

Greenway

Women's Centre

Monthly Newsletter

Welcome to the November 2022 edition of the Greenway Newsletter

Women's Development Course

Greenway is hosting a 4-week OCN Level 3 Women's Development Course facilitated by Women's Resource and Development Agency.

Start Date: Friday 11 November, 10am-12.30pm.

To register or for more information 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 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

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

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

Greenway Childcare Team: 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 for a link.

Calls for Mother and Baby Unit

Participants from the MAs groups joined with other organisations and groups at Stormont on World Mental Health Day last month to petition the Health Minister Robin Swan to prioritise setting up a Mother and Baby Unit in Northern Ireland. Currently, Northern Ireland is the only part of the UK with no Mother and Baby Unit, meaning that mothers are separated from their babies when they need to receive treatment for postpartum psychosis and severe perinatal mental illness.



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

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

MAs Project - Maternal Advocacy and Support

Greenway Women's Centre hosts a 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



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

Belfast Harbour Community Awards Programme

Thank you to everyone who took part in the recent workshops as part of the Belfast Harbour Community Awards 2022 funded programme at Greenway.

The workshops last month included Understanding Domestic Abuse, Self Neglect Awareness, Self Harm Awareness and Level 2 Food Safety & Hygiene training sessions.

Congratulations to everyone on successfully completing the training and thank you Belfast Harbour!



These sessions were funded by Belfast Harbour Community Awards 2022



Mood Matters Workshop

Thank you to Aware NI who visited Greenway last month to deliver a Mood Matters Parenting and Baby workshop for MAs Project participants!



Greenway Childcare Services

'High quality, affordable Childcare services for pre-school children from birth until their fourth birthday'



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 in our Baby Room for children aged 0-2 years** •

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

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

GOALS Training

Participants in the GOALS Training Programme held at Greenway in May received their certificates last month for successfully completing OCN accredited modules in Planning & Promoting Self Development and Level 2 Employability Skills.

Thank you to Women's Resource and Development Agency and Women Breaking Barriers NI for facilitating this training. Congratulations to everyone who took part!



Live life COVID-aware

When attending Greenway Women's Centre we ask that all service users play their part in helping to minimise the risk of spreading Covid-19 (Coronavirus) within our community. 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. By working together we can all play our part to help to keep everyone in our community as safe as possible as we head into 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



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
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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.