

umber of courses offer with RWN



oscommon Women's Network since 2007.

Looking for progression routes to college, or a job in the healthcare sector? Why not get yourself a qualification that allows you to do both, with a guaranteed job waiting at the end.

The Roscommon Women's Network (RWN) Training Services, Castlereagh, offers such a qualification, and is now recruiting for all courses in healthcare, computers and retail skills. Call 094-9621690, call/text 087-2718118, or email training@rwn.ie for more information. Apply online at fetchcourses.ie and search RWN to see all available courses.

Roscommon Women's Network Creative Writing Course is also open. The aim of this course is to learn simple, practical and creative writing skills that will help students identify and express feelings, as well

as organise thoughts that may sometimes be too difficult to express in conversation or in a group. It is especially beneficial to anyone in recovery from substance abuse or trauma.

The eight-week, one morning per week course is open to women and men and will be delivered in RWN in Castlereagh during April and May, with specific days and times to be confirmed. Participants will be supported to explore and discover their individual writing voice with others without judgment or fear, in a confidential safe space. Through the process you will become more aware of thoughts, actions and feelings.

To register or find out more, please call 094-9621690, message 086-8099154, email info@rwn.ie, or send a private message to RWN on Facebook.



ne to invest
r business

ork of Ireland branch and talk to us
orks for you and your business.
t about your business.

RWN Charity Shop



All profits from the shop go directly to support and sustain our work around the County. The shop stocks good quality clothes for men, women and children and many unsold items are transformed into high quality beautiful upcycled items by our textile upcycling enterprise "CycleUp". Visit our online shop at www.rwn.ie/store for 100% environmentally friendly gifts. A dedicated team of volunteers keep the shop open 6 days a week with support from the Tús and Castlereagh Community Employment scheme. Visit and like **RWN Facebook page** to see some of our beautiful Spring stock



Supports and Services

Some of the many supports & services available at our Drop-in / Resource Centre in Castlereagh and via outreach around the county;

Drop in Information Centre / Signposting & Referral Service/ Part Time courses / QQI accredited Training / Women's groups/ Volunteering Opportunities / Support for Community Initiatives / Printing & Photocopying.
Email info@rwn.ie or call 094 9621690

Training Centre



RWN Training Services provide a flexible accessible program of training for all age groups and interests, supporting individuals to develop their skills and knowledge in an inclusive friendly environment, for employment, progression to higher education or to expand your awareness. **Full time accredited courses currently available are:** QQI Level 5 Healthcare Support / QQI Level 4 Employment Skills / QQI Level 5 Information Processing / QQI Level 5 Retail Practices: **Part time unaccredited courses currently available:** Creative writing, Personal Development, Textile Upcycling, Healthy Greener You
Email: training@rwn.ie

CycleUp Environmental Enterprise



CycleUp is our Social Environmental Enterprise, training women in the repair, reuse and upcycling of unsold textiles donated to our Charity shop and waste material donated from fabric companies in the region. The enterprise also provides upcycling and environmental awareness training and workshops to schools, businesses and community groups. All sale and training proceeds are reinvested in the enterprise providing flexible part-time employment opportunities for women who have completed the training. Visit the CycleUp online shop at: www.rwn.ie/store to see our range of high quality upcycled products.
Email: cycleup@rwn.ie

For more information, phone: 094 9621690