



Monthly Newsletter

Welcome to the June 2017 edition of the Greenway Newsletter

Courses and Events at Greenway Women's Centre

Action Mental Health: Mindset Programme

Workshop 1: Thursday 1 June, 10.30am-12pm

Workshop 2: Thursday 15 June, 10.30am-12pm

Greenway Women's Centre will be hosting a 2-day Mindset Programme to raise awareness of mental health.

Topics will include:

What is Mental Health?

Exploring Attitudes; Challenging Stigma and Misconceptions; Mental ill-health

What is Stress?; Identifying positive coping strategies; Sources of Support

This training is free and will be delivered by Action Mental Health on behalf of PHA.

You must register in advance for this course. Enrolment for all courses must be made in person.

CSR Training

1-day Course (Date/time to be confirmed)

Greenway, in partnership with GEMS NI, will be hosting a one-day CSR Training course for 16-24 year olds not in employment, education or training.

This course is open to women and men.

You must register in advance for this course. Enrolment for all courses must be made in person.

Health & Safety, Manual Handling & First Aid

1-Day Course (Date/time to be confirmed)

Greenway, in partnership with GEMS NI, will be hosting a one-day Health & Safety, Manual Handling & First Aid course for 16-24 year olds not in employment, education or training.

This course is open to women and men.

You must register in advance for this course. Enrolment for all courses must be made in person.

For further information on all aspects of training and education at Greenway please contact Greenway's Training Support Worker, Helen Smyth.

T: 028 9079 9912

E: training@greenwaywomenscentre.org

Focus Group Meeting

Thursday 22 June, 11am - 1pm

Greenway Women's Centre will be hosting a Focus Group meeting on Thursday 22 June to discuss a consultation on "Brexit: Women's Perspectives".

To register, or for more information, please contact Greenway's Training Support Worker, Helen Smyth.

T: 028 9079 9912

E: training@greenwaywomenscentre.org

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.

Could you be a Greenway Volunteer?

Volunteers are essential to the day to day services we are able to offer at Greenway Women's Centre. Not only is volunteering an excellent way to meet new people and develop new skills, it can also help build confidence and self esteem.

Roles available: Reception; Drop-In; Cleaning; Childcare.

Please note:

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 free on Fridays and are interested in volunteering at Greenway Women's Centre, please contact Julieanne Thompson or Liz Oslon on 9079 9912.

Stepping Stone Employability Project

The Stepping Stone Employability Project holds a weekly outreach support Drop In at Greenway Women's Centre on **Tuesday mornings**, between 10am and 12pm.

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 will be available each week to provide 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

Wonder Women

Wonder Women, a new group for young (and youngish!) women, will meet at Greenway every Wednesday, 10am-12pm.

If you would like to attend please contact 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.

Get on the Greenway Mailing List

If you would like to be added to our mailing list to receive information on the latest classes and events happening at Greenway Women's Centre, please forward details of your name and email address to

Greenway's Training Support Worker, 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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19 Greenway, Cregagh Estate, Belfast BT6 0DT

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