

RWN marks International Women's

Roscommon Women's Network (RWN) hosted a gathering at the Angling Centre, Athleague to celebrate International Women's Day. The event was marked last week at the Angling Centre in Athleague where Roscommon Women's Network hosted a special afternoon of celebrations.

Lorraine Campbell, board director of RWN opened the event, explaining to the packed gathering of mostly women and a few men that this year's theme #BreakTheBias, was a recognition of the gender bias that still exists in society, the workplace and even subconsciously in the minds of many.

During the afternoon Mary McGrath, HSE Community Healthcare West spoke about the new West Be Well online information Service.

Tina Adagun, African Women's forum, Monkland, in her address, encouraged women to practice self-reflection and to know and appreciate one's own value.

Lorna Kennedy, Purchasing Manager with Kepak spoke from the perspective of a woman working in a male dominated environment and praised the culture of Kepak in this regard.



Clionadh Murtagh and Nora Fahy, Manager RWN with Dr. Kathryn Turner, Ballintubber, who made and presented a wreath to Nora on International Women's Day at the Angling Centre, Athleague. Pic. Gerard O'Loughlin



Elaine Madden, Ballintubber; Ruth Wallace, Castlerea, and Florence Finan, Roscommon.

Tiffany Walshe, Suicide Bereavement Liaison Officer with the HSE spoke about the importance of wellbeing and mindfulness. Tiffany noted recent research that showed women benefited more from the practice of mindfulness than men, due to the multitasking expectations that society placed on women. Tiffany also led the

gathering in a short mindfulness practice. The RWN Cycle Up social enterprise Manager, Martina Hourigan along with Mary Frances Loftus, one of the talented textile upcyclers, spoke about how their enterprise trained women in the reuse and upcycling of waste textiles from the RWN Charity Shop. They produce high quality upcycled

items for sale as part of the circular economy, raising awareness of textile waste and its damaging effect on the environment, creating flexible employment while also effecting a local response to a global problem.

Other members of the RWN CycleUp team, Phyllis Jordan, Mary Frances Loftus, and Philomena Hourigan also

contributed to the event by demonstrating how to make an Easter wreath using waste textiles and an old wire clothes hanger.

Therese Hanley volunteered her musical talent to entertain the gathering including a beautiful rendition of Mná Na hÉireann.

To help cover the cost

of the event a raffle was held and RWN is very thankful to the spot prize sponsors. €50 gift voucher from Radiant by Hannah Kelly, Ballymore, (Beauty & Body Clinic, beside Hodson Bay), an Upcycled Handbag, hand made by Mary Frances and donated by RWN CycleUp enterprise; Sweet Treat hamper from Le Petite Tarte, Ath-

league, relaxing lavender pampering set donated by Conlon's Chemist, Athleague and a Bottle of Prosecco from Keane's Centra Athleague.

A special note of gratitude to RWN staff and volunteers who organised the event and especially to Shauna Ryan, student at St Angela's College, NUIG, currently on graduate placement