



Welcome to the June edition of Just For Fun!, the Greenway Newsletter. In this month's issue we have our regular recipe of the month & puzzle section, along with details of the upcoming Women's Information Day & classes & events happening in the centre over the next few weeks. *Don't forget - all articles, recipes & suggestions for the newsletter will be very gratefully received!!*

New Opening Hours at Greenway

From Tuesday 31 May 2011 the centre will be open from **8.30am until 4pm Monday to Friday.**

Please Note:

Greenway Women's Centre will be closed from Monday 11 July 2011 until Friday 22 July 2011. **The Centre will reopen on Monday 25 July.**

Greenway will celebrate its 26th Annual Celebration Day & Crèche Graduation on Thursday 23 June 2011.

This is a wonderful opportunity for volunteers, participants, staff, board members and invited guests to get together for a morning of acknowledgement and appreciation. The Celebration Day is always a great event for all involved and we look forward to seeing many of you on the day.

Volunteer Notice

If you are heading off on holiday, or are unable to continue in your volunteer role over the summer period for any reason, please let Julieanne or Helen know as soon as possible so they can make the necessary arrangements to provide cover.

Thank you.

Sadly, Lorrie Thompson is leaving us this month & the Board of Directors would like to take this opportunity to wish her all the very best for the future.



Congratulations to Greenway girls Lindsay Cooper & Mae McQuillan who both celebrated milestone birthdays on Wednesday 25 May - Lindsay turned 30 and Mae was 60! Staff, Board & Volunteers helped them celebrate the day with tea, coffee & Birthday cake.

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.

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Women's Information Day
Tuesday 21 June 2011
10.30am - 12.30pm
Chinese Welfare Association
'Unite Through Dance'



This month the Information Day will be a multi cultural event showcasing different styles of dance. There will be examples of Salsa, Chinese Fan Dancing & Dancercise, as well as cultural stands & samples of Chinese food.

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)

New Classes at Greenway

Normally at this time of year classes would be coming to an end at Greenway but this month we are launching three new classes as part of our new Summer Programme.

• **Aqua Fit**

An all female Water Aerobics class held at the Robinson Centre, Montgomery Road

• **Healthy Eating on a Budget**

Learn budgeting, food preparation & cookery skills from our very own Julieanne Thompson

• **IT Skills Development**

Learn to use the IT skills you already have to your own advantage

These classes will initially be 'taster sessions' running for four weeks, but will then be offered as ten-week courses in our September Programme.

If you would like further details on any of these classes please speak to Helen or Julieanne.

The taster sessions are **FREE** and available to everyone so why not give them a go!

Write Here Write Now, An Anthology

A collection of poems & short stories by local writers **ON SALE NOW FOR ONLY £2**

All proceeds will be donated to Greenway Women's Group

A helping hand for parents – Childcare Benefits Advisory Service

Employers For Childcare Charitable Group provides a range of services for parents with dependent children, including a freephone advice and information helpline, a childcare search facility and the Childcare Benefits Advisory Service.

The Childcare Benefits Advisors provide free, impartial and confidential advice and information to parents on a wide range of issues including Social Security benefits, tax credits, help with childcare costs, entitlement to free school meals and other means tested benefits.

The Advisors can discuss employment options with parents by carrying out 'better off' calculations in order to assess how parents can maximise income. This includes looking at the potential hours of work, rate of pay and any associated costs (eg. childcare). Parents are then given a copy of the information discussed to enable them to make informed decisions about their work-life options.

Employers For Childcare Charitable Group is an independent organisation and any discussions that we have with parents are impartial and confidential.

A key aspect of the Childcare Benefits Advisory Service is our outreach service. We have established strong links within the community and voluntary sector throughout the region, providing drop-in and information sessions to a wide range of parents.

If you would like to avail of the Childcare Benefits Advisory Service or you would like more information on the service you can call us on our freephone helpline 0800 028 6538 or email cba@employersforchildcare.org for further information.

Greenway Women's Centre will be hosting an Employers For Childcare Information Session in the coming weeks, with a view to developing a bi-monthly Drop In Clinic. If you are interested in coming along to the Information Session please contact Isobel on 9079 9912.

Recipe of the Month

Beef Burgers with Onions & Jalapeños

Ingredients:

- 1tsp olive oil
- 1 large onion, finely chopped
- 3 cloves garlic, finely chopped
- 769g beef steak mince
- 2tsp mustard
- 150g (5oz) grated cheese
- 1½tsp soy sauce
- 2tbsp parsley, finely chopped
- 1-2tbsp red jalapeño chillies, drained & finely chopped
- freshly ground black pepper
- 6 burger buns
- salad, jalapeño chillies and mayonnaise, to serve



1. Heat the oil and sauté the onion and garlic for a few minutes until softened. Tip into a bowl and allow to cool slightly.
2. Add the beef mince, mustard, cheese, soy sauce, parsley and chillies.
3. Season well and mix thoroughly. Shape into 6 burger patties.
4. Lightly oil the burgers and cook on a hot griddle or grill for around 4 - 5 minutes on each side.
5. Serve on baps with salad, plus extra jalapeños and mayonnaise, if desired.

Creole Slaw with Horseradish

Ingredients:

- | | |
|------------------------|---------------------------|
| ¼ red cabbage | ¼ white cabbage |
| ¼ celeriac | 1 red pepper |
| 1 red onion | 2 carrots |
| 3tbsp light mayonnaise | 1tbsp creamed horseradish |
| 1 lemon, juiced | bunch parsley |



Slice all the vegetables as finely as possible. Mix together the mayonnaise, creamed horseradish and lemon juice, add to the sliced vegetables and toss well to mix. Roughly chop the parsley and mix in.

The first week of June is National BBQ Week and these easy to follow Tesco recipes would be a great way to impress family and friends!

Castlereagh Fellowship Church are still collecting aluminium for their fundraising to build a home in Haiti. They need to raise £6000, so please continue to bring all your foil, food containers, cans, pots, pans, wrappers & milk bottle tops in & put them in the box provided at the Drop-In. Thank you for your support.

Greenway Hosts WCRP Partners Meeting

Women's Centres Regional Partnership (WCRP) will be hosting a partners meeting at Greenway on Tuesday 9 August 2011. This will include the re-launch of the *Women Living In Disadvantaged Communities: Barriers to Participation* report and also the launch of WCRP's new on-line training prospectus which will contain up-to-date information on all training available at women's centres throughout Northern Ireland.

The *Barriers to Participation* report can be downloaded via the Women's Resource & Development Agency (WRDA) website: www.wrda.net



The Women's Centres Regional Partnership (WCRP) is a partnership of four lead regional women's organisations linking with fourteen frontline women's organisations across Northern Ireland. This partnership emerged from the report of the Review Group on women's organisations providing support and services to disadvantaged areas.

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!

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

Greenway Slimmer's Club

Come along and join the
Greenway Slimmer's!
Every Wednesday at 9.30am



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

For more information please contact:
Gerry or Julieanne: 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:

- American baseball player (4,4)
- Scrap of cloth (3)
- Jester (5)
- Triumph and delight (4)
- Centre of US space missions (4)
- Building plot (4)
- Surface-covering plant (4)
- Temptress (5)
- Distress call (1,1,1)
- Clergyman's title (8)

Down:

- Noblewoman (8)
- Ronald - - - , train robber (5)
- Staple food (4)
- Also (3)
- Furious (8)
- Minus (4)
- Unable to walk properly (4)
- Give out (5)
- Previously (4)
- Smallest deer (3)



Crossword Answers
Across: 1. Babe Ruth, 6. Rag, 7. Clown, 9. Glee, 11. NASA, 12. Site, 14. Moss, 16. Siren, 18. SOS, 19. Reverend.
Down: 1. Baroness, 2. Biggs, 3. Rice, 4. Too, 5. Incensed, 8. Less, 10. Lame, 13. Issue, 15. Once, 17. Roe.

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

Greenway

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