

Greenway

Women's Centre

Monthly Newsletter

Welcome to the April 2021 edition of the Greenway Newsletter

Easter Holiday

Greenway Women's Centre will be closed for the Easter break from Monday 5 April to Friday 9 April (inclusive).

All Greenway services, including Childcare provision, Family Support, Zoom Classes and online services will be unavailable during this week.

Services will resume on Monday 12 April.

Greenway Women's Centre Services Update

From Monday 12 April we hope to recommence our face to face services at Greenway Women's Centre. Childcare provision for service users attending classes is also planned to recommence from this date.

When we resume these services we must remain alert to the risk that Covid-19 (Coronavirus) continues to present within our community. At Greenway Women's Centre we provide a wide range of services for many different groups and in order to minimise the risk of spreading Covid-19 (Coronavirus) and to protect everyone at Greenway as much as possible we ask all service users to follow the extra health and safety measures we have in place within the Centre. Social distancing measures, hand sanitisation and wearing of face coverings/masks will be required onsite. These are measures most of us will already be familiar with and they are clearly signposted throughout the building.

In addition to these measures Greenway Women's Group also have enhanced cleaning protocols in place for all communal areas, classrooms and offices, including hourly disinfecting of all handles, doors, light switches and other frequently touched surfaces.

We would like to thank all our service users for their continued support and we look forward to welcoming you all back to Greenway Women's Centre. We know that by working together we can each play our part to help keep everyone as safe as possible.

Thank you for your support.



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

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



Check out our new look!!!

As part of the recent renovations and building work at Greenway Women's Centre, funded via the Social Investment Fund, the entrance to the Greenway building has been given a further makeover with new signage reflecting all the services we offer.

facebook

- find us at www.facebook.com/GreenwayWomensCentre

Upcoming Events at Greenway Women's Centre

Women's Empowerment: Reflect, Refresh, Restart

Throughout the Covid-19 pandemic the Women's Empowerment Project has been working with women to ensure that their mental health and physical needs have been met.

As an extension of this we have been awarded funding from the COVID-19 Community Recovery Support Fund via Belfast City Council for a new 8-week women's project.

Women's Empowerment: Reflect, Refresh, Restart will begin in April/ May 2021 and aims to support women as they Reflect on the past year and it's challenges, Refresh their coping strategies and resilience building skills and Restart their lives with confidence.



Sessions:

Mondays, 9.30am-11.30am (Start Date: 26/4/21)

Tuesdays, 9.30am-11.30am (Start Date: 4/5/21)

Wednesdays, 9.30am-11.30am (Start Date: 5/5/21)

If you would like to get involved in the Reflect, Refresh, Restart Project or would like more information please contact Greenway's Training & Education Officer, Helen Smyth.

T: 028 9079 9912

E: training@greenwaywomenscentre.org

Maternal Advocacy and Support (MAS) Project

Greenway Women's Centre is hosting a Maternal Mental Health peer support group. The MAS Project is 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.



Sessions:

Mondays/ Tuesdays/ Wednesdays, 11.45am-1.15pm.

If you are interested in getting involved with the MAS Project or would like more information please contact Greenway's Training & Education Officer, Helen Smyth.

T: 028 9079 9912

E: training@greenwaywomenscentre.org

Greenway Women's Centre Virtual Services

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 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 for a link.

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

www.greenwaywomenscentre.org

We would like to say thank you to East Belfast Community Development Agency who have provided Greenway Women's Centre with 25 of their Take5 Wellbeing Packs which will be distributed among the women who use our services!



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

We ask everyone attending Greenway Women's Centre to 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.

Please wear a face covering/mask inside the Greenway building.

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 remains available for 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.

(Please Note: 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.

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

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

Thank you for your support.

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

Please do not attend the Centre if you are unwell or have been told to self-isolate.

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.

- **Please Note:** Some roles may not be available at present due to current Health & Safety restrictions relating to the Covid-19 (Coronavirus) pandemic.

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

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.

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 028 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 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.



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.