



Welcome to the October 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 this month's Women's 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.

The Board of Directors, staff & volunteers at Greenway would like to take this opportunity to extend their sympathy to volunteers Cheryl and Barbara, following the recent death of Cheryl's father. Our thoughts are with them and their family at this sad time.

The Greenway Women's Centre website is now up and running! Check it out to discover all of Greenway's services, courses and upcoming events. You can find us at: [www.greenwaywomenscentre.org](http://www.greenwaywomenscentre.org)

**The Board of Directors would like to welcome new Centre Manager, Kirsty Richardson to the Greenway team.**



**Greenway welcomes new Centre Manager, Kirsty Richardson**

Although originally trained in midwifery, Kirsty has previously spent three years managing a women's project in Glasgow and has over ten years experience working within the voluntary and community sectors. On a more personal note, Kirsty enjoys working & interacting with people & has a special interest in women's issues, such as accessing education and learning; training; employment; equality; managing relationships; family, parenting and childcare issues; community; economic restrictions; times of crisis; mental and physical health and wellbeing; and also being able to access and receive support, advocacy and advice when needed. Kirsty believes strongly in supporting women in any or all of these areas in a non-judgemental way, empowering women to achieve positive change in their lives and she is looking forward to being a part of this process with local women at Greenway Women's Centre.

**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 18 October 2011**

**10.30am - 12.30pm**

Greenway Women's Centre

**Breast Cancer Awareness**

This month the Information Day will focus on breast cancer awareness and will provide information on access to services relating to breast cancer care. The Action Cancer BIG BUS will be visiting Greenway and women will be able to undergo breast and cervical screening.

***PLEASE NOTE: Places on the BIG BUS are by appointment only. You MUST book your place on the BIG BUS prior to the event by phoning 028 9080 3344 to arrange your appointment time.***

**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)**

### Volunteer Notice

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 17 October.

***Thank you.***

### 'Name our Rooms' Competition

Greenway's Childcare Department is running a competition to name the Toddler & Baby rooms. If you would like to enter, all you have to do is fill in a competition form with your name, contact number and room name suggestions and post it in the box outside the Toddler room.

The prize is a box of chocolates and the winner will be announced at the end of the month.

### New faces at Greenway

Over the past month Greenway has welcomed four new placement workers; Samantha, Christina, David & Susan. We would like to wish them well during their time with us.



***Reception placement workers,  
Samantha & Christina***

*'We have had a great few weeks at Greenway Women's Centre. All the staff have made us feel welcome and have helped us settle into our routine. The volunteers have been great, showing us around and how the equipment works. Their guidance has been invaluable. Everyone who uses the Centre is very friendly and we are looking forward to the rest of our time at Greenway.'*

***Samantha & Christina, October 2011***



***Pauline Gordon***

We have had two farewell presentations over the past month; Pauline, from the Childcare Department, has moved on to a new job and Isobel's time as Interim Centre Manager has come to an end, however she will be taking on a new role over the coming weeks as facilitator of the Greenway Family Support Project. The Board of Directors would like to wish both Pauline and Isobel all the best in their future endeavours.



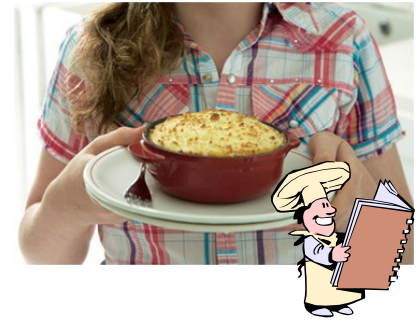
***Isobel Loughran***

**Recipe of the Month**  
*Classic Shepherd's Pie*

**Ingredients:**

1 onion  
1 carrot  
1 clove garlic  
1tbsp olive oil  
500g (1¼lb) lamb mince  
275ml (9fl oz) meat or vegetable stock  
450g (1lb) potatoes  
200ml (7fl oz) milk, hot

1tbsp plain flour  
1 celery stick  
1tsp Worcestershire sauce  
1tbsp tomato purée  
50g (2oz) butter  
1 bay leaf  
freshly ground black pepper  
white pepper



1. Finely chop the onion, carrot, celery and garlic. Then place in a pan with the olive oil and sauté for 5 minutes over a medium heat.
2. Add the lamb mince and break up well with a wooden spoon; cook until it is browned. Sprinkle in the flour and mix well, add the tomato purée, stock, bay leaf, Worcestershire sauce and pepper, mix well, cover and simmer for 30 minutes, stirring from time to time.
3. Peel the potatoes and cut into even-sized pieces, cover with hot water and simmer for 20 minutes. Drain when cooked, return to the pan and shake over a low heat to steam off excess moisture.
4. Remove from the heat and crush with a potato masher until smooth, add hot milk, butter and white pepper and beat until fluffy and well blended.
5. Heat the oven to Gas 5, 190°C, fan170°C. Remove bay leaf from the meat and place the meat in an ovenproof dish. Carefully spoon the mashed potato onto the mix and use a fork to spread the potato over the top, sealing in the meat and making a striped pattern.
6. Place in the oven and bake for 30 minutes until top of the potato is slightly golden. Serve with a green salad or steamed broccoli.

**Top Tip**

Try sprinkling some grated cheese evenly over the mashed potato for a change, or chop some parsley and sprinkle over the shepherd's pie before serving for an attractive finish.

**Flu Fighters**

Flu season is almost upon us once again, so here are some tips for staying flu-free this winter:

- Stock up on tissues for catching coughs and sneezes
  - Throw used tissues in the bin immediately
- Wash your hands regularly with soap and hot water to prevent germs spreading
- Get vaccinated - If you are in an 'at risk' group, i.e. aged over 65, pregnant or have a serious health condition such as diabetes or heart disease you should be offered a flu jab by your G.P.

**Greenway Women's Centre Family Support Project**

Greenway is setting up a Family Support Project that will give families an opportunity to develop friendships, reduce isolation and engage in information sessions, parenting workshops and stress management, as well as help develop skills and tools to deal with the issues associated with parenting.

Throughout the year the Family Support Project will host a range of events, including trips, workshops, information sessions, infant massage classes, cookery and much more.

***If you would like more information about getting involved in Greenway's Family Support Project, please contact Isobel Loughran at Greenway Women's Centre.***

**Telephone: 028 9079 9912**

**Write Here Write Now, An Anthology**

**Last few copies remaining!**

**£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!

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

## 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: 9079 9912

**Everyone welcome**

# CROSSWORD

	1			2			3		4
5									
			6						
7									
			8		9				
		10				11		12	
13									
					14				
15									

Across:

- 2. Nun in charge of a convent (6)
- 5. Twelve months (4)
- 6. High voice range (6)
- 7. Former UN chief, - - - Annan (4)
- 8. Young bear (3)
- 11. Follow orders (4)
- 13. Consented (6)
- 14. cquire, obtain (4)
- 15. Mouth organ? (6)

Down:

- 1. Novel's main character (4)
- 2. Large lorry (5)
- 3. German river (4)
- 4. Furtive (6)
- 7. Arab sheikdom (6)
- 9. Mess up (5)
- 10. Nan (4)
- 12. Viking, - - - the Red (4)



**Crossword Answers**  
**Across:** 2. Abbess, 5. Year, 6. Treble, 7. Kofi, 8. Cub, 11. Obey, 13. Agreed, 14. Gain, 15. Tongue.  
**Down:** 1. Hero, 2. Artc, 3. Elbe, 4. Sneaky, 7. Kuwait, 9. Bodge, 10. Gran, 12. Erik.

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

# Greenway

Women's Centre

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Cregagh Estate  
Belfast BT6 0DT  
Tel: 9079 9912

Check out our new website!

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

E-mail: [info@greenway.womenscentre.org](mailto:info@greenway.womenscentre.org)