



Greenway

Women's Centre

## Monthly Newsletter

*Welcome to the Greenway Newsletter, January 2024*

### **Belfast Employment Academy: Childcare / Playwork / Classroom Assistant**

Greenway is hosting a free\* 6-week Belfast Employment Academy, offering tailored, intensive training for anyone interested in working in Childcare, Playwork or Classroom Assistant roles.

**Start Date:** (Thursday Group) Thursday 11 January, 9.30am-1.30pm

**Start Date:** (Friday Group) Friday 12 January, 9.30am-1.30pm

\*Belfast Employment Academies are open to people living in the Belfast City Council area who are currently unemployed or working fewer than 16 hours per week.

*Belfast Employment Academies are funded through Belfast City Council*

### **Women's Empowerment Programme**

The Women's Empowerment Programme at Greenway is a free, women-only project offering practical and positive work-based opportunities for women on their way to employment or training.

The Women's Empowerment Programme includes Personal Development; Essential Skills Courses; CV Training; Interview Techniques and Volunteering Opportunities.

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

*This Programme is funded through Halifax Foundation for Northern Ireland*

### **Women Breaking Barriers\***

Greenway is part of the Women Breaking Barriers NI project, delivering programmes to support women who are economically inactive and not currently seeking employment.

Women Breaking Barriers is a new programme designed to equip women with the skills necessary to overcome personal barriers to employment and education, by engaging economically inactive women in an employment support programme with specialised training and intensive wrap-around support.

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

Eligibility criteria apply: To take part in the WBB programme you must be based in Northern Ireland, not in paid work and not currently seeking employment.

### **Steps to Cope and Build Resilience\***

Greenway is hosting a new 6-week course as part of the Women Breaking Barriers Project! Steps to Cope and Build Resilience will introduce the principles of cognitive behavioural therapy (CBT), to teach participants to learn new skills to help cope with life challenges and build on resilience.

Each week, participants will gain an insight into understanding our emotional response to life events, learn techniques to change those automatic negative thoughts and learn new confidence skills.

**Start Date:** Monday 5 February, 10am-12pm

\*Please Note: Eligibility criteria apply. This project is for women based in Northern Ireland who are currently not in paid employment and not required to seek work as part of a benefits package.

*This Project is funded by the UK Government through the UK Shared Prosperity Fund*

**For more information or to register for any of the above,  
please contact Greenway's Training & Education Officer, Helen Smyth.**

T: 028 9079 9912

E: [training@greenwaywomenscentre.org](mailto:training@greenwaywomenscentre.org)

### **The Woolpackers**

Greenway hosts a weekly knitting group, the Woolpackers, on Monday mornings.

**Start Date:** Monday 8 January, 10.30am-12.30pm (10 weeks) [Registration Fee: £10]

**To register please contact Greenway's Training & Education Officer, Helen Smyth.**

**T:** 028 9079 9912

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

### **Focus Groups/ One-off Workshops**

If you would like to receive information on Focus Groups and One-off Workshops at Greenway Women's Centre please contact Greenway's Training & Education Officer, Helen Smyth.

**T:** 028 9079 9912

**E:** [training@greenwaywomenscentre.org](mailto: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 to get more information please contact Greenway's Centre Manager, Lindsay Cooper.**

**T:** 028 9079 9912

**E:** [manager@greenwaywomenscentre.org](mailto:manager@greenwaywomenscentre.org)

### **A Natter Matters**

On Thursday evenings Helen hosts a live 'A Natter Matters' Zoom Session, so if you need a chat or just fancy a catch up please email [training@greenwaywomenscentre.org](mailto:training@greenwaywomenscentre.org) for the link!

### **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)

### **Congratulations to our Women Breaking Barriers participants who successfully completed the recent GOALS Training at Greenway!!!**



### **Greenway Women's Centre Update**

We had a very busy December at Greenway! At the beginning of the month we hosted the Greenway Grotto, organised by the Greenway Childcare Team and funded through WCCF, and it was a huge success, with the children and their families filling the Centre with festive cheer!

The Recycled Teenagers held their annual Christmas Party, enjoying some festive fun and crafts!

Our Women Breaking Barriers groups had visits from Aware NI who delivered their Mood Matters

Mental Health Awareness workshop and Employers For Childcare who came along to chat about their Family Benefits Advice Service. Thank you to both organisations!

Then, to round off the month perfectly, Natalie and her partner welcomed their daughter, Perrie, just before the Christmas break and we send our love and best wishes to the whole family!

This month's news continues on the same positive note! We are delighted to welcome a new member to the Greenway Staff Team. Jean Ho joins the Childcare Team this month and we hope she enjoys her role as Childcare Practice Leader. Welcome to Greenway, Jean!

Finally, we send all our love and best wishes to bride-to-be Lynsey and her husband-to-be Dean as they celebrate their wedding in the coming days! What a fantastic start to 2024!

We wish them both happiness and joy for their future together!!!



### **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 currently available Monday to Friday, between 8.30am and 1.30pm with Private Day Care Sessions available for only £4.50 per hour!

You can now arrange an appointment to view the Greenway Childcare setting before deciding to enrol your children with us. This is an excellent opportunity for parents/carers to meet the Greenway Childcare Team and view our Childcare facilities to ensure we are the best fit for you and your family!

**To book, register future interest, arrange a viewing or get more information please contact Greenway's Childcare Co-Manager, Jodie Wilson.**

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

### **WCCF Funded 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 by offering you FREE\*\* Childcare Monday to Friday from 9.30am, for up to 4 hours per day!

\*This does not apply when returning to work following Maternity Leave

\*\*WCCF Childcare Provision funded by Department for Communities

**We currently have WCCF spaces available in our Toddler Room!  
(for children aged 2-3 years)**

**For more information on WCCF Funded Childcare at Greenway Women's Centre please contact Greenway's Childcare Co-Manager, Jodie Wilson.**

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

### **Greenway Grotto**

In December we welcomed 33 children and 45 parents to the Greenway Grotto for a fun-filled event, featuring a pop-up Grotto where children could visit Santa, along with a giant inflatable Snow Globe, festive treats and lots of arts & crafts and messy play for the children to participate in!

Everyone had great fun and our staff felt this year's event went extremely well, with one parent commenting on how great it was to be able to see her child's friendships with the other children!

### **East Belfast Baby Bank**

Greenway Women's Centre can act as a referrer for the East Belfast Baby Bank.

The Team at East Belfast Baby Bank can provide care packages of appropriate clothing and hygiene products, such as nappies etc, for children aged from birth to 5 years.

If you need to access the services of the Baby Bank please call at Greenway or contact us on 028 9079 9912 and we can help you complete the referral form and submit it on your behalf.

**For more information on the East Belfast Baby Bank, please visit:**

<https://www.downanddromore.org/news/2023/11/baby-bank-will-support-east-belfast-families>

### Volunteering Opportunities at Greenway

The Volunteer Programme at Greenway Women's Centre is an excellent way to meet new people and develop new skills while building confidence and self esteem and gaining role-based experience!

**Roles are currently available in Reception\*, Drop-In Café\* and 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 Fundraising

Greenway Women's Group has partnered with fundraising platform Enthuse to enable us to raise much needed funds to support the work we do at Greenway Women's Centre.

We have added a DONATE button to the homepage of our website for anyone who would like to make a donation to support Greenway, or you can access the donation page directly at:

<https://greenwaywomenscentre.enthuse.com/donate>

### Greenway Women's Centre is part of the Red Box Project

The Red Box Project aims to ensure that every woman has access to free menstrual products. In a bid to tackle period poverty we have a fully stocked Red Box at Greenway Women's Centre containing a range of sanitary pads and tampons which you are free to take as and when required.



*The Red Box Project is coordinated by East Belfast Community Development Agency*

If you would like to join the Greenway Women's Centre Mailing List to receive regular Greenway updates directly to your Inbox, please email [newsletter@greenwaywomenscentre.org](mailto:newsletter@greenwaywomenscentre.org)

facebook

For regular Greenway updates find us at [www.facebook.com/GreenwayWomensCentre](http://www.facebook.com/GreenwayWomensCentre)



**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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