



Welcome to the September 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 the upcoming Women's Information Day and photos from recent events held in the Centre.

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 to be added to our email list.

The Greenway Women's Centre Service Programme for September 2011 is now available, with details of all new classes starting at Greenway this month.

Enrolment will take place daily from 5 – 9 September, between 10am and 2pm.

Enrolment for all classes must be made in person.

New Faces at Greenway

There have been four new additions to the staff at Greenway over the summer months.

Sara McCloskey has joined the Finance department and Zara Todd, Joanne Leetch and Pauline Gordon have joined the Childcare team.

Greenway is also taking on trainees as part of the Steps to Work and Steps Ahead programmes.

These trainees will be taking on roles in reception, childcare and cleaning.

We would like to take this opportunity to welcome all the newcomers to Greenway and we hope they enjoy their time with us.

Greenway Website

Final preparations are under way for the launch of the new Greenway website!

We hope to be up and running in the next couple of weeks.

You can find us at: www.greenwaywomenscentre.org

In the event of a First Aid emergency please contact the following persons:

- Kylie Fleming, Toddler Room Practice Leader (located in Toddler Room)
- Helen Smyth, Training and Education (located in Finance Office)

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 20 September 2011 10.30am - 12.30pm Colin Neighbourhood Partnership 'Older, Wiser & Healthier'

This month the Information Day will focus on looking after the elderly or people who require extra care in their home and the community. There will be various stands providing advice, support and information on the services available in the community.

**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)**

Date for your Diary...

Greenway Women's Centre will be hosting the next Information Day on Tuesday 18 October 2011. The Action Cancer BIG BUS will be parked outside the building and you will be able to avail of its services, including digital breast screening, health promotion and health checks.

Creating Opportunities - Toolkit for Learning and Employment

The Toolkit is a FREE 6 week programme from the Educational Guidance Service for Adults (EGSA), which is designed to motivate and encourage adults who want to:

- *Become aware of their current skills and how to develop them
- *Build confidence and share experiences in a supportive environment
- *Develop job search strategies, techniques and resources
- *Identify opportunities, sources of support and action plan for the future

Modules include:

- Skills Awareness
- Building a Personal Profile
- Performing at Interviews

**This course will be held at Greenway on Tuesday mornings from 9.30am - 11.30am.
The course begins on Tuesday 13 September.**

Anyone interested should come along to an enrolment session or contact Helen on 9079 9912.

26th Annual Celebration Day & Crèche Graduation, Thursday 23 June 2011

As always, the Celebration Day was a great success. Board, staff, volunteers, class participants and the Crèche children got together and enjoyed a lovely morning of recognition. Volunteers received certificates for their hard work throughout the past year and the children were presented with their Crèche portfolios. Mayor of Castlereagh Jim White also made a special presentation to Mae McQuillan in recognition of her recent MBE. The children (and some of the adults!) were entertained by Mickey Mouse and the morning finished off with Julieanne's famous buffet lunch.



Interim Centre Manager, Isobel Loughran, gets proceedings under way.



Mae is presented with a bouquet by Deputy Mayor of Castlereagh, Jim White.



Some of the volunteers letting their hair down and enjoying the occasion!



On Friday 24 June 2011 Sandra Brown, tutor of Write Here Write Now, presented Helen Smyth and Mae McQuillan from Greenway Women's Group with a donation of £100. This was in recognition of their help and support in publishing *Write Here Write Now, An Anthology*, a collection of original poems & short stories written by members of the writing group.
Copies are still available, priced at £2 each, from Denise or Helen.
All proceeds will be continue to be donated to Greenway Women's Group

Recipe of the Month
Chicken Pizza Calzone

Ingredients:

1 packet of pizza dough mix
(enough to make a medium sized pizza)
30g sweetcorn
½ small courgette
½ small red onion
½ a red pepper diced
100g grilled chicken
30g grated cheese
2tsp of vegetable oil
150g chopped tomatoes
1tsp dried oregano
1tbsp of tomato puree
salt and pepper



1. Pre-heat oven to 190° C. Make the pizza dough as per the packet instructions. Chop the onion and the courgette.
2. Heat the oil in a frying pan and gently fry the onions. Add the tomatoes, tomato puree, oregano, and a little water.
3. Season with salt, pepper. Bring to the boil and simmer for 20 minutes until the juices reduce into a nice thick sauce.
4. Roll out the pizza dough on a lightly floured surface into an oval shape. Dice the chicken and mix with the sweetcorn and chopped courgette and pepper. Spread the sauce over the pizza dough leaving enough space to seal the edges, and add the sweetcorn, courgettes, peppers, and chicken. Sprinkle with the cheese.
5. Carefully roll the pizza dough over on itself like a wrap, seal the edges and slightly flatten. Place in the oven for 25-30 minutes, turning once to ensure even browning.

For more tasty recipes check out www.tescorealfood.com



Following the summer break, Greenway's Drop-In Cafe will reopen on Monday 12 September and the Drop-In volunteers will once again be serving tea, coffee and homemade scones during class breaks.

Volunteer Dinner

On Thursday 30 June the Board of Directors hosted a dinner for the Greenway Volunteers. It was a great evening with delicious food and lots of good craic and the Volunteers made the most of their night off - there was even a rumour of some cheating going on during Helen's brain teaser quiz!



If you are interested in volunteering at Greenway please contact Helen or Gerry on 9079 9912

For details of all classes and events happening in women's centres throughout Northern Ireland, including Greenway, check out the new WCRP Education website: www.wcrpeducation.org.uk

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!

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

Weight Management Group

Come and join the Greenway Slimmer's!
Every Wednesday at 9.30am
 New session starting
Wednesday 7 September 2011



£5 joining fee

+ £2 per week, which is returned on reaching target weight!

For more information please contact:

Gerry or Julieanne: 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. American baseball player (4,4)
6. Scrap of cloth (3)
7. Jester (5)
9. Triumph and delight (4)
11. Centre of US space missions (4)
12. Building plot (4)
14. Surface-covering plant (4)
16. Temptress (5)
18. Distress call (1,1,1)
19. Clergyman's title (8)

Down:

1. Noblewoman (8)
2. Ronald - - - , train robber (5)
3. Staple food (4)
4. Also (3)
5. Furious (8)
8. Minus (4)
10. Unable to walk properly (4)
13. Give out (5)
15. Previously (4)
17. Smallest deer (3)



Crossword Answers
Across: 1. Babe Ruth, 6. Rag, 7. Clown, 9. Glee, 11. NASA, 12. Site, 14. Moss, 16. Siren, 18. SOS, 19. Reverend.
Down: 1. Baroness, 2. Biggs, 3. Rice, 4. Too, 5. Incensed, 8. Less, 10. Lane, 13. Issue, 15. Once, 17. Roe.

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

Greenway

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