









HWC PROGRAMME FOR MARCH 2024

	ADVOCACY	CONNECTION	MENTORSHIP	PERSONAL GROWTH	WOMEN'S HEALTH & WELLNESS
MONDAY		Art Therapy Group, weekly until 25 Mar. 09:30 – 11:30 am		Numerology Appointment, weekly – 10:00 – 11:00 am	
TUESDAY	Legal Clinic Appointments, weekly – 12:30 – 1:30 pm	Creative Card Making using Water Colours on 12 Mar. 11:00 am – 1:00 pm	Grassroots Gardening Club  starts on 26 Mar. 10:00 am – 12:00 pm	Transforming You workshop, weekly – 10:00 – 11:30 am	Mahi Wairua Appointment, weekly – 11:00 am – 12:00 pm
		HWC Fundraiser: Shepherdess – NZ Women working the Land at Focal Point Cinema on 5 Mar. at 5:30 pm (\$20 pp)	Financial Wellbeing for Women Series starts on 19 Mar. 10:30 – 11:30 am		Rongoā Mirimiri Sessions, weekly – 11:00 am – 4:00 pm
		Whitiwhiti Kōrero – Telling and Witnessing of Your Story starts on 19 Mar. 6:00 – 8:00 pm			Women's Health Session: Diet as a Lifestyle Choice with Dr Lucia Hannelova on 5 Mar. 12:00 – 1:00 pm
WEDNESDAY		Sewing for Beginners Group, weekly – 9:30 – 11:30 am			Cervical Screening Clinic Appointments fortnightly, 9:30 am – 4:00 pm
		Grandparents Raising Grandchildren Coffee Group fortnightly on 6 Mar. & 20 Mar. 10:00 – 11:30 am			Mahi Wairua Appointment, weekly – 1:00 – 2:00 pm
		Knitting Group, weekly – 12:00 – 1:00 pm			
THURSDAY	Planet Women Show on Radio Hawke's Bay: Chatting about the upcoming Rebellious Women Discussion Project, weekly, 12:00 – 12:25 pm	Rebellious Women Discussion Project on 28 Mar. 6:00 – 7:30 pm	Sewing Classes  weekly, 9:30 – 11:30 am	Harakeke Flax Weaving Course starts on 21 Mar. 9:30 am – 12:00 pm	
		Knitting Classes  weekly, 1:00 – 2:00 pm	Priceless: Unlock your Creativity Workshop on 28 Mar. 1:00 – 2:30 pm		
FRIDAY	International Women's Day: HWC Open Day in association with Hastings District Council's Parks Celebration Week on 8 Mar. 10:00 am – 2:00 pm	Quilting for Beginners Group starts on 2 Feb. 10:00 am – 12:00 pm	Cooking Class: Homemade Pizzas  on 22 Mar. 10:30 am – 12:00 pm		
		Shared HWC Community Lunch on 22 Mar. 12:30 – 1:30 pm			
SATURDAY					
NOTES	Please Note: The Centre only opens at 10:00 am weekly on Mondays. The Centre will be closed on Friday, 29 Mar. for Good Friday.		SuperGrans Heretaunga Individual & Small Group Mentoring Sessions are available Monday to Friday, 9:00 am – 4:00 pm		Counselling Appointments are available Monday to Friday, 9:00 am – 4:00 pm

HWC PROGRAMME FOR APRIL 2024

	ADVOCACY	CONNECTION	MENTORSHIP	PERSONAL GROWTH	WOMEN'S HEALTH & WELLNESS
MONDAY		Music Therapy Awareness Event & Session for Mums and Bubs on 15 Apr. 10:00 – 11:30 am		Numerology Appointment, weekly – 10:00 – 11:00 am	
TUESDAY	Legal Clinic Appointments, weekly – 12:30 – 1:30 pm	Creative Card Making using Autumn Leaves & Bark on 9 Apr. 11:00 am – 1:00 pm	Grassroots Gardening Club  until 23 Apr. 10:00 am – 12:00 pm	Women of Worth Move Up! Sessions, start on 30 Apr. 9:30 am – 12:30 pm	Mahi Wairua Appointment, weekly – 11:00 am – 12:00 pm Rongoā Mirimiri Sessions, weekly – 11:00 am – 4:00 pm
		Whitiwhiti Kōrero – Telling and Witnessing of Your Story, weekly – 6:00 – 8:00 pm	Financial Wellbeing for Women Series until 2 Apr. 10:30 – 11:30 am	Transforming You workshop, weekly until 9 Apr. 10:00 – 11:30 am	Pound Unplugged: 'Rock & Reset' Exercise Class, weekly 3:30 – 4:15 pm
WEDNESDAY		Sewing for Beginners Group, weekly until 3 Apr. 9:30 – 11:30 am			Breast Cancer Foundation Pink Campervan Visit on 10 Apr. 9:00 am – 2:30 pm Cervical Screening Clinic Appointments fortnightly, 9:30 am – 4:00 pm Women's Health Session: Breast Cancer Screening Awareness Morning Tea on 10 Apr. 10:30 – 11:30 am
		Grandparents Raising Grandchildren Coffee Group fortnightly on 3 Apr. & 17 Apr. 10:00 – 11:30 am			Mahi Wairua Appointment, weekly – 1:00 – 2:00 pm
		Knitting Group, weekly – 12:00 – 1:00 pm			
THURSDAY			Sewing Classes  weekly until 4 Apr. 9:30 – 11:30 am Knitting Classes  weekly, 1:00 – 2:00 pm	Harakeke Flax Weaving Course, weekly until 18 Apr. 9:30 am – 12:00 pm	
FRIDAY		Quilting for Beginners Group, weekly 10:00 am – 12:00 pm Shared HWC Community Lunch on 26 Apr. 12:30 – 1:30 pm	Cooking Class: Vegetarian Recipe  on 26 Apr. 10:30 am – 12:00 pm		Wonderful Ferments Workshop on 5 Apr. 1:00 - -12:00 pm on 5 Apr.
SATURDAY					Rongoā Rākau: Kawakawa Panipani (Balm) Making Workshop on 20 Apr. 1:00 – 3:00 pm (\$5 pp)
NOTES	Please Note: The Centre opens at 10:00 am weekly on Mondays. The Centre will be closed on 1 Apr. for Easter Monday & 25 Apr. for Anzac Day.		SuperGrans Heretaunga Individual & Small Group Mentoring Sessions are available Monday to Friday, 9:00 am – 4:00 pm		Counselling Appointments are available Monday to Friday, 9:00 am – 4:00 pm

Address: Cnr Eastbourne East & Russell St Hastings | Opening Hours: 9:00 am – 4:00 pm, Mon – Fri. | T: (06) 878 5401 C: 020 408 56695, | Email: admin@hwc.nz

HWC PROGRAMME

FOR MARCH & APRIL 2024

Address: Cnr Eastbourne East & Russell St Hastings | **Opening Hours:** 9:00 am – 4:00 pm, Mon – Fri. | **T:** (06) 878 5401 **C:** 020 408 56695, | **Email:** admin@hwc.nz

At the Heretaunga Women's Centre, our purpose is to enhance and advocate for the wellbeing and empowerment of women. Our five key areas of focus for 2024 are:

- **Advocacy** – supporting and advocating for the needs and empowerment of women.
- **Connection** – offering opportunities for women to come together and participate 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.

Read on to learn more about the activities, workshops, groups, events, and supports we will offer under each category in 2024. Bookings/registrations are essential and can be made by phone, email, through our website, or in person at the Centre.

ADVOCACY... supporting and advocating for the needs and empowerment of women.

Legal Clinic Appointments | 12:30 – 1:30 pm, weekly on Tuesdays

Thanks to the support of many law firms in Hastings, we can offer a free weekly legal clinic. This clinic provides women in our community with access to initial guidance on legal matters in a supportive, safe, and confidential manner. Each Tuesday, our legal clinic takes place with four 15-minute appointments available.

International Women's Day: HWC Open Day in association with Hastings District Council's Parks Celebration Week | 10:00 am – 2:00 pm on Friday, 8 Mar.

International Women's Day, held on 8 March, is a global day celebrating women's social, economic, cultural, and political achievements. It also marks a call to action to accelerate women's equality. Imagine a gender-equal world free of bias, stereotypes, and discrimination- a world that's diverse, equitable, and inclusive- a world where difference is valued and celebrated. Together, we can forge women's equality. Collectively, we can all **#InspireInclusion**. To celebrate International Women's Day this year, the Heretaunga Women's Centre will host an Open Day in association with the Hastings District Council's Parks Celebration Week. The day's purpose will be to showcase the historic Hastings Municipal Women's Rest building and the diverse services offered by the Heretaunga Women's Centre. We look forward to giving you a warm welcome, a tour, and swapping some stories. All welcome!

Planet Women: Chatting about the upcoming Rebellious Women Discussion Project with Amelia Stone | after the 12:00 pm (midday) news, weekly on Wednesdays for the month of March

Did you know the Heretaunga Women's Centre has a Radio Hawke's Bay segment where we share the voices and stories of local women? The Planet Women radio show aims to create opportunities for you to hear from different individuals, organisations, and businesses to learn about the support and services available for women in the Hawke's Bay community. Be on the lookout for upcoming episodes, which will be aired each Wednesday after the 12 o'clock midday news. Visit the Radio Hawke's Bay website or click on the [Planet Women \(radiohawkesbay.org.nz\)](https://radiohawkesbay.org.nz) for our March Planet Women episode, in which Deidré Venter and Amelia Stone to discuss the upcoming Rebellious Women Discussion Project.

CONNECTION... offering opportunities for women to come together and participate in shared interests and activities.

Art Therapy Group with Tenille | 09:30 – 11:30 am, an 8-week course on Mondays until 25 Mar. (\$5 pp)

An opportunity to come together and create collaboratively while nurturing community and connection. We will spend 8 weeks working on decorating a tablecloth that will be gifted to the Women's Centre to be used for functions and celebrations. Some of the decorating options will include fabric painting and drawing, stitching, embroidery and embellishment. This group will be a drop-in – come as often as you are able. Enjoy a relaxed environment connecting with other women. No prior art or artistic experience is necessary. Morning tea on the last Monday to come together and look at our creation. This group will cost \$5 per person, to cover the expenses of the materials.

Music Therapy Awareness Event: Music for Mums and Bubs with Sinead and Ella from Raukauri Music Therapy Centre | 10:00 -11:30 am on Monday, 15 Apr.

The Heretaunga Women's Centre is proud to host a morning of Music for mums, pēpē (babies) and tamaraki (children) under 3, on 15 April as part of Music Therapy Week 2024. Music is especially powerful in nurturing the bonds between parents and children. In collaboration with Raukauri Music Therapy Centre, two of our local wāhine music therapists, Ella and Sinead, will facilitate a 30–45 minute group, followed by time to connect over coffee or tea.

Creative Card Making with Hannah | 11:00 am – 1:00 pm on the second Tuesday of each month: 12 Mar. & 9 Apr.

This group allows participants to get creative, learn a new way of card making, and enjoy getting to know others over coffee and cake. In March, we will explore the use of watercolours, while in April, we will explore the use of autumn leaves and bark.

HWC Fundraiser: Shepherdess – NZ Women working the Land | 5:30 pm on 5. Mar at the Focal Point Cinema (\$20 pp)

The Heretaunga Women's Centre celebrates International Women's Day annually, usually with a movie and nibbles at the Focal Point Cinema in Hastings. Tickets are available for \$20 online or by calling into the Centre or by emailing admin@hwc.nz Men are welcome to attend. This year, we are thrilled with the permission of

producer Nadia Maxwell to screen two episodes from *Shepherdess*, a specially commissioned NZ television series. Even more exciting is one of the episodes, *Pōrangahau*, which was filmed right here in the Bay! *Shepherdess* is an amazing dedication to the resourcefulness and depth of talent of the women of the land in Aotearoa. The women portrayed are all connected by a sense of place and share their stories of courage, commitment, and community. Explored in the episodes are their sense of self, whānau, community, and landscape in which the women live.

Shepherdess believes every woman has a story to tell. Led by the woman's voice, *Shepherdess* leans into the rhythms and routines of life on the land as the series unravels their world, exploring their personal thoughts and feelings. Rest assured, the stories are not just about cows and grass but intimate accounts of identity and culture, art and entrepreneurship, love and life, and what it means to be a woman working on the land in Aotearoa today. We will be screening two episodes of the series:

- **Episode Pōrangahau**

Pōrangahau is a small but strong community in Central Hawke's Bay. Tania Nicholas (Ngāti Toa Rangatira, Ngāti Ruanui, Ngāruahine) left her career as a Māori Land Court lawyer to follow her husband Orlando back to his hometown and has become involved in the community – including setting up a coffee cart in an old horse float in their driveway. Piri Galbraith (Ngāti Kahungunu, Ngāti Porou) married her high school sweetheart, a local farmer, and runs two local businesses, the Kurawaka Retreat Centre and the village's dairy. An English shepherd on a station, Izzi Corke, has found herself at home in Pōrangahau.

- **Episode Tora**

Tora is an isolated community with a farming and fishing history located on the rugged South Wairarapa Coast. Here, Claire Edwards (Ngāi Tahu) runs Tora Collective with her partner Troy – harvesting kaimoana seasonally and only to order; they are on a mission to change New Zealand's relationship with kaimoana; Kiri Elworthy runs the three-day Tora Coastal Walk, taking in the rugged coastline, native bush and farmland; and Fiona Firth who commutes two hours a day to work in town as a nurse from the farm where she lives with her husband and three kids.

Whitiwhiti Kōrero – Telling and Witnessing of Your Story with Raynor | 6:00 – 8:00 pm, weekly on Tuesdays from 26 Mar.

Whitiwhiti kōrero is a forum for cultural support that offers a safe and supportive space to share your story in a witnessing process. Sharing and witnessing our stories can be a powerful healing tool. It helps people feel like they are not alone and provides opportunities for others to provide feedback about the positive impact that witnessing has provided. Raynor will facilitate this drop-in healing experience on Tuesday evenings. Please ensure that you register before attending this group.

Sewing for Beginners Group with Georgina | 9:30 – 11:30 am, weekly on Wednesdays until 3 Apr.

Learn the skills to sew your items of choice (e.g., cushions, curtains, and clothing) in a relaxed and informal environment. If you have your own sewing machine, please bring it; otherwise, we do have a few machines you can use. Some materials are available. You can come with a project, or we can provide you with one. This group

is open to women with varying levels of sewing skills. Come along and enjoy being a part of a group while working on your projects.

**Grandparents Raising Grandchildren Coffee Group with Nga | 10:00 – 11:30 am, fortnightly on Wednesdays:
6 Mar., 20 Mar., 3 Apr. & 20 Apr.**

Grandparents Raising Grandchildren Trust NZ (GRG) provides support services to grandparents who are full-time primary caregivers to their grandchildren. GRG forms a community of people walking the same path, experiencing the same sorrow, joy, and challenges that the role of a grandparent and whānau caregiver brings. Nga, the Hastings GRG Support Coordinator, is offering informal fortnightly coffee groups to provide support and the realisation that you are not alone – instead, that others can help you on your path.

Knitting Group with Carolyn | 12:00 – 1:00 pm, weekly on Wednesdays

Whether you are a complete beginner or experienced, join our knitting group if you want to knit in the company of others.

Rebellious Women Discussion Project with Amelia | 6:00 – 7:30 pm, on Thursday, 28 Mar.

Rebellious women are "women throughout history who refused to shut up and do what was expected of them." This monthly discussion project remembers a woman (or a group of women) who refused to follow convention, trod their own path and made an impact on the world around them. Each month, we'll post a bio of a different woman and ask you to consider what made her remarkable and what qualities or strengths she had that we could all learn from and draw on in our own lives. You may not have heard of many of them because, unsurprisingly, history was often written not about them, but about the men around them.

- In March, we will look at **'La Pola' – Revolutionary Spy:**

Mariah Policarpa Salavarrieta Rios, known in Colombia today as Policarpa or 'La Pola', is one of many extraordinary women whose history was almost erased. If you read about the significant revolutionary characters who helped turn the Imperial Spanish colony of New Granada in South America into the independent country of Colombia, you'll find lots of information on patriotic heroes like Simon Bolivar but very little about the many women who were deeply involved in the struggle for Independence. Today, La Pola is a heroine to Colombians, particularly Colombian women, but historians had to piece together many details of her life indirectly, finding clues in the lives of the men around her. La Pola's memory survived because of her intelligence and bravery as a spy for the independence movement, and her defiance in the face of adversity has echoed down the centuries.

When you register, we will email you an in-depth bio to read and process; we'd like to invite you to do a little more reading if you like. Otherwise, join us for the discussion, where you can listen or share your views and thoughts.

Quilting for Beginners with Bev | 10:00 am – 12:00 pm, weekly on Fridays

Have you ever thought about learning how to quilt? Learn the basics and let your creative juices flow. Together we can help one another with ideas and projects. If you have, bring your own machine and sewing/quilting kit. Some free materials are available; we can repurpose materials from other items, such as clothing, linen, etc.


Shared Community Lunch with the HWC Team | 12:30 – 1:30 pm, on the last Friday of each month: 22 Mar. (please note: 29 Mar. is Good Friday, Easter weekend, and the Centre will be closed) & 26 Apr.
All women and children are welcome to come and share a healthy lunch with us; we will provide a healthy, vegetarian-cooked meal for those who join us.

MENTORSHIP... creating relationships that support the transfer and development of skills and knowledge.

SuperGrans Heretaunga Individual & Small Group Mentoring Sessions | 9:00 am – 4:00 pm, available Monday to Friday

SuperGrans Heretaunga is a free service for all women delivered at the Heretaunga Women's Centre within our mentorship kaupapa. You can receive support through one-on-one mentoring and/or attending workshops. Our trained SuperGrans Heretaunga mentors have a range of experience, knowledge, and skills to support you in strengthening the practical skills and confidence you need to make the most out of your life and live well.


We are committed to connecting you with a SuperGrans Heretaunga mentor who will walk alongside you to meet your needs and reach your goals. Some of the skills we can support you to develop are growing your own food, cooking healthy meals, sewing, communication skills, technology skills, financial literacy, employment skills, and many others.

- **Grassroots Gardening Club with Michelle | 10:00 am – 12:00 pm, weekly on Tuesdays from 26 Mar. – 23 Apr.** 

Join us weekly at the Heretaunga Women's Centre to learn basic gardening tips and practice soil preparation, gardening techniques, positioning of seasonal produce and many other skills. We all know how expensive things are getting in the supermarket, so Michelle is keen to share her knowledge and experience of gardening to support you in growing kai for your whānau and friends. This 6-week course caters for beginner gardeners. Please bring your own hand tools, appropriate gardening shoes, a sun hat and sunblock for this practical, hands-on learning experience.


- **Financial Wellbeing for Women Series with Community Banker Diana Moyle | 10:30 – 11:30 am, a 3 week series on Tuesdays from 19 Mar. – 2 Apr.**

Diana is a Community Banker who provides education and banking support within the community. This series will address these topics: 1. everyday finances to understand how your daily spending decisions impact your everyday spending; 2. save for a rainy day to feel more financially prepared to deal with unexpected expenses; and 3. money goals for the future to learn how to create well-defined goals and a plan to achieve them. Diana will also be able to answer any questions and guide you through things you are unsure of.


- **Sewing Classes with Georgina & Tricia | 9:30 – 11:30 am, weekly on Thursdays until 11 Apr.** 

Recent shopping shortages and restrictions have made us all more aware of the need to extend the life of something we already have on hand. There are many things you can re-purpose with very good results. One

of the best ways to learn how to sew is to learn how to repair something. Hemming, closing a torn seam and replacing a button are opportunities to learn sewing basics. No matter your abilities or skill level, these sewing classes will teach you to confidently 1. use a sewing machine, 2. alter, mend, and repurpose, 3. prepare, layout and follow a pattern to completion. If you have your own sewing machine, please bring it; otherwise, we do have a few machines you can use. Some materials are available.

- **Knitting Classes with Brigid | 1:00 – 2:00 pm, weekly on Thursdays** 

This special project is shared with Ara Poutama Aotearoa, the Department of Corrections (Hastings Branch) and the Special Care Baby Unit (SCBU) at Te Whatu Ora, Te Matau a Māui Hawke's Bay. This knitting group teaches you how to knit Peggy Squares which are woven into blankets. As you gain skills and confidence, you will progress onto reading patterns and knitting woollen garments such as singlets and cardigans, which are gifted to the babies and families who access the services of the SCBU during the year.

- **Cooking Classes with SuperGrans Heretaunga Mentors | 10:30 am – 12:00 pm, on the last Friday of each month, on 23 Feb. & 22 Mar. (please note: 29 Mar. is Good Friday, Easter weekend, and the Centre will be closed)** 

Cooking can be easy and affordable if you learn how to use seasonal produce in your recipes. Knowing key ingredients and having a great recipe book can be invaluable. Learn how to make simple vegetarian recipes. These classes are for those who love exploring different cuisines and styles of cooking. To join this group, you must have some kitchen experience (basic meal preparation skills and the ability to follow a recipe independently). Please bring a small container to take home a sample of the selected recipes. This class will be limited to four participants. Join Alessandra on 22 Mar. to make homemade pizzas and learn a new vegetarian recipe with Michelle on 26 Apr.

PERSONAL GROWTH... providing opportunities for personal growth and self-development to enhance and enrich different areas of your life.

- **Numerology Appointment with Diane | 10:00 – 11:00 am, weekly on Mondays**

Your Life-Path number is probably the most influential numerological aspect to be considered. This number is determined by your birth date and represents who you are at this time. It indicates specific traits that are present and will likely be active and influential throughout your lifetime. Each Monday, there is one 60-minute appointment available.

- **Women of Worth: Move Up! Sessions with Deidré | 9:30 am – 12:30 pm, a 10-week programme on Tuesdays from 30 Apr. – 2 Jul.**

Women of Worth offers a range of programmes to support women in making the positive, lasting changes they desire. Move Up! is a 10-session programme that runs once a week. It offers a personalised approach within a facilitated group setting. It uses various tools and strategies to consider change in seven key life areas. Small steps in these areas can lead to significant change for participants. During these sessions, you will:

- Discover your worth and strengths and how to use them.
- Identify and develop your skills and talents.

- Explore ways to make the lasting changes you want.
- Learn how to use tools and strategies for overcoming challenges and building resilience on your way to success.
- Develop a realistic plan – a way forward for building the life you want for you and your whānau.
- Have fun and celebrate with other women in a supportive group setting.

Spaces are limited. Sign up to participate in this new and exciting programme offered by the Heretaunga Women's Centre.

Transforming You Sessions with Melissa | 10:00 – 11:30 am, a 7-week course on Tuesdays from 27 Feb. – 9 Apr.

This is a 7-week journey to self-discovery and awareness. By working with mind, body, and soul, you will overcome limiting beliefs, begin to heal, and find self-love and confidence. You will rediscover who you truly are, so you realise your full potential and self-worth, enabling you to create a life you love.

Priceless: Unlock your Creativity Workshop with Sharleen & Guest Hosts | 1:00 – 2:30 pm on Thursday, 28 Mar.

Creativity is not just something you do; it's who you are. Explore your personal creative expression and embrace your uniqueness. In March, enjoy a gentle pastel artwork experience with host Amanda Sowersby. Learn techniques, explore colour blending, and create a beautiful piece of art to take home. Numbers are limited, so please register soon. Please note there will be no Unlock your Creativity Workshop in April as the last Thursday is 25 Apr., and the Centre will be closed for Anzac Day.

Harakeke Flax Weaving Course with Brenda | 9:30 am – 12:00 pm, a 5-week course on Thursdays from 21 Mar. – 18 Apr.

Come and weave flax with Brenda and learn to make small flowers. If time permits, a small kete will be made—a five-week course learning simple to complex weaving designs. Limited numbers and some experience is preferred. Please call Brenda on 06 878 5401 to register/discuss the course.

WOMEN'S HEALTH & WELLNESS... promoting wellness in women.

Individual Counselling Appointments | 9:00 am – 4:00 pm, available Monday to Friday

Talking through issues can help you make sense of difficult or complicated situations. Talking to someone who can help you work through matters at your own pace can make all the difference. The Heretaunga Women's Centre offers affordable, confidential, and professional counselling services that is respectful and welcoming to all women.

The **Women's Health Sessions Series** is presented by qualified female health professionals from the Hawke's Bay community. It aims to educate and support women to help manage their health. It provides guidance about women's health issues and concerns and gives practical advice on how to live a healthier lifestyle.

- **Women's Health Session: Bowel Screening Awareness Morning Tea with Liz & Sally from Te Whatu Ora Te Matau a Maui, Hawke's Bay | 11:00 am – 12:00 pm on Tuesday, 19 Mar.**

Did you know that New Zealand has one of the highest rates of bowel cancer in the world? It is the second highest cause of cancer death in New Zealand. The National Bowel Screening Programme is offered bi-annually to help detect bowel cancer. It is free to anyone aged 60 to 74 years who is eligible for publicly funded health care. The self-administered test is quick, clean, simple and can be performed in the comfort of your home. Join Liz and Sally for morning tea while you learn more about the bowel screening programme – the how, why and where. The 20-minute presentation will be followed by a questions and answers session.

- **Women's Health Session: Breast Cancer Screening Awareness Morning Tea with Judy & Alison from the Breast Cancer Foundation NZ | 10:30 – 11:30 am on Wednesday, 10 Apr.**

Breast cancer is the most common cancer for Kiwi women and the third most common cancer overall. It affects one in nine New Zealand women over their lifetime. The Breast Cancer Foundation NZ's vision is to make zero deaths from breast cancer a reality. Their multimedia awareness campaigns are aimed at educating all women 25y+ on the importance of early detection, the signs of breast cancer and what to look for, as well as the importance of getting any unusual changes checked out and having regular mammograms from age 40. When a woman is diagnosed with breast cancer, the effects spread through their family and friends. Whether it's a husband, daughter, parent, neighbour, co-worker, pet, friend, or friend of a friend, they are all affected on some level or another. Join Judy and Allison for morning tea as they share about breast checks and other prevention strategies.

Mahi Wairua Appointments with Raynor | 11:00 am – 12:00 pm, weekly on Tuesdays & 1:00 – 2:00 pm, weekly on Wednesdays

Mahi Wairua is a cultural therapy that uses traditional and modern Māori healing practices. It engages in the flow of Wairua through the energetic anatomy and balanced breath, releasing pain and trauma caused to the body. Mahi Wairua acknowledges Mauri (life essence), Mana (status) and Tapu (sacredness) and works to restore the violated Tapu. One 60-minute appointment is available each Tuesday and Wednesday.

Rongoā Mirimiri – Therapeutic Touch Sessions with Queen | 11:00 am – 4:00 pm, weekly on Tuesdays from 20 Feb. – 28 May

We know that water holds memory – since we are made up of 80% water, memories are stored in the DNA of our cells. These cells can hold the memory of trauma, and Rongoā Mirimiri helps to shift the memory. Mirimiri is an ancient Māori healing practice that utilises a holistic approach to restoring wellness to the mind, body, spirit and emotional being. It involves therapeutic touch and gentle bodywork that relieves aches and pains and relaxes the muscles. Please wear comfortable, loose clothes to the session. If you have skin sensitivity to Kawakawa balm, please bring your own lotion. Each Tuesday, three 60-minute (at the discretion of the kairongoā) sessions are available.

Pound Unplugged: 'Rock & Reset' Exercise Class with Aynsley, a group fitness instructor from the Women's Fitness Studio | 3:30 – 4:15 pm, weekly on Tuesdays from 20 Feb. (\$20 pp for 5 classes)

Pound Unplugged blends high-intensity training with rhythmic breathing, mindfulness, and meditation. There are modifications, so the class is suitable for all ages and fitness levels. If you're looking for a workout for the body and the mind, come to the 'Rock & Reset' class. Bring a yoga mat (if you have one), water and comfy workout clothes. You may choose to wear shoes or be barefoot. Due to the size of the venue, this class will be limited to 8 women per week. We will have a '5-class pass' for \$20 to encourage as many women as possible to have the opportunity to join this class. You can pick which weeks you would like to attend according to your availability; we ask that you book your class before attending to ensure a spot is available.

Breast Cancer Foundation Pink Campervan Visit with Alison & Judy | 9:00 am – 2:30 pm on Wednesday, 10 Apr.

Each year, the Breast Cancer Foundation specialist nurses travel around Aotearoa in one of their iconic Pink Campervans, providing free breast health advice. They visit towns and cities across the country, including smaller communities, who don't have access to the health services the bigger cities do. For advice about mammograms, checking your breasts, healthy lifestyles, and family risk, their nurses talk to Kiwis about all things breast health. They would love to chat with you, so feel free to pop in to say hi. It is free, and no appointment is needed.

Cervical Screening Clinic Appointments with Sandra and Colleagues from Te Whatu Ora, Te Matau a Māui Hawke's Bay | 9:30 am – 4:00 pm, fortnightly on Wednesdays: 13 Mar., 27 Mar., 10 Apr. & 24 Apr.

This is a free service for women between the ages of 25 and 70. Please phone 0800 729729 to book an appointment.

Wonderful Ferments Workshop with Cat & Alessandra | 1:00 – 12:00 pm on Friday, 5 Apr.

This will be a practical (hands-on) workshop alongside Cat and Alessandra, where you will learn more about fermentation. This is the process of producing a useful substance for human life by decomposing organic substances using microorganism enzymes. Learn how to ferment your own food & use it in many different ways. You will take home many new ideas, recipe inspiration, and the confidence to incorporate ferments into your daily life—more information to follow.

Rongoā Rākau: Kawakawa Panipani (Balm) Making Workshop with Queen | 1:00 – 3:00 pm on Saturday, 20 Apr.

In this workshop, Queen will demonstrate how to make your own healing Kawakawa panipani (balm) using Rongoā (traditional Māori healing practices). You will learn different ways of using Kawakawa and will be able to take some panipani home with you to support your own healing. This workshop will **cost \$5 per person** to cover the expenses of the recipe ingredients and a small take-home container.

Bookings/registrations are essential and can be made by phone, email, through our website, or in person at the Centre. We welcome a koha/donation unless the cost is stated.

HWC Bank Account Number: 03 0642 0730099 00 – please reference the activity name.