

TERM 1
FEBRUARY - APRIL
2020



HERETAUNGA
WOMEN'S
CENTRE

NEWSLETTER

**Tena koutou, Talofa Lava, Malo e Lelei, Bula Vinaka,
Namaste, Bonjour, Fakaalofa, Konnichiwa, Taloha Ni,
Ni Hao, Salaam Alaikum, Hey!**

Happy new year and welcome to our third newsletter! 2020 has already seen us wave good bye and good luck to Margot Wilson, who left Heretaunga Women's Centre (HWC) in January. And although I have big shoes to fill, I have been enjoying my time here already as I get to know new faces and find out more about the great work that the team do within our special community.

Here you will find information about the many amazing things that are taking place at the HWC, as well as a few exciting events that will be taking place between now and April. From Mindful Mondays, where we will be providing talks around emotional wellbeing to meat-free cooking demonstrations and the DOVE Hawke's Bay (Family Violence Prevention support group), there is a huge range of activities taking place which we hope that you, or someone you know will find useful.

If you haven't popped in before, then we hope that you come and say hi - we are open each week day from 9am-4pm.

Here at HWC we work to enable positive changes for women - we believe in sharing skills and strengths to provide women with resources and a safe environment to take responsibility for their own wellbeing. From our beginnings in 1921 as a Women's Rest to this new decade, we are a place where thousands of women have come to enjoy a cup of tea, make friends, find support and feel welcome with or without children. Our busy programme of activities also offer confidential, non-judgemental support in the form of fun social groups and services such as counselling and legal advice.

We want everyone to feel welcomed, inspired and empowered! Please read on to find out more and I look forward to meeting you here at the HWC very soon!

Amanda, (the new) Service Manager!

02 International Women's Day 2020

03 What's on...?

04 Introducing our new Service Manager!



Urgent Help and information

Police
111

Hastings City Assist
027 839 6073 / 027 839 5313

Hastings Women's Refuge
06 870 6024 / 0800 733 843

Maori Women's Refuge
06 878 2042

Te Whare Whānau Purotu Inc (Maori Women's Refuge)
06 878 2042

**Hawke's Bay DHB -
Emergency Mental Health
Service**
0800 112 334

**Sexual Harm Helpline
Safe to Talk**
0800 044334 or Text 4334

International Women's Day 2020



This year we are joining people all over the world with International Women's Day's #EachforEqual campaign which sees many join together to build a gender equal world.

But what does this mean? *'Equality is not a women's issue, it's a business issue. Gender equality is essential for economies and communities to thrive. A gender equal world can be healthier, wealthier and more harmonious - so what's not great about that?'*

'The race is on for the gender equal boardroom, a gender equal government, gender equal media coverage, gender equal workplaces, gender equal sports coverage, more gender equality in health and wealth ... so let's make it happen. Let's be #EachforEqual.'

We'd love to see photos and videos of you striking this pose too (put your arms out in front like our team above) and explaining why you support #EachforEqual

What is your story, why do you think equality is important and why should we be joining together to make a commitment to equality? We'll share your images on our social media on International Women's Day as well printing them out and displaying them on our wall. Please post your images and messages on our Facebook page or email marketing@hwc.nz

Sweet as... Banana Pudding...

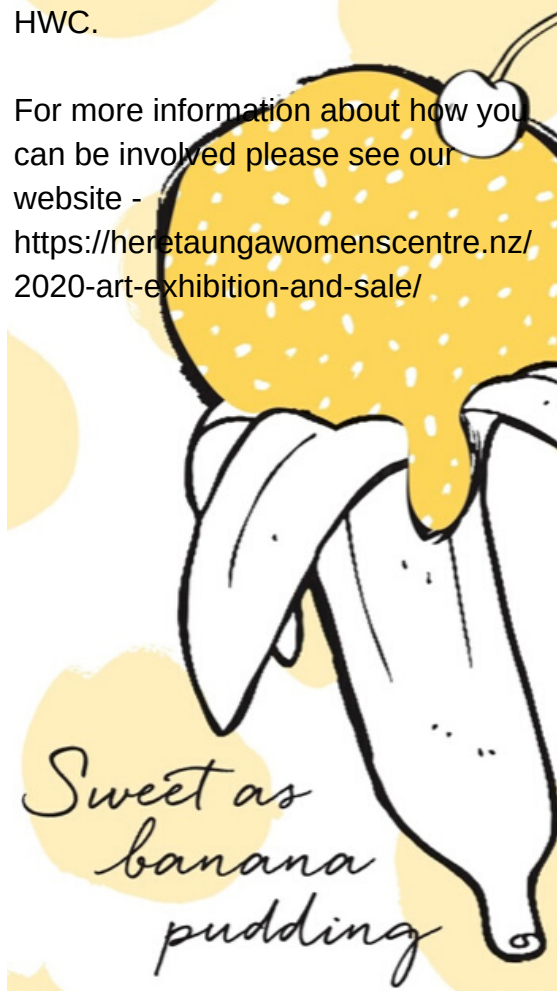
Our popular women's art exhibition and sale is back for another year, with a grand opening at 5.30pm on Friday 3 April.

We are so pleased to profile the incredible work of local women artists – featuring established professionals as well as new talent. Come and join us to see a range of art for all budgets and tastes – from painting, sculpture, design and jewellery to crafts and ceramics.

Following the launch, the exhibition will be open from 4-8 April, finishing with a wine and cheese evening from 5-7.30pm on Wednesday 8th April.

Tickets for the opening are \$20 and can be bought online via Eventbrite <http://bit.ly/2BvmP7O> or at HWC.

For more information about how you can be involved please see our website - <https://heretaungawomenscentre.nz/2020-art-exhibition-and-sale/>



What is a Koha?

The majority of our courses and activities are provided by our amazing team of highly trained, skilled and professional volunteers – from counselling and acrylics painting to our legal clinic.

Sometimes there is a small named cost to cover expenses such as materials, but generally the Centre requests a **\$Koha**.

But what exactly does this mean and how can we help you decide what you are able to pay to attend a session here at HWC?

Our volunteers gift their time, experience and skills to help us offer a full and varied programme each term.

So any donation that you are able to give is an acknowledgment of someone's offering and how you value that person's goodwill.

The Koha helps the Centre to continue its work and anything that you are able to give is greatly appreciated.

What's on at the HWC?

This term we are focusing on emotional wellbeing - please come along to our Mindful Monday 45 minute lunchtime sessions (12.15-1pm) where each week we will have a different topic to discuss.

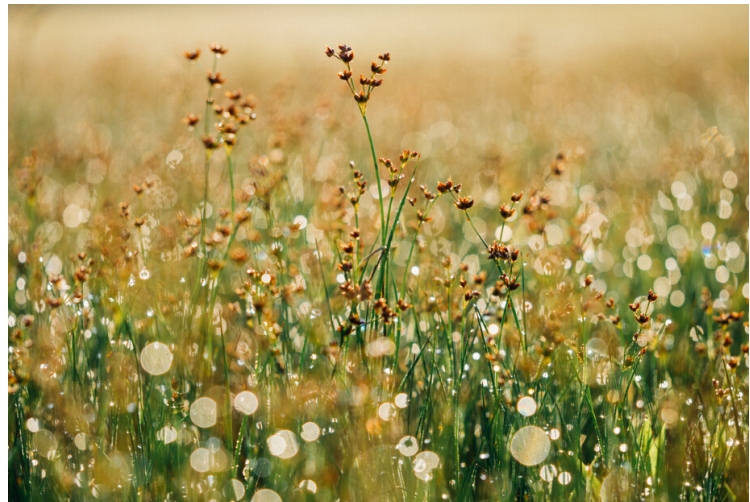
Other emotional wellbeing activities include:

- Emotional Release Therapy – Thursday 1pm
- Understanding Anxiety – Saturday 10am
- Be Well (massage, acupuncture and polarity) – Wednesday from 9.30am
- Getting ahead – a life of positivity – Thursday 10.30am

Some activities require pre-booking so please drop us a line to find out more and to make an appointment:

- call us on +64 06 878 5401
- email us at admin@hwc.nz
- check online at <https://heretaungawomenscentre.nz/events/our-activities/>

And remember to follow us on Facebook, LinkedIn & Twitter!



We are also offering:

- Learn Basic Te Reo
- Welfare Advocacy – support from The People's Advocacy helping people access help from Work and Income
- Love Yourself in Sobriety sessions
- Gentle Mindful Movement classes
- Beginners Poetry Workshop
- Indian Mum's Group
- Women's Walking Group
- A monthly cervical screening clinic

Plus much, much more - don't forget that the Centre is open each day from 9am-4pm. Pop in and say hi.



Introducing Amanda!

Our new services manager, **Amanda Meynell** joined the HWC last month and it has been wonderful to welcome her to the team.

Amanda spent nine years as National Services Manager for Child Matters, a child protection advocacy organisation based in Hamilton.

She is also a registered social worker and has spent the last 19 years working with children and young people, families, whanau, organisations and other professionals, advocating for the safety, wellbeing and rights of children and their families.

Amanda moved to Hawke's Bay with her husband and dog Daisy at the end of last year and counts yoga, meditation, cycling, hiking, reading and spending time with her beautiful grandchildren amongst her favourite things to do. She is already making the most of the beach, the sunshine, the friendly community and our amazing local produce!

Here she talks about why she has joined the HWC, as well as the issues that she is keen to support... *"Prior to joining the Heretaunga Women's Centre, I spent seven months travelling through South East Asia with my husband. I saw the Service Manager role advertised while we were in Thailand and I applied for the position immediately.*

"I was excited about the opportunity to work in an organisation where the focus is on providing women with resources, support, advocacy and the space to develop social connections in order to achieve their own holistic wellbeing.

"I am keen to play an active role in supporting and strengthening women to effect positive change in their lives. The many issues facing women around poverty, homelessness, mental health challenges, family violence and sexual violence are close to my heart.

"The HWC is part of a wider community response to support women who are experiencing such challenges. So within this role, I am looking forward to getting to know, and collaborating with other services which are supporting women locally."

Breakfast Seminar on Managing a Flexible Workforce - 20.03.20

7.30 – 8.45 am @ Hawke's Bay Business Hub, 10 Bridge Street, Ahuriri

We're pleased to share with you details of an event about managing a flexible workforce for the benefit of everyone.

It is being hosted by the NZ Women's Empowerment Principles (WEPEs) committee, the Hawke's Bay branches of the National Council of Women, Zonta International and Business and Professional Women.

Sponsored by BNZ, tickets are \$5 and can be purchased now at Eventfinda. Further info is available from Kay m.k.whelan3@gmail.com or ph 878 4894.