

Greenway

Women's Centre

## Monthly Newsletter

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

### Courses at Greenway Women's Centre

#### **BMC Essential Skills Courses**

Essential Skills Numeracy: Wednesdays, 9am-12pm

Essential Skills Literacy: Fridays, 9.30am-12.30pm

#### **Solihull Parenting Course**

A 10-week Solihull Training Course for parents begins on Thursday 30 September, 9.30am-11.30am.

\*Limited childcare spaces are available for this course if the parent is in receipt of Income Support, Jobseekers (income based), Universal Credit or ESA and the child is aged 3 or under.

#### **Pain Management Support Group**

Next Meeting: Friday 1 October, 10am-11am

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

**If you are interested in taking part in any of the above courses/groups or would like more information please contact Greenway's Training & Education Officer, Helen Smyth.**

T: 028 9079 9912

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

### **Women's Empowerment Project**

The Women's Empowerment Programme is a free, accredited, women-only course designed 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.

**Sessions:** Mondays/ Tuesdays/ Wednesdays, 9.30am-11.30am

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

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

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

Greenway Women's Centre hosts a weekly 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, 11.30am-1.30pm

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



### **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?

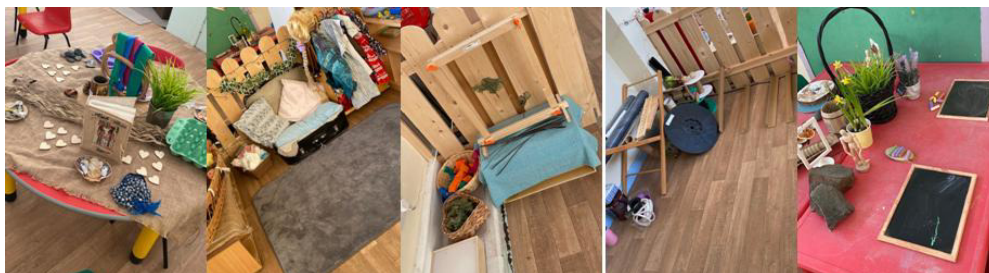
**Yes?** ...then maybe we can help!!!

Greenway Childcare Services currently has WCCF Childcare places available for under 4's.

So, 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 may be able to offer you FREE Childcare\* Monday to Friday from 9am, for up to 4 hours per day!

Please Note: This does not apply when returning to work after 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](mailto:childcare@greenwaywomenscentre.org)

### **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](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.

### **Greenway Women's Centre Mailing List**

If you would like 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)

### **Please Note:**

The start date for the Step 1 Computer Class has been postponed until Thursday 4 November 2021.



Over the past few months a local charity group, In This Together, has been accessing space in the Greenway building to store and sort items for their Social Supermarket. As they move to their new setting at Willowfield Bowling Club we would like to thank them for the beautiful flowers and we wish them all the very best for the future!

### **Family Support Summer Picnic Programme**

Unfortunately due to restrictions we were unable to hold our usual Summer Scheme this year, but thanks to some creative planning and (mostly!) fantastic weather we were able to host a series of Family Picnics throughout July and August and we visited CS Lewis Square, the Mo Mowlam Playpark at Stormont Park, the Cultural Trail at Ormeau Park, Botanic Gardens and the Ulster Museum and Cregagh Green Playpark.

Thank you to all the families who came along and also to Greenway Lunch Bar, In This Together, Radius Housing and Playboard NI for their support and thanks again to the anonymous gentleman whose kind and generous donation was much appreciated!

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

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 our community as much as possible we ask everyone attending Greenway to please observe all the Health & Safety procedures currently in place.

\*\*\*

When you arrive at Greenway Women's Centre please ring the buzzer for admittance. Please remain outside until Reception buzz you in. In the event of a queue outside the building please observe social distancing and do not obstruct the public footpath.

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

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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 38°C or above.)

\*\*\*

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 room. 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 all training rooms. Each room has been carefully set up to accommodate these regulations. Please do not move furniture or remove social distancing markings in any room.

\*\*\*

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 near 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.*

- Wear a face covering/mask inside the building ■
- Wash your hands well and often ■
- Maintain social distancing ■

**\*Please do not attend Greenway if you are unwell or are self-isolating\***

Full details of all Health & Safety measures, including updated information on 'Close Contact' procedures, are clearly signposted throughout the Greenway building.

**Thank you for your support.**

### Greenway Womens Centre Family Support Services

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)

### 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 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.**

### Fundraising for Greenway with AmazonSmile

Did you know that you can donate money to Greenway Women's Centre when you shop through Amazon?

All you have to do is go to [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk) and type in Greenway Women's Centre.

Then, every time you shop Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases.

It won't cost you any extra and it's a great way to support Greenway and help us raise vital funds!

**For more information on AmazonSmile and how to support Greenway Women's Centre please visit [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk)**



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

**19-23 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.