



Welcome to the November 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 a Family Forum event and the WINI Information Day which is being held 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.**

### Greenway Women's Centre

- \* 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)

### 'Naming Our Streets' Project

*Do you know a local woman who has played an important role in our community?*

*A writer, singer, trade unionist, peacemaker, or someone who has worked to improve services and opportunities in the local area, maybe even a good neighbour?*

Greenway is currently taking part in a project which aims to discover more about the history and achievements of local Belfast women and we are looking to uncover stories about women from our area who have made a valuable contribution to the local community. The information collected will then be included in a booklet on Belfast women's heritage and names will be considered for a street sign to be erected as part of the celebrations for International Women's Day 2012.

**If you have any stories you would like to share or anyone you would like to nominate, or if you would like more information on the project, please contact Lindsay or Denise.**

**\*NEXT WORKSHOP TUESDAY 22 NOVEMBER 2011\***

Volunteers are currently needed to cover various shifts at the Greenway Drop-In. This role involves serving tea and coffee during class breaks, clearing dishes and keeping the Drop-In area clean and tidy.

**Full training and support will be provided.**

***If you are interested in these or any other volunteering opportunities at Greenway please contact Gerry, Julieanne or Helen on 9079 9912.***

### 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
Women's Aid Hamper	2
Recipe of the Month	3
Family Forum	3
Puzzle Section	4

**Women's Information Day**

**Tuesday 15 November 2011**

**10.30am - 12.30pm**

Greenway Women's Centre

**'Sharing Our Stories - Across the Divide'**

This month the Information Day will have a cross community/cross border theme and will highlight a recently completed cross border learning and sharing project, 'Cross Border Women's Collective'. The project involved women from 3 different groups; Ardmonagh Community & Family Centre in Belfast, Atlantic View Community Development Partnership in Ballyshannon and Ballybeen Women's Centre. Over the past 18 months these groups have worked together to develop and produce a DVD entitled, 'The Women's Story', which gives a glimpse of women's lives before, during and after the Troubles. As well as showcasing the DVD, the Information Day will also include guest speakers who will deliver an introduction and overview of the project.

**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)**

**Women's Information at Greenway**

On Tuesday 18 October Greenway hosted the WINI Information Day. The theme of the day was 'Breast Cancer Awareness' and the event was a great success, with over eighty people attending.

Mary Frances McCullough gave a talk and informal demonstration on breast examination and also gave details of the Breast & Cervical Cancer Awareness programme being offered by WRDA.

Kim Warn, a two-time breast cancer survivor, then gave a very moving talk about the effect breast cancer has had on her life and she highlighted the importance of self-examination and getting even the smallest changes to your breasts checked out.

Stands on the day included Clear Pharmacy and Boots Pharmacy who provided health checks, such as blood pressure, blood sugar and cholesterol levels, and Ulster Cancer Foundation who brought along a scanner which showed the effects of sun damage on our skin. Patient and Client Council representatives were on hand to answer questions about health and social care and Liz Hanvey facilitated one-to-one and group sessions on massage, essential oils and meditation.

Outside, the Action Cancer BIG BUS was parked across from Greenway for the day, offering women aged between 40 and 47 years with the opportunity to have a mammogram and a personal health check.



*Mary Frances McCullough (WRDA) demonstrates breast examination*



*Kim Warn talks about surviving breast cancer*



*Patient and Client Council - one of the many stands available on the day*

**Christmas Gifts & Hamper for Women's Aid**

Greenway Women's Group will again be supporting Women's Aid this Christmas by providing gifts for women who, due to circumstances beyond their control, are usually the last to receive anything over the festive season. The Board of Directors would like to encourage centre users and volunteers to think of those women who are in difficulties at this time of year and, if you can, we would ask you to donate a small item for those women who will be isolated from family and friends this Christmas.

Donations will be collected throughout the month of December and we would ask that all items should be new, unopened and unwrapped.

**Please leave donations in the box provided in the hallway.**

***Many thanks in anticipation of your kind generosity.***

**Recipe of the Month**  
*Spanish Chicken Stew*

**Ingredients:**

1tbsp olive oil  
8 chicken thighs  
125g (4oz) chorizo  
1 onion, sliced  
2 garlic cloves, sliced  
100ml (3½fl oz) dry white wine (optional)  
1 x 400g tin chopped tomatoes  
1 x 400g tin cannellini beans, washed and drained  
1 sprig thyme



1. Heat the oil in a large pot with lid. Cook the chicken thighs for 5 minutes on each side. Remove from the pot. Thickly slice the chorizo, then cook it for a couple of minutes until starting to brown, then tip in the onion and garlic, and cook for 5 minutes.
2. Add the wine (if using) and simmer until nearly boiled away. Tip in the tomatoes and beans, 200ml (7fl oz) water and season. Return the meat to the pot and add the thyme.
3. Simmer for 30-35 minutes with lid on (top the stew up with water if it looks like it is becoming dry) until cooked.

***This tasty Tesco recipe would be great for a warming winter meal.***

**Volunteer Notice**

A volunteer meeting will be held on Friday 11 November to discuss roles and plan for upcoming events. Letters will be sent out regarding times and all volunteers are asked to try and attend. Also, Helen will be organising the set up for this month's Women's Information event which is being held at Greenway and all help will be gladly accepted! Any volunteers who are available to help out with preparations should come to the Centre around 10am on Monday 14 November.

***Thank you.***

**Name our Rooms Competition**

Congratulations to George Sharpe who was the lucky winner of the Childcare Department's Name Our Rooms competition. The baby room will now be know as 'Explorers' and the toddler room will now be called 'Adventurers'. George has kindly donated the prize to Greenway, so there will be a box of chocolates to be shared at the Drop-In.

***Greenway Family Support Services***

**Family Forum**

**\*Wednesday 9 November 2011\***

**12pm - 1.15pm**

Greenway Family Support is hosting a Family Forum which will provide parents, grandparents and carers with an opportunity to meet and chat with other parents, find out about upcoming events and also provide Greenway with valuable feedback regarding the development of their Family Support Services.

A light lunch and refreshments will be provided and a play area will be available.



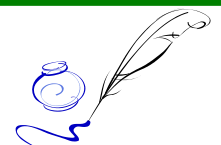
***If you would like more information about the Family Forum, or any aspect of Greenway's Family Support Services, please contact Isobel Loughran at Greenway Women's Centre.***

**Telephone: 028 9079 9912**

**Write Here Write Now, An Anthology**

**Last few copies remaining      Only £2 each**

To get your copy please speak to Helen Smyth or Denise Belton  
**All money raised will be donated to Greenway Women's Group**



# 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!

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

## 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. Rider's foot supports (8)
6. Garland (3)
7. Fashion (5)
9. Darts throwing mark (4)
11. Large weighty book (4)
12. Lounge (4)
14. Child's toy (4)
16. Sovereign (5)
18. Normally (3)
19. Increased in size (8)

Down:

1. Single, lone (8)
2. Common phrase (5)
3. Hurry (4)
4. Work steadily (3)
5. Loathed (8)
8. Inform (4)
10. Surrender (4)
13. Audibly (5)
15. Fish of the carp family (4)
17. Easy going (3)



**Crossword Answers**  
Across: 1. Stirrups, 6. Lei, 7. Style, 9. Oche, 11. Tome, 12. Laze, 14. Doll, 16. Ruler, 18. Off, 19. Extended.  
Down: 1. Solitary, 2. Lidom, 3. Rush, 4. Ply, 5. Detested, 8. Tell, 10. Cede, 13. Aloud, 15. Off, 17. Lax.

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

**19 Greenway, Cregagh Estate, Belfast BT6 0DT**

**Tel: 028 9079 9912**

**Web: [www.greenwaywomenscentre.org](http://www.greenwaywomenscentre.org)**

**Email: [info@greenway.womenscentre.org](mailto:info@greenway.womenscentre.org)**