



CHAIR YOGA

Chair Yoga is a practice that modifies yoga poses so that they can be done while seated in a chair. This is **FREE** a 6 weeks course including meditation with Margaret Mc Loughlin.

Accessible to all !!

Starting 2nd February 2021

Day Tuesday—6 weeks

Time 10.00—11.30

Supported by Age & Opportunity Go For Life Grant

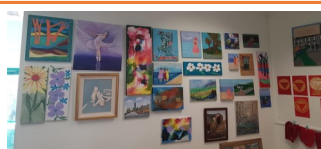


REFLECT AND CONNECT:

This is a **FREE** new eight-week course consisting of highly interactive 2-hour sessions covering topics like goal setting, social connection, motivation, mood, confidence and mindfulness. By the end of the course participants will have become more self-aware and will have acquired the tools to live life to the full. **Supported by SDCP**

Starting 10th February 2021

Day Wednesday —8 weeks



CREATIVE PACKS

NCCWN Rowlagh want to offer **FREE** creative packs which have been designed by our Art Tutor Christine Carey. As we cannot at present be in a room together we can post out creativity packs to you at home during this difficult time in Level 5. All we ask that you send us a picture of your completed work to be displayed virtually online.

For more information and to request a pack please contact Karen on 0858513040



SUGAR CRAFT

This is a **FREE** beginners course in cake decoration. Enjoy learning the art of sugar craft through zoom, have lots of fun getting hints and tips on how to decorate cakes. Each week you will make cake decoration with the final weeks learning to ice and decorate a full cake. Ingredients not provided

Supported by the ETB

TBC

NCCWN RWG WORKSHOPS

Business Name



MENOPAUSE WORKSHOPS

In an age of 'eternal physical youth' where menopause is one of the last taboos, many women struggle through this time unsupported and in silence. This workshop aims to focus, connect, nourish and give voice to our individual and collective wisdom and help us navigate this time of physical and emotional change in a safe and supported way.

Coming Soon date and time to be confirmed



IWD 2021

IWD 2021 campaign theme: #ChooseToChallenge A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day. We can choose to challenge and call out gender bias, discrimination and stereotypes. We can choose to seek out and celebrate women's achievements. Collectively, we can create an inclusive and more gender-equal world. From challenge comes change, so let's all choose to challenge.

Starting Monday 8th of March 2021

NCCWN Rowlagh Women's Group

Women's Health & Wellbeing Programmes - Mind, Body and Soul January 2021

Rowlagh Women's Group

Aras Rualach, Neilstown Road, Dublin 22.

Telephone: 0858622826 / 085851300

Email: developmentworkerrowlagh@gmail.com



national collective of
community based
women's
networks



About Us

NCCWN Rowlagh Women's Group are members of the National Collective of Community-Based Women's Networks (NCCWN) now funded by the Department of Children, Equality, Disability, Integration & Youth. In partnership with NCCWN, Rowlagh Women's Group aim to ensure that effective structures & resources are in place to support and sustain our work. Our key areas of work are listed →

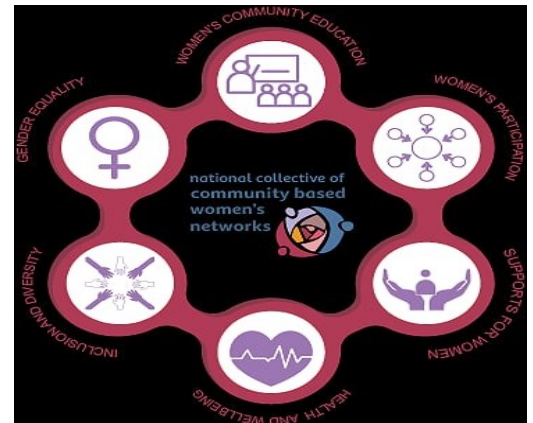
The vision of the NCCWN Rowlagh Women's Group is a just and equal society for all women.

Mission

The mission of the NCCWN Rowlagh Women's Group is to support the empowerment of and to advocate for women who experience disadvantage and marginalisation, and to promote social justice, women's human rights and equality bringing about positive changes to women's lives and society.

We collaborate with local, regional and national organisations to ensure that we are representing our local community by raising issues and concerns brought to us through evaluations and needs assessments.

NCCWN Rowlagh Women's Group is an extremely artistic group that uses the medium of 'creatively' to support women; promote equality, and engage women in community development programmes. Over the years NCCWN RWG has engaged in various community arts projects. NCCWN RWG is raising awareness of women's issues through the medium of art and expression.



REGISTRATION MORNING

NCCWN Rowlagh Women's Group would like to welcome back old & new participants to join us for our Registration Morning through zoom (followed by a short relaxation exercise with Karen Stokes)

Wednesday 27th January from 10.00—11.00

Contact Information: NCCWN Rowlagh Women's Group
Aras Rualach, Neilstown Rd, Rowlagh Clondalkin, Dublin 22
Phone: **0858622826 / 0858513040**
Email: developmentworkerrowlagh@gmail.com

Follow us on:



@NCCWN Rowlagh Women's Group



@nccwnrowlagh



@NccwnR



www.nccwn.org



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



South Dublin
County Partnership
Páirtíocht Chontae
Átha Cliath Theas



Age &
Opportunity