

NCCWN RWG PROGRAMMES

Register 2nd February

Have a virtual Cuppa !!

Women's Health & Wellbeing Programmes - Mind, Body and Soul Spring 2022



CHAIR YOGA:

Online Chair Yoga is a practice that modifies yoga poses so that they can be done while seated in a chair. This is a **FREE** 6 week course including meditation. Accessible to all **Supported by South Dublin County Sports Partnership**

Starting TBC

Day: Wednesday—6 weeks

Time: 10.00am—11.30am



SUGARCRAFT:

Learn to create cake toppers and decorations in a fun and relaxed way. Each week will focus on a new creation with clear, step-by-step instructions. There is a €10 contribution required from participants for a Sugarcraft starter pack. **Supported by DDLETB.**

Starting 10th February 2022

Day: Thursday—7 weeks

Time: 10.00am—12.00pm



REFLECT AND CONNECT:

This is a **FREE** online 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 2022

Day: Thursday—8 weeks

Time: 7.00pm—9.00pm



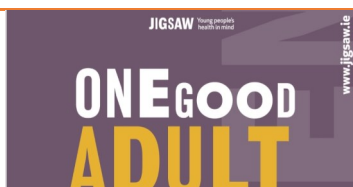
IWD 2022:

IWD 2022 campaign theme: #BreakTheBias

Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that is diverse, equitable, and inclusive. A world where difference is value and celebrated Together we can forge women's equality. Collectively we can all #BreakTheBias

Starting Monday 8th of March 2022 watch this space !!

NCCWN RWG WORKSHOPS



ONE GOOD ADULT WORKSHOP:

This online workshop is for any adult who is or can be "One Good Adult" in the life of a young person. Participants will have a greater understanding of mental health and what influences your mental health. The importance of the role of "One Good Adult" in supporting & promoting young peoples mental health. To know how to support & promote the mental health of young people in their lives.

Tuesday 15th of February @ 11.00am

Supported by Jigsaw



SELF-CARE FOR ONE GOOD ADULT:

This online workshop is aimed at adults who work or volunteer with young people in their community. It provides understanding skills to help people look after their own well-being while acting as that "One Good Adult" for a young person. It has been developed by Jigsaw, the National Centre for Youth Mental Health.

Wednesday 23rd of March @ 11.00am

Supported by Jigsaw

NCCWN Rowlagh Women's Group

Women's Health & Wellbeing Programmes - Mind, Body and Soul Spring 2022

NCCWN Rowlagh Women's Group

Unit 12, Block 1, Weavers Court, Neilstown Road, Clondalkin, D22 PY63

Telephone: 0858622826 / 085851300

Email: developmentworkerrowlagh@gmail.com

national collective of
**community based
women's
networks**



About Us

NCCWN Rowlagh Women's Group one of 17 projects of the National Collective of Community-Based Women's Networks (NCCWN) now funded by the Department of Children, Equality, Disability, Intergration & Youth. 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 Rowlagh Women's Group is raising awareness of women's issues through the medium of art and expression.

Contact Information: NCCWN Rowlagh Women's Group, Unit 12, Block 1, Weavers Court, Neilstown Road, Clondalkin, D22 PY63 Phone: 0858622826 / 0858513040

Email: developmentworkerrowlagh@gmail.com

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www.nccwn.org



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 meditation with Karen Stokes)

Day: Wednesday 2nd February

Time: 10.30am—11.30am



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



sdensp.ie
South Dublin County
Sports Partnership
— SPORT IRELAND —



Bord Oideachais agus Oiliúna Dublin and Dún Laoghaire
Átha Cliath agus Dhún Laoghaire Education and Training Board

JIGSAW
Young people's
health in mind