



Monthly Newsletter

Welcome to the January 2023 edition of the Greenway Newsletter

Happy New Year from everyone at Greenway Women's Centre!

If you are wondering what to do this January, we have lots on offer...

Check our upcoming courses below!

New Year Courses at Greenway

Women's Empowerment Project (WEP)

Monday WEP Group – Start Date: Monday 9 January, 9.30am-11.30am

Tuesday WEP Group – Start Date: Tuesday 10 January, 9.30am-11.30am

Thursday WEP Group – Start Date: Thursday 12 January, 9.30am-11.30am

MAS Maternal Mental Health Project (Mas)

Monday Mas Group – Start Date: Monday 9 January, 11.30am-1.30pm

Tuesday Mas Group – Start Date: Tuesday 10 January, 11.30am-1.30pm

Thursday Mas Group – Start Date: Thursday 12 January, 11.30am-1.30pm

Crafty Ladies

The Crafty Ladies knitting & sewing class is returning for another 10 week session.

Start Date: Monday 9 January, 10.30am-12.30pm (£10 voluntary donation)

Community Development Level 2 OCN

Greenway is hosting a new 12-week OCN accredited Community Development Level 2 Course.

Start Date: Wednesday 11 January, 9.30am - 12.30pm

SPEAKEASY Project

Greenway is hosting a new 4-week SPEAKEASY programme which aims to encourage parents to talk openly and confidently with their children about growing up, puberty, sexuality and relationships.

Start Date: Thursday 12 January, 10.30am-12pm

WRDA Breast, Bowel & Cervical Cancer Screening Awareness Training

Greenway is hosting a new 3-week Breast, Bowel and Cervical Cancer Screening Awareness Programme facilitated by Women's Resource & Development Agency.

Start Date: Friday 27 January, 10.30am-12pm

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

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

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

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

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

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.

Start Date: Thursday 12 January, 8pm

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

Chatty Bench Community Coffee Morning

We were delighted to see so many of you come along to our recent Chatty Bench Coffee Morning!

Thank you to East Belfast Community Development Agency and Survivors of Suicide who talked about the services they offer and special thanks to the Senior Mentors from our Women's Empowerment Groups who took the lead on organising this event!





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

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

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 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



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.

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.