



Welcome to the Greenway Newsletter, January 2025

Coming up at Greenway...

Strength & Balance Class: Wednesday 15 January, 10am-11am (6 weeks)

Greenway is hosting a NEW 6-week Strength & Balance class.

Facilitated by East Belfast Community Development Agency

Speakeasy Session: Wednesday 15 January, 10am-12pm

Greenway is hosting a Speakeasy session, facilitated by Informing Choices NI.

Speakeasy has been running in Northern Ireland for over 20 years and recognises the crucial role that parents and guardians play in the development of young people's sexuality and identity.

Many parents and guardians strive to be a positive influence and the go-to person in their children's lives. Speakeasy aims to increase confidence and self-assurance in parent-child communication and provides opportunities for parents and guardians to explore and discuss solutions that are relevant to them.

Speakeasy is a community education project for parents and grandparents living within the Belfast/ South Eastern Health & Social Care Trust areas.

Steps to Cope and Build Resilience: Monday 20 January, 9.30am-11.30am (6 weeks)

Greenway is hosting a new 6-week Steps to Cope and Build Resilience course, facilitated by MindWise. Steps to Cope and Build Resilience will introduce the principles of cognitive behavioural therapy (CBT), to teach participants to learn new skills to help cope with life challenges and build on resilience.

Each week, participants will gain an insight into understanding our emotional response to life events, learn techniques to change those automatic negative thoughts and learn new confidence skills by recognising things we do in our lives that don't help.

Start Up Session: Tuesday 21 January, 10am-12pm

Greenway is hosting a Start Up session, facilitated by Mind Tribe, covering the topics 'Developing a Growth Mindset' and 'Unleashing your Creativity'.

Universal Credit Advice Sessions: Wednesday 22 January, 10am-1pm

Greenway Women's Centre is hosting free confidential Universal Credit Advice Sessions on Wednesday 22 January, from 10am to 1pm. If you need advice or help with your benefits please come along and chat to a representative from Knockbreda Jobs & Benefits Office.

No appointment necessary

Women's Empowerment Programme

The Women's Empowerment Programme at Greenway is a free, women-only project offering practical and positive work-based opportunities for women on their way to employment or training.

The Women's Empowerment Programme includes Personal Development; Essential Skills Courses; CV Training; Interview Techniques and Volunteering Opportunities.

Weekly Sessions: Mondays/ Tuesdays/ Wednesdays, 9.30am-1.30pm

This Programme is funded through Halifax Foundation for Northern Ireland

To register for any of the above, or to get more information, please contact Greenway's Training & Education Officer, Helen Smyth.

T: 028 9079 9912

E: training@greenwaywomenscentre.org

Greenway Women's Centre Family Support Services

Greenway's Family Support Services are available each weekday between 10am and 1.30pm.

To access our Family Support Services or to get more information please contact Greenway's Centre Manager, Lindsay Cooper.

T: 028 9079 9912

E: manager@greenwaywomenscentre.org

A Natter Matters

On Thursday evenings Helen hosts a live 'A Natter Matters' Zoom Session, so if you need a chat or just fancy a catch up please email training@greenwaywomenscentre.org for the link!

Women Breaking Barriers*

Greenway is part of the Women Breaking Barriers NI project, delivering programmes to support women who are economically inactive and not currently seeking employment.

The Women Breaking Barriers programme is designed to equip women with the skills necessary to overcome personal barriers to employment and education, by engaging economically inactive women in an employment support programme with specialised training and intensive wrap-around support.

If you would like to get involved with the Women Breaking Barriers project you can check your eligibility/ register interest at <https://www.womenbreakingbarriersni.com/>

This Project is funded by the UK Government through the UK Shared Prosperity Fund

Training and Education at Greenway Women's Centre

If you are interested in finding out more about any aspect of Training and Education at Greenway including information on Groups, Classes, One-off Workshops or Focus Groups please contact Greenway's Training & Education Officer, Helen Smyth.

T: 028 9079 9912

E: training@greenwaywomenscentre.org



Spinning Yarns

Spinning Yarns, our women's Cross Community Project, in partnership with Voices Women's Group, finished off their 8-week course with a visit to Mossley Mill! Thank you to everyone who took part and special thanks to historian Roddy for all his expertise!

Tesco Stronger Starts Grant

If you shop in Tesco you will probably be aware of the Tesco Stronger Starts grants which are awarded when customers use blue tokens to vote for one of the selected projects.

From mid-January until the end of March Greenway Women's Centre/Greenway Childcare will be one of the three projects local Tesco customers can vote for to receive a Tesco Stronger Starts grant!

This funding will enable us to purchase new resources for our Childcare Department, so if you shop in Tesco, please vote for us with your blue token every time you make a purchase in-store!

You can vote for us in the following stores:

- * Tesco Knocknagonney Extra
- * Tesco Ballyhackamore Express
 - * Tesco Rosetta Express
- * Tesco Newtownbreda Extra
 - * Tesco Cairnshill Express
- * Tesco Belmont Road Express
- * Tesco Castlereagh Superstore

All three nominated projects will receive a share of the funding - either £1500, £1000 or £500, depending on whether their tally puts them in 1st, 2nd or 3rd place when voting ends.

Thank you for supporting Greenway!

Greenway Childcare Services

At Greenway we offer high quality, affordable Childcare services for pre-school children, from birth until their fourth birthday, alongside WCCF Funded Day Care and Sponsored Day Care. We also offer Childcare provision for students and volunteers attending Greenway Women’s Centre and intervention services by way of respite care and parent/carer support sessions.

Greenway’s professional & highly qualified Childcare Team promote fun and creative ways of engaging children to learn & develop in an inclusive, non-judgmental, safe environment.



Greenway Childcare: 'Highly Commended' Day Care Provider, Families First NI Awards (Spring 2024)

Greenway Childcare Services are currently available Monday to Friday, between 8.30am and 1.30pm with Private Day Care Sessions available for only £5 per hour!

You can arrange an appointment to view the Greenway Childcare setting before deciding to enrol your children with us. This offers an excellent opportunity for parents/carers to meet the Greenway Childcare Team and view our Childcare facilities to ensure we are the best fit for you and your family!

To book, register future interest, arrange a viewing or get more information please contact Greenway’s Childcare Co-Managers, Jodie Wilson & Natalie Horrocks.

T: 028 9079 9912 **E:** childcare@greenwaywomenscentre.org

WCCF Funded Childcare Provision at Greenway Women’s Centre

At Greenway we offer WCCF Funded Childcare for children from birth until their fourth birthday.

Criteria for WCCF Funded Childcare:

If you have pre-school aged children and you have either returned to work within the last 12 months following a period of unemployment* or are currently in training or education and in receipt of Income Support, Universal Credit, Jobseekers Allowance (income based) or ESA we may be able to meet your childcare needs by offering you FREE** Childcare Monday to Friday from 9.30am, for up to 4 hours per day!

*This does not apply when returning to work following Maternity Leave

**WCCF Childcare Provision funded by Department for Communities

For more information on WCCF Funded Childcare at Greenway Women’s Centre please contact Greenway’s Childcare Co-Managers, Jodie Wilson & Natalie Horrocks.

T: 028 9079 9912 **E:** childcare@greenwaywomenscentre.org

WAITING LIST ONLY

Please Note: Greenway Childcare Services are currently operating a WAITING LIST ONLY. Please contact our Childcare Managers, Jodie & Natalie, to register. Once registered, you will be contacted as soon spaces become available!



We would like to thank St Andrew’s Presbyterian Church for the generous donation of baby hampers with beautiful blankets and baby clothes knitted by members of their congregation! Your kindness is very much appreciated - thank you!

Support from Greenway Women's Centre is available Monday to Friday

You can reach Greenway staff by telephone on 028 9079 9912.

Or you can contact Greenway staff by email:

Lindsay Cooper, Centre Manager: manager@greenwaywomenscentre.org

Helen Smyth, Training & Education Officer: training@greenwaywomenscentre.org

Greenway Childcare Team: childcare@greenwaywomenscentre.org

Volunteering Opportunities at Greenway

Volunteering at Greenway Women's Centre is an excellent way to meet new people and develop new skills, while building confidence and self esteem and gaining role-based experience!

Roles are currently available in Reception*, Coffee Bar* and 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.

If you are interested in volunteering at Greenway Women's Centre, please contact Lindsay Cooper on 028 9079 9912.

Greenway Women's Centre is part of the Red Box Project

The Red Box Project aims to ensure that every woman has access to free menstrual products. In a bid to tackle period poverty we have a fully stocked Red Box at Greenway Women's Centre containing a range of sanitary pads and tampons which you are free to take as and when required.



The Red Box Project

A simple scheme, made with love for the young women in our community

The Red Box Project is coordinated by East Belfast Community Development Agency

If you would like to join the Greenway Women's Centre Mailing List to receive regular Greenway updates directly to your Inbox, please email newsletter@greenwaywomenscentre.org

facebook

For regular Greenway updates find us at www.facebook.com/GreenwayWomensCentre



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



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: 8.30am - 3.30pm Monday - Friday



Providing local, accessible services to women and their families since 1985

Greenway Women's Group is a Company Limited by Guarantee No. NI038139

Inland Revenue Charity No. XR34419

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