



HERETAUNGA WOMEN'S CENTRE

WINTER NEWSLETTER

Tēnā koutou, talofa lava, mālō lelei, fakaalofa atu, mālō ni,
नमस्ते, सउ सुी अकाल, こんにちは, 你好, اَلْسَّلَامُ عَلَیْكُمْ, kumusta,
bonjour, hallo, hola, merhaba, hi!

HIGHLIGHTS:

Support after Cyclone Gabrielle, welcome to our new
Governance Committee and new staff, Rainbow Pride

**Welcome! We have so much information to share
and loads of exciting activities coming up at the
Centre this winter. Read on to find out more.**



Thanks to the Hawkes Bay
Foundation and the Red Cross
NZ Disaster Fund we are
continuing to provide free
counselling at the Centre for
any women impacted in any way
by Cyclone Gabrielle.

If you want to book an
appointment or talk to someone

please call us on 06 878 5401 or email counsellor@hwc.nz



Urgent Help and Information

Police 111

Hastings City Assist
027 839 6073 / 027 839 5313

Family VIP Services (Napier & Hastings
Women's Refuge)
06 870 6024 / 0800 733 843

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

Te Whatu Ora Emergency Mental Health
Service
0800 112 334

Sexual Harm Helpline Safe to Talk 0800
044334 or Text 4334

Outline all-ages rainbow mental health
support service
0800 688 5463 from 6pm-9pm



The Harcourts Hawke's Bay Women's Tri is back. There
are multiple events with different distances and options to
suit everyone, from the absolute beginner to the seasoned
athlete. Whether you're aged 7 or 99, a walker or a runner,
you are welcome and absolutely encouraged to enter.

Details at <https://events.onetime.sport/event/1392>

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.

Telephone 06 878 5401, email admin@hwc.nz, visit our website heretaungawomenscentre.nz or find us on
Facebook. **Thank you!**



Say hello to the HWC new Governance Committee!

New members joined our Governance Committee following our recent AGM.

Seen here: Raynor Huia, Bridget Seque, Victoria Taylor, Fiona Fraser, Amanda Meynell (HWC Service Manager), Tina Hume, Hanni Nguyen, Gwyn John. Charlotte Clarke and Rachel Agnew also joined (not pictured).

The HWC Committee's role is to provide the strategic leadership, direction and oversight of the Centre, making sure that we achieve our purpose of enhancing and advocating for the wellbeing and empowerment of women in our Hawke's Bay community. Our Committee members bring such skill and expertise to their roles, including accounting, journalism, health and wellness, coaching, communications, marketing, community development, logistics, business management, counselling and so much more.

It's great to have such strong leadership at HWC for this year and ahead.

AND we have two new staff members!

Arunthy Pavan (she/her) - Financial Administrator

Arunthy recently moved to Hawke's Bay from Australia, where she's spent the last 20 years working as a Finance and Administration Officer in the not-for-profit sector in Dubbo, NSW.



Outside work, Arunthy enjoys walking, running and cycling, and is a dedicated attendee and volunteer at her local parkrun. Arunthy is settling into Napier with her husband, and is looking forward to traveling around and exploring New Zealand.

Effie Karlis (she/her) - SuperGrans Coordinator

Originally from Hawke's Bay, Effie moved back to Aotearoa after living in Europe for 18 years. She is a Social Work Student with EIT/Te Pūkenga and recently finished her placement at HWC.

Effie started in the SuperGrans Coordinator role part-time as maternity cover from July. Effie loves being out in nature and going on adventures with her son and their dog, but is equally as happy at home dancing around to music or watching a movie. She is passionate about advocating for and being a part of an inclusive and unbiased community.



5 August 10am - 4pm: RECREATE PLAY - a free, family-focused event at Hastings Sports Centre, 503 Railway Rd. Features a range of hands-on, interactive creative zones where people of all ages can explore creativity, have fun and PLAY together. Clay, painting, printmaking, crafting Lego and more.

RECREATE PEACE

RECREATE PLAY

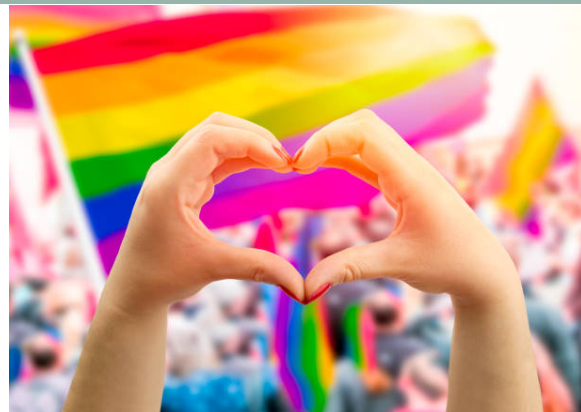
7-11 August: RECREATE PEACE - a special week of peaceful sessions and activities for women at the Heretaunga Women's Centre, cnr Russell & Eastbourne Sts Hastings. Discover yoga, mindfulness, tai chi rongoā rākau, breath work, and more.

Find us on 

Pride at Heretaunga Women's Centre

by Dale Little, HWC Volunteer

June saw Pride events celebrated around Aotearoa. It was great to visit Palmerston North and see pride flags hung from every lamppost by the local City Council. Hastings library ran a variety of events, there was a film night at the Focal Point Cinema, and local schools took the opportunity to educate students about diverse identities. My own 8 year old grandchild identified a pride flag and said "we were talking about it with the teacher!"



Things have progressed to such a fantastic degree of acceptance and understanding in the last few years. And that makes me happy and hopeful. I didn't come out to myself until I was 33. I'd been married for ten years and had two children. Coming out to my family was okay. The hardest part for my parents was explaining it to their friends. But I had support from friends in the women's movement, which meant I had help and understanding from the beginning. Having support and positive role models made the ups and downs that followed easier.

And that's one reason the Heretaunga Women's Centre takes every chance to celebrate the diverse ways women live and love. You may have noticed posters up round the Centre. We already offer services and support to people who identify as women, and we can also give advice, information and referrals to people who don't fit neatly under that label. We want to help. Mental health issues resulting from stigma and discrimination are much too common. You may know of someone rejected by their family who needs a place to live. You may be questioning your own sexual or gender identity and want to know about help and support services locally.

And of course, you may be hearing a lot of terms, acronyms and labels for the first time, and find them confusing. Understandable! People are complicated, social media means ideas move around much faster these days, and there are lots of terms out there that have been reclaimed, revived or expanded. Here is a very quick overview of some 'umbrella' terms you may come across:

Rainbow community - taken from the rainbow flag designed by Gilbert Baker for the San Francisco Gay Freedom Day Parade in 1978, and the most common 'pride' flag.

Takatāpui - was a Māori word originally meaning 'intimate companion of the same sex', but has expanded to include everyone else in the rainbow community.

LGBTQIA+ - is an umbrella term for people's sexual preferences and gender identities, grouped together in a supportive and allied way (lesbian, gay, bisexual, trans gender, queer/questioning, intersex, asexual/aromantic/agender and others).

Queer - like all labels applied to people under the rainbow umbrella, this has been used as a slur. However, it was thoroughly reclaimed over 30 years ago and many people now use it as a personal and/or group description.

You may see or hear other terms too, like non-binary, cisgender, gender identity, transphobia, and wonder what they mean. An excellent place to find explanations for everything listed here is at <https://genderminorities.com/glossary-transgender/>

Remember that everyone's experience is personal to them, and they may or may not use the terms as described. The golden rule is: ask what makes the person in front of you comfortable, believe them, and respect what they tell you. You don't have to understand, you can just be there. And the Womens' Centre is happy to be there for you too. We are committed to breaking down stigma and embracing differences within our community. Look on our website for more information and links to helpful organisations.

Dale Little (she/her, cisgender, lesbian) - I volunteer all-day Wednesday and on Thursday mornings and I'm available for a chat or to hear your ideas about raising queer/rainbow issues within the Centre.

WHAT'S ON AT THE CENTRE

For a full list of all HWC activities available over the upcoming months, visit our website <https://heretaungawomenscentre.nz/events/our-activities/>

ENCOURAGING LANGUAGE DEVELOPMENT FOR YOUR PRESCHOOLER

This is your chance to talk to Clare Pudney, a Speech Language Therapist from the Pudney Hub and Early Intervention Therapy Service in Napier. We'll look at how best to support language development for children under the age of 5, how important play is, and ways we can play with our children to help develop their language. It's a chance to think about how to build more language development into our busy routines, and explore the link between behaviour and communication.

Thursday 17 August 10:30 – 11:30am

WOMEN'S TALK: 'SELF-CARE, AN ESSENTIAL INGREDIENT IN YOUR LIFE'

In this talk, wellness coach Sarah Nash will outline all things self-care, from the multiple evidence-based benefits to the barriers and how to work through them. Sarah will outline 14 self-care activities and provide advice on how you can integrate self-care into your daily routine. This empowering talk will see you leave energised and armed with lots of ideas, not only why but how you can prioritise yourself more and the positive ripple effect that will have on the people around you.

Thursday 24 August 12:00pm – 1:30 pm

'EXPERIENCE COMPASSION' SESSION with Alessandra & Jen

Would you like to feel more at ease with others and develop more understanding and compassion? This session introduces you to a simple and powerful exercise you can use to increase compassion and a personal sense of peace in your life.

Wednesday 16 August 11:30 am – 12:15 pm

WOMEN'S HEALTH SESSION: STRESS & STRATEGIES with Belle

Do you know what stress is and what your stress response looks and feels like? This workshop looks at how stress affects so many areas of our lives and the compounding effects unmanaged stress has on us. You'll learn strategies to recognise and respond to stress, and also how to embrace stress for all the positive elements it brings as well.

Wednesday 2 August 12 - 1 pm

SIGN UP!

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

OTHER COURSES, ACTIVITIES AND THERAPIES THIS WINTER:

- Mahi Wairua sessions
- Better Banking Workshop: Fraud & Scams
- Sewing for Beginners
- Grandparents Raising Grandchildren Coffee Group
- Learn How to Play the Ukulele
- Cervical Screening Clinic Appointments
- Healthy Plant-based Cooking Demonstration