

RWN Training Services

QQI Level 5 Major Healthcare support

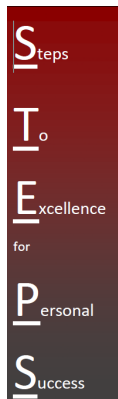
At RWN Training Services our Healthcare Support course provides our students with an ideal opportunity to acquire the skills and training needed to work in a variety of Healthcare Assistant roles. It is suitable for those wishing to embark on a career in healthcare or those looking for an alternative pathway into healthcare/nursing.

QQI Level 5 Healthcare Support Class of 2026



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



Have fun as you participate in this popular Steps Programme for women that will include simple but powerful motivation & assertiveness skills.

You will learn how to:

Think and act more positively
Raise your confidence and self esteem
Motivate yourself
Set and achieve goals
Improve personal relationships
Maximize your potential



Roscommon Women's Network

Unit 5 The Old Mill, Castlerea,

Co. Roscommon.

094-9621690



Txt/WhatsApp 086 8099154

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



"Women have an unique power of being able to look at the world's problems and discover solutions that transform lives and make the world a better place".

Dr. Ayanna Howard



To mark the commencement of Ireland's Presidency of the Council of the European Union, the "Projects and Produce of Ireland" welcome reception, organised by the Irish Regions European Office, brought together members of the European Committee of the Regions. **CycleUp Textiles** was one of the stand-out grassroots projects selected to present the products of Ireland at this event. It was a fantastic opportunity to showcase the beautiful CycleUp Textiles created by the women in our community and to highlight the vital importance of the circular economy on a European platform



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



Women's
Collective
Ireland
Roscommon

Africa's Day



This May, our Africa Day celebrations spanned the county from the launch of Africa Day at the Roscommon County Council to beautiful children's storytelling in Ballaghaderreen to cultural hair workshops in Monksland railing into a massive Family Fun Day on 23/05/2026 at the Trinity Arts Centre in Castlerea. Over 150 people from diverse backgrounds gathered to showcase traditional costumes, food, and music that brought the entire crowd to its feet in joyous dancing. The celebration was officially opened by Cathaoirleach Liam Callaghan, while Senator Garret Scahill warmly welcomed the large crowd.



Upcoming Events

Healthier Greener You (6 Weeks)

Early Sept – Mid-Oct

Women in Leadership (8 Weeks)

Mid-Sept – Mid-Nov

Creative Writing Poetry and Art Project

September, October, November, December

Health, Wellbeing & Selfcare (6 Weeks)

Early Nov – Mid-Dec

Please register by calling 094 9621690, email info@rwn.ie or WhatsApp 0874065253



CycleUp Textiles



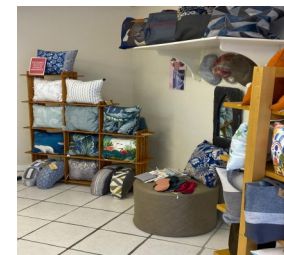
CycleUp Textiles has continued to grow as a circular fashion social enterprise creating both environmental and community impact across Co. Roscommon. Earlier this year, Aisling transitioned from Business Development Coordinator into the role of Manager. The team also welcomed Viktorija through the Work Placement Experience Programme and Bridget through a Community Employment placement, further strengthening CycleUp's day-to-day operations and creative output.

This summer, CycleUp launched an expanded summer workshop programme featuring sewing, upcycling and repair-focused events for both adults and young people. The organisation is also preparing for the opening of its new Roscommon Town location, which will act as a retail space, workshop hub and circular economy information centre.



CycleUp's work has also received growing national recognition this year. In April, the organisation was named a finalist in the RDS Circular Economy Awards and was selected as one of the projects visited during the CARO Climate Action Summit. In May, CycleUp was featured in the Farmers Journal Irish Country Living supplement, helping to shine a spotlight on the organisation's innovative work in textile reuse, sustainability and rural community development. www.cycleup.ie.

CycleUp Shop Roscommon



Our new CycleUp retail destination is now open at Unit 2, Hynes Way, Roscommon Town, F42 YR22, showcasing our beautiful upcycled products while also serving as an information hub on textile waste and the circular economy.

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 Bags, Aprons, Hats, Cushions, Dog Bandanas, Wreaths, Bunting and Souvenir Mementos.



SEEKING SAFETY COPING SKILLS PROGRAM

Seeking Safety is a free program for women who have experienced trauma, addiction, gender-based violence and/or mental health challenges. The goal is to learn new coping skills to achieve safety in relationships, thinking and behaviour. You will learn



new ways to cope safely with your own triggers, impulses and symptoms and gain a more compassionate understanding of yourself, and "take back your power" from the impacts of

trauma/addiction. The program is funded by the HSE and is currently being delivered in Roscommon town and Castlerea in group and individual sessions. For more information, please contact Lorraine in complete confidence on 086 076 7869/ email lcampbell@rwn.ie