

## RWN Training Services

### QQI accredited Full time courses

- Healthcare Support (Level 5)
- Information Processing (Level 5)
- Retail Practice (Level 5)
- Medical Secretary (Level 5)



RWN students receiving their QQI awards in August 2023 for HealthCare Support course

## Creative Writers Course

The aim of this course is to learn simple practical and creative writing skills that will help identify and express feelings and organise thoughts. The 8-week, one morning per week course is open to all. Participants will be supported to explore & discover their individual writing voice without judgment or fear, in a confidential safe space. Through the process you will become more aware of your thoughts, actions and feelings.



All Welcome - No Charge. If you are interested to find out more or want to register please Call 094 9621690 or email [info@rwn.ie](mailto:info@rwn.ie)

## Roscommon Women's Network

Unit 5 The Old Mill, Castlereah,

Co. Roscommon.



094-9621690

[info@rwn.ie](mailto:info@rwn.ie)

[www.rwn.ie](http://www.rwn.ie)



Charity Number: 20072995

### **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     | 0761 07 6380 |
| LGBT support- Belong To  | 01 6706623   |

### **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



*"A woman is the full circle,  
within her is the power to  
create, nurture and transform"*

*Diane Mariechild*

*October 2023 edition*



European Union  
European Social Fund  
Funding for your future



AN ROINN DLA AGUS CORT AGUS COMHIONANNAS  
DEPARTMENT OF JUSTICE AND EQUALITY



gretb  
Read the guide to the Children's  
Rights and Equality Bill  
and the new  
Children's Rights and  
Equality Bill



An Roinn Leanaí, Comhionannais,  
Michumais, Lánpháirtíochta agus Oige  
Department of Children, Equality,  
Disability, Integration and Youth



Women's  
Collective  
Ireland  
Roscommon

## 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 early spring so if you are interested to find out more or want to register please Call 094 9621690 or email [info@rwn.ie](mailto:info@rwn.ie)

## STEPS

Would you like to improve your personal relationships, raise your confidence and build up your self-esteem, help with setting and meeting goals, learn how to think positively? Then our STEPS course is for you!



**No charge to anyone in receipt of a social welfare payment.** To register call 094 9621690 or email [info@rwn.ie](mailto:info@rwn.ie)

[info@rwn.ie](mailto:info@rwn.ie)

## 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.



**Clothes which do not sell are transferred to our CycleUp textiles team to be transformed into beautiful new products (see CycleUp section for more details).**

We are on the [www.Thriftify.com](http://www.Thriftify.com) - online charity shop and we are members of "Charity Shop Ireland"

## CycleUp Textile Upcycling workshops and Training



CycleUp's accredited upcycling tutors design and deliver practical, informative and fun **Upcycling Textiles Workshops** for Community groups, Workplaces and Schools where participants learn to make a simple but useful item from unsold textiles from RWN charity shop in an informal social setting while learning about what can be done to reduce the impact of textile waste on the environment. Call 094 9621690 or email Martina at [mhourigan@rwn.ie](mailto:mhourigan@rwn.ie) to find out how we can tailor a workshop for your group at your location or at our CycleUp Training Centre. Our 8-week **Upcycling Textiles Training Courses** in conjunction with GRETB continue throughout the year. Courses have taken place in Boyle, Castlereah, Monksland and Roscommon Town with our current course running in Athleague till Christmas 2023.



## CycleUp Online Shop

The CycleUp e-store is open at [www.cycleup.ie](http://www.cycleup.ie). Check out some of the beautiful fashion, homeware and giftware items all hand-crafted by the CycleUp team and made from upcycled textiles. Items include: Tote Fashion Bags, Aprons, Hats, Cushions, Dog Bandanas, Christmas Decorations, Wreaths, Bunting and Souvenir Mementos.



## Seeking Safety Pilot Project



Would you like to make your future better than your past? Seeking Safety is a treatment program for women who have experienced trauma, addiction, gender-based violence and/or mental health challenges. It teaches good coping skills to help people to move beyond trauma and addiction. The core goal is to gain safety in your life and to learn to manage addictive behaviours, emotions, impulses and past traumas. It is a free program and can be done in a group or one-to-one setting and is being delivered in various locations around the county including Castlereah, Ballaghaderreen and Monksland. The national Seeking Safety pilot project is supported by the Department of Health through its Women's Health Fund and is being run in partnership with six other community projects around the country.

Call for a chat in strictest confidence: Lorraine 086 076 7869 or email [lcampbell@rwn.ie](mailto:lcampbell@rwn.ie)

## Intercultural Art Project

RWN's Intercultural Art Project will run from September 2023 to May 2024 & consists of weekly meetups in Ballaghaderreen, Castlereah, Roscommon and Monksland as well as monthly meetups with all of the local groups coming together at our training centre in Athleague. Transportation will be covered for the monthly events as well as lunch and childcare costs. Using textile waste from our charity shop in Castlereah, an art piece will be designed and created by the women over the nine months, which will be showcased at a closing public event in Roscommon town.



This project is a chance to meet new people in your own area as well as women from different communities across Roscommon, and to be a part of creating a vibrant art piece which will be designed and led by the women involved. For more information or to express your interest in being a part of this project please contact Aine at [atreanor@rwn.ie](mailto:atreanor@rwn.ie), call or text 086 4424695 or contact us on social media pages