



Monthly Newsletter

Welcome to the February 2022 edition of the Greenway Newsletter

Greenway Women's Centre Update: Planned Closure for Essential Maintenance Works

Greenway Women's Centre will be closed from Monday 14 February to Friday 18 February while NI Housing Executive completes essential work to replace all the windows within the Greenway building. This work has been timed during the half term holiday in an effort to minimise disruption to our services.

Please Note: There will be no onsite services available during the closure.

Greenway Staff will be working from home while the Centre is closed and all Family Support, Education & Training and Childcare queries can be addressed via email during this time.

Lindsay Cooper: manager@greenwaywomenscentre.org

Helen Smyth: training@greenwaywomenscentre.org

Greenway Childcare Team: childcare@greenwaywomenscentre.org

Women's Empowerment Programme and MAS Project sessions will be delivered via Zoom on Monday 14 February and Tuesday 15 February at their regular times and participants should contact Helen at training@greenwaywomenscentre.org for a link.

The Greenway Childcare Team will contact parents directly via Tapestry with details of their planned schedule and Stay and Play programme, including the start of the new 'Wellies in the Woods' sessions.

The Centre will reopen on Monday 21 February and all services will resume on this date.

Keep an eye on our Facebook page for further updates: www.facebook.com/GreenwayWomensCentre

A Natter Matters

On Thursday evenings 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.

Coming up at Greenway...

Introduction to Hidden Harm (Date: TBC)

One-off workshop facilitated by EBCDA

Foetal Alcohol Syndrome (Date: TBC)

One-off workshop facilitated by EBCDA

Live Life to the Full - Start Date: Tuesday 5 April, 11am-1pm (6 weeks)

This course will be facilitated by AwareNI in partnership with the MAS Maternal Mental Health Project for women who are pregnant or have children aged 0-3 years.

Common Past, Shared Future* - Start Date: Friday 29 April (8 weeks)

This is a new Cross Community Project for women hosted in partnership with Voices Women's Group.

*Please Note: Enrolment criteria may apply for registration on this project.

If you are interested in attending any of the above or would like more information, please contact Greenway's Training & Education Officer, Helen Smyth.

T: 028 9079 9912

E: training@greenwaywomenscentre.org

The Pain Management Group, facilitated by EBCDA, holds a monthly meeting at Greenway Women's Centre. For more information please contact Helen Smyth.

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

Helen Smyth, Training & Education Officer: training@greenwaywomenscentre.org

Greenway Childcare Team: childcare@greenwaywomenscentre.org

Or you can reach Greenway staff by telephone on 028 9079 9912.

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

(*Please Note: Sessions on 14/15 February will be held via Zoom)

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

(*Please Note: Sessions on 14/15 February will be held via Zoom)



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

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

We still have some 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 please contact Greenway's Centre Manager Lindsay Cooper on 028 9079 9912.

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 on 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.

Fundraising with AmazonSmile

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

or 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.