

Greenway

Women's Centre

Monthly Newsletter

Welcome to the May 2021 edition of the Greenway Newsletter

Greenway Women's Centre will be closed on Monday 3 May for the Early May Bank Holiday. The Centre will also be closed on Monday 31 May for the Spring Bank Holiday. All Greenway services, including Childcare provision, Family Support, classes and online services will be unavailable on these dates.

Greenway Women's Centre Update

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 in the community as much as possible we ask everyone attending Greenway to please observe all Health & Safety procedures which are clearly signposted throughout the building.

- Wear a face covering/mask inside the building ■
- Wash your hands well and often ■ Maintain social distancing ■
- Please do not come to the Centre if you are unwell or have been told to self-isolate ■

Thank you for your support.

For further information on COVID-19 please check the Public Health Authority's website:
<https://www.publichealth.hscni.net/>

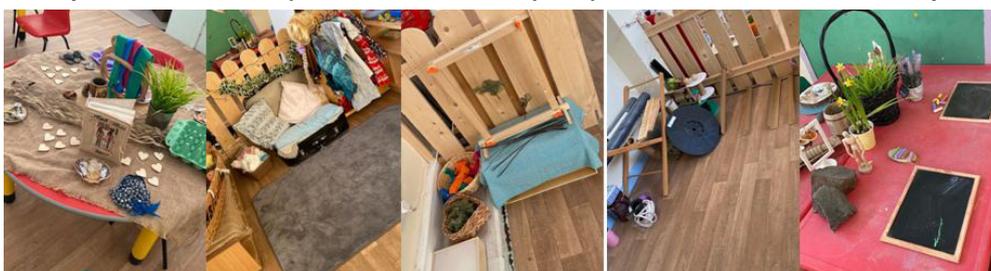
Greenway Childcare Services

- Have you returned to work within the last 12 months after a period of unemployment?
 - Have you got a child/or children under the age of 4?
 - Are you struggling to find part-time childcare?

Yes? ...then we can help!!!

If you have returned to work following a period of unemployment and you have a child/or children under the age of 4 years, Greenway Women's Group can offer you FREE Childcare Monday to Friday from 9am, for up to 4 hours per day!

Please Note: This does not apply to those returning to work following Maternity Leave.
(WCCF childcare provision funded by Department for Communities)



Greenway's professional & highly qualified Childcare Team promote fun and creative ways of engaging children to learn and develop in an inclusive, non-judgmental, safe environment.

For more information please contact Greenway's Childcare Manager, Joanne Leetch:

T: 028 9079 9912

E: childcare@greenwaywomenscentre.org

facebook

- find us at www.facebook.com/GreenwayWomensCentre

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, which is designed to promote positive mental health and wellbeing for women who are pregnant or have children aged 0-3 years, by offering them the opportunity to share their 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 kindly provided Wellbeing Packs for the women who attend the Pain Management Group at Greenway and those who took part in the Compassion Fatigue Workshop as part of Greenway's Women's Empowerment Project.



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.