

Greenway

Women's Centre

Monthly Newsletter

Welcome to the March 2018 edition of the Greenway Newsletter

Courses and Events at Greenway Women's Centre

Family Friendly Belfast Event: Family Nutrition & Health Session Wednesday 21 March, 10am-1pm

Greenway Women's Centre will be hosting a Family Nutrition & Health session to promote healthy eating on Wednesday 21 March, 10am-1pm.

Please Note: You must register in advance for this free event.

Live Active Activity Sessions

Start Date: Wednesday 6 April, 10am-11am (6 weeks)

Greenway Women's Centre will be hosting 6 Live Active Activity Sessions, including Boccia, arm chair exercise, resistance bands and much more.

These sessions are free and will be delivered in partnership with Live Active NI and Belfast City Council.

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

Health Day Event: Wednesday 7 March, 10am-2pm



• **Promoting Maternal Mental Health** •



International Women's Day

Stalls include:

Alzheimer's Society; Aware NI; Cedar Foundation; Connswater Community Greenway; East Belfast Alternatives; EBCDA; EBM Lemus+ Programme; Employers for Childcare; Inspire Wellbeing; Prince's Trust; Volunteer Now; Women's Aid; Women'sTec; Wonder Women; WRDA.

• **Healthy Buffet Lunch** •

If you are interested in attending this free event please contact Helen Smyth.

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



International Women's Day 2018 "No Woman Left Behind"

As part of the celebrations the annual march and rally to Belfast City Hall will take place on Saturday 10 March, meeting at Writers Square at 11am.

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.

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

Greenway Women's Centre will be closed on Monday 19 March for St Patrick's Day. The Centre will reopen on Tuesday 20 March 2018.

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.

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 or would like more information please contact Helen Harris on 9079 9912.

Wonder Women

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

If you would like to attend or would like more information please contact Lindsay Cooper.

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

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



Greenway Women's Centre is a recognised Safe Place for anyone affected by Domestic Violence.



'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
Northern Ireland Registered Charity No. NI C100610
Inland Revenue Charity No: XR34419**

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