



Monthly Newsletter

Welcome to the Greenway Newsletter, March 2026

Greenway will be closed on Tuesday 17 March for St. Patrick's Day.

All Greenway services, including childcare provision, classes, group meetings and family support will be unavailable on this date. The Centre will reopen on Wednesday 18 March 2026.

Women Breaking Barriers*

Weekly Sessions: Mondays/ Tuesdays/ Wednesdays, 9.30am-11.30am

Greenway is part of the Women Breaking Barriers NI project which is designed to equip women with the skills necessary to overcome personal barriers to employment and education.

*Eligibility criteria apply: To take part in the Women Breaking Barriers programme you must be based in Northern Ireland, not in paid work and not currently seeking employment.

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

Women's Empowerment Programme

Weekly Sessions: Mondays/ Tuesdays/ Wednesdays, 11.30am-1.30pm

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 at Greenway includes Personal Development; Essential Skills Courses; CV Training; Interview Techniques and Volunteering Opportunities.

Summerhill Cost of Living Programme

Start Date: Monday 13 April, 10.30am-12.30pm (4 weeks)

Greenway is hosting a 4-week Summerhill Foundation programme offering parents a safe and welcoming space to come together, share their experiences of family life and gain valuable tips for building confidence in managing the everyday challenges of parenting amid the growing pressures families face due to the rising cost of living.

Changing Lives Initiative Workshops

Greenway is hosting a range of Changing Lives Initiative workshops in April and May:

- **Thinking Outside the Box (How different brains learn & grow): Friday 17 April, 10am-12pm**
- **Sensory SOS (Sensory Processing): Friday 24 April, 10am-12pm**
- **Social Smarts (Social Skills): Friday 1 May, 10am-12pm**
- **Calm & Connected (Emotional Regulation & Anxiety): Friday 8 May, 10am-12pm**
- **Stop, Think, Act (Impulsivity & Behaviour Regulation): Friday 15 May, 10am-12pm**
- **Attention HQ (Attention & Memory): Friday 22 May, 10am-12pm**

Please Note: These are 'direct registration' workshops, so please contact Helen or check our Facebook page over the next few weeks for Registration QR codes.

Strength & Balance Class

Start Date: Wednesday 22 April, 10am-11am (10 weeks)

Greenway is hosting a new 10-week Strength & Balance class, facilitated by EBCDA.

To register for any of the above, or to get more information on courses at Greenway, please contact our Training & Family Support Officer, Helen Smyth.

T: 028 9079 9912

E: training@greenwaywomenscentre.org



Belfast
City Council



Northern Ireland
Executive



End Violence Against Women & Girls

**Health & Information Day
Tuesday 10 March, 10am-2pm**

Greenway Women's Centre is hosting a free Health & Information Day on Tuesday 10 March, as part of our new Ending Violence Against Women & Girls (EVAWG) programme.

There will be a range of organisations offering information and advice, including:

- Belfast City Council (EVAWG) • Cedar Foundation • East Belfast Community Development Agency • Extern • HERe NI • NI Housing Executive (Domestic Abuse Support) • Rape Crisis NI • Relate NI • Simon Community • St John Ambulance NI • The King's Trust • Victim Support NI • Women's Resource & Development Agency • Youth Action NI •

Refreshments provided. Everyone welcome!

For more information please contact Helen Smyth.

T: 028 9079 9912

E: training@greenwaywomenscentre.org

THERE IS SOMETHING EVERYONE CAN DO. **LET'S DO IT TOGETHER.**

Universal Credit Advice Sessions: Wednesday 25 March, 10am-12pm

Greenway is hosting free confidential Universal Credit Advice Sessions on Wednesday 25 March, from 10am to 12pm.

If you need advice or help with benefits please come along and chat to a representative from Knockbreda Jobs & Benefits Office. No appointment necessary.

For more information please contact Helen Smyth at Greenway.

T: 028 9079 9912

E: training@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 Women's Centre recently welcomed reporters from BBC News NI to discuss the devastating impact that upcoming cuts to funding for programmes tackling economic inactivity, such as the Women Breaking Barriers NI Project, will have on current and future participants.

As we mentioned last month, from April the UK Shared Prosperity Fund will be replaced by the Local Growth Fund, with a huge fund reduction and a 70/30 capital-to-revenue split which will decimate services currently provided by the community voluntary sector.

In the subsequent print and video articles Greenway's Women Breaking Barriers participants, Patricia, Karen and Stephanie, spoke about their experiences, highlighting the positive impact the programme had made in their lives and expressing their disappointment that this opportunity will not be available other women in the future. Greenway's Training & Family Support Officer, Helen Smyth, also contributed to the discussion, drawing particular attention to the impact the cuts will have not only for service users but also for those employed to deliver these services.

As these cuts come into effect, services that have supported women and helped them gain skills and move into employment while also reducing pressure on health and other key public services, will at best be greatly reduced or at worst, cease to exist.

Ladies, we thank you for adding your voices to those speaking out. #NICantWait



International Women's Day 2026

This year's International Women's Day March & Rally will take place in Belfast on Saturday 7 March, with everyone meeting at Writer's Square at 11.30am.

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 award winning Childcare Team promote fun and creative ways of engaging children to learn & develop in an inclusive, non-judgmental, safe environment

Greenway Childcare Services are currently available Monday to Friday, between 8.30am and 1.30pm.

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!

For further information on Greenway Childcare Services, including Private Day Care fees and availability, 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 free 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

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

Training and Education at Greenway Women's Centre

If you are interested in finding out more about Groups, Classes, One-off Workshops or Focus Groups happening at Greenway Women's Centre please contact Greenway's Training & Family Support Officer, Helen Smyth.

T: 028 9079 9912

E: training@greenwaywomenscentre.org

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 & Family Support 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 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



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 - 1.30pm 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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