



HERETAUNGA
WOMEN'S
CENTRE

NEWSLETTER

SUMMER 2023

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

Happy New Year! I'm very excited about the year ahead and all the things that we hope to achieve here at the Heretaunga Women's Centre in 2023. We have our own new year's resolution to share! We have looked at what we do and how we do it, and have come up with a bigger, better and brighter focus for the future. All our activities are now broken down into five key focus areas:

- **Advocacy** – supporting and advocating for the needs and empowerment of women
- **Connection** – offering opportunities for women to come together participating in shared interests and activities
- **Mentorship** – creating relationships that support the transfer and development of skills and knowledge
- **Personal Growth** – providing opportunities for personal growth and self-development to enhance and enrich different areas of your life
- **Women's Health & Wellness** – promoting wellness in women

Look out for events, activities, workshops and groups in the coming year that will help you to explore, have fun, find support and make a difference. And let us know what you want to see happening at the HWC this year. Fill in our feedback form at the Centre, or email services@hwc.nz with your suggestions.

Ngā mihi
Amanda, Service Manager

02 Introducing our
Five Key Focus Areas

03 Focusing on
Advocacy

04 What's On at the
Centre

INTERNATIONAL
WOMEN'S DAY
BREAKFAST
WITH GUEST
SPEAKERS

8 MARCH | 7AM

TOITOI - HAWKE'S BAY ARTS & EVENTS CENTRE

#EmbraceEquity



Urgent Help and Information

Police
111

Hastings City Assist
027 839 6073 / 027 839 5313

Napier/Hastings Women's
Refuge
06 870 6024

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

Women's Refuge - available
24/7 0800 733 843

Te Whatu Ora Emergency
Mental Health Service
0800 112 334

Sexual Harm Helpline
Safe to Talk
0800 044334 or Text 4334

DONATE, SPONSOR, PROMOTE 😊

You are very welcome to make a donation to the Heretaunga Women's Centre, sponsor an issue of our newsletter or promote your business to our community.

Please get in touch. T: 06 878 5401 E: admin@hwc.nz via our website heretaungawomenscentre.nz or on Facebook.

Thank you!

Making Connections

Volunteer Christmas Lunch

The HWC Community Christmas Lunch was a wonderful example of women coming together to celebrate, spend time together and make new friends, one of the Five Focus areas for 2023.



Other examples of **connection** opportunities at HWC include:

- Our Community Connections Talks programme
- Women's Book Club
- Grandparents Raising Grandchildren Coffee Group
- Mamas and Babas Social Group
- Our Shared Community Lunches

Mentorship



Our SuperGrans **mentoring** support is going from strength to strength. This year starts off with our amazing volunteers offering:

- Individual and small group mentoring sessions
- Grassroots Gardening Club
- Sewing classes
- Knitting classes
- Cooking classes

If you'd like to volunteer to train as a Mentor, or if you'd like to find someone to be a mentor to you, contact 06 878 5401 or email services@hwc.nz

Women's Health & Wellness

Examples of **health and wellness** opportunities at HWC include:

- Wellness Support Group
- Indian Massage appointments
- Mahi Wairua appointments
- Cervical Screening Clinic
- Yoga and Relaxation classes
- Counselling services
- Biodynamic Craniosacral Appointments



Personal Growth

Examples of **personal growth** activities at HWC include:

- Transforming You sessions
- Baby Massage classes
- Becoming Your Authentic Self workshop
- Taking Your Life Back course

linkandlearn.nz

visit linkandlearn.nz
to find recreational
courses, classes &
workshops for adults
& kids in Hawke's Bay.



Advocacy Activities



The **Hastings City Business Association** and **Heretaunga Women's Centre** are hosting a breakfast event to celebrate **International Women's Day** on 8 March at the Toitoti Arts and Event Centre. The theme is **Embracing Equity**.

Keynote speaker, **Korrin Barrett**, will talk about how her positive mindset helped her to overcome obstacles, build resilience and push through unexpected challenges and adversity.

She'll be joined by a panel of three amazing local wāhine:

- **Putanga Waitoa** - photographer and fierce cultural advocate
- **Shaleah Lawrence** - winner of HB Innovate Awards 2022, owner of Earthwoven skincare
- and **Lana Taylor** - an emergency services paramedic

They all have their own incredible stories to share.

You can buy tickets on the Eventfinda website. \$42.50 for individuals and \$289.50 for a table of 8. Look for **International Women's Day Breakfast**.



Planet Women on Radio Hawke's Bay

Our radio show gives local women the chance to talk about their lives, their work and the support organisations they're involved with. Planet Women broadcasts live every Wednesday, just after the midday news, on Radio Hawke's Bay 104.7FM 1431AM.

Recently, host Amanda Meynell has chatted with Sandra Vercoe from the Māori Women's Refuge,

talked to Deborah Grace from Whatever It Takes about mental health and addiction help, and taken advice from Rochelle Sudfelt from Reclaim You about de-cluttering your life. You can hear the last six episodes on the Radio Hawke's Bay website, on the Programmes tab, search for 'Planet Women'.

If you, or a woman you know, has a story to share or support to offer, contact 06 878 5401 or email manager@hwc.nz



Volunteer Profile

Tabea Mertens

It took a few years of working with different people in different settings, but in 2019, Tabea decided that she wanted to be a social worker.

She's now doing a Bachelor of Social Work degree at EIT, and says she feels lucky to be surrounded by such inspiring and driven people. Tabea thinks that completing her placement at the Heretaunga Women's Centre is an incredible opportunity. "I've always been very passionate about women's rights and wellbeing," she says, and this is proving to be her favourite area to work in. The HWC's values and hers line up perfectly. "I am happy to be part of this beautiful community of women. I'm learning a lot."

Tabea has Advocacy Appointments available every **Thursday** to support if you are facing issues in your life and would like to talk these over. You can explore actions you can take, learn about your rights, find out what supports are available when approaching community organisations and agencies. Contact 06 878 5401 or email admin@hwc.nz to book an appointment with Tabea.

The HWC has many other ways to help women to speak up for themselves and to improve things for everyone. These include:

- Legal clinics to help you to understand your rights
- Health advocacy appointments
- Local MP clinics

Contact us with your ideas on how to expand our advocacy services at the Centre.



WHAT'S ON at the Centre

We have daytime and evening activities, and a wide range of practical workshops and groups across all our five focus areas, including:

Mamas and Babas Social Group with Jolene

Looking for somewhere to connect with other mothers with young babies? And form life-long friendships? Mamas & Babas is a mother-and-baby social group that encourages you to connect with other mothers and allows babies to explore and learn new skills in a safe environment. If you are a mama with a baba between the ages of 0-12 months, come along and see what we're up to over a cup of tea/coffee.

Strength Training – Without Weights! with Sarah

Feeling a little lost or stuck in life, or that you are constantly on autopilot, and you've lost touch with yourself? Come and discover your strengths to feel more energised and have more direction and control in your life. Join Sarah Nash, a certified health coach with certificates from both the University of Michigan and Yale, to learn how to identify what your true strengths are, make sure you're not using pseudo strengths, and discover how to incorporate them into your life daily. Knowing and playing to your strengths makes you feel invigorated, more positive, and more fulfilled.

Improving Interpersonal Skills Online Course with Amelia

Good communication skills make it easier to exchange information, ideas and feelings with others. These online workshops demystify the communication process and help you explore the essential, practical ingredients of understanding people you talk with, and how to make yourself understood. Topics include active listening, non-verbal communication, the art of asking questions and cross-cultural communication tips.

Sign up!

Go to our website for **information** about all our courses, workshops and groups:

<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

Transforming You Sessions with Melissa

A 7-week journey to self-discovery and awareness. Overcome limiting beliefs, begin to heal, and find self-love and confidence by working with mind, body, and soul. Rediscover who you truly are so you realise your full potential and self-worth, enabling you to be the creator of a life you love.

New courses, activities and therapies you can attend during February and March include:

- Art4soul Art Workshops
- Dancing with Myself Experience
- Creative Card Making Workshop
- Macrame Workshop
- Taking Your Life Back Online Course
- Made By You: DIY Deodorant and Cleaning Products Workshop
- Move your Butt Walking Group
- Bowen Therapy Appointments

Full details of activities available during February & March are on our website at:

<https://heretaungawomenscentre.nz/activities-and-therapies/>