

HWC PROGRAMME FOR MAY 2025



Heretaunga
Women's
Centre

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 – Mental Health Awareness: Promote mental wellbeing and reduce stigma around mental health.							Pillar: Women's Health
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
			1 9:30 'Restitch & Renew' Sewing Group – DIY (no facilitator) 11:00 Mahi Wairua Appt.	2 9:00 'Begin to Sew' Class – Orientation	3 10:00 Rongoa Māori Healing Space – drop-in service	4	
5 9:00 Hallway Art: Victoria Jackson 9:30 Art Therapy Appt. 9:30 Gentle Mat Movements Class 10:00 Reiki Appt. 10:00 Numerology Appt. 10:45 Art Therapy Appt. 11:15 Reiki Appt. 1:00 Quilting for Beginners (\$10pp for 6weeks) 12:30 Reiki Appt.	6 9:30 Women of Worth Session 1 10:30 Te Ohu Matangirau 11:00 Mahi Wairua Appt. 12:30 Legal Clinic 1:00 Mahi Wairua Appt. 1:00 Ukulele & Song Group	7 9:30 'Common Threads' Sewing group 10:00 Grandparents Raising Grandchildren 12:00 Knitting Group 12:00 Radio HB Show: Planet Women 1:00 Mahi Wairua Appt.	8 9:30 'Restitch & Renew' Sewing Group 11:00 Mahi Wairua Appt. 5:15 HWC Movie Fundraiser: 'Tinā' at Focal Point Cinema in Hastings (\$35pp)	9 9:30 'Begin to Sew' Class 10:30 'Get Hooked' Crochet Club – Learn the Basics	10	11 9:30 Your Own Yoga: Koha Yoga Session	
12 9:30 Art Therapy Appt. 9:30 Gentle Mat Movements Class 10:00 Reiki Appt. 10:00 Numerology Appt. 10:45 Art Therapy Appt. 11:15 Reiki Appt. 1:00 Quilting for Beginners 12:30 Reiki Appt.	13 9:30 Women of Worth Session 2 10:30 Te Ohu Matangirau 11:00 Mahi Wairua Appt. 11:00 Creative Cardmaking Workshop 12:30 Legal Clinic 1:00 Mahi Wairua Appt. 1:00 Ukulele & Song Group 6:00 Whitiwhiti Kōrero	14 12:00 Knitting Group 12:00 Radio HB Show: Planet Women 1:00 Mahi Wairua Appt.	15 9:30 'Restitch & Renew' Sewing Group – DIY (no facilitator) 11:00 Mahi Wairua Appt. 11:00 'Take it Easy' Book Club	16 9:30 'Begin to Sew' Class 10:30 'Get Hooked' Crochet Club – Learn the Basics	17 10:00 Rongoa Māori Healing Space – drop-in service	18	

HWC PROGRAMME FOR MAY 2025 cont.



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19 9:00 Hallway Art: Kayla Simpson 9:30 Art Therapy Appt. 9:30 Gentle Mat Movements Class 10:00 Reiki Appt. 10:00 Numerology Appt. 10:45 Art Therapy Appt. 11:15 Reiki Appt. 12:30 Reiki Appt. 1:00 CV & Cover Letter Writing Workshop 1:00 Quilting for Beginners	20 9:30 Women of Worth Session 3 10:30 Te Ohu Matangirau 11:00 Mahi Wairua Appt. 12:30 Legal Clinic 1:00 Mahi Wairua Appt. 1:00 Ukulele & Song Group 6:00 Cath's Kitchen: 'Happy Hormones Workshop' (\$10pp)	21 9:30 'Common Threads' Sewing group 10:00 Grandparents Raising Grandchildren 12:00 Knitting Group 12:00 Radio HB Show: Planet Women 1:00 Mahi Wairua Appt.	22 7:00 HWC Pink Ribbon Breakfast (\$12pp) 8:30 HWC Pink Ribbon 'Raising Dough' – Donuts Pick-up 9:30 'Restitch & Renew' Sewing Group 11:00 Mahi Wairua Appt.	23 9:30 'Begin to Sew' Class 10:00 HWC Family Violence Training 10:30 'Get Hooked' Crochet Club – Learn the Basics 11:00 Craniosacral Therapy Appt 12:00 Craniosacral Therapy Appt 5:00 'Goddess' Clay Making workshop (\$45pp for both sessions)	24 9:00 'Goddess' Clay Making workshop 9:30 'A Gut Instinct' – Women's Health Workshop (\$10pp)	25
26 9:30 Art Therapy Appt. 9:30 Gentle Mat Movements Class 10:00 Reiki Appt. 10:00 Numerology Appt. 10:45 Art Therapy Appt. 11:15 Reiki Appt. 12:30 Reiki Appt. 1:00 Quilting for Beginners	27 9:30 Women of Worth Session 4 10:30 Te Ohu Matangirau 10:30 Community Kōrero: PARS & Te Puna Rangatira 11:00 Mahi Wairua Appt. 12:30 Legal Clinic 1:00 Mahi Wairua Appt. 1:00 Ukulele & Song Group 6:00 Whitiwhiti Kōrero	28 12:00 Knitting Group 12:00 Radio HB Show: Planet Women 1:00 Mahi Wairua Appt. 1:00 'Priceless': Unlock your Creativity Workshop (\$5pp)	29 9:30 'Restitch & Renew' Sewing Group 11:00 Mahi Wairua Appt. 4:30 HWC Corporate Sponsorship Programme Launch	30 9:30 'Begin to Sew' Class 10:30 'Get Hooked' Crochet Club – Learn the Basics 10:30 Cooking Group 11:00 Craniosacral Therapy Appt 12:00 Craniosacral Therapy Appt 12:30 HWC Shared Kōrero & Kai 4:30 Shell Mobile Making Workshop: Part 1 – HWC (\$20pp for 3 parts)	31 9:00 Shell Mobile Making Workshop: Part 2 – Meet at Te Awanga Beach 10:00 Rongoa Māori Healing Space – drop-in service 10:30 Shell Mobile Making Workshop: Part 3 – Make Mobile at HWC	

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 MAY 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: Heretaunga Womens Centre

Account Number: 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 Wednesdays

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

- **Victoria Jackson | 27 Apr. – 16 May**

Experience the stunning landscapes of Hawke's Bay through the lens of local photographer Victoria Jackson in our latest hallway art exhibition. Victoria's work captures the spirit and beauty of Aotearoa — from the golden light of Te Mata Peak to the wild energy of Waimārama and Ocean Beach. Each image invites stillness, awe, and connection to the natural world. Don't miss this visual celebration of our region and a reminder to treasure the beauty around us.

- **Kayla Simpson | 19 – 31 May**

A Hawke's Bay-based creative with a Bachelor's Degree in Creative Practice from EIT, Kayla works across acrylics, watercolours, photography, and printmaking. Deeply inspired by the natural world, Kayla's work celebrates flora, fauna, and the female form in all its power and beauty. Her latest pieces explore bold emotion through abstract alcohol ink. Don't miss this vibrant, thought-provoking exhibition in May.

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

This is a 7–10-week guided colour therapy journey. You will work 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 uplift and bring positive changes to our whole being. 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 for 6 weeks, from 22 Apr. – 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 that we do not use daily 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, from 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, from 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.

CV & Cover Letter Writing Workshop with Mikayla from the Development Hub | 1:00 – 2:00 pm, on Monday, 19 May

Looking to take the next step in your career? Join this workshop and gain practical, proven tools to help you write a standout CV and cover letter. Delivered by Mikayla from the Development Hub, this 1-hour session offers expert guidance, real-world tips, and the confidence to present your skills and experience effectively. Whether entering the workforce or making a change, you will leave with the resources and support you need to move forward with purpose. Let's get your professional journey moving — one page at a time.

Quilting for Beginners with Bev | 1:00 – 3:00 pm, weekly on Mondays for 6 weeks, from 5 May – 16 Jun.

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 **\$10 fee** 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 6 May – 8 Jul.

Ready to take the next step in your journey? Move Up! is a transformational 10-week programme designed to support women in creating meaningful, lasting change across key areas of life. Facilitated in a warm, supportive group environment, this empowering series will help you discover your strengths, build resilience, explore your goals, and create a realistic action plan — all while connecting with other women on a similar path. Whether you're seeking direction, growth, or new tools and strategies to navigate life, Move Up! invites you to step into your worth and move forward confidently. Email manager@hwc.nz to express your interest. Spaces are limited. **Please bring a notepad, pen, and a folder to store your resources.**

The **Community Kōrero 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 Shaq from the Prisoners' Aid and Rehabilitation Society and Mel from Te Puna Rangatira, Te Taiwhenua o Heretaunga | 10:30 – 11:30 am on Tuesday, 27 May.

PARS supports people before and after their release from prison, helping them rebuild their lives through practical guidance, emotional support, and connection to services — no referral needed. Te Taiwhenua o Heretaunga is a kaupapa Māori organisation offering holistic health, housing, education, and social support services rooted in whānau wellbeing. Come learn more about how these services can support women and whānau in our community.

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, from 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 Appointments 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 | 11:00 am – 1:00 pm, on the second Tuesday of each month: 13 May

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. 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: 6 May, 13 May, 20 May & 27 May

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 Song Classes with Brenda | 1:00 – 2:00 pm, weekly on Tuesdays for 9 weeks, 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: 13 May & 27 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 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.

Cath's Kitchen: 'Happy Hormones Workshop' & Cooking Demo – A Healthy Guide for Menopause with Cath | 6:00 – 8:00 pm on Tuesday, 20 May

This workshop is designed for women going through perimenopause and menopause. Learn how adding more plants to your plate can boost your hormones. I will show you quick, tasty, budget-friendly recipes to help you on your way—and yes, you get to taste them all! We will talk about other easy ways to deal with hot flashes, improve your sleep, and, best of all, boost your brain. For a **\$10 fee**, join us to talk about this stage of life and how we can make this time a positive experience.

Wednesdays

'Common Threads' Sewing Group with Georgina | 9:30 – 11:30 am, fortnightly on Wednesdays: 7 May & 21 May

Common Threads is more than just a sewing group—it is a long-standing, close-knit community woven together by sewing skills, connection, and shared experience. For many years, this group has gathered weekly to sew, support, and share stories while working on various projects, from cushions to clothing and everything in between. Whether you're bringing your project or looking for inspiration, there's always room to create. Bring your sewing machine if you have one (a few are available to borrow), and some materials are on hand to help get you started. All levels of sewing experience are welcome. **Common Threads is a closed group and is not currently accepting new registrations.**

Grandparents Raising Grandchildren Coffee Group with Leonie & Nga | 10:00 – 11:30 am, fortnightly on Wednesdays: 7 May & 21 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

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 HWC services & May programme with Julie Ganivet | following 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 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 \(radiohawkesbay.org.nz\)](http://Planet Women (radiohawkesbay.org.nz)) for our May Planet Women episode, in which Deidré Venter and Julie Ganivet discuss the HWC services and May programme.

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.

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

Creativity is not just something you do; it's who you are. Explore your personal creative expression and embrace your uniqueness. This workshop asks for **\$5 per participant**. More information about the guest host will follow.

Cervical Screening Clinic Appointments with Sandra and Colleagues from Te Whatu Ora, Te Matau a Māui Hawke's Bay

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

Thursdays

HWC Pink Ribbon Breakfast raising funds for the Breast Cancer Foundation NZ | 7:00 – 8:30 am on Thursday, 22 May

Start your day with purpose at our Pink Ribbon Breakfast, raising funds for the Breast Cancer Foundation NZ. Your **\$12 ticket** includes a light breakfast, a pink ribbon, and a delicious donut from Mama's Donuts. Together, we're honouring those affected by breast cancer and helping fund education, patient support, and life-changing research. Join us for a morning of community, connection, and care as we gather to raise awareness, share information, and honour those affected by breast cancer. Spaces limited – grab your ticket today!

HWC Pink Ribbon 'Raising Dough' with Donuts Pick-up | 8:30 – 10:00 am on Thursday, 22 May

Support the **Breast Cancer Foundation NZ** with a sweet treat that makes a difference. Order **Mama's Donuts** through the Heretaunga Women's Centre – perfect for schools, workplaces, or morning shout-outs. **\$1 from every donut sold** goes to breast cancer support and research. Orders and payments are due by Thursday, 15 May. Pick up orders from the HWC on Thursday, 22 May. Let's 'raise dough' for the Pink Ribbon initiative. Email services@hwc.nz to find out more information.

'Restitch & Renew' Sewing Classes with SuperSkills Heretaunga Mentors: Tricia & Rosemary | 9:30 – 11:30 am, weekly on Thursdays during school terms, from 1 May – 26 Jun.

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: 15 May

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!

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.

HWC Corporate Sponsorship Programme Launch | 4:30 – 6:00 pm on Thursday, 29 May

We warmly invite local businesses to join us for the launch of the **HWC Corporate Sponsorship Programme**. As a charitable organisation, we rely on strong community and business partnerships to continue delivering safe, inclusive, and empowering programmes for the women of Hawke's Bay. Sponsorship is key in helping us meet ongoing operational needs – from programme delivery to maintaining our welcoming Centre space.

Your support creates real impact: helping women gain confidence, build connections, and access opportunities for growth and wellbeing.

In return, you'll gain **meaningful brand exposure**, alignment with a respected kaupapa, and the opportunity to be recognised as a champion for women's empowerment in our region. Come to learn more about our **tiered sponsorship packages** and how your business can create lasting change for wāhine in our community.

HWC Movie Fundraiser: *Tinā* at Focal Point Cinema in Hastings | 5:15 pm arrival for a 5:45 pm screening on Thursday, 8 May

Join us for a night out at the movies! *Tinā* is a heartfelt New Zealand film that celebrates healing, culture, and connection through the story of Mareta Percival, a Samoan music teacher navigating loss, identity, and the transformative power of music. **\$35 per ticket** includes a complimentary drink and the opportunity to win spot prizes. Please bring your friends and whānau to help us raise funds for the Heretaunga Women's Centre. **It's more than a movie – it's a celebration of strength, resilience, and sisterhood.**

Fridays

'Begin to Sew' Classes with Aiai | 9:30 – 11:30 am, weekly on Fridays during school terms, 2 May – 27 Jun.

Discover the joy of sewing in this relaxed, beginner-friendly class with experienced tutor, Aiai. Learn basic skills in a structured environment, from understanding different fabrics and tools to learning essential stitches and techniques. With hands-on guidance, you will gain confidence in your abilities and be able to create your own projects. Perfect for those looking to start their sewing journey or pick up a practical new hobby. Bring your own sewing machine if you have one or use one of ours. Some materials are provided.

HWC Professional Development: Family Violence Training with Jenny, HWC Counsellor | 10:00 am – 12:00 pm on Friday, 23 May

Join us for a valuable two-hour professional development session led by experienced HWC counsellor, Jenny Whitehead. This session will focus on deepening your understanding of family violence and how to respond safely. The training will cover key dynamics of violence, power, and control; warning signs to be aware of and how to respond if you are concerned about someone's physical and/or emotional safety. This is a good learning opportunity for anyone working with or supporting women and whānau in our community. Morning tea will be provided.

'Get Hooked' Crochet Classes for Beginners with Leah | 10:30 – 11:30 am, weekly on Fridays for 4 weeks, 9 – 30 May

Ready to learn the basics of crochet? This four-week course is 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.**

'Balance and Harmony': Individual Craniosacral Therapy Appointments with Shayla | 11:00 – 11:45 am and 12:00 – 1:00 pm on Fridays: 23 May & 30 May

Give yourself some time out to relax, unwind and recharge. Sessions are carried out sitting or lying fully clothed on a treatment table. Using her hands, Shayla will use a light, receptive touch. Symptoms such as pain, stress, fatigue or held trauma may be alleviated over time, increasing physical vitality and overall wellness. Many people report feeling calmer, more relaxed, and clearer about the direction in their lives after an appointment.

Shayla completed her training through Body Intelligence in Auckland and looks forward to meeting you at our Centre. Four 45-minute sessions are available in May.

Cooking Classes with SuperSkills Heretaunga Mentors | 10:30 am – 12:00 pm, on the last Friday of each month: 30 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 us on 30 May, to learn how to prepare a simple vegetarian recipe.

Shared Community Kōrero & Kai with the HWC Team | 12:30 – 1:30 pm, on the last Friday of each month: 30 May

All women and children are welcome to come and share a healthy lunch with us; we will provide a wholesome vegetarian dish for those who join us.

'Goddess' Clay Making 2-Day Workshop with Mandy | 5:00 – 8:00 pm on Friday, 23 May – Session 1

Join experienced local potter Mandy Olsen to learn basic pottery techniques to create your own unique GODDESS or ANGEL. These clay creations can remind us of who we are and what we are capable of as women and help support us through life's struggles and challenging times. This 2-day workshop is limited to 10 spaces. To cover the expenses of the clay, firing, washing and use of tools, **this 2-day workshop will cost \$45 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.

Shell Mobile Making: A 3-Part Coastal Craft Experience with Jenny | Part 1 – 4:30 – 5:30 pm on Friday, 30 May

Join Jenny for a creative, hands-on journey that blends nature and craft. In Part 1, meet at HWC for an introduction and demonstration. Part 2 takes you to the beautiful Te Awanga coastline to gather shells, driftwood, pumice, and seaside treasures. Make a morning of it with a walk along the beach. In Part 3, return to HWC to sand, polish and assemble your personalised shell mobile using the provided materials. This 3-part workshop costs **\$20 per participant**. A peaceful and inspiring way to slow down, connect and create a special keepsake.

Saturdays

'Goddess' Clay Making 2-Day Workshop with Mandy | 9:00 am – 12:00 pm on Saturday, 24 May – Session 2

Refer above for more information about this 2-day workshop.

Women's Health and Wellness Workshop: 'Gut Instinct: A Woman's Guide to Digestive Health' with Gina Hill from the Nutrition Clinic | 9:30 am – 12:00 pm on Saturday, 24 May

Join us for an empowering morning session focused on understanding and improving your gut health, led by expert clinical nutritionist Gina Hill from the Nutrition Clinic. Learn about the connection between gut health and overall wellbeing, including the importance of gut health for women; common digestive issues and their impact; simple, practical strategies for a healthier digestive system, as well as how diet and lifestyle can help

manage digestive disorders. This workshop will cost **\$10 per ticket** and is perfect for women who want to learn more about their gut health and take proactive steps toward feeling their best.

Shell Mobile Making: A 3-Part Coastal Craft Experience with Jenny | Part 2 – 9:00 – 10:00 am and Part 3 – 10:30 am – 12:30 pm on Saturday, 31 May

Refer to p. 12 for more information about this 3-part workshop. Part 2 takes you to the beautiful Te Awanga coastline to gather shells, driftwood, pumice, and seaside treasures. Make a morning of it with a walk along the beach. In Part 3, return to HWC to sand, polish and assemble your personalised shell mobile using the provided materials. This 3-part workshop costs **\$20 per participant**. A peaceful and inspiring way to slow down, connect and create a special keepsake.

Rongoā Māori Healing Space with Raynor and other Practitioners | 10:00 am – 2:00 pm, on Saturdays: 3 May, 17 May & 31 May

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: 11 May

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.