

Greenway

Women's Centre

## Monthly Newsletter

*Welcome to the February 2023 edition of the Greenway Newsletter*

### Coming up at Greenway...

#### The Compass Project

Greenway Women's Centre is taking part in a new social history project, 'the Compass Project', in partnership with the Grand Opera House Belfast.

The aim of the project is to work with groups from north, south, east and west of the city and through a series of facilitated workshops the groups will discuss the history/ story of their area that they would like to tell. This will be created into a script for each area and all four plays will be brought together for a performance in The Studio at the Grand Opera House.

Each group taking part will have three facilitated workshops, one script reading session, one theatre tour and one talk on the history of your area.

**Workshop 1:** Friday 3 February

**Workshop 2:** Friday 17 February

**Workshop 3:** Friday 24 February  
(Script Reading date TBC)

#### Cancer Screening Awareness

Greenway Women's Centre is hosting a Bowel Cancer Screening Awareness session, facilitated by Women's Resource & Development Agency, on Tuesday 7 February, 10am-11.30am.

**To register for 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)

Participants from Greenway's Women's Empowerment Project recently attended a Women's Platform event at Stormont for the launch of 'A Women's Vision for Northern Ireland', which calls for a stronger role for women in decision making.

The women had an opportunity to take part in a round robin session with MLAs and group discussions on topics around education, gender and disabilities.



At Greenway Women's Centre we provide a wide range of services for many different groups.

As there may be service users, staff or volunteers within the Centre who are particularly vulnerable to infection we would like everyone attending Greenway Women's Centre to play their part in helping to minimise the risk of spreading infections within our community.

By working together we can help to keep everyone as safe as possible throughout the winter months.

Thank you for your continued support.

### **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/Thursdays, 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](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/ Thursdays, 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](mailto:training@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](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!

### **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)

### **Solus**

Thank you to Conal from Parenting NI who visited Greenway recently to speak to Women's Empowerment Project participants about the Solus Project and an upcoming Focus Group!

### **Sure Start**

Thank you to Christine from East Belfast Sure Start who visited Greenway to talk to our Mas Maternal Mental Health Project groups about different breathing techniques!

## Greenway Childcare Services

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



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.

Criteria for WCCF Funded Childcare:

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 Funded Childcare availability in our Toddler Room•**

**For more information on WCCF Funded 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)



## Greenway Childcare News

We are currently taking part in an art project called 'Connecting Through Art' which is designed to increase participation in arts and creative play by encouraging adults and children to connect through art using loose parts and natural resources.

The project is funded by Arts Council NI through Bryson Play Resource Centre and community artist Karolina visits Greenway every Tuesday and Wednesday to carry out the project with our children!

We are also delighted to announce we have received funding from Childcare Partnerships for sensory equipment which will enable us to create a sensory room within the Greenway Childcare Department!!!

**Greenway Childcare Team**

### 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

Unfortunately, we have been notified that Amazon have taken the decision to wind down their AmazonSmile programme this month. Until the programme officially closes you can still donate money to Greenway Women's Centre when you buy items from Amazon through AmazonSmile by signing in to your Amazon account through [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk) and selecting Greenway Women's Centre as your chosen charity.

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.

**Thank you to everyone who selected Greenway Women's Centre as their chosen charity when shopping on AmazonSmile - we are extremely grateful to everyone who has helped us raise much needed funds in this way!**



**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.