

Greenway

Women's Centre

Monthly Newsletter

Welcome to the April 2018 edition of the Greenway Newsletter

Courses and Events at Greenway Women's Centre

Live Active Activity Sessions

Start Date: Wednesday 11 April, 10am-11am (6 weeks)

Greenway Women's Centre will be hosting 6 Live Active Activity Sessions, including Boccia, arm chair exercise, resistance bands and much more.

These sessions are free and will be delivered in partnership with Live Active NI and Belfast City Council.

Please Note: Enrolment for all courses must be made in person.

To register or further information on all aspects of training and education at Greenway please contact Greenway's Training & Education Officer, Helen Smyth.

T: 028 9079 9912 E: training@greenwaywomenscentre.org

**Greenway Women's Centre will be closed from
Monday 2 April to Friday 6 April for the Easter break.
The Centre will reopen on Monday 9 April 2018.**

Thank you to everyone who came along to the Health Day Event last month.

Stalls holders include: Alzheimer's Society; Aware NI; Bryson Energy; British Red Cross; Cedar Foundation; Connswater Community Greenway; DHSS; East Belfast Alternatives; EBCDA; EBM Lemus+ Programme; EBIAAC; Employers for Childcare; Life Charity; ONUS Training; Inspire Wellbeing; Prince's Trust; Volunteer Now; Women's Aid; Women'sTec; Wonder Women; WRDA.

Special thanks also to the following volunteers for all their help on the day:

Angela, Barbara, Christine, Helen, Janine, Laura, Liz, Olga, Sarah Jayne and Stephanie.



East Belfast Community Health Champions

East Belfast Community Health Champions meet at Greenway Women's Centre every Monday, between 10am and 12.30pm, to discuss a wide variety of health-related topics.

If you are interested in getting involved or would like more information please contact Greenway's Centre Manager, Lindsay Cooper.

T: 028 9079 9912 E: manager@greenwaywomenscentre.org

Staff Team Update

We said a fond farewell to Finance Officer Suzanne Harper last month as she headed off to pastures new. Suzanne was a valued member of the Greenway Staff Team and will be greatly missed. We would like to wish her and husband all the very best in their new adventure!

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.

Volunteering Opportunities at Greenway

Volunteers are essential to the day to day services we are able to offer at Greenway Women's Centre. Volunteering is a great 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 Julieanne Thompson or Liz Oslon on 9079 9912.

Stepping Stone Employability Project

If you are unemployed and looking for employment Stepping Stone can offer support and advice on a range of issues, including CVs, qualifications and confidence building.



An Employment Mentor holds a Drop In at Greenway Women's Centre on **Monday mornings**, between 10am and 12pm, offering FREE practical help and support.

For more information please contact Greenway on 9079 9912.



Greenway Family Support Services are available each weekday, 10am-1.30pm. For more information please contact Greenway's Centre Manager, Lindsay Cooper.

T: 028 9079 9912 E: manager@greenwaywomenscentre.org

Recycled Teenagers

The Recycled Teenagers are a group of women over 50 who meet at Greenway Women's Centre every Tuesday, between 11.30am and 1.30pm, for chat, activities and outings.

If you would like to attend or would like more information please contact Helen Harris on 9079 9912.

Wonder Women

Wonder Women are group of young (and youngish) women, who meet at Greenway Women's Centre every Wednesday, between 10am and 12pm.

If you would like to attend or would like more information please contact Lindsay Cooper.

T: 028 9079 9912 E: manager@greenwaywomenscentre.org

Get on the Greenway Mailing List

If you would like to be added to our mailing list 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



Greenway Women's Centre is a recognised Safe Place for anyone affected by Domestic Violence.



'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
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Inland Revenue Charity No: XR34419

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