



Greenway

Women's Centre

Monthly Newsletter

Welcome to the November 2018 edition of the Greenway Newsletter

Courses and Events at Greenway Women's Centre

Dealing With The Past

Greenway will be hosting a 6-week Dealing With The Past course, which will begin in November. This course is free and part of the Good Relations Project.

Start Date: Tuesday 6 November, 11.30am-1.30pm

Pain Management Support Group

Greenway will be hosting Pain Management Support Group meetings this month on the following dates:

Monday 5 November, Monday 12 November & Monday 19 November (10.15am-11.15am)

These meetings are free and facilitated by EBCDA.

To register or for 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

Personal Development Course

The EBM Lemis+ Project will be holding a 6-week Personal Development Course at Greenway Women's Centre.

Start Date: Wednesday 7 November, 9.30am-12.30pm

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

Please Note: You must register in advance for this course.

To register or for further information, please contact the Lemis+ Project directly on 9045 8560.

Volunteers Needed

Want to join the Greenway Volunteer Team?

Shifts available: Drop-In, Wednesdays (9am-11am or 11am-1pm)

This role involves serving tea and coffee during class breaks and keeping the Drop-In area clean and tidy.

All volunteers must be successfully vetted through Access NI before they can commence their role.

Full training is provided prior to commencing any volunteering role.

If you are interested please contact Greenway's Centre Manager, Lindsay Cooper.

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

At Greenway Women's Centre we offer:

- Top Quality Childcare Services • Family Support Services • Education & Training Programmes •
- Essential Skills Support • Health & Wellbeing Courses • Volunteering Opportunities • Free Classes •
- Workshops • Special Events •

Opening Hours: 9am - 4pm, Monday - Friday

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

Volunteering Opportunities at Greenway

Volunteers are essential to the day to day services we are able to offer at Greenway Women's Centre.

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.

Volunteering is a great way to meet new people, develop new skills and build confidence and self esteem.

If you are interested in volunteering at Greenway Women's Centre, please contact Lindsay Cooper on 9079 9912.

Stepping Stone Employability Project

If you are unemployed and looking for employment the Stepping Stone Project 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 Wednesday mornings, between 10am and 12pm.

Stepping Stone - FREE practical help and support for job seekers.

For more information please contact Greenway on 9079 9912.



Belfast City Council

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.

For more information please contact Helen Harris on 9079 9912.

Wonder Women

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

For more information please contact Greenway's Centre Manager, Lindsay Cooper.

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

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



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'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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