

RWN CycledUp partners with Kepak

Kepak Athleague brought sustainable Christmas cheer to its clients and staff by commissioning Roscommon Women's Network (RWN) CycleUp Social Enterprise to make its Christmas gifts for this year.

The RWN CycleUp group was busy for the past few months designing suitable materials and sewing joins and seams to make Upcycled Textile Gnomes and Christmas decorations for the festive Kepak order.

At a coffee morning event where the staff and participants from both organisations met, the completed up-cycled items were presented. Kepak Athleague Purchasing Manager Lorna Kennedy commented: "We are delighted to be a partner with Roscommon Women's Network as part of Kepak Athleague's annual Christmas gifting initiative for 2021. The gifts are cleverly handmade using upcycled textiles from RWN's charity shop. As sustainability is a core part of our work here at Kepak Athleague, this local



Nora Fahy, RWN Manager, Maria Hourigan, Mary Frances Loftus, Philomena Hourigan, Lorna Kennedy, Purchasing Manager Kepak; Gertie Finan and Martina Hourigan RWN CycleUp Project Manager, pictured at the Angling Centre, Athleague. Pic. Gerard O'Loughlin

partnership was a no-brainer for us to take part in. The detail and quality of their gifts is exceptional. We would encourage people to support local. I would like to thank Martina and the wider RWN

team for their time and effort over the past few months in bringing this creative and meaningful project to life. We at Kepak Athleague look forward to working with this wonderful group again in the future."

Participants in Monksland and Roscommon Town in association with GRETB and has established itself as a unique environmental social enterprise in the region. "It's been an incredible year for RWN CycleUp in spite of Covid," said Martina Hourigan Project Manager of the RWN CycleUp Social Enterprise. "Our established CycleUp participants

completed the QQI Level 6 Training Evaluation and Delivery Course and have already delivered popular Textiles Upcycling training courses and workshops in the region. We've had great

Seventeen trainees were presented with Textile Upcycling Training Completion Certificates just prior to Christmas.

Over 10 weeks Roscommon Women's Network conducted a Textile Upcycling Training course in Roscommon Town and Monksland in association with Galway Roscommon Education Training Board (GRETB). Tutor Sinead Kane guided the trainees in textile identification and deconstruction skills, learning sewing and cutting techniques, pattern and product design, as well as raising awareness of the benefits of textile reuse and repair to the economy and environment.

"It got me back sewing again, I got used to using the machine again and the tutor was so helpful. The social aspect was so lovely and we learned from each other and everyone has great ideas. It's definitely increased my awareness of the environmental impact of textile waste, I haven't bought anything new since I started this course," commented Mary from Athleague who completed the course in Roscommon Town.

With this round of training successfully completed, an advanced course is being planned



Roscommon Women's Network members who received certificates, from left: Celia Rabas, Rita Vilela, Kay Mole, Gerry Jago, Susie Spallin, Martina Hourigan, RWN co-ordinator and Sinead Kane, tutor. Pic. Gerard O'Loughlin



Celia Rabas pictured at the RWN Textile Upcycling 10-week training course in Lisnamult. Pic. Gerard O'Loughlin



Maureen Dalton, Mary Kelly, Sinead Kane (tutor), Martina Hourigan, RWN co-ordinator and Mary Glennon received certificates. Pic. Gerard O'Loughlin



Gerry Jago pictured at the Textile Upcycling 10-week training course in Lisnamult. Pic. Gerard O'Loughlin

Textile upcycling training certificates presented

for sustainable corporate gifting



Fernanda Lewtak, Sonia Favaro, Lorina Kennedy, Purchasing Manager Kepak; Martina Hourigan, RWN CycleUp Project Manager, Silvia Mote and Aoife Ryan, pictured at the Angling Centre, Athleague. Pic. Gerard O'Loughlin

level and empowering collective action on environmental protection. Along the way, the Rediscovery Centre in Ballymun became a key collaborator and we are receiving a lot of attention and support from outdoor clothing brand, Patagonia. Our ambition is to take inspiration from the Rediscovery Centre and create the equivalent of a regional centre for the circular economy in the County Roscommon taking into account of our rural context where populations are more dispersed."

interest and demand for many of our upcycled items through online sales, the Christmas markets and corporate commissions from companies such as Kepak Athleague. By choosing to partner with RWN CycleUp,

Kepak Athleague is honouring its sustainability strategy by purchasing upcycled textile items while at the same time supporting a local social enterprise."

Nora Fahy, Manager of Roscommon

Women's Network added: "When we developed our charity shop in Castlereagh back in 2013, we were delighted to engage an energetic team of volunteers, who were keen to push the boundaries of running

a 'typical' charity shop to meet shortfalls in our own funding as a women's network. This project was the brain child of RWN charity shop volunteers who wanted to do something sustainable about the unsold tex-

tiles in the shop. Since 2017 and with the help of various small one-off grants, and the support of Roscommon County Council, Galway Roscommon Education and Training Board and local businesses such as The Cur-

tain Shop and Frances Finishing Touches, we've developed a textile up-cycling project - WECAN (aka brand name CycleUp) with the aim of actively reducing the textile waste, raising awareness at a grassroots

level and empowering collective action on environmental protection. Along the way, the Rediscovery Centre in Ballymun became a key collaborator and we are receiving a lot of attention and support from outdoor clothing brand, Patagonia. Our ambition is to take inspiration from the Rediscovery Centre and create the equivalent of a regional centre for the circular economy in the County Roscommon taking into account of our rural context where populations are more dispersed."

* CycleUp is the trading name of the WECAN project by RWN funded by the EPA's Green Enterprise Programme, an initiative of the National Waste Prevention Programme.

New Years Eve

8am: Breakfast Gold - Declan Traynor

10am: The Big Interviews of 2021 - Joe Finnegan

11am: The 11 - 2 Show - Paul Carrington

2pm: The Afternoon Show - John Hickson

11pm: Countdown to 2021!!

New Years Day

8am: The Weekend Breakfast Show

11am: Country Round Up - Paul Carrington

2pm: Saturday Sports

6pm: American Country's Greatest Hits

Sunday January 2nd

8am: Breakfast Gold - Declan Traynor

9am: Side By Side - Fr. Eamonn & Fr. Tony

10am: Sunday Mass Live from St. Mel's Cathedral

2pm: Sunday Sports

Monday January 3rd

11am: The 11 - 2 Show - Paul Carrington

2pm: Bank Holiday Music Marathon - John Hickson

6pm: American Country's Greatest Hits!!

Special Programmes

8pm: The Rambling House Revisited - Martin Donohue & Friends - Sunday

10am: Radio Drama - After The Music - The Daughters' Story - Monday

HAPPY NEW YEAR TO YOU ALL!!