



Greenway

Women's Centre

## Monthly Newsletter

*Welcome to the March 2022 edition of the Greenway Newsletter*

**Greenway Women's Centre will be closed on Thursday 17 March for St Patrick's Day. All Greenway services, including childcare provision, classes, group meetings and family support will be unavailable on this date. The Centre will reopen on Friday 18 March.**

### Coming Up at Greenway...

**GOALS Training\*** - Thursday 24 and Friday 25 March, 10am-4pm

This two-day course is designed to raise self esteem and help you get back into employment, training or education. \*Please Note: both sessions must be completed.

**CV Training** - Sessions: Monday 14 March, 9.30am-11.30am OR Tuesday 15 March, 9.30am-11.30am

**Live Life to the Full** - Start Date: Tuesday 5 April, 11am-1pm

This 6-week course will be facilitated by AwareNI in partnership with the MAS Maternal Mental Health Project and is open to women who are pregnant or have children aged 0-3 years.

**Autism Awareness\*** - Sessions: Wednesday 6 April and Thursday 7 April, 10am-1pm

\*Please Note: both sessions must be completed.

**Common Past, Shared Future\*** - Start Date: Friday 29 April, 10am-12pm

This is a new 8-week Cross Community Project for women which is being hosted in partnership with Voices Women's Group. \*Please Note: Enrolment criteria may apply for registration on this project.

**Introduction to Hidden Harm** (Date TBC)

One-off workshop facilitated by EBCDA

**Foetal Alcohol Syndrome Awareness** (Date TBC)

One-off workshop facilitated by EBCDA

**If you are interested in attending any of the above or would like more information, please contact Greenway's Training & Education Officer, Helen Smyth.**

**T:** 028 9079 9912

**E:** [training@greenwaywomenscentre.org](mailto:training@greenwaywomenscentre.org)

### A Natter Matters

On Thursday evenings Helen hosts a Live Zoom Session so if you need a chat or just fancy a catch up please email [training@greenwaywomenscentre.org](mailto:training@greenwaywomenscentre.org) for a link.

### Pain Management Group

The Pain Management Group, facilitated by East Belfast Community Development Agency, holds monthly support meetings at Greenway Women's Centre.

**For more information please contact Helen Smyth.**

**T:** 028 9079 9912

**E:** [training@greenwaywomenscentre.org](mailto:training@greenwaywomenscentre.org)

### **Women's Empowerment Programme**

The Women's Empowerment Programme at Greenway Women's Centre is a free, accredited, women-only project designed to provide practical and positive work-based opportunities for women on their way to employment or training. The Programme includes personal development, Essential Skills, CV training, interview techniques and volunteering opportunities.

**Sessions:** Mondays/ Tuesdays, 9.30am - 11.30am

**If you are interested in taking part or would like more information please contact Greenway's Training & Education Officer, Helen Smyth.**

**T:** 028 9079 9912 **E:** [training@greenwaywomenscentre.org](mailto:training@greenwaywomenscentre.org)

*This Programme is funded through National Lottery Community Fund Awards for All*

### **Maternal Advocacy and Support (MAS) Project**

Greenway Women's Centre hosts a weekly Maternal Mental Health peer support group, the MAS Project, which is designed to promote positive mental health and wellbeing for women who are pregnant or have children aged 0-3 years. The project also provides a platform for women to talk about their experiences in the health care system and advise on areas that could be developed to improve services for women in Northern Ireland.

**Sessions:** Mondays/ Tuesdays, 11.30am - 1.30pm



**If you are interested in getting involved with the MAS Project at Greenway please contact Greenway's Training & Education Officer, Helen Smyth.**

**T:** 028 9079 9912 **E:** [training@greenwaywomenscentre.org](mailto:training@greenwaywomenscentre.org)



**Margaret Downey, one of Greenway's longest serving volunteers, celebrated her 70<sup>th</sup> birthday recently and in recognition of her special day Helen Smyth presented her with a gift from the Board and Staff. We hope you had a wonderful day Margaret!**

**This year's International Women's Day theme is 'World Changing Women' and the world-changing women from Greenway's Women's Empowerment Project, MAS Maternal Mental Health Project and Recycled Teenagers got involved in an Art Project to create a wall of positivity, full of inspiring messages of strength, hope and support!**



**Congratulations to Greenway volunteer Stephanie Waite who visited Stormont on Friday 4 March to take part in Northern Ireland's first ever Women's Parliament! Stephanie was one of 20 women invited by the Women's Policy Group to share their lived experiences in the Assembly Chamber and her topic was Poverty and Austerity. It's not easy to stand up and make yourself heard and we are extremely proud of Stephanie's achievement!!!**

**Support from Greenway Women's Centre is available  
Monday to Friday, via phone and email.**

You can contact Greenway staff by email:

Lindsay Cooper, Centre Manager: [manager@greenwaywomenscentre.org](mailto:manager@greenwaywomenscentre.org)  
Helen Smyth, Training & Education Officer: [training@greenwaywomenscentre.org](mailto:training@greenwaywomenscentre.org)  
Greenway Childcare Team: [childcare@greenwaywomenscentre.org](mailto:childcare@greenwaywomenscentre.org)  
Or you can reach Greenway staff by telephone on 028 9079 9912.

**Greenway Women's Centre Family Support Services**

Greenway Family Support Services are available each weekday, 10am - 1.30pm.

**For more information please contact Greenway's Centre Manager, Lindsay Cooper.**

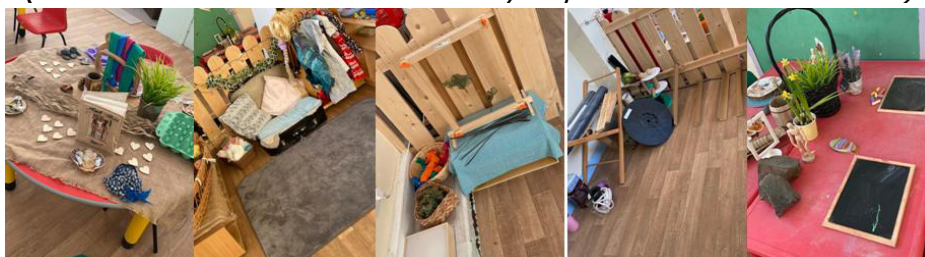
**T:** 028 9079 9912     **E:** [manager@greenwaywomenscentre.org](mailto:manager@greenwaywomenscentre.org)

**Greenway Childcare Services**

We still have some FREE WCCF Childcare places for 2-3 year olds available in our Toddler Room.

If you have returned to work within the last 12 months following a period of unemployment\*  
OR if you are currently in training or education AND in receipt of Income Support, Universal Credit,  
Jobseekers Allowance (income based) or ESA Greenway Women's Group can offer you  
FREE\* Childcare Monday to Friday from 9.30am, for up to 4 hours per day!

\*This does not apply when returning to work following Maternity Leave  
(\*WCCF Childcare Provision funded by Department for Communities)



**For more information on WCCF Childcare at Greenway please contact  
Greenway's Centre Manager Lindsay Cooper on 028 9079 9912.**

**Greenway Women's Centre Covid-19 (Coronavirus) Health & Safety Procedures**

At Greenway Women's Centre we provide a wide range of services for many different groups and so to minimise the risk of spreading Covid-19 (Coronavirus) and to protect everyone in our community as much as possible we ask everyone attending Greenway to continue to observe the remaining Health & Safety procedures we have in place.

- Please wear a face covering/mask inside the Greenway building. ●
- Please use the hand sanitiser provided at Reception before signing in. ●
- Please maintain social distancing throughout the building. ●
- Please use the hand sanitiser provided before entering and when leaving each room. ●
- Please observe the social distancing markings that are in place in all training rooms. ●
- Please remember to sign out when leaving the building and use the hand sanitiser provided. ●

*Please be mindful that there may be service users, staff or volunteers within Greenway Women's Centre who are particularly vulnerable to infection.*

- Please wear a face covering/mask inside the building ■
- Please wash/ sanitise your hands well and often ■
- Please maintain social distancing ■

\* Please do not attend Greenway if you are self-isolating \*

**Thank you for your support.**

*For further information on COVID-19 (Coronavirus) please check the following websites:*

Public Health Authority: <https://www.publichealth.hscni.net/covid-19-coronavirus>

NI Direct: <https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>

### Volunteering Opportunities at Greenway

The Volunteer Programme at Greenway Women's Centre is an excellent way to meet new people, develop new skills and build confidence and self esteem.

**Roles available: Reception\*; Drop-In\*; Cleaning\*; Childcare\*\***

*\*All volunteers must be successfully vetted through Access NI before they can commence their role.*

*\*\*All volunteers in the Childcare Department must also be successfully vetted through Health & Social Services before they can commence their role.*

**Full training is provided prior to commencing any volunteering role.**

Please Note: Some roles may not be available at present due to health & safety restrictions.

**If you are interested in volunteering at Greenway Women's Centre, please contact Lindsay Cooper on 028 9079 9912.**

### Greenway Women's Centre Mailing List

If you would like to receive information on classes and events at Greenway Women's Centre please forward your name and email address to Greenway's Training & Education Officer, Helen Smyth.

**T:** 028 9079 9912 **E:** [training@greenwaywomenscentre.org](mailto:training@greenwaywomenscentre.org)



The Red Box Project

### Greenway Women's Centre is part of the Red Box Project

The Red Box Project, coordinated by EBCDA, aims to ensure that every woman has access to free menstrual products in a bid to tackle period poverty.

At Greenway Women's Centre we have a fully stocked Red Box containing a range of sanitary pads and tampons which you are free to take as and when required.

### Fundraising with AmazonSmile

You can raise money for Greenway if you order your items through AmazonSmile!

Simply sign in to your Amazon account through [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk)

and type in Greenway Women's Centre to select us as your chosen charity

or if you use the Amazon Shopping App make sure you have AmazonSmile turned on.

You can buy the same products for the same price and access the same the services as you would at Amazon and every time you shop this way Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to Greenway Women's Centre.

It won't cost you any extra and it's a great way to support Greenway and help us raise vital funds!

**For more information on AmazonSmile and how to support Greenway Women's Centre please visit [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk)**



**Greenway Women's Centre is a recognised Safe Place for anyone affected by Domestic Violence**



### At Greenway Women's Centre we offer:

- Top Quality Childcare Services • Family Support Services • Education & Training Programmes •
- Essential Skills Support • Health & Wellbeing Courses • Volunteering Opportunities •
- Free Classes • Workshops • Special Events •

**Opening Hours:** 9am - 3.30pm Monday - Friday



**'Providing local, accessible services to women and their families in Cregagh and the broader community since 1985'**

**Greenway Women's Group is a Company Limited by Guarantee No: NI381399  
Northern Ireland Registered Charity No. NI C100610  
Inland Revenue Charity No: XR34419**

**19-23 Greenway, Cregagh Estate, Belfast BT6 0DT**

**T:028 9079 9912 E:[manager@greenwaywomenscentre.org](mailto:manager@greenwaywomenscentre.org) W:[www.greenwaywomenscentre.org](http://www.greenwaywomenscentre.org)**

If you would like to receive the Greenway newsletter by email each month, please contact [newsletter@greenwaywomenscentre.org](mailto:newsletter@greenwaywomenscentre.org) to be added to our mailing list.