on the day with prizes from local businesses. For more information call 094 9621690 or 087 4073321.

TINY TOTS PARENT AND TODDLER GROUP

The Tiny Tots Parent & Toddler group meet at Roscommon Women's Network, The Old Mill, Castlerea every Tuesday from 10 a.m. - 12 noon. All parents and babies/children up to school age welcome. For more information call 094 9621690 or Emma on 087 6224541.

RWN CHARITY SHOP

The RWN Charity Shop is a social enterprise investing in people. All profits raised from the shop go directly into the RWN Resource Centre to benefit women using the supports and services offered. The

shop is 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.

AGM OF WOMEN'S NETWORK

The open AGM of the County Roscommon Women's Network Co Ltd will be held on Wednesday, October 7th at 7.30 p.m. in Roscommon Women's Network, Castlerea.