

Greenway

Women's Centre

## Monthly Newsletter

**Welcome to the February 2021 edition of the Greenway Newsletter**

### **Greenway Staff Team Update**

We are very pleased to be able to share some happy news this month!!!

Natalie Horrocks has recently gone on maternity leave and we would like to send best wishes from everyone at Greenway to Natalie and her partner as they await their exciting new arrival. The Board of Directors and Staff would also like to take this opportunity to welcome Trudi Kenny to the Greenway Staff Team and we wish her all the very best in her Childcare Assistant role.

### **Greenway Women's Centre Virtual Services**

Current lockdown restrictions mean we are unable to welcome you to Greenway Women's Centre in person but we are continuing to offer some 'virtual' services through Phone, Facebook and Zoom:

#### **Women's Empowerment Group - Live Zoom Sessions (Mon/Tues/Wed 10am-11.30am)**

If you are part of the Women's Empowerment Group and would like to participate please email [training@greenwaywaywomenscentre.org](mailto:training@greenwaywaywomenscentre.org) for a link.

#### **MAS Maternal Mental Health Project - Live Zoom Sessions (Mon/Tues/Wed 11.45am-1pm)**

If you are part of the Maternal Mental Health Project and would like to participate please email [training@greenwaywaywomenscentre.org](mailto:training@greenwaywaywomenscentre.org) for a link.

#### **A Natter Matters: Phone & Zoom Sessions**

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](mailto:childcare@greenwaywomenscentre.org) to arrange a call time.

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@greenwaywaywomenscentre.org](mailto:training@greenwaywaywomenscentre.org) for a link.

#### **Recycled Teenagers - Weekly Email and Telephone Check-Ins**

##### **Greenway on Facebook**

On Wednesdays we share a weekly video from Joanne and the Childcare Team and on Thursdays Helen brings us her Ways to Work on Wellbeing video series.

##### **Where to find us online:**

[www.facebook.com/GreenwayWomensCentre](https://www.facebook.com/GreenwayWomensCentre)

[www.greenwaywomenscentre.org](http://www.greenwaywomenscentre.org)

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

Greenway Women's Centre is hosting a Maternal Mental Health Project designed to promote positive mental health and wellbeing for women who are pregnant or have children aged 0-3 years by offering women the opportunity to share experiences, engage in activities and express their views. Virtual Sessions are being held via Zoom on Mondays, Tuesdays and Wednesdays, 11.45am-1pm.

**To get involved please contact Greenway's Training & Education Officer, Helen Smyth.**

**T: 028 9079 9912**

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

<p><b>COVID-19: RESTRICTIONS</b></p>  <p><b>STAY AT HOME</b> Only leave for essential purposes such as for education, healthcare, exercise, or to care for others Exemptions apply</p>	<p><b>COVID-19: REDUCE THE RISK</b></p>  <p><b>THE FEWER CONTACTS YOU HAVE THE LESS CHANCE CORONAVIRUS HAS TO SPREAD</b></p>	<p><b>COVID-19: HELP SAVE LIVES</b></p>  <p><b>KEEP WASHING YOUR HANDS</b></p>	<p><b>COVID-19: FOLLOW THE RULES</b></p>  <p><b>WHEN WEARING A FACE COVERING DON'T FORGET YOU STILL NEED TO KEEP YOUR DISTANCE FROM OTHERS</b></p>	<p><b>COVID-19: STAY SAFE</b></p> <p><b>DOWNLOAD Stop COVID NI</b></p> 
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**Current Covid-19 (Coronavirus) restrictions have been extended until at least 5 March 2021.**

In light of the strict Stay at Home message and continued high levels of Covid-19 (Coronavirus) in the community please take extra care when considering reasons for leaving your home.

**For further information on COVID-19 Regulations please check the NI Direct website:**

<https://www.nidirect.gov.uk/information-and-services/coronavirus-covid-19/regulations-and-recovery-plan>

**For further information on COVID-19 please check the Public Health Authority's website:**

<https://www.publichealth.hscni.net/>

**For further Greenway updates please check our Facebook page:**

[www.facebook.com/GreenwayWomensCentre](http://www.facebook.com/GreenwayWomensCentre)

**or the Greenway Website:**

[www.greenwaywomenscentre.org](http://www.greenwaywomenscentre.org)

**Thank you for your ongoing support. We hope you and your families continue to stay safe.**

**Support from Greenway Women's Centre is still available Monday to Friday.**

**You can contact Greenway staff by email:**

Lindsay Cooper, Centre Manager: [manager@greenwaywomenscentre.org](mailto:manager@greenwaywomenscentre.org)

Joanne Leetch, Childcare Manager: [childcare@greenwaywomenscentre.org](mailto:childcare@greenwaywomenscentre.org)

Helen Smyth, Training & Education Officer: [training@greenwaywomenscentre.org](mailto:training@greenwaywomenscentre.org)

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

*(Please note that our telephone system has been redirected to facilitate offsite working and this will affect the number of calls we can take at any one time.)*

**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 Mailing List

**If you would like to be added to our electronic 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](mailto: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  
Inland Revenue Charity No: XR34419

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

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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.