



Monthly Newsletter

Welcome to the January 2018 edition of the Greenway Newsletter

Courses and Events at Greenway Women's Centre

Women In Peacebuilding

As part of the Women in Peacebuilding Project, in partnership with Falls Women's Centre and Shankill Women's Centre, Greenway Women's Centre will be hosting 3 new courses for women.

Women In Peacebuilding: Stress Management Course

Start Date: Wednesday 24 January, 10am-12pm (10 weeks)

Women In Peacebuilding: Self Confidence Course

Start Date/Times to be confirmed (7 weeks)

Women In Peacebuilding: Women In Leadership Course

Start Date/Times to be confirmed (6 weeks)

Nexus NI 'Bystander Intervention' Workshops

Tuesday 20 February & Thursday 22 February, 9.30am-11.30am

WRDA and NEXUS NI will be delivering training for women on 'bystander intervention'. These interactive sessions allow women to discuss times they may have witnessed an incident such as harassment and wanted to help but didn't know how and will present ideas on how we can all intervene safely as active bystanders.

Topics covered will include:

- What is the Bystander Effect? • How you can be an active bystander •
- Strategies for SAFE intervention • What to do after you have intervened •
- Support and advice •

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

ECDL Computer Class

The EBM Lemis+ Project will be holding the following course at Greenway Women's Centre:

ECDL Computer Class: Start Date: Tuesday 9 January, 9.30am-12.30pm (8 weeks)

Those taking part must be currently unemployed or working less than 16 hours per week and resident in East Belfast: BT4, BT5, BT6.

To register for this course please contact the Lemis+ Project directly on 9045 8560.

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. They are currently looking for more people to get involved with these meetings.

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

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 please contact Helen Harris on 9079 9912.

Wonder Women

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

For more information please contact Lindsay Cooper.

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

Fibromyalgia Support Group

This new support group meets every other Thursday, between 11.30am and 1.30pm.

Meetings this month:

Thursday 11 January & Thursday 25 January

For more information please contact Helen Harris on 9079 9912.

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



'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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