





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	Financial Wellbeing for Women Series until 2 Apr. 10:30 – 11:30 am	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
				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
		Grandparents Raising Grandchildren Coffee Group fortnightly on 3 Apr. & 17 Apr. 10:00 – 11:30 am			Cervical Screening Clinic Appointments fortnightly, 9:30 am – 4:00 pm
		Knitting Group, weekly – 12:00 – 1:00 pm			Women's Health Session: Breast Cancer Screening Awareness Morning Tea on 10 Apr. 10:30 – 11:30 am Mahi Wairua Appointment, weekly – 1:00 – 2:00 pm
THURSDAY	Planet Women Show on Radio Hawke's Bay: Chatting about Getting More Women on Boards in NZ weekly, 12:00 – 12:25 pm		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	Cooking Class: DIY Pizza  on 26 Apr. 10:30 am – 12:00 pm		
		Shared HWC Community Lunch on 26 Apr. 12:30 – 1:30 pm			
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 MAY 2024

	ADVOCACY	CONNECTION	MENTORSHIP	PERSONAL GROWTH	WOMEN'S HEALTH & WELLNESS
MONDAY				Numerology Appointment, weekly – 10:00 – 11:00 am	
TUESDAY	Legal Clinic Appointments, weekly – 12:30 – 1:30 pm	Creative Card Making using Tracing Paper & Confetti on 14 May 11:00 am – 1:00 pm	Learn How to Cook Classes  weekly starting on 7 May 10:00 am – 12:00 pm	Women of Worth Move Up! Sessions weekly, 9:30 am – 12:30 pm	Mahi Wairua Appointment, weekly – 11:00 am – 12:00 pm
		Whitiwhiti Kōrero – Telling and Witnessing of Your Story on 21 May 6:00 – 8:00 pm		Songwriting Workshop starting on 7 May 7:00 – 8:00 pm	Rongoā Mirimiri Sessions, weekly – 11:00 am – 4:00 pm
WEDNESDAY		Sewing for Beginners Group, weekly starts on 8 May 9:30 – 11:30 am			Cervical Screening Clinic Appointments fortnightly, 9:30 am – 4:00 pm
		Grandparents Raising Grandchildren Coffee Group fortnightly on 1 May, 15 May & 29 May 10:00 – 11:30 am			Planet Women Show on Radio Hawke's Bay: Chatting about Breast Cancer Awareness weekly, 12:00 – 12:25 pm
		Knitting Group, weekly – 12:00 – 1:00 pm			
		Board Games & Community Lunch on 1 May 12:30 – 2:00 pm			Mahi Wairua Appointment, weekly – 1:00 – 2:00 pm
THURSDAY	Women's Self Defence Class on 23 May 10:00 am – 2:00 pm		Sewing Classes  weekly starting on 2 May 9:30 – 11:30 am	Priceless: Unlock your Creativity on 30 May 1:00 – 2:30 pm	
			Knitting Classes  weekly, 1:00 – 2:00 pm	Rebellious Women Discussion Project: 'La Pola' on 30 May 6:00 – 7:00 pm	
FRIDAY		Quilting for Beginners Group, weekly 10:00 am – 12:00 pm	Cooking Class: Vegetarian Recipe  on 31 May 10:30 am – 12:00 pm		Wonderful Ferments Workshop on 10 May 12:00 – 1:00 pm
		Shared HWC Community Lunch on 31 May 12:30 – 1:30 pm			
SATURDAY					
NOTES	Please Note: The Centre opens at 10:00 am weekly on Mondays.		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 & MAY 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.

Planet Women: Chatting about the Getting more Women on Boards in NZ with Gwyn John, co-chair of the Heretaunga Women's Centre | after the 12:00 pm (midday) news, weekly on Wednesdays in April

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://planetwomen.org.nz) for our April Planet Women episode, in which Deidré Venter and John Gwyn discuss the need for getting more women represented on boards in New Zealand.

Women's Self-Defence Course with Brie from Kia Haumaru | 10:00 am – 2:00 pm on Thursday, 23 May

This course teaches you to think confidently, speak strongly, and use self-defence skills when necessary. You will learn ways of dealing with unsafe situations, including dealing with being followed, acquaintance and

stranger attacks, sexual harassment; getting out of grabs and holds; how to think your way out of threatening situations and/or unhealthy relationships. The course style is participatory, practical, fun and empowering. It includes discussions, games, physical sessions, and role-plays. Lunch will be provided for group participants.

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

Music Therapy Awareness Event: Music for Mums and Bubs with Sinead and Ella from Raukatauri 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 Raukatauri 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 and Liz | 11:00 am – 1:00 pm on the second Tuesday of each month: 9 Apr. & 14 May

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 April, Hannah will explore the use of autumn leaves and bark, while Liz will facilitate a session on making Mother's Day cards. In May, Hannah will explore the use of tracing paper and confetti, and Liz will facilitate a session on making cards with a confetti styled embossing layer with spotty banners and circles with sentiments.

Whitiwhiti Kōrero – Telling and Witnessing of Your Story with Raynor | 6:00 – 8:00 pm, monthly on the third Tuesday of each month: 21 May.

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 starting on 8 May

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:
3 Apr., 20 Apr., 1 May, 15 May & 29 May**

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.

Board Games & Community Lunch with the Enliven Community Support Worker Team | 12:30 – 2:00 pm on Wednesday, 1 May

As autumn brings colder mornings, join us for a heartwarming community lunch filled with laughter and friendly chats. Gather round for an early afternoon of old-fashioned fun, whether it's a game of Scrabble, one of the Centre's board games, or your own favourite pastime. In a world where time rushes by, let's take the time to enjoy the simple things in life. A special thanks to the Enliven Community Support Worker Team for preparing the kai and hosting this wonderful gathering. Please remember to book your spot ahead of time!

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:
26 Apr. & 31 May**

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.

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

- **Learn How to Cook Classes with Michelle & Vaso | 10:00 am – 12:00 pm, a 4 week course on Tuesdays from 7 – 28 May**

These cooking classes are skills-focused and catering to beginners who need to learn the basics when it comes to preparing food—more information to follow.

- **Sewing Classes with Tricia | 9:30 – 11:30 am, weekly on Thursdays starting on 2 May** 

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 26 Apr. & 31 May** 

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 26 Apr. to make homemade pizzas and learn a new vegetarian recipe with Michelle on 31 May.

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 & Tabea | 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 until 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.

Songwriting Workshop with Sinead | 7:00 – 8:00 pm, on the first Tuesday of each month: 7 May

Join Sinead, a talented song-writer and musician, to learn how to write your own songs in this monthly workshop – more information to follow.

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

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

Creativity is not just something you do; it's who you are. Explore your personal creative expression and embrace your uniqueness. More information about the May workshop will follow. 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.

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

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 May, 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.

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.

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 until 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 (\$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.

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: 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.

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: 10 Apr., 24 Apr. 8 May & 22 May

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

Planet Women: Chatting about Breast Cancer Awareness with Alison Smith, specialist nurse from the Breast Cancer Foundation NZ | after the 12:00 pm (midday) news, weekly on Wednesdays in May

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 \(radiohawkesbay.org.nz\)](http://radiohawkesbay.org.nz) for our May Planet Women episode, in which Deidré Venter and Alison Smith from the Breast Cancer Foundation NZ discuss the breast cancer awareness.

Wonderful Ferments Workshop with Cat & Alessandra | 12:00 – 1:00 pm on Friday, 10 May

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.