



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

So it's time for newsletter number 2; and a big thank you to the wonderful women who are keeping me on my toes and working hard to get this published.

September has been and gone and I want to briefly reflect on this month of celebrations. Why September you might be asking?

NZ Women's Suffrage Day is commemorated on 19 September, the day that NZ women achieved the vote. New Zealand women achieved this first in the world and for me, importantly, in a non-violent way. Those early NZ women showed that passive pressure can and does work. No throwing of toffee hammers here! (https://en.wikipedia.org/wiki/Toffee_hammer).

This year our Forum looked at and celebrated diversity and inclusivity in our community. Since the terrible events in Christchurch on 15 March this year, we have all been challenged to look closely at how we treat people in our society. Our Forum was an excellent opportunity for us to start having a conversation about how we can become more inclusive and celebrate the fabulous diversity that exists in our community.

When all is said and done; whilst we may be different we are seeking the same things - security, good health, happiness and connection.

We seek to offer and help women find these things at the Centre and we hope to see you here very soon!

Margot Wilson, our Centre Manager

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TO MAKE A DONATION TO THE HWC, FIND OUT HOW YOU CAN SPONSOR A FUTURE ISSUE OF OUR NEWSLETTER AND PROMOTE YOUR BUSINESS AMONGST OUR COMMUNITY, PLEASE GET IN TOUCH.

PLEASE CONTACT US ON T: 06 878 5401
E:ADMIN@HWC.NZ VIA OUR WEBSITE
HERETAUNGAWOMENSCENTRE.NZ OR ON FACEBOOK.

THANK YOU!



Our 'Same Same but Different Different' Forum



Come and have a chat!

All over the world – from local schools to English seaside villages, chatting chairs and friendship benches are popping up.

Providing an opportunity to combat loneliness for all ages and a place for people to sit and have a chat, we have decided that we absolutely need one in our community here at the HWC. As a great place to meet other people, our new bench will provide a real opportunity to make a connection with someone new.

It will be constructed from eco bricks and decorated with mosaic. If you would like to be involved in this project, please drop us a line.

It was a "buzzy" night with 150 women enjoying inspiring korero with diverse views and company. With two keynote speakers - Mereana Pitman and Georgina Beyer as well as a choice of six different workshops we were treated to a wonderful night. Congratulations to all our Unsung Heroines - hearing the stories of your good works were a fitting close for our evening.

What's happening this term at the HWC?

Spiritual wellbeing is the focus this term, and we invite you to come along to our Thoughtful Thursday 45-minute lunch time sessions. With a different topic and presenter each week, there is sure to be something of interest. So, bring your lunch along from 12:30pm – 1:15pm.

Regular Activities

- Nourished for Nil
- Mummy Matters Ante / Postnatal Depression Support Group
- Counselling
- Craft, Sewing and Activity Groups
- Alternative therapies
- Legal Clinic

New Activities

- Meat-free cooking demonstrations
- Learn basic Te Reo
- Learn Chinese
- Indian Mums' group
- Restorative Yoga

Health and Emotional Wellbeing Services

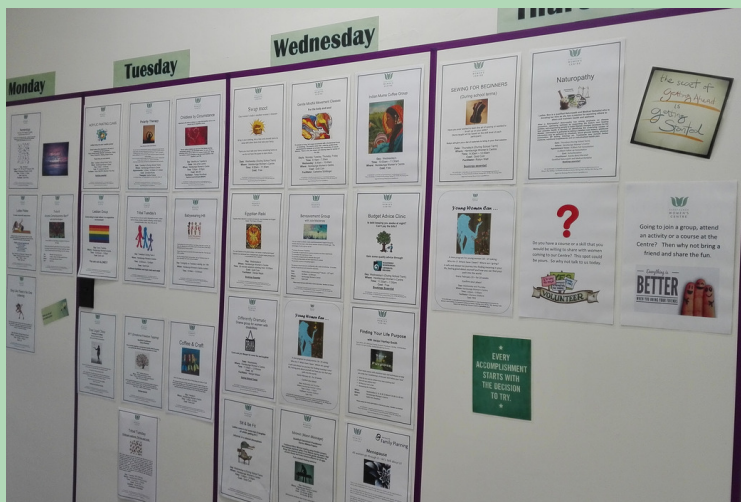
- A monthly cervical screening clinic - For women who are between the ages of 20 – 70, who have never had a smear or if it has been over three years since your last smear test. Please call 0800 729 729 to book your free appointment for either November 6th or 27th
- DOVE - We provide a safe and welcoming environment to all women who want to find help and support for domestic violence issue
- Welfare advocacy
- Al-anon – a support group for friends and families of alcoholics
- Understanding anxiety - A six-week interactive and educational support group to help women for whom anxiety is a problem
- The Rainbow Network – a contact point for people wanting more information about LGBT activities within the community. Please contact Dale on 022 631 2681

New courses are constantly coming on offer so please keep an eye out and pick up a programme at the Centre. Or why not join our mailing list and be regularly kept up to date with what's happening? Don't forget that Friday is our shared lunch from 12:30 to 1:30pm. Please bring a contribution if you are able, all are welcome.

Please feel free to call in to our Centre to find out more, confirm timings and book your place, or

- **call us on 06 878 5401**
- **email us @ admin@hwc.nz**
- **online @ [heretaungawomenscentre.nz](https://www.facebook.com/heretaungawomenscentre.nz)**
- **follow us on Facebook & LinkedIn**

**The Centre is open each week day
from 9am - 4pm if you want to pop
in and have a chat.**



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



Our beautiful mosaics!

So we've decided that an annual mosaic project is a pretty cool creative community activity for the Women's Centre to be involved in. In 2017 and 2018 we ran two very successful community mosaic projects.



But the story doesn't end there. This year we have looked North at the wonderful toilets in Kawakawa made famous by the wonderful work of Hundertwasser and thought we can do something with our dark public toilets. So...back we have gone to Jean McGavock, our wonderful mosaic artist extraordinaire and she has been running workshops.

Unveiling is planned for November, so funnily enough, keep an eye out on the toilets!

Generation connect

For the last six months we have been having a conversation with Supergrans Aotearoa about how this service might operate through and alongside the Heretaunga Women's Centre.

Supergrans is a free service for individuals and families, and it co-partners with existing organisations in a region. Using volunteers they offer one on one home mentoring and group workshops to help families and individuals develop practical household and management skills.

We think this is a perfect fit with the work we do here at the Centre! Some of you might have noticed that in our last round of evaluations we asked some questions about sharing skills and gaining knowledge.

This information is going to be used to inform our new programme which we will be calling Generation Connect. This is our intergenerational version of Supergrans - connecting people to skills and support with day to day living.

Cathy is off down to the Supergrans Conference in Dunedin in late October so will be coming back with lots of ideas about how other organisations are working collaboratively. So watch this space as we will be looking for volunteers to get involved in the near future.

A Friendly Face

We have recently launched a new 'Friendly Face' peer support programme. From 10 am to 3 pm every day a volunteer will be available here for a chat – either over a cup of tea or to give practical information.



Don't be surprised if someone approaches you – it's all part of building our friendly women's community here at the Heretaunga Women's Centre. As always, if you are interested in volunteering to help undertake this activity, please let us know.