

HWC PROGRAMME FOR JANUARY 2025



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

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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 NZ Public Holiday – New Year’s Day	2 NZ Public Holiday – New Year Holiday	3 Centre Closed	4	5
6 9am Centre Re-opens 9am Hallway Art: Val Healing	7	8	9 9am Herbalist Appt. 10am Herbalist Appt.	10	11	12
13	14	15	16 9am Herbalist Appt. 10am Herbalist Appt.	17	18	19
20 9am Hallway Art: Kyrasia Shuker 10am Numerology Appt. 1pm Quilting for Beginners	21 1pm Mahi Wairua Appt.	22 12pm Knitting Group 1pm Mahi Wairua Appt.	23 9am Herbalist Appt. 10am Herbalist Appt.	24 9:30 Women of Worth Session 1	25	26

HWC PROGRAMME FOR JANUARY 2025 cont.



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27 9:30 Gentle Mat Movement 10am Numerology Appt. 1pm Quilting for Beginners	28 1pm Mahi Wairua Appt.	29 12pm Knitting Group 1pm Mahi Wairua Appt.	30 9am Herbalist Appt. 10am Herbalist Appt. 10am Women's Self-Defence Course	31 9:30 Women of Worth Session 2 10:30 Cooking Group 12:30 Shared Community Lunch		

Key Service Pillars: Advocacy | Women's Health & Wellness | Connection | Personal Growth | Mentorship

How We Help & Ongoing Services

- **Counselling Appointments** are available weekdays (except for Thursdays), 9am – 4pm. Contact Jenny at counsellor@hwc.nz for more information.
- **SuperSkills Heretaunga** Individual and Small Group Mentoring Sessions are available weekdays, 9am – 4pm. Contact Brenda at admin@hwc.nz for more information.
- **Looking for Room Hire?** We've got you covered! Contact Brenda at admin@hwc.nz for more information.
- **Hallway Art Exhibitions** with various female artists and new installations fortnightly. Contact Brenda at admin@hwc.nz for more information.
- **Planet Women Radio Show on Radio Hawke's Bay** – monthly podcast aired weekly on a Wednesday, just after the midday news


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Welcome to the Heretaunga Women's Centre Monthly Programme!

At the Heretaunga Women's Centre, we're passionate about empowering women and fostering a strong sense of community. Each month, we offer a diverse range of low-cost activities, workshops, groups, and events tailored to boost your confidence, spark new skills, and help you connect with other women. Discover the inspiring lineup we've planned for you—whether it's creative workshops, wellness sessions, or opportunities to learn and grow, there's something for everyone.

How to Book:

Bookings are essential and easy to make. Choose the option that works best for you:

 **Call us:** 06 878 5401 or 020 4085 6695

 **Email us:** admin@hwc.nz


 **Visit our website:** www.heretaungawomenscentre.co.nz

 **Drop by:** Corner of Eastbourne East & Russell Streets, Hastings


 **Hours:** Monday to Friday, 9:00 am – 4:00 pm

Fees & Payments:

Some activities have a small fee, while others welcome donations. Payments can be made:

 In cash

 Via EFTPOS

 By internet transfer (Bank Account: 03 0642 0730099 00, reference the activity name)

We look forward to seeing you at the Centre and being part of your journey to self-discovery, connection, and growth!

Ngā mihi nui

The HWC Team

The Heretaunga Women's Centre Team

Mondays

Gentle Mat Movements Group with Sarah | 9:30 – 10:30 am, weekly on Mondays during school terms, starting on 27 Jan.

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.

Numerology Appointment with Diane | 10:00 – 11:00 am, weekly on Mondays during school terms, starting on 20 Jan.

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.

Quilting for Beginners with Bev | 1:00 – 3:00 pm, weekly on Mondays for six weeks, starting on 20 Jan.

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. 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.

Tuesdays

Mahi Wairua Appointment with Raynor | 11:00 am – 12:00 pm, weekly on Tuesdays starting on 21 Jan.

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.

Wednesdays

Knitting Group with Carolyn | 12:00 – 1:00 pm, weekly on Wednesdays starting on 22 Jan.

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

Mahi Wairua Appointment with Raynor | 1:00 – 2:00 pm, weekly on Wednesdays starting on 22 Jan.

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 Wednesday.

Thursdays

Individual Herbalist Appointments with Amber from Calendula Room | 9:00 – 11:00 am, weekly on Thursdays starting on 9 Jan.

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.

Women's Self-Defence Course with Brie from Kia Haumarū | 10:00 am – 2:00 pm on Thursday, 30 Jan.

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

Fridays

Women of Worth: Move Up! Sessions with Deidré | 9:30 am – 12:30 pm, a 10-week programme on Fridays starting on 24 Jan.

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.

Cooking Classes with SuperSkills Heretaunga Mentors | 10:30 am – 12:00 pm, on the last Friday of each month: 31 Jan.

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 us on 31 Jan. to learn how to prepare a simple summer recipe.

Shared Community Lunch with the HWC Team | 12:30 – 1:30 pm, on the last Friday of each month: 31 Jan.

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.

Ongoing Services

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.

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.

How We Help

- **He hauora | Women's Health and Wellness**

Take ownership of your physical, mental, and spiritual health with health sessions and wellness classes, affordable counselling, and low-cost alternative therapies.

- **He whakatipu | Personal Growth**

Reach your potential with workshops and resources that encourage personal growth and self-development in how you see yourself and the world around you.

- **He kaiārahi | Mentorship**

Improve your self-confidence while sharing and developing skills, knowledge, and life experiences in group workshops and one-on-one mentor sessions.

- **He whakawhanaungatanga | Connection**

Build social connections with women from all walks of life through shared interests, group activities, and meaningful conversations.

- **He tautoko | Advocacy**

Get free legal advice and easy access to support and information. If we can't support you with your presenting needs, we'll refer you to the appropriate agencies within our growing network.

- **Room hire**

Find the perfect space for your next hui or appointment with room hire starting from \$15+GST/hr. 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 very reasonable rates! 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.

- **Art at the Centre**

Calling all art lovers! Our "Art in the Hallway" initiative brings fresh, local talent of emerging and established female artists to our large, well-lit hallway. Not only does the art brighten up our space, but it also gives local artists a chance to shine—with 20% of every sale supporting HWC. New artwork is displayed fortnightly. 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. Contact Brenda at admin@hwc.nz to find out how you can showcase your work.

- **Library**

Visit our library to browse and borrow books on topics such as parenting, relationships, stress management, and personal development.

- **Child-friendly spaces**

Bring your tamariki and use our sanitary changing spaces, private breastfeeding areas, and baby playroom.