

## Volunteer Programme

Do you:

- ★ want to get out of the house?
- ★ need to build up confidence?
- ★ want to meet new people?
- ★ need time for yourself?

If you answered 'yes' to any of these questions then contact us to find out what we can offer you!

### Volunteering Roles:

Reception  
Kitchen Help  
Drop-In Café  
Childcare

**For further details and information about volunteering at Greenway please contact Helen on 9079 9912**

## Family Support

Greenway Family Support provide a range of services that are responsive to the needs of local parents and carers

Activities include:-

Lunch Club  
Parents Drop-In  
Young Parents Group  
Parents Forum  
Walking Group

If you are interested or require any further information, please contact

Isobel Loughran  
on 02890 799912

## Support Groups at Greenway

### **Weight Management Class**

**Come along and join the Greenway Slimmers!**

£5 joining fee (£2 per week which is returned on reaching target weight)

day: **every Wednesday**  
time: **9.30am**

**For more information please contact:**

Gerry or Julieanne: 9079 9912

### **South & East Belfast Fibromyalgia Group**

Various speakers attend. Learn more about your condition and make new friends, while enjoying a cup of tea and a chat

day: **2nd Monday of each month**  
time: **11.30am to 1.30pm**

**For more information please contact:**

Joan: 9062 5901 or Betty: 9040 3564

### **Write Here Write Now**

A Creative Writing Class

day: **every Friday**  
time: **11.30am to 1.30pm**

**For more information please contact:**

Helen: 02890 799912

### **Essential Skills**

**Greenways Essential skills operate on two levels; group sessions in the morning and afternoon where participants complete the OCR qualifications and one to one sessions for individuals who require additional support.**

**For more information please contact:**

Helen: 02890 799912

## Greenway Women's Centre

# SERVICE PROGRAMME

## February 2012



*'Greenway Women's Group exists to provide positive opportunities for women to achieve their potential, through recognising and respecting them as individuals. We achieve this by breaking down the barriers which prevent women's full participation in society; specifically targeting social need within Cregagh and wider community.'*

Greenway Women's Centre  
19 Greenway  
Cregagh Road  
Belfast  
BT6 0DT

**028 9079 9912**

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



## Greenway Sessional Day Care

Greenway Sessional Day Care and respite care provides top quality childcare for pre-school children.

Greenway Sessional Day Care is operated by five childcare workers; QCF level 3 Standard.

All staff, volunteers and trainees are vetted by Social Services.

**For further details please contact:**

**Lindsay Cooper on 9079 9912**  
or call in to Greenway.

Please note: as we are a registered Sessional day care and not full day care there are some restrictions on the length of time your child can attend the Sessional day care in one day. These restrictions are kept to two two-hour sessions. Therefore, the maximum length of time your child can attend the Sessional day care in one day is a total of four hours.

<b>MONDAY</b>	<b>Start Date</b>	<b>Time</b>	<b>Duration</b>	<b>Provider</b>
Flower Arranging	6 <sup>th</sup> February 2012	10.30 to 12.30	10 weeks	Live and Learn
Jewellery Making	6 <sup>th</sup> February 2012	9.30 to 10.30	10 weeks	Live and Learn
Painting & Drawing	6 <sup>th</sup> February 2012	10.30 to 11.30	10 weeks	Live and Learn
OCR Essential Skills Level 1 ICT	13 <sup>th</sup> September 2011	10.00 to 12.00	25 weeks	B.M.C
Fibromyalgia Support Group	2 <sup>nd</sup> Monday of the Month	11.30 to 1.30	-----	Support Group
<b>TUESDAY</b>				
Cookery Class	7 <sup>th</sup> February 2012	10.30 to 12.30	10 weeks	Live and Learn
Ceramics Class	7 <sup>th</sup> February 2012	11.30 to 1.30	10 weeks	Live and Learn
Yoga	7 <sup>th</sup> February 2012	9.30 to 10.30	10 weeks	Live and Learn
OCR Essential Skills Level 2 ICT	13 <sup>th</sup> September 2011	11.00 to 1.00	25 weeks	B.M.C
<b>WEDNESDAY</b>				
Weight Management Group	Every Wednesday	9.30am	ongoing	Support Group
Parents Lunch Club	Last Wednesday of month	12.30 to 1.30	ongoing	Family Support
Scrap Booking	8 <sup>th</sup> February 2012	10.30 to 12.30	10 weeks	Live and Learn
Aquafit	8 <sup>th</sup> February 2012	11.30 to 12.30	10 weeks	Live and Learn
<b>THURSDAY</b>				
Cookery Class	9 <sup>th</sup> February 2012	10.30 to 12.30	10 weeks	Live and Learn
Computers for Beginners	9 <sup>th</sup> February 2012	10.00 to 12.30	10 weeks	Live and Learn
Mind Body and Spirit	9 <sup>th</sup> February 2012	11.30 to 1.30	10 weeks	Live and Learn
Essentials Skill Support	9 <sup>th</sup> February 2012	11.30 to 1.30	ongoing	Support Group
<b>FRIDAY</b>				
Write Here Write Now	13 <sup>th</sup> January 2012	11.30 to 1.30	ongoing	Support Group
Ceramics Support Class	10 <sup>th</sup> February 2012	1.30 to 3.30	ongoing	Support Group
Media/Film making class	T.B.C	10.00 to 12.00	10 weeks	Live and Learn
Parents Drop-In	6 <sup>th</sup> January 2012	11.30 to 1.30	ongoing	Family Support

## Enrolment

**Monday 23<sup>rd</sup> January  
to  
Friday 27<sup>th</sup> January**

**10.00 to 2.00**

Participants are asked to donate £10.00 as a contribution to General Running costs

The Live and Learn project offers both non-accredited and accredited programmes. The project has a women only ethos and aims to provide the support to make education and learning a more realistic option for local women.

**You must register in person for all courses**



\* These courses are part of our Live and Learn Programme funded through the Women's Centres Regional Partnership by the Big Lottery. If you would like to discuss any aspect of the programme please contact **Helen** at Greenway Women's Centre on **9079 9912**.

