

RWN training services providing flexible programmes

RWN Training Services is a collaboration between Roscommon Women's Network and the Galway and Roscommon Education and Training Board (GRETB) to provide a flexible programme of training in the local community. RWN Training Services supports learners in identifying their individual learning needs and encourages each individual to develop their skills and knowledge.

The aim of the programme is to upskill/re-train people for entry or re-entry into the work place or progression to higher education.

RWN Training Services also work from the principle of community education and as such the aim is to help build the capacity of individuals and communities to engage in developing responses to educational and structural disadvantage and to take part in decision-making and policy-formation within the community.

Courses on offer are:

- FETAC QQI Level 3 Major Award in Working with Computer Applications.

- FETAC QQI Level 4 Major Award in Employment Skills.

- FETAC QQI Level 5 Major Award in Information Processing.

The courses offered are complimented by the Roscommon Women's Network project where additional supports and services can be accessed by students. These supports include work experience opportunities in the Charity Shop and the Resource Centre, opportunities for learners to actively participate in community groups and planning events as well as services such as career guidance, citizen information, MABS and general counselling.

The course is run on a continuous intake basis. GRETB provide allowances and funding to learners participating on the RWN Training Services Program. The intake dates for the remainder of 2015 are September 26th, October and November 23rd.

For more information contact RWN Training Services on 0949621690 in addition to contacting your DSP Office to check eligibility for the courses.

BIN YOUR BRA CAMPAIGN

As part of the RWN Wellness Day Roscommon Women's Network is taking part in Bin Your Bra Campaign, coinciding with breast cancer awareness month. You can drop any used or unwanted bras into the RWN Charity Shop, The Old Mill

Castlerea. All donated bras will be given to the Marie Keating Foundation who will receive €1 for each bra. For more information call 094 9621690 or 087 4073321.

WELLNESS DAY AT RWN

On Thursday, October 22nd RWN will host a Wellness Day for women and men from 10 a.m.. The Marie Keating foundation will visit RWN, giving talks and information around cancer awareness and a nurse will be available to speak to people privately. There will also be speakers in relation to addiction, positive mental health, nutrition and active lifestyle. Fun activities include: stress buster, mindfulness hour, nails, make up and much more. Call 094 9621690 for more details.

RWN TINY TOTS PARENT & TODDLER GROUP

RWN Tiny Tots Parent & Toddler Group every Tuesday from 10 a.m. - 12 noon at the Roscommon Women's Network Resource Centre, The Old Mill. Cost just €2 per child, fruits treats and juice for the children and tea/coffee for the adults. For more information call 094 9621690 or

Emma on 087 6224541.

RWN TRAINING SERVICES

RWN Training Services are currently offering training courses in FETAC levels 3, 4 and 5. Modules include Word Processing, Database, Spreadsheets, Work Experience and Communications.

Courses are full time and students retain their Social Welfare payments. If students are under 26 they may be eligible for an additional SW payment. For further details contact DSP Office 090 06632980 or RWN Training Services 094 9621691

CIC OUTREACH FACILITY

Citizens Information holds an outreach facility at Roscommon Women's Network at Roscommon Network, The Old Mill, Castlerea every Wednesday from 2 p.m. - 5 p.m.. For more information please call 094 9621690

New partnership with RWN on educational disadvantage

THREE IRELAND has announced a three year charity partnership with Virtual Community College (VCC), an online and mobile education initiative which empowers young people from disadvantaged communities to reach their potential through virtual, app-based and mobile communication learning techniques. Three Ireland will work with VCC and its regional partner Roscommon Women's

Network to deliver the educational programmes in Roscommon.

Started by established charity An Cosán, Virtual Community College is an education initiative with a unique vision: to eradicate poverty and social inequality through the means of online and mobile technology education. The partnership will aim to educate over 1,000 students from disadvantaged backgrounds by providing

them with a 'university in their pocket'.

The partnership will see Three Ireland working closely with Virtual Community College and will include a corporate donation, employee fundraising and skills volunteering by employees.

Commenting on the charity partnership Mark Redmond, People & Property Director, at Three said: "The selection of VCC as our

chosen charity partner came about following extensive engagement with our employees and with external stakeholders. VCC is an excellent fit for Three Ireland and we believe that over the next three years we can really make a difference in terms of helping them make education more accessible to disadvantaged communities through our resources, mobile services and employee expertise."