

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 2024
for HealthCare Support course



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

Steps To Excellence for Personal Success

Through the S.T.E.P.S programme you will learn how to:

- think and act more positively
- raise your confidence and build-up your self-esteem
- improve your personal relationships
- maximise your potential
- motivate yourself
- set and meet goals

Free to those in receipt of Social Welfare Payments **OR** at a greatly reduced cost if not in receipt of Social Welfare Payments

Venue: RWN Training Centre, Unit 6 The Old Mill, Castlerea F45Y92
Dates: To be confirmed
For more information call or text: 094 9621690/086 8099154 or pm us on our Facebook page

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Roscommon Women's Network

Unit 5 The Old Mill, Castlerea,

Co. Roscommon.



094-9621690

info@rwn.ie

www.rwn.ie



Charity Number: 20072995

USEFUL NUMBERS

Castlerea 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



"If you want something said,
ask a man; if you want some-
thing done, ask a woman"

Margaret Thatcher

June 2025 edition



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



Women's
Collective
Ireland
Roscommon

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.



Seeking Safety Therapeutic

Program

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. 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. Seeking Safety is being delivered in various locations around the county **including Castlerea, Roscommon town, Monksland and Boyle**. Call for a chat in strictest confidence: Lorraine 086 076 7869 or email lcampbell@rwn.ie



CycleUp Textiles

CycleUp had an exciting end to 2024 and an energetic start to 2025 with the expansion of our team! We welcomed several new faces, including Aisling Owens (Business Development Coordinator), Charlene Hurley (CSP Manager), and Viktoriia Manaienko (Product Creator). We also welcomed Derek Fallon and Maria Kiernan under the CE scheme.



Aisling's role, along with those of Martina Hourigan (Progression and Skills Coordinator) and Alena Gurn (Production Team Lead), continues to be funded by the EU Just Transition Fund. The Community Services Programme (CSP) funds Charlene and our four part-time Product Creators: Viktoriia Manaienko, Ahmad Abo Haileh, Maria Hourigan, and Olena Piankova. Recruitment is ongoing for a new part-time Administrator to support our growing team.

Since January, Aisling and Charlene have been working together on business development and have already expanded CycleUp's network of stockists, with products now available at Arigna Mining Experience, Leitrim Design House, Rathcroghan Visitor Centre, and Boyle Craft Shop.

We're thrilled to announce that CycleUp will be featured in the July/August issue of *Irish Country Magazine*—one of Ireland's leading lifestyle publications. This national spotlight is a huge milestone for our team and a wonderful opportunity to showcase the creativity and sustainability at the heart of CycleUp. Be sure to grab a copy when it hits the shelves this summer!

Earlier this year, we were also proud to be featured in the *Westmeath Independent* and *Roscommon Herald* for International Women's Day, recognising the amazing work of our team.

Meanwhile, preparations are well underway for a busy summer! We are excited to launch CycleUp Summer Camps in July and August, offering children hands-on creative workshops focused on upcycling, sustainability, and fun. More details and booking information will be shared soon—keep an eye on !

Our newly revamped website is also being updated regularly with fresh products—take a look and help spread the word.

Decorations, Wreaths, Bunting and Souvenir Mementos.

'CycleUp Online Shop

The CycleUp e-store is open at www.cycleup.ie. Check out some of the beautiful fashion, homeware and giftware items all handcrafted 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.



CycleUp Textiles Creative Summer Programme

RWN CycleUp Textiles is delighted to announce our CycleUp Textiles Creative Summer Programme for age 12 to 17yr olds takes place on Monday 14th to Friday 18th July, 10am - 1pm. €90 per participant. Our fun-filled CycleUp Textiles Summer Camp for age 7 to 11yr olds takes place on Monday 11th to Friday 15th of August. €90 per participant. Both take place in The Riverside Centre, Athleague, Co. Roscommon F42 K685 and all materials will be provided. For further information call or text 089 9868217

