



# HWC PROGRAMME FOR NOVEMBER 2024



	ADVOCACY	CONNECTION	MENTORSHIP	PERSONAL GROWTH	WOMEN'S HEALTH & WELLNESS
MONDAY	Tanya Unkovich, MP Visit: Advocacy & Networking Hui on 25 Nov. 11:00 am – 1:00 pm	Quilting for Beginners Group, weekly from 4 Nov. 1:00 – 3:00 pm <b>\$10 per participant for 6 weeks</b>		Numerology Appointment, weekly – 10:00 – 11:00 am	Gentle Mat Movement, weekly – 9:30 – 10:30 am Individual Art Therapy Appointments, weekly – <b>FULLY BOOKED</b> 9:30 – 10:30 am & 10:45 – 11:45 am
TUESDAY	Legal Clinic Appointments, weekly – 12:30 – 1:30 pm	Creative Card Making: Christmas Cards, monthly on 12 Nov. 11:00 am – 1:00 pm Whitiwhiti Kōrero – Telling and Witnessing of Your Story, monthly on 19 Nov. 6:00 – 8:00 pm		Grief Talk with Alysha Macaulay, Death Doula and Funeral Celebrant on 12 Nov. 10:30 – 11:30 am	Individual Reflexology Appointments weekly from 5 Nov. – 10 Dec. 10:00 – 10:45 & 11:00 – 11:45 Mahi Wairua Appointment, weekly – 11:00 am – 12:00 pm
WEDNESDAY		Grandparents Raising Grandchildren Coffee Group fortnightly on 13 Nov. & 27 Nov. 10:00 – 11:30 am Knitting Group, weekly – 12:00 – 1:00 pm			Cervical Screening Clinic Appointments on 20 Nov. 9:30 am – 4:00 pm Life Coaching Appointments, fortnightly on 13 Nov. & 27 Nov. 10:00 – 11:00 am & 11:30 am – 12:30 pm Mahi Wairua Appointment, weekly – 1:00 – 2:00 pm
THURSDAY		HWC Movie Night Fundraiser: We Are Dangerous at Focal Cinemas, Hastings on 14 Nov. 5:30 – 8:00 pm <b>\$30 per ticket</b>	Sewing Classes  weekly until 28 Nov. 9:30 – 11:30 am	Needle Felting: Silk Angels workshop on 21 Nov. 11:00 – 1:00 pm <b>\$5 per participant</b> Priceless: Unlock your Creativity Creative Watercolour workshop on 28 Nov. 1:00 – 2:30 pm	Individual Herbalist Appointments, weekly 9:00 – 11:00 am
FRIDAY		Shared HWC Community Lunch on 29 Nov. 12:30 – 1:30 pm	Cooking Class  Making a Roasted Vegetable & CousCous Salad on 29 Nov. 10:30 am – 12:00 pm	Goddess Making Clay Workshop Day 1 on 15 Nov. 5:00 – 8:00 pm <b>\$40 per participant for the 2-day workshop</b>	
SATURDAY				Goddess Making Clay Workshop Day 2 on 16 Nov. 9:00 am – 12:00 pm	
NOTES	<b>HWC Christmas Extravaganza Raffle</b> will be launched mid-Nov. <b>1 ticket for \$5 &amp; 3 tickets for \$10</b>	<b>Looking for Room Hire?</b> We've got you covered! Contact Brenda at <a href="mailto:admin@hwc.nz">admin@hwc.nz</a> for more information.	<b>SuperSkills Heretaunga</b> Individual & Small Group Mentoring Sessions are available Monday to Friday, 9:00 am – 4:00 pm	<b>Hallway Art Exhibitions</b> with various female artists, fortnightly 9:00 am – 4:00 pm	<b>Counselling Appointments</b> are available on weekdays (except for Thursdays), 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](mailto:admin@hwc.nz)

**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 PROGRAMME FOR DECEMBER 2024



	ADVOCACY	CONNECTION	MENTORSHIP	PERSONAL GROWTH	WOMEN'S HEALTH & WELLNESS
MONDAY		Quilting for Beginners Group, weekly until 9 Dec. 1:00 – 3:00 pm <b>\$10 per participant for 6 weeks</b>		Numerology Appointment, weekly until 9 Dec. 10:00 – 11:00 am	Gentle Mat Movement, weekly until 9 Dec. 9:30 – 10:30 am Individual Art Therapy Appointments, weekly until 9 Dec. – <b>FULLY BOOKED</b> 9:30 – 10:30 am & 10:45 – 11:45 am
TUESDAY	Legal Clinic Appointments, weekly – 12:30 – 1:30 pm	Whitiwhiti Kōrero – Telling and Witnessing of Your Story, monthly on 17 Dec. 6:00 – 8:00 pm			Individual Reflexology Appointments weekly until 10 Dec. 10:00 – 10:45 & 11:00 – 11:45 Mahi Wairua Appointment, weekly until 10 Dec. 11:00 am – 12:00 pm
WEDNESDAY	Women's Self-Defence Course on 4 Dec. 10:00 am – 2:00 pm	Grandparents Raising Grandchildren Coffee Group fortnightly on 11 Dec. 10:00 – 11:30 am Knitting Group, weekly until 11 Dec. 12:00 – 1:00 pm			Cervical Screening Clinic Appointments on 18 Dec. 9:30 am – 4:00 pm Life Coaching Appointments, fortnightly on 11 Dec. 10:00 – 11:00 am & 11:30 am – 12:30 pm Mahi Wairua Appointment, weekly until 11 Dec. 1:00 – 2:00 pm
THURSDAY		Creative Card Making: Christmas Ornaments, monthly on 12 Dec. 11:00 am – 1:00 pm			Individual Herbalist Appointments, weekly until 12 Dec. 9:00 – 11:00 am
FRIDAY		HWC Community Christmas Lunch on 13 Dec. 12:30 – 2:00 pm			
SATURDAY					
NOTES	<b>HWC Christmas Extravaganza Raffle</b> will be drawn on Wed. 18 Dec.	<b>Looking for Room Hire?</b> We've got you covered! Contact Brenda at <a href="mailto:admin@hwc.nz">admin@hwc.nz</a> for more information.	<b>SuperSkills Heretaunga</b> Individual & Small Group Mentoring Sessions are available Monday to Friday, 9:00 am – 4:00 pm	<b>Hallway Art Exhibitions</b> with various female artists, fortnightly 9:00 am – 4:00 pm	<b>Counselling Appointments</b> are available on weekdays (except for Thursdays), 9:00 am – 4:00 pm

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# HWC PROGRAMME

## FOR NOVEMBER & DECEMBER 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.

**Tanya Unkovich, NZ First MP Visit: Advocacy & Networking Hui | 11:00 am – 1:00 pm on Monday, 25 Nov.**

Join us for an Advocacy and Networking Hui with NZ First MP Tanya Unkovich on Monday, 25 November, from 11:00 am to 1:00 pm at the Heretaunga Women's Centre. This session will provide a valuable opportunity for community organisations and services to discuss key issues in Social Services, Children and Youth Affairs, Social Housing, Family Issues, and Community and Volunteer Services. Let's connect, share insights, and strengthen our collective support for the wāhine and whānau we serve. Please confirm your attendance by emailing Deidré at [manager@hwc.nz](mailto:manager@hwc.nz) by Friday, 22 Nov.

**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.

**Women's Self-Defence Course with Brie from Kia Haumaru | 10:00 am – 2:00 pm on Wednesday, 4 Dec.**

Learn how to protect yourself in this empowering, hands-on self-defence course. You will learn how to deal with unsafe situations, including being followed, acquaintance and stranger attacks, sexual harassment, getting out of grabs and holds, and thinking your way out of threatening situations and/or unhealthy relationships.

With a mix of discussions, games, role-plays, and physical training, the course is practical, fun, and confidence-boosting! Lunch is provided.

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

**Quilting for Beginners with Bev | 1:00 – 3:00 pm, weekly on Mondays restarting on 4 Nov. – 9 Dec.**

Have you ever considered learning how to quilt? Learn the basics, like sourcing a pattern, cutting, and sewing your choice of cushion, table runner, throw, or wall hanging, and let your creative juices flow. Together, we can help one another with ideas and projects. x 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. The classes will run for six weeks, **with a small charge of \$10** to enable us to purchase items such as batting.

**Creative Card Making with Hannah and Liz | 11:00 am – 1:00 pm on Tuesday, 12 Nov. & 12 Dec.**

This group allows participants to get creative, learn a new way of card making, and enjoy getting to know others over coffee and cake. The sessions involve two different card-making styles led by Hannah and Liz. Each month the groups will focus on different themes. In November, the theme will be preparing for the festive season with Christmas cards and in December, the group will make Christmas ornaments.

**Whitiwhiti Kōrero – Telling and Witnessing of Your Story with Raynor | 6:00 – 8:00 pm, monthly on the third Tuesday of each month: 19 Nov. & 17 Dec.**

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.

**Grandparents Raising Grandchildren Coffee Group with Leonie & Nga | 10:00 – 11:30 am, fortnightly on Wednesdays: 13 Nov., 27 Nov. & 11 Dec.**

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 until 11 Dec.**

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

**HWC Movie Night Fundraiser: We are Dangerous at Focal Cinemas, Hastings | 5:30 – 8:15 pm on Thursday, 14 Nov.**

Grab your friends and whānau and join us for an exclusive screening of We Were Dangerous in support of HWC. **Tickets are just \$30**, which includes a complimentary drink and the chance to win a great spot prize! With an impressive 93% rating on Rotten Tomatoes and the Special Jury Prize winner at this year's SXSW Film & TV Awards, We Were Dangerous is a must-see movie! Josephine Stewart-Te Whiu's electrifying debut follows a fiery trio of delinquent schoolgirls who rebel against the colonial system in 1950s New Zealand. It is a moving story of sisterhood and survival. Purchase tickets now by dropping into the Centre or going online: <https://heretaungawomenscentre.nz/home/movie-night-we-were-dangerous/>

**Shared Community Lunch with the HWC Team | 12:30 – 1:30 pm, on the last Friday of each month: 29 Nov.**

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.

**HWC Community Christmas Lunch with the HWC Team | 12:30 – 2:00 pm, on Friday, 13 Dec.**

We warmly invite all actively engaging women in the HWC community to join us for our Community Christmas Lunch. Celebrate the season and spread cheer with great food, good company and the spirit of togetherness.

**Looking for Room Hire? We've Got You Covered!**

Whether you're a community organisation, small business or private group, our cosy welcoming rooms are perfect for your next meeting or event. With spaces that can accommodate between 2 and 35 people, we've got everything you need to make your gathering a success – all at super reasonable rates! **Rates start at \$15 plus GST per hour.** Rooms have a range of seating options available from boardroom-style seating to comfortable lounge chairs, and all rooms can have access to whiteboards, tea and coffee-making facilities and toilets. Ready to book? Reach out to Brenda at [admin@hwc.nz](mailto:admin@hwc.nz).

Visit our website for more information Rooms for Hire | Heretaunga Women's Centre – Hawke's Bay: <https://heretaungawomenscentre.nz/how-we-help/room-for-hire/>

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

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

SuperSkills 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 SuperSkills 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 SuperSkills 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.

- **Sewing Classes with Tricia | 9:30 – 11:30 am, weekly on Thursdays until 28 Nov.**



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.



- **Monthly Cooking Classes with Vaso | 10:30 am – 12:00 pm, on the last Friday of each month, on 28 Nov.**

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). In November, learn to make a delicious and healthy roasted vegetables and couscous salad. **Please bring a small container to take home a sample of the selected recipes.** This class will be limited to four participants.

**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 until 9 Dec.**

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.

- **Grief Talk with Alysha Macaulay, Death Doula and Funeral Celebrant | 10:30 – 11:30 am, on Tuesday 12 Nov.**

Meet Alysha Macaulay, new to Hawke's Bay and dedicated to honoring life's most significant moments with compassion and care. As a skilled funeral celebrant and death doula, Alysha works closely with palliative care teams and Hospice, providing a holistic support system—emotional, spiritual, and physical—for individuals with life-threatening diseases and terminal illnesses. Whether you're seeking guidance through the end-of-life journey, planning a heartfelt funeral service, or saying goodbye to a beloved pet, Alysha offers a compassionate,

professional presence. Join her at the Heretaunga Women's Centre on Tuesday, 12 November, from 10:30 to 11:30 am, for an open talk on grief and her supportive services.

**Needle Felting: Silk Angels Workshop with Sabine | 11:00 – 1:00 pm on Thursday, 21 Nov.**

With over 20 years of experience, needle felting has become one of Sabine's passions. Over time, she developed a unique style, blending simplicity with a mystical touch to create fairy tale scenes, forest folk, gnomes, nativity sets, wall hangings, and more. She finds needle felting a therapeutic and calming craft, and the natural colours are a constant source of inspiration. In this 1.5 hour workshop, suitable for anyone who enjoys crafting, participants will create beautiful white silk angels to take home. To cover the expenses of the felting needle and materials, **this workshop will cost \$5 per participant.**

**Priceless: Unlock your Creativity Workshop with Sharleen and Guest Hosts | 1:00 – 2:30 pm on the last Thursday of each month: 28 Nov.**

Creativity is not just something you do; it's who you are. Explore your personal creative expression and embrace your uniqueness. Explore creative watercolours with Emily Armstrong from The Pencil Room.

**Goddess Making Clay 2-Day Workshop with Amanda | Day #1 5:00 – 8:00 pm on Friday, 15 Nov. and Day #2 9:00 am – 12:00 pm on Saturday, 16 Nov.**

Join experienced local potter Amanda Olsen to learn basic pottery techniques to create your own unique GODDESS. These clay creations can remind us of who we are and what we are capable of as women and help support us through the struggles and challenging times in life. This 2-day workshop is limited to 10 spaces. To cover the expenses of the clay, firing, washing and use of tools, **this course will cost \$40 per participant.** Please bring an apron or old clothing that may get dirty, an old towel and a small-medium sized box for transporting. Nau mai haere mai ki te kaupapa o tenei wa.

**Hallway Art Exhibitions with various female artists | 9:00 am – 4:00 pm available on weekdays, with new artwork being displayed fortnightly**

Calling all art lovers! Our "Art in the Hallway" initiative brings fresh, local talent to our walls. Not only does the art brighten up our space, but it also gives local artists a chance to shine – with a portion of every sale supporting HWC! Come and check it out next time you're passing, and maybe take home a piece to liven up your own space.

**Are you an artist?** We're always looking for new creators to exhibit - get in touch to find out how you can showcase your work. For more information, contact Brenda at [admin@hwc.nz](mailto:admin@hwc.nz).

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

**Individual Counselling Appointments | 9:00 am – 4:00 pm, available weekly on weekdays, except for Thursdays**

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.

**Gentle Mat Movements Group with Sarah | 9:30 – 10:30 am, weekly on Mondays until 9 Dec.**

In this class we will be exploring a slower pace. We will lean into our inner stillness and hold whatever emotions or thoughts that arise during these movement sequences. This class is here to nurture you and fill up your cup. We will be zoning in on parts of our bodies which we do not use in our day to day and allowing ourselves to relax and let go of any tension that has built up throughout the week. Sarah Little wants to share her knowledge of 10 years of experience in a safe and loving space that promotes growth and community. If this resonates with a part of you that desires healthy change, come check out a class and have a chat and cuppa afterwards.

**Individual Art Therapy Appointments with Kathy | 9:30 – 10:30 am & 10:45 – 11:45 am, weekly on Mondays from 14 Oct. – 9 Dec. – FULLY BOOKED**

This is a 7–10-week guided colour therapy journey. You will be working in wet-on-wet watercolour paint and working in the realm of light and dark with charcoal. These sessions are guided so you will feel supported and encouraged. Colour can work on our whole being to uplift and bring positive changes. Two women are seen each term, and we hold a waitlist at the moment. Two 60-minute appointments are available each Monday for two wāhine per school term.

**Individual Reflexology Appointments with Brigit | 10:00 – 10:45 am & 11:00 – 11:45 am, weekly on Tuesdays from 5 Nov. – 10 Dec.**

Take a well-deserved break and immerse yourself in a soothing reflexology experience designed for your well-being. Each 45-minute session includes gentle pressure techniques to relieve tension, complemented by a relaxing foot bath. Choose your favourite essential oil from a variety available to tailor your experience. This self-care activity promotes relaxation, eases anxiety, and restores balance, allowing you to prioritise your wellness. Limited spots available.

**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.

**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, monthly on the third Wednesday: 20 Nov. and 18 Dec.**

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



**Individual Life Coaching Appointments with Carine | 10:00 – 11:00 am & 11:30 am – 12:30 pm fortnightly on Wednesdays: 13 Nov., 27 Nov. and 11 Dec.**

Are you looking to set and reach goals? Feeling stuck and needing help to navigate obstacles? Facing life or career changes? At a crossroads and seeking purpose? Join Carine, a qualified Life Coach with a healthcare background (mainly radiography), for individualised coaching sessions to help you move forward with your unique challenges. Sometimes, a one-off session is all that is needed to help gain clarity in certain areas of your life. However, depending on your circumstances, attending more than one session can be beneficial. Each participant can book up to 2 sessions, scheduled two weeks apart, to allow time for implementing the strategies discussed. Additional sessions can be arranged privately if needed. Fortnightly on a Wednesday, there are two 60-minute appointments available at 10:00 am and 11:30 am.

To ensure the best possible session, we will email you a HWC Coaching Questionnaire along with a T&C's form that needs to be completed and emailed back at least one day before your scheduled appointment to allow Carine enough time to prepare for the session. For more information and to schedule an appointment, please contact the Heretaunga Women's Centre.

**Individual Herbalist Appointments with Amber from Calendula Room | 9:00 – 11:00 am, weekly on Thursdays until 12 Dec.**

Amber is a herbalist studying with the Southern Institute of Medical Herbalism. She works with traditional Western herbal medicine, through a vitalist lens, to bring balance and support wellness. Amber collaborates with each individual, their constitution, and nature to identify areas of blockage in the healing cycle. Her holistic approach considers both lifestyle and constitution, incorporating nature's support to foster deep and lasting healing. Initial consultations at the Heretaunga Women's Centre include a discussion of health concerns and exploring how nature can aid the healing process. Amber looks forward to supporting individuals on their journey back to balance. There are two 60-minute appointments available at 9:00 am and 10:00 am each Thursday.

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