

# The S.E.W Programme “Stitching to Empower”

Venue: Northern Ireland Rural Women’s Network  
13a Ballysaggart Business Complex  
8 Beech valley Way, Dungannon



**Every Monday for 4 wks**

**Starting Monday 29th October**

**10.30am – 12.30pm**

**FREE TO PARTICIPATE  
LIMITED SPACES AVAILABLE**



**Are you a woman aged 18+ years interested in Textile Art? Then why not join RCN and NIRWN for a short four week programme where we will engage in conversations and coffee whilst forming friendships and working on a textile project together with the help of local artist Bridget Nugent. Please feel free to register with [teresa@ruralcommunitynetwork.org](mailto:teresa@ruralcommunitynetwork.org) or ring 028 8676 6670**