



Monthly Newsletter

Welcome to the May 2022 edition of the Greenway Newsletter

May Day Bank Holiday

Greenway Women's Centre will be closed on Monday 2 May for the May Day bank holiday. All Greenway services, including childcare provision, classes, group meetings, online services and family support will be unavailable on this date. The Centre will reopen on Tuesday 3 May 2022.

Coming up at Greenway...

OCN Level 1 Childcare Course

Start Date: Wednesday 4 May, 9.30am-11.30am (8 weeks)

Greenway Women's Centre is hosting a FREE OCN Level 1 Childcare Course delivered in partnership with Belfast Works and EBM Lemis+ Project.

Please Note: You must register in advance for this course.

Those taking part must be currently unemployed or working less than 16 hours per week and resident in East Belfast (BT4, BT5, BT6)

GOALS Training*

Monday 23 May - Wednesday 25 May, 9.30am - 1.30pm

A 3-day GOALS Training course designed to raise self esteem and offer help and support when returning to employment, training or education will be taking place at Greenway Women's Centre this month.

*Please Note: All 3 sessions must be completed.

Level 2 Introduction to Counselling and/or Trauma (Aim Awards)

Start Date: TBC May 2022

Greenway is hosting a FREE Level 2 Introduction to Counselling and/or Trauma course in partnership with Women Breaking Barriers NI. The course will be facilitated by JMC Counselling & Training.

Please Note: Spaces are limited, however a reserve list will be created.

If you are interested in taking part in any of the above courses/training 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 available Monday to Friday, via phone and email.

You can reach Greenway staff by telephone on 028 9079 9912.

Or 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

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

Pain Management Group

The Pain Management Group, facilitated by East Belfast Community Development Agency, holds monthly support meetings at Greenway Women's Centre.

For more information please contact Helen Smyth.

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

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.

Thank you to Women Breaking Barriers NI for the CV Training sessions held at Greenway last month and well done to everyone who took part!



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 so 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 continue to observe the remaining Health & Safety procedures we have in place.

- Please wear a face covering/mask inside the Greenway building.
- Please use the hand sanitiser provided at Reception before signing in.
 - Please maintain social distancing throughout the building.
- Please use the hand sanitiser provided before entering and when leaving each room.
- Please observe the social distancing markings that are in place in all training rooms.
- Please remember to sign out when leaving the building 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.

- Please wear a face covering/mask inside the building ■
- Please wash/sanitise your hands well and often ■
- Please maintain social distancing ■
- * Please do not attend Greenway if you are self-isolating *

Thank you for your continued 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>

Greenway Childcare Services

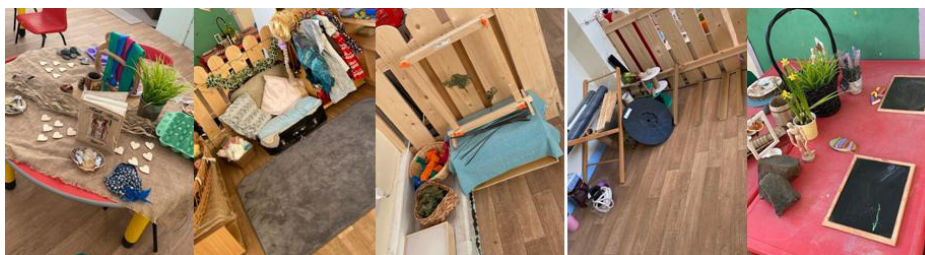
We currently have FREE WCCF Childcare places for 2-3 year olds available in our Toddler Room!

Have you returned to work within the last 12 months following a period of unemployment*?

Or, are you currently in training or education AND in receipt of Income Support, Universal Credit, Jobseekers Allowance (income based) or ESA?

If you answered YES to either question Greenway Women's Group can offer you FREE* Childcare Monday to Friday from 9.30am, for up to 4 hours per day!

*Please Note: This does not apply when 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 on WCCF Childcare at Greenway Women's Centre please contact Greenway's Childcare Co-Managers, Jodie Wilson or Natalie Horrocks.

T: 028 9079 9912

E: childcare@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

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 donate money to Greenway Women’s Centre when you buy items from Amazon 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.