



HERETAUNGA
WOMEN'S
CENTRE

NEWSLETTER

TERM 1

FEBRUARY - APRIL 2021

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

Happy New Year and welcome to our first newsletter for 2021.
I hope that you all had a wonderful Christmas break and an enjoyable holiday season.

With the start of term fast approaching things are busy here at the Centre. Here you will find information about some exciting events that are taking place between now and April including the Women's Rest 100 year celebration, our launch of SuperGrans Heretaunga, International Women's Day and our annual art exhibition.

If you haven't been into the Centre before, please feel free to pop in and say hi. 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 now, we are a place where women can come to enjoy a cup of tea or coffee, make friends, find support and feel welcome. Our programme of activities also includes counselling, therapeutic supports, legal advice, advocacy and a listening ear.

We want all women to feel welcomed, inspired and empowered! Please read on to find out more about what is coming up at the Centre this term.

Ngā mihi
Amanda
Service Manager

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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**

DONATE :)

To make a donation to the HWC, find out how you can sponsor a future issue of our newsletter and promote your business among our community, please get in touch. Contact us on T: 06 878 5401 E: admin@hwc.nz via our website heretaungawomenscentre.nz or on Facebook. Thank you!

Women's Rest Building turns 100!



The Heretaunga Women's Centre is based in the historic Hastings Women's Municipal Rest building. This building is the first purpose-built women's 'rest rooms' to be constructed in New Zealand.

Throughout the 1920s similar rest rooms were established in many other towns across the country and, by the 1930s, they were considered a 'civic necessity'. The buildings were designed to accommodate mothers and working women.

The Californian bungalow style of architecture was widely adopted for domestic buildings in New Zealand at the time is said to be a competent piece of architecture and is still well suited to its purpose (with some alterations), even after 100 years of service.

Yes, that's right the Hastings Women's Rest is about to turn 100-years-old on 23 March this year. We love our historic building and feel very proud and grateful to be based here. It's a wonderful hub for women. We also love a good celebration and on the 23 March we will be hosting a special event alongside Mayor Sandra Hazlehurst, morning tea, history display, and tours will be available.

We hope you can join us! Do check out our Facebook and website for up-to-date information on the event.

<https://heretaungawomenscentre.nz/100-year-celebration/>

2021 Sweet as Banana Pudding Art Exhibition & Sale...

Our popular women's art exhibition and sale is back for another year, with a grand opening at 5.30pm on Friday 9 April.

We are excited to profile the incredible work of local women artists – featuring established professionals as well as emerging artists. 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 Saturday 10 April - Friday 16 April.

Tickets for the opening are \$20 and can be bought online via Eventbrite or at the Centre.

For more information about how you can be involved please see our website - <https://heretaungawomenscentre.nz/hwc-news/2021-sweet-as-banana-pudding-art-exhibition-sale-fundraiser/>

*Sweet as
banana
pudding*



Launching... SuperGrans Heretaunga

The Heretaunga Women's Centre is delighted to be the provider of SuperGrans for the Hawke's Bay region. We are very excited to be officially launching SuperGrans Heretaunga on 25 February 2021.

SuperGrans Heretaunga is a free service supporting women to develop life skills through one-on-one mentoring and workshops. The programme aims to empower women to gain knowledge and skills to improve their daily living personally and within their family and whānau.

Mentors are women of all ages who walk alongside and mentor other women, supporting them to develop a range of different skills including cooking healthy meals on a budget, gardening, growing food, CV writing, applying for jobs, budgeting, sewing and much more.

Women are able to self-refer to the programme or be referred by other organisations and agencies. Each woman referred meets with our SuperGrans coordinator to discuss and identify her goals before being matched with an appropriate mentor.

For more information about SuperGrans please contact our SuperGrans Coordinator Julia on 06 878 5401 or services@hwc.nz



SUPERGRANS MENTORS NEEDED

If you are interested in becoming a volunteer SuperGrans mentor we'd love to hear from you!

We are always looking for women mentors of all ages to work one on one with women to provide support in developing life skills. If this sounds like something you'd be interested in, please come into the Centre or contact us for further information.



International Women's Day 8 March 2021

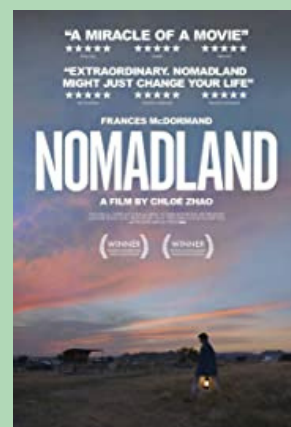
#ChooseToChallenge

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating women's equality. This year's theme for International Women's Day is **Choose to Challenge**.

A challenged world is an alert world.

Individually, we're all responsible for our own thoughts and actions - all day, every day. We can choose to challenge and call out gender bias and inequity. We can choose to seek out and celebrate women's achievements.

Collectively, we can all help create an inclusive world. From challenge comes change, so let's all choose to challenge.



To celebrate International Women's Day this year we are screening the Movie **Nomadland** on 8 March 2021.

The movie is being shown at Focal Point Cinema in Hastings. Starting with nibbles at 5pm. Tickets can be purchased through the Centre or on Eventbrite.



WHAT'S ON...



Term 1 at the Centre

This term as well as our usual activities, we are excited to bring a number of new activities, groups and workshops, many taking place in the evenings and weekends as well as during the day.

Garden Club

Come along and learn how to grow your own vegetables. You will learn about everything it takes to have a happy healthy garden from preparing the soil through to picking your produce.

Nutritionist Appointments

Samantha is a weight inclusive, health at every size nutritionist. During these consultations she can aid with helping women trust themselves around food, learning more about themselves, their bodies and their behaviours around food.. Each appointment is tailored to your concerns and needs around your nutrition and wellbeing.

Waste Management sessions

Sam from Hastings District Council is back at the Centre this term with a series of workshops on managing and reducing waste. From learning how to make beeswax wraps and household cleaning products to learning about composting, worm farms and bokashi bins, these sessions will be fun and practical. Come along to the whole series or whichever sessions interest you!

To register

For more information about any of these courses or any of our other courses, workshops and groups, head to our website

<https://heretaungawomenscentre.nz/events/our-activities/>
or give us a call on 06 878 5401

To register for any activities on offer please contact us on 06 878 5401 or by email admin@hwc.nz

Hearing Education

Carolynne from Hearing Education Hawke's Bay will provide information on the impact of hearing loss, discuss the best ways to communication with those experiencing hearing loss and answer a range of questions you may have. She will also be providing education on basic NZ sign language to support communication

We have a number of course, activities and therapies available this term including:

- Bodywork with Jes
- Gentle Flow Yoga
- Coffee & Craft
- Taking your life back workshop
- Memory Keeping & Scrapbooking
- Gentle Mindful Movement
- Sewing for Beginners