

Greenway

Women's Centre

Monthly Newsletter

Welcome to the September 2020 edition of the Greenway Newsletter

The last few months have been a very challenging time for everyone.

At Greenway Women's Centre we were able to adapt our services to cater for those most in need by providing childcare for vulnerable families and children of keyworkers, moving what services we could online and setting up remote support services for Centre users and those in the local community.

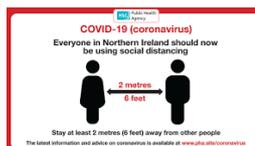
Now, as restrictions begin to ease, we are excited that we can once again begin to open up our services to everyone, and we are looking forward to welcoming you back into Greenway Women's Centre.

As our services resume we must be mindful of the risk that Covid-19 (Coronavirus) still presents in our community. At Greenway Women's Centre we provide a wide range of services for many different groups so in order to minimise the risk of spreading Covid-19 (Coronavirus) as much as possible and to ensure the health and safety of everyone at Greenway we have implemented some extra measures that we ask all service users to follow within the Centre. These measures roughly correspond with those most of us will have already experienced when shopping and they are clearly signposted throughout the building. Covid-19 (Coronavirus) usually spreads by droplets from coughs, sneezes and speaking. These droplets can also be picked up from surfaces if you touch a surface and then your face without washing or sanitising your hands first. This is why social distancing, regular hand hygiene and covering coughs and sneezes are so important in controlling the spread of the virus. Greenway Women's Group have implemented enhanced cleaning protocols covering all communal areas, classrooms and offices, including hourly disinfecting of all handles, doors, light switches and other frequently touched surfaces. As our services at Greenway resume we know things will be a little different to what we're used to but if we work together we can all do our bit to help to keep everyone as safe as possible.

Thank you for your support.

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

- **Wash your hands well and often** ■ **Cover coughs and sneezes** ■
- **If you are able to wear a face covering/mask please do so** ■
- **Limit close contact with others as much as possible** ■
- **Please do not come to the Centre if you are unwell or have been told to self-isolate** ■



**Support from Greenway Women's Centre is available via phone and email Monday to Friday.
You can contact Greenway staff by email:**

Lindsay Cooper, Centre Manager: manager@greenwaywomenscentre.org

Joanne Leetch, Childcare Manager: childcare@greenwaywomenscentre.org

Helen Smyth, Training & Education Officer: training@greenwaywomenscentre.org

Or you can reach Greenway staff by telephone on 028 9079 9912.

Upcoming Events at Greenway Women's Centre

There are still a few spaces remaining on the following courses:

▪Essential Skills Literacy▪

Tuesdays, 9.30am-12.30pm (30 weeks) Voluntary donation £10 (accredited) Start Date: 15/9/20

▪Solihull Training▪

Fridays, 9.30am-11.30am (10 weeks) Free (accredited) Start Date: 18/9/20

Women's Empowerment Project

This is a free, accredited programme which aims to provide practical and positive work-based opportunities for women on their way to employment or training.

Personal Development•Essential Skills•CV Training•Interview Techniques•Volunteering Opportunities

▪Limited spaces remaining: Tuesdays 9.30am-11.30am or Wednesdays 9.30am-11.30am▪

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

Good Relations Programmes

Greenway Women's Centre is hosting two new Cross Community Projects for women, in partnership with Voices Women's Group: 'Diverse Voices' and 'Common Past, Shared Future'.

Diverse Voices

This is an accredited programme which will run over 13 sessions and has been designed for women aged 25+ who have previous cross community experience.

This programme is funded by the Executive Office Central Good Relations

Common Past, Shared Future

This programme will take place over 9 sessions and has been designed for women aged 18+ who have no previous cross community experience.

This programme is funded by Department for Foreign Affairs, Dublin

Please Note:

Due to current government guidelines each group/class will be limited to a maximum of 6 service users, including the tutor where applicable.

You must register in person for all courses by appointment only.

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

Virtual Services

Over the past few months we were able to move a lot of our support services online.

This was a great way to connect with everyone when we couldn't meet face to face and proved to be very popular so as we resume 'in person' services at Greenway we will also continue to offer some 'virtual' services through Phone, Facebook and Zoom.

A Natter Matters Phone Sessions with Joanne:

On Monday mornings, between 10am and 11am, Joanne holds Phone Sessions with parents, so if you have any child-related issues or would like a chat regarding anything to do with parenting please email childcare@greenwaywomenscentre.org giving your name and phone number and Joanne will get back to you with a call time.

Facebook Videos:

On Wednesday mornings we will have a weekly video from Joanne and the Childcare Team and Helen's Ways to Work on Wellbeing series will continue on Thursdays mornings.

A Natter Matters: Bedtime Edition Zoom Sessions with Helen:

On Thursday evenings at 8pm Helen hosts a Live Zoom Session so if you need a chat or just fancy a catch up please email training@greenwaywomenscentre.org for a link.

To find us online visit:

www.facebook.com/GreenwayWomenCentre

www.greenwaywomenscentre.org

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

When attending Greenway Women's Centre we ask everyone to please observe the following health and safety procedures we have in place to minimise the risk of spreading Covid-19 (Coronavirus):

When you arrive at Greenway Women's Centre please ring the buzzer for admittance. Please remain outside until Reception buzz you in. This will help us to limit the number of people in the Reception area at any one time. In the event of a queue outside the building please observe social distancing and do not obstruct the public footpath.

If you can wear a face mask please do so. Within the Centre there may be service users, staff or volunteers who are particularly vulnerable to infection, so while face coverings may not necessarily prevent you becoming infected with the virus they will help prevent people who don't know they have the virus spreading it to others.

Please use the hand sanitiser provided at Reception.

Your temperature will be checked before you proceed into the building. (A high temperature is usually considered to be 38C or above.) If your temperature is normal you will be signed in and you should proceed directly to your classroom. Please maintain social distancing throughout the building.

To help with this please keep to the left in communal areas such as stairs and corridors.

Where possible there are markings on the floor to guide you.

The lift is still accessible to all Centre Users, however to facilitate social distancing there is a maximum limit of 2 persons on board at any one time.

Hand sanitation stations have been set up outside every classroom. Please ensure that you use hand sanitiser before entering and when leaving the room.

Please observe the social distancing regulations that are in place in your classroom. To comply with government guidelines classrooms are limited to groups of 6 service users maximum (including the tutor if applicable) and each room has been carefully set up to accommodate this.

Please do not move furniture or remove social distancing markings.

The Kitchen and Drop In Counter are currently 'staff-only' areas.

Tea and coffee orders will be taken at the beginning of each day by a staff member or designated volunteer and delivered to you in your classroom.

(Food and liquids such as tea and coffee are not permitted to be consumed at the computers in the IT Suite, so please use the table in the centre of the room at break times.)

Toilet facilities are fully accessible to all Centre Users, however to allow for social distancing some stalls have been temporarily closed. Please maintain social distancing when entering/leaving the facilities and remember to wash your hands thoroughly.

Before leaving the building please remember to get signed out and use the hand sanitiser provided.

All Health & Safety measures are clearly signposted throughout the Greenway building and have been designed to protect everyone attending Greenway Women's Centre by minimising the risk of spreading Covid-19 (Coronavirus).

Thank you for your support.

Please be patient as we all get used to this 'new normal'.

*****PLEASE NOTE*****

If you are feeling in any way unwell please do not come to the Centre.

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.

- Due to current Health & Safety restrictions some roles may not be available at present •

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

Belfast Works Employability Project

Employability Mentors provide one-to-one support to clients in East Belfast, offering help with preparing a CV; job searching; completing application forms and 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.

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

Recycled Teenagers

The Recycled Teenagers are a group of women over 50 who meet every week at Greenway Women's Centre, for chat, activities and outings.

For more information please contact Helen Harris on 9079 9912.



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 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.



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 - 4pm 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

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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.