



Greenway

Women's Centre

## Monthly Newsletter

***Welcome to the December 2022 edition of the Greenway Newsletter***

### **Staff Team Update**

The Board of Directors would like to welcome Sarah Robinson to the Greenway Staff Team. Sarah has joined the Childcare Team as Practice Leader. Welcome to Greenway, Sarah! We would also like to take this opportunity to congratulate Lynsey Stewart on her recent promotion to Deputy Childcare Manager. Congratulations, Lynsey!

### **Courses at Greenway**

**SPEAKEASY:** Thursday 12 January, 10.30am-12pm (4 weeks)

Greenway is hosting a new SPEAKEASY programme which aims to encourage parents to talk openly and confidently with their children about growing up, puberty, sexuality and relationships.

**Cancer Screening Awareness:** Friday 27 January, 10.30am-12pm (3 weeks)

Greenway is hosting a new Breast, Bowel and Cervical Cancer Screening Awareness programme facilitated by Women's Resource & Development Agency.

**To register for these courses or for more information please contact Greenway's Training & Education Officer, Helen Smyth.**

T: 028 9079 9912    E: [training@greenwaywomenscentre.org](mailto:training@greenwaywomenscentre.org)

**The full Greenway Women's Centre Service Programme for January 2023 is now available to download from the Greenway Women's Centre website:**

<http://greenwaywomenscentre.org/training-education/>

### **Support from Greenway Women's Centre is available Monday to Friday**

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](mailto:manager@greenwaywomenscentre.org)

Helen Smyth, Training & Education Officer: [training@greenwaywomenscentre.org](mailto:training@greenwaywomenscentre.org)

Greenway Childcare Team: [childcare@greenwaywomenscentre.org](mailto:childcare@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](mailto:training@greenwaywomenscentre.org) for a link.

### **Christmas Holidays**

Greenway Women's Centre will be closed from Monday 19 December to Monday 2 January (inclusive) for the Christmas Break. All Greenway services, including childcare provision, classes, group meetings, online services and family support will be unavailable during this time.

The Centre will reopen on Tuesday 3 January 2023.

***We 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.

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

*(\*Additional Thursday sessions commencing January 2023!)*

**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*

### **Mas Project - Maternal Advocacy and Support**

Greenway Women's Centre hosts weekly Maternal Mental Health peer support groups as part of 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.

**Weekly Sessions: Mondays/Tuesdays, 11.30am-1.30pm**

*(\*Additional Thursday sessions commencing January 2023!)*



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

#### **Giant Night Out**

Staff and volunteers from Greenway were treated to a great night out at the SSE Arena to watch the Belfast Giants in action!

Thank you to Belfast Harbour for gifting us tickets as part of the Belfast Harbour Community Awards 2022!



#### **SPEAKEASY**

Informing Choices NI visited Greenway to deliver a workshop on the SPEAKEASY programme to our Mas groups.



#### **SOLUS**

Elaine Hanna from Parenting NI visited Greenway to talk about SOLUS, a new project offering support for separated parents and one parent families.



#### **Breast Cancer Screening Awareness**

Paula Kennedy from Breast Imaging Services at Belfast Trust visited Greenway to deliver Breast Cancer Screening Awareness sessions to participants in our women's groups.



#### **Community Police Visit**

The local Community Policing Team visited Greenway recently to talk to our Women's Empowerment Groups about Personal Safety and Safety in the Home.





### **Grand Opera House Tour**

Senior Mentors from the Women's Empowerment Project at Greenway were recently invited along for a private tour of the Grand Opera House in Belfast. This was an amazing opportunity to see round the beautiful building.

Thank you to East Belfast Community Development Agency for facilitating this visit as part of the Chatty Bench Project and thank you to everyone at The Grand Opera House Belfast!

### **Greenway Women's Centre Family Support Services**

Greenway Family Support Services are available each weekday between 10am and 1.30pm.

**To access our Family Support Services or get more information please contact Greenway's Centre Manager, Lindsay Cooper.**

**T:** 028 9079 9912     **E:** [manager@greenwaywomenscentre.org](mailto:manager@greenwaywomenscentre.org)

### **Greenway Childcare Services**

At Greenway we offer high quality, affordable Childcare services for pre-school children, from birth until their fourth birthday, alongside WCCF Funded Day Care and Sponsored Day Care.

We also offer Childcare provision for students and volunteers attending Greenway Women's Centre and intervention services by way of respite care and parent/carer support sessions.

Greenway's professional & highly qualified Childcare Team promote fun and creative ways of engaging children to learn & develop in an inclusive, non-judgmental, safe environment.

Greenway Childcare Services are now available Monday to Friday, between 8.30am and 1.30pm with Private Day Care Sessions available for only £4.50 per hour!

**•We currently have availability for children aged 0-2 years in our Baby Room•**



**To book, register future interest or get more information please contact Greenway's Childcare Co-Managers, Jodie Wilson & Natalie Horrocks.**

**T:** 028 9079 9912     **E:** [childcare@greenwaywomenscentre.org](mailto:childcare@greenwaywomenscentre.org)

### **WCCF Childcare Provision at Greenway Women's Centre**

At Greenway we offer WCCF funded childcare for children from birth until their fourth birthday.

If you have pre-school aged children and you have either returned to work within the last 12 months following a period of unemployment\* or are currently in training or education and in receipt of Income Support, Universal Credit, Jobseekers Allowance (income based) or ESA we may be able to meet your childcare needs!

If you answered YES Greenway Women's Group may be able to 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)

**•We currently have WCCF availability in our Toddler Room•**

**For more information on WCCF Childcare at Greenway Women's Centre please contact Greenway's Childcare Co-Managers, Jodie Wilson & Natalie Horrocks.**

**T:** 028 9079 9912     **E:** [childcare@greenwaywomenscentre.org](mailto:childcare@greenwaywomenscentre.org)

**Live life** COVID-aware

At Greenway we provide a wide range of services for many different groups and there may be service users, staff or volunteers within the Centre who are particularly vulnerable to infection. Therefore, we ask that all service users play their part in helping to minimise the risk of spreading Covid-19 (Coronavirus) within our community. By working together we can all play our part to help to keep everyone in our community as safe as possible throughout the winter months.

**Thank you for your continued support.**

**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.**

**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](mailto: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](http://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](http://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

**19-23 Greenway, Cregagh Estate, Belfast BT6 0DT**

**T:**028 9079 9912 **E:**[manager@greenwaywomenscentre.org](mailto:manager@greenwaywomenscentre.org) **W:**[www.greenwaywomenscentre.org](http://www.greenwaywomenscentre.org)

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.