



HERETAUNGA  
WOMEN'S  
CENTRE

## NEWSLETTER

### TERM 3

JULY - OCT 2021

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

Welcome to Term 3 at the Heretaunga Women's Centre. As winter is upon us we are certainly feeling the cold when out and about. Feel free to pop into the Centre to warm up with a cup of tea or coffee, and a chat with our friendly staff and volunteers. We have lots of activities and events on this term, so if you haven't been into the Centre before, come on in to see what's happening.

Do you know an incredible woman who makes our community better? We are now taking nominations for our 2021 Unsung Heroine Awards. These awards are an opportunity to recognise women for their previously un-noted yet valuable community contributions. Unsung Heroines are women who don't always make the news, but truly make a difference. They are the women who use their time, talent and enthusiasm to enrich the lives of others. Our Unsung Heroine Awards will be presented at our annual Women's Forum held in September. For a nomination form to nominate an Unsung Heroine in your life, contact [admin@hwc.nz](mailto:admin@hwc.nz)

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 & Napier Women's  
Refuge**  
**06 843 6515**

**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](mailto:admin@hwc.nz) via our website [heretaungawomenscentre.nz](http://heretaungawomenscentre.nz) or on Facebook. Thank you!

# Women's Health Series

With funding support from Royston Health Trust we are excited to offer a free Women's Health Series where local GP Dr Samantha Newman will be addressing and providing information on a variety of women's health issues. This term we are offering two lunchtime sessions at the Heretaunga Women's Centre:

## Understanding our hormones

As women our hormones influence how we feel at different ages, life stages, and throughout the month. This session will look at the roles of hormones, and more importantly how they make us, as women feel. With knowledge, we can feel empowered to manage these changes.

This session aims to educate, empower, dispel myths, and create a safe space for women to ask questions. We will talk about what you can do when you feel something is not normal, give you tools of how you can talk to your GP or health professional and there will be resources available.

Our psychological health, and how we feel has a huge effect on our physical symptoms, and we will look at some tools to make us feel good, and enjoy our hormones.

**Tuesday 31 August 2021 12 - 1pm**

## Perimenopause & Menopause

What is menopause? Menopause is when a woman has not had a period for one whole year. Menopause happens on average at 52 years of age, however for some women, they can start developing symptoms of menopause, now termed perimenopause 10 years prior to when their periods actually stop.

Menopause is much more than no more periods for some women. The symptom most people know about is hot flushes, but it can also cause abnormal bleeding, joint pains, brain fog, sleep disturbance, dry skin, low libido and more.

Did you know that menopausal symptoms are often misdiagnosed as depression? Come along to explore this topic and learn about how you can talk to your friends, doctor and whoever you feel is appropriate for you about these issues. As well as looking at the physical symptoms of menopause, we will also look at how we can feel good, and maximise our mental health at this time in our lives.

**Tuesday 28 September 2021 12 - 1pm**



## Hastings City Celebration Awards

We are proud to announce that the Heretaunga Women's Centre has been selected as a finalist in the 2021 Hastings City Celebration Awards, in the Social Enterprise of the Year Category. This selection has been made based on our business practices and the successful running of the Centre.



# September Suffrage Events

Each year at HWC we celebrate women's suffrage with a range of events and activities to honour the women before us who paved the way for the gender equality journey in Aotearoa; and to appreciate and acknowledge women in our community today.

## Music Night

Our first event during September is **Her Story** - an intimate acoustic evening showcasing Hawkes Bay women who write their own music or poetry.

4 Sept 2021

Common Room Hastings

Tickets \$15

## HER STORY



## Movie Night

**The Justice of Bunny King**

6 Sept 2021 from 5pm

Focal Point Cinema

Tickets \$20 (at Eventbrite or HWC)



This September we are excited to bring you the new amazing NZ movie, **The Justice of Bunny King**. Nibbles from 5pm with the movie starting at 6pm. Written, produced and directed by women with female lead performances, we think this film is perfect to show for our annual Suffrage month movie.

## Women's Forum - Her Say

The HWC annual Women's Forum aims to inspire, inform and support local women by discussing and showcasing issues affecting women. This year's forum **Her Say** hosts guest speakers Jackie Clark and The Aunties. In 2013, Jackie Clark launched The Aunties, a grassroots charity helping women to rebuild their lives after a period of trauma. She quit her job, turning her back on her comfortable life, to focus on The Aunties full-time, becoming Aunty in Charge and assisting hundreds of women with material needs and emotional support. At this year's forum Jackie will discuss her newly published book 'Her Say', accompanied by some of the women she works alongside who will share their own stories as survivors of domestic abuse. Come along and hear the amazing stories and incredible voices of Jackie Clarke and the Aunties

16 Sept 2021 4:30 - 7pm C3 Church, Southampton St West, Hastings

Earlybird tickets \$12 + gst (available at HWC or on Eventbrite)

(Nibbles & drinks on arrival with coffee and cake also provided)

CommUnity

A new initiative that generates funding for New Zealand community groups launched on 17 March 2021 and Heretaunga Women's Centre have joined!

CommUnity connects shoppers, merchants and community groups by providing a sustainable platform to fundraise and flourish, for merchants to grow their community engagement and build a loyal customer base, and shoppers a way to support the community groups they care about.

How can you help? It's easy and it won't cost you anything. Just register as a CommUnity Member on <https://app.comm-unity.kiwi/signup/member/> OR by downloading the app - 'CommUnity NZ' and select 1-3 CommUnity Groups you wish to support including Heretaunga Women's Centre.

Every time you purchase from a CommUnity Merchant a percentage of the sale is donated directly back to us and other groups you want to support. It's that easy and it's FREE! The more businesses in our region that get onboard the better so please spread the word!

CommUnity recognises that many groups, rely on fundraising drives, sponsorships, and endless filling out of forms to fund our activities. It's relentless work that often distracts us from what we do best. Please get on board to support us and other causes you care about.

More information about CommUnity can be found here: <https://comm-unity.kiwi/how-does-it-work/>

HER SAY HER SAY  
HER SAY JACKIE CLARK  
AND THE AUNTIES

# WHAT'S ON...

## Term 3 at the Centre

This term as well as our usual activities, we have a number of new activities, groups and workshops on offer covering a wide range of topics, so there is something for everyone! Some of our new activities this term include:

### Assertive Communication Workshop

Amelia is a communication skills specialist with many years of experience designing and delivering training programmes for wide range of organisations of all types and sizes. Join Amelia to learn tips for standing up for yourself the smart way. This six part course is for women who want to be more assertive in everyday situations with (for example) workmates, family, shop staff, officials, and others. It is based around some well-known techniques to help you communicate confidently, clearly, and respectfully in tricky or stressful situations.

### All About Employment Talks

Shona from Workbridge will be hosting two forums during term 3 for you to come along and ask any question you have about entering the workforce including cover letters, CVs, job applications, disclosures, Linked-In, on-line job board profiles and more.

### Intuitive Movement

Intuitive (free) movement practice gives you the opportunity to find empowerment by allowing yourself to go on a journey to worldly music and move freely without judgement, allowing yourself to express whatever comes up from moment to moment through dance, movement or even stillness if that is what calls you. There is no right or wrong way to do this.

### Understanding Anxiety

Anxiety is a natural and common occurrence. Our six-week educational programme aims to provide women with support and knowledge for when anxiety becomes a problem. This course covers understanding the social and biological factors of anxiety, identifying when and how anxiety becomes a problem, different types of anxiety, anxiety responses after emotional and psychological trauma, factors that may maintain anxiety, research and evidence based interventions for anxiety and sharing knowledge in group discussions.

Find our full term programme of courses, activities and support groups available on our website

<https://heretaungawomenscentre.nz/wp-content/uploads/2021/07/HWC-Programme-Term-3-2021.pdf>

## 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](mailto:admin@hwc.nz)