

Greenway

Women's Centre



Monthly Newsletter

Welcome to the December 2021 edition of the Greenway Newsletter

NIWEP Women's Workshops - January 2022

Greenway Women's Centre will be hosting workshops as part of a Northern Ireland Women's European Platform (NIWEP) project aiming to explore what peace looks like to women in Northern Ireland and how women can have a stronger role in shaping a future Northern Ireland.

The project will explore women's experiences of life in Northern Ireland and ideas and solutions for a future Northern Ireland that meets women's needs. These experiences will be collected into a final product which will be shared with decision makers to help ensure women are better heard in policy making, particularly in relation to peace building.

Please Note: The workshops will be delivered over 2 sessions and in two groups, with one group attending on Mondays and the other group attending on Tuesdays. (Start Date to be confirmed.)

For more information please contact Greenway's Training & Education Officer, Helen Smyth.

T: 028 9079 9912 **E:** training@greenwaywomenscentre.org

Open University Access Modules

In the New Year, Greenway Women's Centre will be hosting a 30 week programme of Access Modules provided by The Open University, including sessions in Social Science, Business & Law, Health, Child Psychology and more. Access modules provide an introduction to distance learning and studying with The Open University, offering a broad overview of the subject that interests you while helping to refresh your learning skills and build your self-confidence.

Please Note: Once you have registered interest with Greenway Women's Centre your details will be forwarded to the course organiser who will then contact you directly.

For more information or to register interest please contact Greenway's Training & Education Officer, Helen Smyth, no later than Friday 10 December.

T: 028 9079 9912 **E:** training@greenwaywomenscentre.org

Support from Greenway Women's Centre is available Monday to Friday, via phone and email.

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.

Christmas Holidays

Greenway Women's Centre will close on Friday 17 December for the Christmas Break. The Centre will reopen on Tuesday 4 January 2022.

The Board of Directors of Greenway Women's Group would like to take this opportunity to wish everyone a safe and happy Christmas and a peaceful New Year.

Women's Empowerment Programme

The Women's Empowerment Programme at Greenway Women's Centre is a free, accredited, women-only project 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 and volunteering opportunities.

Sessions: Mondays/ Tuesdays, 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

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. The project also provides a platform for women to talk about their experiences in the health care system and advise on areas that could be developed to improve services for women in Northern Ireland.

Sessions: Mondays/ Tuesdays, 11.30am - 1.30pm



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

T: 028 9079 9912 **E:** training@greenwaywomenscentre.org

A Natter Matters: Phone Sessions for Parents

On Monday mornings between 10am and 11am Greenway's Childcare Manager 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 giving your name and phone number and Joanne will get back to you with a call time.

A Natter Matters: Evening Zoom Sessions

On Thursday evenings Greenway's Training & Education Officer 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.

Greenway Women's 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

Greenway Childcare Services

'High quality childcare services for pre-school children'

FREE WCCF Childcare places for 2-3 year olds available in our Toddler Room!

If you have returned to work within the last 12 months following a period of unemployment* OR if you are currently in training or education AND in receipt of Income Support, Universal Credit, Jobseekers Allowance (income based) or ESA Greenway Women's Group can offer you FREE* Childcare Monday to Friday from 9.30am, for up to 4 hours per day!

*This does not apply when returning to work following Maternity Leave
(*WCCF Childcare Provision funded by Department for Communities)

For more information on WCCF Childcare at Greenway Women's Centre please contact Greenway's Childcare Manager, Joanne Leetch.

T: 028 9079 9912 **E:** childcare@greenwaywomenscentre.org

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.

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 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.

Tea and coffee orders can now be placed at the Drop-In counter during breaks.

Toilet facilities are fully accessible to all Centre Users. 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.



For further information regarding COVID-19 (Coronavirus) please check the following websites:

Public Health Authority: <https://www.publichealth.hscni.net/covid-19-coronavirus>

NI Direct: <https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>

Volunteering Opportunities at Greenway

The Volunteer Programme at Greenway Women's Centre is an excellent way to meet new people, develop new skills and build confidence and self esteem.

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.

If you are interested in volunteering at Greenway Women's Centre, please contact Lindsay Cooper 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



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.

Shopping with Amazon this Christmas?

You can raise money for Greenway if you order your items through AmazonSmile!

Simply sign in to your Amazon account through www.smile.amazon.co.uk and type in Greenway Women's Centre to select us as your chosen charity.

If you use the Amazon Shopping App make sure you have AmazonSmile turned on.

You can buy the same products for the same price and access the same the services as you would at Amazon and every time you shop this way Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to Greenway Women's Centre.

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



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 - 3.30pm 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.