

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
- * Signposting & Referral Service
- * Community Education
- * Training & Education (QQI accredited)
- * RWN Charity Shop
- * Women's groups
- * Volunteering Opportunities
- * Support for Community Initiatives & Groups
- * Printing & Photocopying

Roscommon Women's Network

Unit 5 The Old Mill, Castlereah,

Co. Roscommon.



094 - 9621690

info@rwn.ie

www.rwn.ie



Charity Number: 20072995

RWN Training Services

- Healthcare Support (Level 5)
- Information Processing (Level 5)
- Retail Practice (Level 5)
- Retail/Employment Skills (Level 4)
- Working With Computers (Level 3)



“Women are the real architects of society”.

Cher



CycleUp—Catherine Murphy, Mary Frances Loftus, Margaret Browning, Philomena Hourigan, Anne Bligh, Gertie Finan, Phyllis Jordan

RWN CycleUp group ‘Aontas’ star award winners 2021 for Sustainable Development through Education!

RWN Strategic Plan 2019-2024

Launch on the 8th March

February 2022 edition



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



USEFUL NUMBERS

Castlereah 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



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.



Healthy Greener You



Little horticulture, a little cookery, shopping tips, reducing waste tips, a little learning from nature, a lot of fun and more. Learn how and why small changes ordinary people can make in our everyday routine can help ourselves, nature and our world be healthier and happier. The course starts in the spring, so please check out our FB page regularly.

We are on Thriftify

Empower every purchase. Products need to become sustainable and ethical. Too often good prices and quality come at a cost. Thriftify wants to transform purchasing so that every item you buy has a positive effect on people, planet and communities. Great gems from sustainable sources at playful prices to buy direct from charity shops like RWN on Thriftify.com. Thriftify is the platform creating movement of positive purchasing by connecting charities and ethical, sustainable business with consumers who cares.



Textile Upcycling Training



Inspired by the Great British Sewing Bee and interested in learning how to upcycle textiles? Then Roscommon Women's Network have a training course just for you. Discover how to identify which fabrics are suitable for upcycling, learn how to deconstruct a garment, pick up new cutting and pattern making skills as well as basic machine sewing techniques all while learning about the effects of textile waste on the environment. Courses run for 6 weeks. Contact Martina at mhourigan@rwn or call 094 9621690 for further information.



CycleUp online Shop

The CycleUp e-store is now open for Click and Collect and Delivery! rwn.ie/store. Thanks to 'The Community Foundation for Ireland RTÉ Does Comic Relief' for their support in our digital marketing efforts! The RWN Upcycling Training and the CycleUp brand have been developed under the WECAN project by RWN and is funded by the EPA's Green Enterprise Programme, an initiative of the National Waste Prevention Programme. Supported by Patagonia, GRETB, Creative Ireland Roscommon County Council, and The Rediscovery Center Circular Academy.



Training - QQI accredited

Full time courses

- Healthcare Support (Level 5)
- Information Processing (Level 5)
- Retail Practice (Level 5)
- Retail/Employment Skills (Level 4)
- Working With Computers (Level 3)



Creative Writers Course

We will be running an 8 week one morning a week Creative Writers course end of March. Course funded by WRDATF. Please call us to register or for more info.



RWN Strategic Plan 2019-2024 Launch

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.

