



Welcome to the February edition of Just For Fun!, the Greenway Newsletter. In this month's issue we have our regular recipe of the month and puzzle section, along with details of the upcoming WINI Information Day and Greenway's Family Support programme for February. *Don't forget - all articles, recipes & suggestions for the newsletter will be very gratefully received!!* **If you would like to receive *Just For Fun!*, the Greenway newsletter by email each month please contact newsletter@greenwaywomenscentre.org to be added to our mailing list.**

Would you like to be Greenway Volunteer?

The Volunteer Programme at Greenway is an excellent way to meet new people, build confidence and self esteem and to develop new skills. In return for their time and commitment, volunteers receive support, encouragement, free role-based training and, where applicable, a work-based reference.

Volunteering opportunities are currently available at the Greenway Drop-In Café.

The Drop-In Cafe is Greenway's main volunteer project, managed and operated entirely by volunteers.

The Drop-In provides tea, coffee, scones and other tasty treats for Centre users, staff and visitors. Drop-In volunteers also help prepare and serve food at social events which take place within Greenway Women's Centre, including the annual Celebration Day and the ever popular Christmas Lunch.

Shifts available: 10am to 12pm **OR** 12pm to 2pm, Monday to Friday

Duties include: preparing & serving tea/coffee/scones, etc; operating the till; cleaning the Drop In area
Full training will be provided.

If you are interested in becoming a Greenway Volunteer, or would like more information on volunteering, please contact Helen, Gerry or Julieanne on 9079 9912.



* Top Quality Childcare Services * Family Support * Education & Training Programmes *
* Essential Skills Support * Health & Wellbeing Courses * Volunteering Opportunities * Special Events *
www.greenwaywomenscentre.org

FIRE SAFETY

All centre users are asked to familiarise themselves with the emergency fire drill procedures posted around the building and to ensure they know where the emergency exits are located and where the meeting points are outside the building.

ALWAYS sign in when you enter the building

ALWAYS sign out when you leave the building

NEVER sign out for someone else who is still in the building

Fire doors must be kept closed at all times

A FIRE DRILL WILL BE CARRIED OUT EVERY MONTH

INSIDE THIS MONTH'S *JUST FOR FUN!*

Women's Information Day	2
Family Support Events	2
Recipe of the Month	3
New Classes	3
Puzzle Section	4



Women's Information Day
Tuesday 21 February 2012
10.30am - 12.30pm
Ardoyne Community Healthcare Centre
'Rights & Legal Issues'



This month the Information Day will cover all aspects of women's legal rights.

Speakers will include:

- Sheena Holland (Fisher & Fisher) - 'Legal Aid provisions'
- Nora Quigley (Consumer Council) - 'Consumer Rights and Utility Bills'
- Michael Murphy (NI Social Security Agency) - 'What benefits are available?'

Also, Advice NI will talk about problems with debt and how to manage your money and National Energy Action will discuss what grants are available to keep homes warm.

Anyone interested in attending the Information Day should speak to Gerry McKeown.
Cost £1.00 (includes lunch)

WINI Planning Meeting for Information Day

Would you like to have some input into the topics chosen for WINI Information Days? If so, Women's Information NI are offering you the chance to have your say on what is important to you, your group and your community at a planning meeting which is being held on Tuesday 20 March, from 12pm to 1pm at WINI, 86 Lisburn Road.

If you would like to get involved, please contact Angela or Sunita on 9038 2022.

The Greenway Drop-In will reopen on Monday 6 February, just in time for classes starting back. As well as tea and coffee, Julieanne's delicious homemade scones will be available during class breaks.

Greenway Family Support Service Events, February 2012

Parents Drop In

The Parents Drop In is held each Friday at Greenway Women's Centre, from 11.30am to 1.30pm. The Drop In offers a friendly and supportive space for parents, grandparents and carers to meet and chat, while children have an opportunity to play and make new friends.

The Drop In is free, no booking is necessary and everyone is welcome to attend.

Play & Stay Playgroup

The Play & Stay Playgroup will be held on Wednesday 22 February, from 9.30am to 11.30am. This monthly event gives parents, grandparents and carers an opportunity to enjoy a play session with their children and a Sure Start crèche worker will be available to give advice and support if necessary.

The Play & Stay Playgroup is free and operates on a drop in basis.

Positive Parenting Class

A Positive Parenting class will be held on Thursday 23 February, from 10am to 12pm. This will be a group session facilitated by a community support worker who will be on hand to provide parents, grandparents and carers with advice and support strategies for dealing with the many challenges posed by parenting children of all ages.

The Positive Parenting class is free and everyone is welcome to attend.

Monthly Lunch Club

This month the Lunch Club will be held on Wednesday 29 February, from 12pm to 1pm. The Lunch Club offers parents, grandparents and carers the opportunity to come along and enjoy a healthy, nutritious lunch and a chat.

The Lunch Club is free, no booking is necessary and everyone is welcome to attend.

**For further information on any Family Support events or issues,
please contact Greenway's Family Support Facilitator, Isobel Loughran on 9079 9912.**

Recipe of the Month
Beef & Black Bean Chow Mein

Ingredients:

40ml groundnut oil
300g beef rump steak, cut into thin strips
1tsp cornflour
2tbsp light soy sauce
1tsp caster sugar
250g egg noodles
3 spring onions, sliced
1 onion, chopped
100g black bean stir fry sauce
a few drops of sesame oil, to drizzle



1. Whisk together the soy sauce, cornflour and sugar in a small mixing bowl until smooth.
2. Place the beef in a large mixing bowl and coat with the marinade, mixing well with your hands to coat evenly. As the meat is marinating blanch the egg noodles in a large saucepan of boiling, salted water for 3-4 minutes until softened. Drain and refresh in cold water, setting to one side until later.
3. Heat the groundnut oil in a large wok over a moderate heat until hot. Stir-fry the onion and spring onion, then add the marinated beef. Cook for 2-3 minutes, stirring all the time. Drain the noodles really well, then add to the wok and stir-fry for a further 1-2 minutes until they have been warmed through.
4. Divide the chow mein between 4 serving bowls, then drizzle a little sesame oil over each. Serve immediately.

It's a bit late to celebrate Chinese New Year, but this Tesco recipe is still worth a try!

Sweet Pancakes

You will need:

150g plain flour; 25g caster sugar; 1 medium egg, plus 1 additional egg yolk; 350ml semi-skimmed milk; 25g butter, melted; ½ tsp vanilla extract; sunflower oil, for frying; extra caster sugar, to serve; lemon juice or wedges, to serve

Sieve the flour into a bowl; stir in the sugar. Whisk the egg, the egg yolk and the milk together in a jug. Make a well in the flour and whisk in the milk and egg to form a smooth batter. Stir in the butter and vanilla. Set aside to rest for 10 minutes. Smear the oil in a 20cm non-stick frying pan and put over a medium heat until hot. Pour in enough batter to cover the base. Cook for 1 minute; flip and cook the other side for 30 seconds until cooked through. Transfer to a warm plate and repeat until you have 8-10 pancakes. Serve with caster sugar and a drizzle of lemon juice.

Shrove Tuesday, or Pancake Day, is on Tuesday 21 February 2012.

New Classes at Greenway

If you haven't signed up for classes yet, there is still time!

Places are available on the following courses:

- **Painting & Drawing**, held on Mondays from 10.30am-11.30am
- **Flower Arranging**, held on Mondays from 10.30am-11.30am
- **Aquafit** (at Robinson Centre), held on Wednesdays from 11.30am-12.30pm
- **Mind Body & Spirit**, held on Thursdays from 11.30am-1.30pm
- **Media/Film Making**, held on Fridays from 10am-12pm
- **Write Here Write Now**, held on Fridays from 11.30am-1.30pm

Most classes start week beginning Monday 6 February 2012.

If you would like to enrol in any of the above classes, please contact Greenway's Training & Education Officer, Helen Smyth on 9079 9912.

SUDOKU

How to solve Sudoku:

Put the numbers 1 to 9 in each vertical and horizontal line, but here's the catch - each number must appear only once in each line and once in each 3x3 grid!

		3	1		9		5	
1			8	2		3		
		8					1	
5					6			
		6		1		4		
			7					8
	4					9		
		9		4	1			5
	3		6		7	1		

Weight Management Group



Every Wednesday at 9.30am

£5 joining fee
+ £2 per week, which is returned on reaching target weight!

For more information please contact:
Gerry McKeown or Julieanne Thompson
Tel: 028 9079 9912

Everyone welcome

CROSSWORD

	1			2			3		4
5									
				6					
7									
				8		9			
			10				11		12
13									
						14			
15									

Across:

- 2.Dance? (6)
- 5.Predict (4)
- 6.Increase (6)
- 7.Cricketer, - - - Stewart (4)
- 8.Garment's edge (3)
- 11.Freshwater fish (4)
- 13.*Sister Act* star, - - - Goldberg (6)
- 14.Stated (4)
- 15.Use up supplies (3,3)

Down:

- 1.Seethe (4)
- 2.Tree (5)
- 3.Target (4)
- 4.Tolerate, live through (6)
- 7.Reply (6)
- 9.Slightly wet (5)
- 10.- - - *Free*, lioness film (4)
- 12.Not succeed (4)



4	6	3	1	7	9	8	5	2
1	9	7	8	2	5	3	4	6
2	5	8	4	6	3	7	1	9
6	Expand, 7.Alec, 8.Hem,							
3	11.Ofre, 13.Whoopie,							
14.Said, 15.Run out.								
Down: 1.Boil, 2.Beech,								
3.Goal, 4.Endure, 7.Answer,								
9.Moist, 10.Born, 12.Fall.								
6	4	1	2	5	8	9	7	3
5	8	6	1	4	1	7	2	5
4	2	1	2	1	7	9	3	8

Crossword Answers

Greenway

Women's Centre

'Providing local, accessible services to women and their families
in Cregagh and the broader community since 1985'

Registered Charity Number: XR34419

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