



Monthly Newsletter

Welcome to the March 2021 edition of the Greenway Newsletter

Greenway Women's Centre Update

Greenway Women's Centre will be closed on Wednesday 17 March for St Patrick's Day. Greenway services, including childcare provision, online Zoom classes and family support will be unavailable on this date. Services will resume in their current form on Thursday 18 March.

Greenway Services will also be unavailable from Monday 5 April – Friday 9 April (inclusive) when Greenway will be closed for the Easter break. The Centre will reopen on Monday 12 April.

From Monday 12 April we hope to recommence our face to face services at Greenway Women's Centre.

Enrolment for classes will take place online and via telephone from Monday 29 March.

Greenway's Training Officer, Helen Smyth, will contact students directly with a date for enrolment for classes. (If you have not been contacted by 29 March please contact the Centre to arrange a date.)

Childcare for service users attending classes is also planned to resume from Monday 12 April.

Please Note: Social distancing measures, hand sanitisation and face masks will be required onsite.

We would like to thank all our service users for their support over the last few months. We appreciate that this has been a difficult time for everyone and we look forward to welcoming you all back.

In the meantime please stay safe and we will see you soon.

Greenway Women's Centre Virtual Services

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@greenwaywomenscentre.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@greenwaywomenscentre.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 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@greenwaywomenscentre.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

www.greenwaywomenscentre.org

International Women's Day 2021

The theme of the IWD online programme is 'The New Phenomenal', celebrating the phenomenal women who make up our society and are contributing to keep our communities going during the 'new normal'.

For details of all the events please visit: <https://www.reclaimtheagenda.com/>

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.

Virtual Sessions are being held via Zoom on Mondays, Tuesdays and Wednesdays, 11.45am-1pm.

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



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

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.

(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

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

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

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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.