



Welcome to the January 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 WINI January Information Day and upcoming events at Greenway.

*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](mailto:newsletter@greenwaywomenscentre.org) to be added to our email list.**

### **New Year, New Classes at Greenway**

We are currently putting the finishing touches to the latest Greenway Women's Centre Education & Training Programme and copies of the Programme will be available shortly.

Classes will start at the beginning of next month and enrolment will take place daily from Monday 23 January 2012 until Friday 27 January 2012 between 10am and 2pm.

*If you wish to receive a copy of our latest Programme, or want to discuss any aspect of Education or Training at Greenway, please contact Training & Education Officer, Helen Smyth on 9079 9912.*

**Please Note: Enrolment for all classes MUST be made in person.**

Congratulations to Alan Busby who was the lucky winner of the Christmas Hamper prize in the Greenway Christmas ballot which was drawn on Monday 19 December 2011.

*The ballot raised £80 for Greenway Women's Centre funds.*

**The Board of Directors would like to take this opportunity to thank everyone who supported them by buying tickets for the ballot and also to thank those who donated items to the Christmas Gift Hamper, which was presented to Life.housing.**



\* Top Quality Childcare Services \* Family Support \* Education & Training Programmes \*  
\* Essential Skills Support \* Health & Wellbeing Courses \* Volunteering Opportunities \* Special Events \*  
[www.greenwaywomenscentre.org](http://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
Parent Consultation	2
Recipe of the Month	3
Speakeasy Workshops	3
Puzzle Section	4



**Women's Information Day**

**Tuesday 17 January 2012**

**10.30am - 12.30pm**

Knockbracken Hall, Knockbracken Healthcare Park

**'Women's Health & Awareness Day'**



This month the Information Day is being hosted by Belfast Health & Social Care Trust and will be opened by Liz Bannon, co-director of Women and Maternity Services.

Speakers on the day will give presentations on Diabetes and Cancer Awareness and there will be an opportunity for women to have their questions on these topics answered.

Stands on the day will include: healthy eating; breast feeding and peer support; midwife and antenatal; carers; UK Cancer; BMI; blood pressure; CO2 checks; oral health.

**Anyone interested in attending the Information Day should add their name to the list displayed at the Drop-In or speak to Gerry McKeown.**

**Cost £1.00 (includes lunch)**



***Congratulations to Greenway volunteer Janice Millar, who turned 40 in December!***

**Community Health Champions Wanted**

*Would you like to become a Community Health Champion for your local community, learn new skills and be part of a nationwide programme?*

Women's Information NI are currently looking for people who have an interest in health issues and who would have the spare time to become involved in this programme.

**If you would like an application pack or wish to discuss the Community Health Champion programme in more detail, please contact WINI on 028 9038 2022 or email: [info@womensinformationnorthernireland.com](mailto:info@womensinformationnorthernireland.com)**

**DEL/ Parenting NI Consultation**

The Department for Employment and Learning (DEL) have commissioned Parenting NI to carry out a number of parents' consultations throughout Northern Ireland on their plans to reduce the number of young people most at risk of remaining outside education, employment or training (NEET).

**A consultation will take place at Greenway Women's Centre on Friday 20 January 2012, from 12pm to 2pm.**

The consultation process is designed to provide parents with an important opportunity to share their views. This consultation will look at the barriers faced by young people and generate ideas on how these could be dealt with more effectively. Parenting NI have designed a parent-friendly facilitation pack for these consultations to ensure they are easily accessible by all.

***Refreshments will be provided and participants will receive help towards childcare costs.***

**If you would like to attend this consultation or would like more information about the event, please contact Isobel Loughran on 9079 9912.**

*About Parenting NI*

*Parenting NI was established in 1979 and is now a leading parenting support organisation committed to delivering high quality services. Parenting NI aims to promote positive parenting by providing support, training & information on family issues & influencing policy, provision & practice at all levels.*

**Parents' Drop In**

Following the Christmas break, the Parents' Drop In at Greenway Women's Centre will resume on Friday 13 January 2012. 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 runs from 11.30am to 1.30pm and everyone is welcome to come along.

**Parents' Monthly Lunch Club**

The Lunch Club will be held at Greenway on Wednesday 25 January 2012. Parents, grandparents and carers are invited to come along and enjoy a free healthy, nutritious lunch and a chat.

**For further information contact Isobel Loughran on 9079 9912.**

**Recipe of the Month**

**Sweet Potato & Chicken Hotpot**

**Ingredients:**

- 2 tablespoons olive oil
- 1 knob butter
- 1 onion, roughly chopped
- 400g mushrooms, sliced
- 600g peppers, sliced
- 150g leeks, sliced
- 241g chicken breast fillets, roughly chopped
- 400g chopped tomatoes
- 500g sweet potatoes
- 1 tablespoon plain flour
- 400ml chicken stock (1x stock cube)



1. Preheat the oven to 200°C, fan 180°C, gas 6. Heat 1 tablespoon of the oil and the butter in a large pan and fry the onion, mushrooms, peppers and leeks for 10 minutes, until slightly softened and beginning to turn golden.
2. Stir in the chicken fillets and cook for a further 5 minutes. Stir in the plain flour and dried herbs and cook for 1 minute before adding in the chopped tomatoes and stock. Bring to a boil and then simmer for 5 minutes, until starting to thicken. Season with salt and freshly ground black pepper to taste.
3. Meanwhile, place the sweet potatoes in a pan of boiling water and cook for 15 minutes. Remove and let cool slightly before peeling and slicing.
4. Pour the chicken mixture into an ovenproof dish and top with the sweet potato slices. Brush with the remaining olive oil and cook in the oven for 30 minutes.

*For a vegetarian alternative try swapping the chicken fillets for 150g Savoy cabbage and 410g butterbeans in water, and replace the chicken stock cube with vegetable.*

***This Sainsbury's supper recipe should keep a family of four happy at dinnertime!***

**Speakeasy Programme**

Greenway Women's Centre Family Support Services, in partnership with Family Planning Association, is offering women the opportunity to get involved in a personal development programme which encourages and empowers parents by providing them with the confidence and skills to communicate with their children and young people about sex, sexuality and relationships.

**Speakeasy workshops will take place on**

**Friday 13 January 2012 and Friday 20 January 2012 from 11.30am to 1.30pm.**

*The Speakeasy programme is FREE and is designed to be flexible, confidential and fun.*

**To register for Speakeasy workshops, or for further information, please contact Greenway's Family Support Facilitator, Isobel Loughran on 028 9079 9912.**



***Ladies from Greenway Older Women's Group receiving their gifts from Santa, December 2011.***

# 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!

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

## 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				
16		17				18		
	19							

Across:

- 1. Terse (8)
- 6. Omelette base (3)
- 7. Famous racecourse (5)
- 9. Elsewhere (4)
- 11. Weight of the trapping (4)
- 12. Disturbance (4)
- 14. Flat, level (4)
- 16. Insolent (5)
- 18. Uninteresting (3)
- 19. Refuse vehicle (8)

Down:

- 1. Most charming (8)
- 2. Corona, eg (5)
- 3. Notion (4)
- 4. Type of lettuce (3)
- 5. Purple stone (8)
- 8. Funeral pile (4)
- 10. Unwanted plant (4)
- 13. Asian country (5)
- 15. Duct (4)
- 17. Debtor's note (1,1,1)



**Crossword Answers**  
**Across:** 1. Succinct, 6. Egg, 7. Epsom, 9. Away, 11. Tare, 12. Riot, 14. Even, 16. Snide, 18. Dry, 19. Dustcart.  
**Down:** 1. Sweetest, 2. Cigar, 3. Idea, 4. Cos, 5. Amythest, 8. Pyre, 10. Weed, 13. India, 15. Vent, 17. IOU.

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



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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