

Greenway

Women's Centre

Monthly Newsletter

Welcome to the October 2017 edition of the Greenway Newsletter

Courses and Events at Greenway Women's Centre

Fitness Demo Activities

Greenway Women's Centre will be hosting a 4-week taster session of Fitness Demo Activities, including chair-based yoga, bochia, aerobics and much more.

Wednesdays: 11am-12pm, from 11 October until 1 November

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

Could you be a Greenway Volunteer?

We are currently looking for volunteers to cover the Greenway Drop-In on Fridays, between 12pm and 1.30pm

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 able to help out please contact Julieanne Thompson or Liz Oslon on 9079 9912.

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

Telephone: 028 9079 9912

Email: manager@greenwaywomenscentre.org

Check out our website...www.greenwaywomenscentre.org

...and find us on Facebook facebook.com/GreenwayWomensCentre

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

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.

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 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 please contact Helen Harris on 9079 9912.

Wonder Women

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

New Session begins Wednesday 4 October

For more information please contact Lindsay Cooper.

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

Fibromyalgia Support Group

This new support group will be meeting every fortnight from Thursday 14 September, 11.30am-1.30pm.

For more information 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 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



'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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- find us at www.facebook.com/GreenwayWomensCentre