

HWC PROGRAMME FOR APRIL 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

Ongoing Services: Counselling and SuperSkills Heretaunga life skills mentoring programme, available weekdays. More information on p. 5.

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.

Monthly theme – Empowerment through Education; learn something new & share knowledge with others.						Pillar: Mentorship
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 10:30 Te Ohu Matangirau 10:30 Community Connection Talk: Nevertheless Trust 11am Mahi Wairua Appt. 12:30 Legal Clinic 1pm Mahi Wairua Appt. 6pm Whitiwhiti Kōrero	2 12pm Knitting Group 12pm Radio HB Show: Planet Women 3pm Cervical Screening Clinic Appt.	3 9:30 Sewing Group 11am 'Take it Easy' Book Club -- Meet the Author: Charity Norman	4 9:30 Women of Worth Session 9 10:30 'Get Hooked' Crochet Club – Learn the Basics	5	6
7 9am Hallway Art: Michelle Newport 9:30 Art Therapy Appt. 9:30 Gentle Mat Movements Class 10am Reiki Appt. 10am Numerology Appt. 11:15 Reiki Appt. 1pm Quilting for Beginners 12:30 Reiki Appt.	8 10:30 Te Ohu Matangirau 11am Mahi Wairua Appt. 11am Creative Cardmaking Workshop 12:30 Legal Clinic 1pm Mahi Wairua Appt.	9 10am Grandparents Raising Grandchildren Coffee Group 12pm Knitting Group 12pm Radio HB Show: Planet Women 1pm Mahi Wairua Appt.	10 9am Herbalist Appt. 9:30 Sewing Group 10am Herbalist Appt. 11am Mahi Wairua Appt.	11 9:30 Women of Worth Session 10 10:30 'Get Hooked' Crochet Club – Learn the Basics 4:30 Supporting Whānau through Death & Dying Workshop Session 1	12 10am Recycled Badge-making Workshop 10am Rongoa Māori Healing Space – drop-in service 10am Supporting Whānau through Death & Dying Workshop Session 2	13 9:30 Your Own Yoga: Koha Yoga Session
14 <i>Term 1 School Holiday</i> 1pm Quilting for Beginners	15 <i>Term 1 School Holiday</i> 11am Mahi Wairua Appt. 12:30 Legal Clinic 1pm Mahi Wairua Appt. 6pm Whitiwhiti Kōrero	16 <i>Term 1 School Holiday</i> The Centre is closed until 11:30. 9:30 De-escalation Training – staff & volunteers 12pm Knitting Group 12pm Radio HB Show: Planet Women 1pm Mahi Wairua Appt.	17 <i>Term 1 School Holiday</i> 11am Mahi Wairua Appt. 11am 'Take it Easy' Book Club	18 <i>Term 1 School Holiday</i> The Centre is closed. Public Holiday – Good Friday	19 <i>Term 1 School Holiday</i>	20 <i>Term 1 School Holiday</i>

HWC PROGRAMME FOR APRIL 2025 cont.



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21 <i>Term 1 School Holiday</i> The Centre is closed. Public Holiday – Easter Monday	22 <i>Term 1 School Holiday</i> 9am Hallway Art: Victoria Jackson 9:30 Gentle Mat Movements Class 11am Mahi Wairua Appt. 12:30 Legal Clinic 1pm Mahi Wairua Appt.	23 <i>Term 1 School Holiday</i> 10am Grandparents Raising Grandchildren Coffee Group 12pm Knitting Group 12pm Radio HB Show: Planet Women 1pm Mahi Wairua Appt.	24 <i>Term 1 School Holiday</i> 11am Mahi Wairua Appt.	25 <i>Term 1 School Holiday</i> The Centre is closed. Public Holiday – Anzac Day	26 <i>Term 1 School Holiday</i> 10am Rongoa Māori Healing Space – drop-in service	27 <i>Term 1 School Holiday</i>
28 9:30 Art Therapy Appt. 10am Reiki Appt. 10am Numerology Appt. 10am Women's Self- Defence Course 10:45 Art Therapy Appt. 11:15 Reiki Appt. 12:30 Reiki Appt.	29 9:30 Gentle Mat Movements Class 9:30 Women of Worth Session 1 10:30 Te Ohu Matangirau 11am Mahi Wairua Appt. 12:30 Legal Clinic 1pm Mahi Wairua Appt. 1pm Ukulele & Song Group	30 12pm Knitting Group 12pm Radio HB Show: Planet Women 1pm Mahi Wairua Appt.				

Key Service Pillars

He hauora Women's Health & Wellness	He whakatipu Personal Growth	He kaiārahi Mentorship	He whakawhanaungatanga Connection	He tautoko Advocacy
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HWC PROGRAMME FOR APRIL 2025

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

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.

Ongoing Services

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

Discussing issues can help you make sense of difficult or complex 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 by 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.

Mondays

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

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.

Individual Art Therapy Appointments with Kathy | 9:30 – 10:30 am & 10:45 – 11:45 am, weekly on Mondays during school terms, until 7 Apr. and starting again on 28 Apr. – 23 Jun.

This is a 7–10-week guided colour therapy journey. You will be working in wet-on-wet watercolour paint and 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 60-minute appointments are available each Monday, and two wāhine are seen each term. **Please note that we currently hold a waitlist.**

Gentle Mat Movements Class with Sarah | 9:30 – 10:30 am, weekly on Mondays during school terms, until 7 Apr. and starting again for 6-weeks on Tue. 22 Apr. – Mon. 26 May

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 Reiki Appointments with Gerda | 10:00 – 11:00 am, 11:15 am – 12:15 pm & 12:30 – 1:30 pm, weekly on Mondays during school terms, until 7 Apr. and starting again on 28 Apr. – 23 Jun.

Reiki is a gentle, non-invasive healing practice from Japan that promotes the body's natural healing abilities. It is widely recognised for reducing stress, anxiety, and pain while improving sleep and overall well-being. As a safe and complementary therapy, Reiki can be used in conjunction with any healthcare plan. During a session, you will lie fully clothed on a massage table while the practitioner moves their hands just above your body, creating a deeply relaxing experience. Gerda, a Reiki practitioner since 2007, trained in the Netherlands and later studied under Shu Shimoaka in Havelock North in 2017. She has years of experience providing Reiki as a supportive and restorative practice. Whether you seek stress relief, emotional balance, or physical healing, Reiki offers a nurturing space for relaxation and self-care. Each Monday, three 60-minute appointments are available.

Numerology Appointment with Diane | 10:00 – 11:00 am, weekly on Mondays during school terms, until 7 Apr. and starting again on 28 Apr. – 23 Jun.

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, one 60-minute appointment is available.

Women's Self-Defence Course with Brie from Kia Haumarū | 10:00 am – 2:00 pm on Monday, 28 Apr.

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.

Quilting for Beginners with Bev | 1:00 – 3:00 pm, a 6-week course on Mondays, until 14 Apr.

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 fee of \$10** to enable us to purchase items such as batting.

Tuesdays

Women of Worth: Move Up! Sessions with Deidré | 9:30 am – 12:30 pm, a 10-week programme on Tuesdays, from 29 Apr. – 1 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 utilise tools and strategies for overcoming challenges and developing resilience on your path 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. Email manager@hwc.nz to express your interest in participating in this new and exciting programme offered by the Heretaunga Women's Centre. **Please bring a notepad, pen, and a folder to store your resources.**

The **Community Connections Talk Series** aims to create opportunities for women to meet with different organisations, businesses, and service providers to learn about the support and services available for women in the Hawke's Bay community. Keep an eye out for more upcoming talks:

Connect with Shaqaila from the Nevertheless Trust | 10:30 – 11:30 am on Tuesday, 3 Apr.

Shaqaila Uelese is the co-founder of the Nevertheless Trust, a Māori, Pasifika and Takatāpui Rainbow+ mental health non-profit organisation that exists to support the holistic well-being of individuals, whānau and aiga. Their mission is MANIORO: disrupt toxic narratives and stereotypes through Education, Storytelling and Creativity. The Nevertheless Trust strives to disrupt shame with love and stigma with connection, all through a Māori, Pasifika & Rainbow+ lens. This interactive Q&A session will aim to deepen your understanding about the kaupapa and mahi of the registered charitable trust while looking at how you can affect positive change with your messaging and views.

Te Ohu Matangirau/A Collective of Many Winds Women's Group with Rosemary, Jo and Mel | 10:30 am – 12:00 pm, weekly on Tuesdays during school terms, until 8 April and starting again on 29 Apr. – 24 Jun.

Te Ohu Matangirau/A *Collective of Many Winds* is a wāhine-led group that provides a safe and supportive space for women to connect, learn, and share their experiences. A collaborative project between the Heretaunga Women's Centre, Prisoner's Aid Rehabilitation Services, Te Whare Whānau Pūrotu (Māori Women's Refuge), and the Te Puna Rangatira team from Te Taiwhenua o Heretaunga, this initiative aims to break down barriers associated with our varied experiences with the justice system. Facilitators from these organisations will hold space for meaningful discussions on personal goals, purpose, change, and resilience.

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

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. Two 60-minute appointments are available each Tuesday.

Creative Cardmaking Workshop with Hannah & Liz | 11:00 am – 1:00 pm, on the second Tuesday of each month: 8 Apr.

This group enables participants to get creative, learn a new card-making technique, and enjoy getting to know others over coffee and cake. Hannah and Liz lead the workshop, which involves two different card-making styles. In April, the focus will be on **creating Mother's Day cards**. Come and enjoy making cards your own way—there are no rules, and there is no right or wrong.

Legal Clinic Appointments supported by various law firms in Hastings | 12:30 – 1:00 pm, weekly on Tuesdays: 1 Apr., 8 Apr., 15 Apr., 22 Apr. & 29 Apr.

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. Our legal clinic takes place each Tuesday, with four 15-minute appointments available.

Learn to Play the Ukulele and Sing-Along Classes with Brenda | 1:00 – 2:00 pm, weekly on Tuesdays during school terms, from 29 Apr. – 24 Jun.

Learn how to play the ukulele at your own pace for 9 weeks. This group is open to all levels of expertise and will practice playing a mixture of songs from a compiled songbook. **Please bring your ukulele, notepad, pen, and a folder to store your resources.**

Whitiwhiti Kōrero: Telling and Witnessing of Your Story with Raynor | 6:00 – 7:00 pm, fortnightly on Tuesdays: 1 Apr. & 15 Apr.

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 give feedback on 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.

Wednesdays

HWC Volunteers & Staff Training: De-escalation and Assertive Communication Workshop with Brie from Kia Haumarū | 9:30 – 11:30 am, on Wednesday 16 Apr.

Join us for a 2-hour interactive workshop on de-escalation and assertive communication, facilitated by Brie from Kia Haumarū Personal Safety Education. This session will focus on managing confrontations, both in-person and over the phone, by utilising body language, facial expressions, and vocal tone. The training will also introduce basic physical moves to help ensure personal safety in escalating situations. This is an excellent opportunity for Heretaunga Women's Centre staff and volunteers to develop confidence and practical skills in handling challenging interactions.

Grandparents Raising Grandchildren Coffee Group with Leonie & Nga | 10:00 – 11:30 am, fortnightly on Wednesdays: 9 Apr. & 23 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

Love to knit? Come and enjoy a relaxing hour of knitting and connecting with other women. This social group is for those who know how to knit—there's no teaching, just good company, conversation, and rhythmic clicking of needles. Bring your project, take a break, and enjoy knitting together.

Planet Women Show on Radio Hawke's Bay: Discussing the kaupapa and mahi of the Nevertheless Trust with Shaqaila Uelese | following the 12:00 pm (midday) news, weekly on Wednesdays throughout Apr.

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 about the support and services available for women in the Hawke's Bay community. Be on the lookout for upcoming episodes, which will air each Wednesday after the 12:00 pm (midday) news. Visit the Radio Hawke's Bay website or click on [Planet Women \(radiohawkesbay.org.nz\)](#) for our April Planet Women episode, in which Deidré Venter and Shaqaila Uelese discuss the kaupapa and mahi of the Nevertheless Trust.

Mahi Wairua Appointment with Raynor | 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 Wednesday.

Cervical Screening Clinic Appointments with Sandra and Colleagues from Te Whatu Ora, Te Matau a Māui Hawke's Bay | 3:00 – 4:00 pm, on Wednesday 3 Apr.

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

Thursdays

Individual Herbalist Appointments with Amber from Calendula Room | 9:00 – 10:00 am & 10:00 – 11:00 am, weekly on Thursdays during school terms, until 10 Apr.

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 lifestyle and constitution, incorporating nature's support to foster deep and lasting healing. Initial consultations at the Heretaunga Women's Centre include discussing 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.

Sewing Classes with SuperSkills Heretaunga Mentors: Tricia & Rosemary | 9:30 – 11:30 am, weekly on Thursdays during school terms, until 10 Apr.

Recent shopping shortages and restrictions have made us all more aware of the need to extend the life of something we already have. There are many things you can repurpose with very good results. Take your sewing skills to the next level with these weekly sewing classes designed for those with sewing experience looking to refine their techniques. These classes focus on mending, altering, and repurposing garments while improving confidence in following patterns from start to finish. Master seam repairs, hemming, pattern layout, and garment construction in a supportive learning environment, building on your existing skills. **Bring your own sewing machine if you have one, or use one of ours.** Some materials are provided. **Please note that we currently hold a waitlist.**

'Take it Easy' Book Club with Patricia & Rae | 11:00 am – 1:00 pm, on the first and third Thursdays of the month: 3 Apr. & 17 Apr.

Love a good story? Come unwind with Patricia and Rae at the *'Take It Easy'* Book Club! Enjoy a relaxed atmosphere with tea, coffee, and great conversation about the books we've been reading over the summer. Unlike traditional book clubs, there's no set book to read each month. Instead, we'll share recommendations, insights, and ideas from whatever we've been reading—novels, articles, or poetry. Don't have a book to share? No problem! Just come along, enjoy the cuppa, and soak up the conversation. We'll also share exciting visits from local authors or booksellers, themed discussions, and even the occasional challenge for the adventurous. Thanks to Rae's Hamilton-based book club, which has been going strong for 35 years, we've got a quirky name and a basket of books to kick us off—you're welcome to borrow from or add to our collection. The *'Take It Easy'* Book Club meets in the Women's Centre lounge at 11 am on the first and third Thursday of each month. Seats are limited, so register soon to secure your spot. Everyone is welcome to come and *take it easy* with us!

Meet the Author: Charity Norman with the 'Take it Easy' Book Club | 11:00 am – 1:00 pm, on Thursday, 3 Apr.

Join us for an exclusive author talk with the award-winning Charity Norman. Born in Uganda, raised in England, and now calling Central Hawke's Bay home, Charity has captivated readers worldwide with her gripping novels. Her works include *Freeing Grace*, *After the Fall*, *The Son-in-Law*, *The New Woman*, *See You in September*, *The Secrets of Strangers*, *Remember Me*, and her latest release, *Home Truths*. Recognised by the Richard & Judy Book Club, BBC Radio 2, World Book Night, and the Ngaio Marsh Awards, Charity's books have been translated into multiple languages. Don't miss this opportunity to hear about Charity's incredible journey and gain insight into her writing. **A \$5 fee will be charged.**

Mahi Wairua Appointment with Raynor | 11:00 am – 12:00 pm, weekly on Thursdays

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 Thursday.

Fridays

Women of Worth: Move Up! Sessions with Deidré | 9:30 am – 12:30 pm, a 10-week programme on Fridays, until 11 Apr.

For more information, please refer to p. 6 & 7 of this programme.

'Get Hooked' Crochet Classes for Beginners with Leah | 10:30 – 11:30 am, a 4-week course on Fridays, until 11 Apr.

Ready to learn the basics of crochet? This four-week course is specifically designed for beginners seeking to master fundamental stitches in a fun and supportive environment. No experience? No problem! You'll start with the basic techniques and build confidence as you practice. Whether you're picking up a hook for the first time or need a refresher, this class will help you get started with a simple square pattern. **Please bring your own crochet hook/s and yarn.**

Supporting Whānau through Death and Dying 2-Day Workshop with Raynor and Georgina | 4:30 – 6:30 pm on Friday, 11 Apr. – Session 1 & 10:00 am – 2:00 pm on Saturday, 12 Apr.

Spread over two sessions, this workshop creates a friendly and safe space to explore ways to care for loved ones at the end of life. Join Raynor Huia, an ACC-accredited counsellor with deep roots in the Heretaunga community, and Georgina Langdale, a death doula and founder of Archeus, as they share their expertise in end-of-life care. Raynor brings a passion for holistic well-being through Mahi Wairua, ACC counselling, and Kaitiakitanga, while Georgina weaves together contemplative care, ecotherapy, and natural healing to support life's transitions. They will look at the practical paperwork that can support the way we wish to be cared for, answer deeper questions about death and dying, and explore beautiful ways to care for the body and soul of the dying and those they leave behind.

Saturdays

Recycled Badge-Making Workshop with Jake | 10:00 am – 12:00 pm on Saturday, 12 Apr.

Unleash your creativity while giving new life to recycled materials! In this hands-on workshop, you'll learn to craft unique badges using donated materials from SustainableHB, including aluminum bottle caps, soda tabs, pins, hot glue, and paint. Explore an artistic and eco-friendly way to express yourself while connecting with others who share a passion for sustainability and creativity to make wearable works of art. This promises to be a low-key and fun workshop.

Supporting Whānau through Death and Dying 2-Day Workshop with Raynor and Georgina | 10:00 am – 2:00 pm on Saturday, 12 Apr.

Refer to p 10 & 11 for more information about this 2-day workshop.

Rongoā Māori Healing Space with Raynor and other Practitioners | 10:00 am – 2:00 pm, on Saturdays: 8 Mar. & 22 Mar.

Join Raynor and other Rongoā Māori practitioners for a deeply restorative and culturally enriching experience. Through **koha-based sessions**, whānau and individuals are invited to connect with experienced healers in a safe, supportive environment. The offerings include:

- 🌿 **Mirimiri** – release trauma stored at a cellular level and reframe negative touch experiences.
- 🎵 **Waiata** – harness the power of sound and frequency for healing.
- 📖 **Pūrakau** – share and witness life stories of overcoming adversity to discover resilience and transformation.
- 🔮 **Mahi Wairua** – explore Wairuatanga (spirituality), the seed system, and its role in daily life. He ira Atua, he ira Tanagata.
- 🌙 **Maramataka** – learn about moon cycles, natural rhythms, and their influence.
- 🌱 **Rongoā** – discover the healing properties of native plants.

We also offer **Kōrerorero** – fostering courageous and respectful group conversations that uplift and empower. Come as you are—experience healing, connection, and the wisdom of Rongoā Māori. **All are welcome.**

Sundays

'Your Own Yoga': Koha Yoga Session with Susy | 9:30 – 10:30 am, monthly on Sundays: 13 Apr.

Join Susy for a mindful and restorative yoga session at the Heretaunga Women's Centre. Held monthly on Sundays, this practice welcomes all levels and focuses on breath, movement, and stillness to cultivate deep awareness. Sessions are offered for koha—come as you are and give what you can. **To register, email paula@yourownyoga.co.nz** or visit Your Own Yoga's website for more details.