

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 and Relationship Counselling
- 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
Wednesday 2pm-4.30pm
- 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 Training Services

1. Working with Computer Applications Level 3
2. Employment Skills Level 4
3. Information Processing Level 5
4. Retail Practices Level 5



RWN students receiving their QQI awards on 11th January 2019, pictured with RWN Chairperson, Una Groarke, RWN Staff and GRETB Support Staff.



"Women are the real architects of society".

Cher



*Maíread O'Shea, Cllr Orla Leyden,
Maria Harris, Martina Hourigan and
Ruth Scott at RWN Strategic Plan
2019-2024*

Launch on the 8th March

August 2019 edition



FUNDRAISING DANCE

To extend and develop our supports around the county we are organising our very first Fundraising Dance on Saturday 12th October in Hesters Golden Eagle, Castlerea. Tickets cost €10 per person and there will be a Raffle and Finger food available on the night. From September you will be able to purchase tickets by contacting our office by phone, FB or email. It promises to be a great night for a great local cause and we are looking forward to seeing you there.



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, recognize what is holding you back and help with setting goals to make changes you want in your life. Free to social welfare recipients. The course starts Sept/Oct. Please contact us for more info or book your place on 094 9621690

Healthy Greener You

Little horticulture, a little cookery, shopping tips, reducing waste tips, a little learning from n a lot of fun and more. Learn how and why changes ordinary people can make in our everyday routine can help ourselves, nature and our world be healthier and happier. The course runs periodically, so please check out our Facebook page regularly or contact office direct.

Roscommon Women's Manifesto

This group supports women to become more politically aware and active and come together with like-minded people. Call Nora on 086 809 9154.



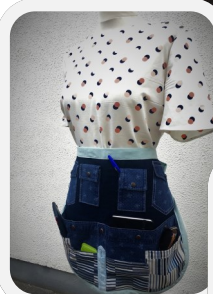
RWN CHARITY SHOP

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, toys and books we don't sell to Roscommon SPCA, local hospitals and nursing homes.



Textile Upcycling Project

Despite being relatively easy to recycle, an estimated 93% of all textile waste in Ireland is sent to landfill, producing detrimental environmental effects. In an effort to do our bit locally Roscommon Women's Network (RWN) has established a local Textile Upcycling Project in Castlerea town with the support of Roscommon County Council, GRETB and The Rediscovery Centre in Dublin. We are now offering our 2nd course in RWN. It starts on Tuesday 10th September and running for 8 weeks. For more info check our web-site or email us.



Castlerea Parent & Toddler Group

The Parent & Toddler Group continues to meet every Tuesday @ 10.30am-12pm in RWN. Come along with your toddler and join the fun. €3 per child.



COUNSELLING- Low cost

We offer General Counselling & Relationship Counselling here in RWN. The general counselling covers anything from a bereavement to generally feeling low, vulnerable or overwhelmed.



Writers Group

If you're interested in literature, this group might be for you! Every age, gender and ability welcome. It runs every Monday from 11am-12.30pm.

Life coach

If you want to identify your goals, take ownership of actions and map your progress, our personal career and life coaching is for you! Ring us to book a session.

There is no charge, however donations are always welcome.



RWN Strategic Plan 2019-2024 Launch

Our five year strategic plan was launched on the 8th March with the support of many policy makers, agencies, RWN service users and the community.

Among our guests were: Ruth Scott, former RTE Radio 2 DJ, Marian Harkin MEP, CEO Eugene Cummins, TD Eugene Murphy and Local Councillors. It came out as a great event.