



Welcome to the January 2020 edition of the Greenway Newsletter

Upcoming Events at Greenway Women's Centre

The Reading Room: Every Monday, 10am-11am

Greenway hosts this Storytelling & Conversation in Community Groups project every Monday morning.

'The Overflow' Older Women's Support Group: Wednesday mornings, 11.30am-1.30pm

Greenway hosts this new support group every Wednesday for women aged 50 and over.

Seeds To Seasoning! Next Session: Friday 10 January, 10.30am-12.30pm

Women's Information NI deliver monthly planting and recipe demonstrations at Greenway.

Pain Management Support Group: Next Meeting: Monday 13 January, 10am-11.30am

The Pain Management Support Group, facilitated by EBCDA, holds monthly meetings at Greenway.

Changing Lives Initiative: Monday 13 January, 10am-12pm

The Changing Lives Initiative offers advice on inattentive, hyperactive or impulsive behaviours in 3-7 year olds. If you are concerned about your child's behaviour come along to Greenway for advice and information at this free session.

Volunteering for Health Mobile Volunteering Event: Thursday 16 January, 10am-12pm

Come along to Greenway and discover more about the health benefits of volunteering.

Dementia Awareness Workshop: Friday 17 January, 9.30am-11.30am

Greenway will be hosting a Dementia Awareness workshop, Dementia Friendly, facilitated by EBCDA.

Cervical/Breast Screening Awareness Workshop: Friday 31 January, 9.30am-10.30am

Workshop to raise awareness of breast & cervical cancer screening, facilitated by EBCDA.

We also have some new courses in the pipeline that might be of interest: (more details to follow)

- **Personal Development Course (EBM)**
- **Retail Course (EBM)**
- **History Programme: Women in the Archives**

To register for courses or for further information on all aspects of training and education at Greenway please contact Greenway's Training & Education Officer, Helen Smyth.

T: 028 9079 9912 E: training@greenwaywomenscentre.org

Thank you to everyone who contributed items for our LIFE Charity gift hamper.

Women's Empowerment Project: Wednesdays & Fridays, 9.30am-11.30am

The Women's Empowerment Programme is a free, accredited course for women aged between 25-44 years which aims 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; Volunteering Opportunities.

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

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

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

Volunteering Opportunities at Greenway

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

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.

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

Belfast Works

TRAINING | EMPLOYMENT | SUPPORT

Belfast Works Employability Project

Belfast Works is a Belfast City-wide project which seeks to address the issue of long-term unemployment by supporting those most removed from the job market. Employability Mentors provide one-to-one support to clients in East Belfast Mission and in Outreach Centres across East Belfast.

You will get help with: Preparing a CV; Job searching; Completing application forms; Accessing training.

For more information please contact Greenway on 9079 9912.

Belfast Works at EBM is run in partnership with Ashton Community Centre (Lead Partner), GEMS NI, Job Assist Centre Greater Shankill, and Job Assist Centre West Belfast.

Recycled Teenagers

The Recycled Teenagers are a group of women over 50 who meet at Greenway Women's Centre every Tuesday, between 11.30am and 1.30pm, for chat, activities and outings.

For more information please contact Helen Harris on 9079 9912.

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

If you would like to be added to our mailing list 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

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 - 4pm Monday - Friday

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



'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
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