

# HWC PROGRAMME FOR AUGUST 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](mailto: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.**

*The Heretaunga Women's Centre offers a safe, inclusive space for diverse workshops, programmes, and events led by volunteers, contractors, and service providers. The views and content shared by individual facilitators may not necessarily represent the Centre's values or official stance.*

Monthly theme – Finding your voice: Strengthen your confidence in speaking up and advocating for yourself and others.						Pillar: Mentorship
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1</b> 9:30 Life Coaching Appt. 9:30 'Begin to Sew' class 11am Life Coaching Appt.	<b>2</b>	<b>3</b>
<b>4</b> 9am Hallway Art: Arihia More 9:30 Art Therapy Appt. 9:30 Gentle Mat Movements Class 10am Reiki Appt. 10am Numerology Appt. 10:45 Art Therapy Appt. 11:15 Reiki Appt. 1pm Quilting for Beginners	<b>5</b> 11am Mahi Wairua Appt. 12:30 Legal Clinic 12:30 Ukulele for the Experienced 1pm Mahi Wairua Appt. 6pm Whitiwhiti Kōrero	<b>6</b> 12pm Knitting Group 12pm Radio HB Show: Planet Women 1pm Mahi Wairua Appt. 1:30 Venus Rising Sisterhood Circle	<b>7</b> 9:30 'Restitch & Renew', sewing group 11am Mahi Wairua Appt. 11am 'Take it Easy' Book Club 12:00 Ukulele for Beginners	<b>8</b> 9:30 Life Coaching Appt. 9:30 'Begin to Sew' class 10:30 'Get Hooked' Crochet Club – Learn the Basics 11am Life Coaching Appt.	<b>9</b> 10am Rongoā Māori Healing Space – drop-in service	<b>10</b> 9:30 Your Own Yoga: Koha Yoga Session
<b>11</b> 9:30 Art Therapy Appt. 9:30 Gentle Mat Movements Class 10am Reiki Appt. 10am Numerology Appt. 10:45 Art Therapy Appt. 11:15 Reiki Appt. 12:30 Reiki Appt. 1pm Quilting for Beginners	<b>12</b> 9:30 Creating Sensory-sensitive Spaces for Neurodivergent Tamariki Workshop 11am Creative Cardmaking Workshop 11am Mahi Wairua Appt. 12:30 Legal Clinic 12:30 Ukulele for the Experienced 1pm Mahi Wairua Appt.	<b>13</b> 9:30 DIY Toxin-free Cleaning with Essential Oils(\$10pp) 9:30 'Common Threads' Sewing Group 10am Grandparents Raising Grandchildren 12pm Knitting Group 12pm Radio HB Show: Planet Women 1pm Mahi Wairua Appt. 1:30 Venus Rising Sisterhood Circle	<b>14</b> 9:30 'Restitch & Renew', sewing group 10am 'The Rooky Wood' Art Class (\$20pp) 11am Mahi Wairua Appt. 12:00 Ukulele for Beginners	<b>15</b> 9:30 Life Coaching Appt. 9:30 'Begin to Sew' class 10:30 'Get Hooked' Crochet Club – Learn the Basics 11am Life Coaching Appt.	<b>16</b>	<b>17</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>18</b> 9:30 Art Therapy Appt. 9:30 Gentle Mat Movements Class 10am Reiki Appt. <b>10am Numerology Appt.</b> 10:45 Art Therapy Appt. 11:15 Reiki Appt. 12:30 Reiki Appt. 1pm Quilting for Beginners	<b>19</b> 11am Mahi Wairua Appt. 12:30 Legal Clinic 12:30 Ukulele for the Experienced 1pm Mahi Wairua Appt. 6pm Whitiwhiti Kōrero	<b>20</b> <b>10am Experience Compassion</b> 12pm Knitting Group 12pm Radio HB Show: Planet Women <b>1pm Mahi Wairua Appt.</b> 1:30 Venus Rising Sisterhood Circle	<b>21</b> 9:30 'Restitch & Renew', sewing group 11am Mahi Wairua Appt. 11am 'Take it Easy' Book Club <b>12:00 Ukulele for Beginners</b>	<b>22</b> 9:30 Life Coaching Appt. 9:30 'Begin to Sew' class 10:30 'Get Hooked' Crochet Club – Learn the Basics 11am Life Coaching Appt.	<b>23</b> <b>2pm Priceless: Unlock your Creativity Workshop for rangatahi wāhine (\$5pp)</b>	
<b>25</b> <b>9am Hallway Art: Jenny Foote</b> 9:30 Art Therapy Appt. 9:30 Gentle Mat Movements Class 10am Reiki Appt. <b>10am Numerology Appt.</b> 10:45 Art Therapy Appt. 11:15 Reiki Appt. 12:30 Reiki Appt. 1pm Quilting for Beginners	<b>26</b> 11am Mahi Wairua Appt. 12:30 Legal Clinic 12:30 Ukulele for the Experienced 1pm Mahi Wairua Appt.	<b>27</b> 9:30 'Common Threads' Sewing Group 10am Grandparents Raising Grandchildren 12pm Knitting Group 12pm Radio HB Show: Planet Women <b>1pm Mahi Wairua Appt.</b> 1:30 Venus Rising Sisterhood Circle	<b>28</b> 9:30 'Restitch & Renew', sewing group 9:30 Financial Mentoring Clinic with Weave Hawke's Bay <b>10am 'The Rooky Wood' Art Class (\$20pp)</b> 10:30 Community Kōrero with Sustainable Hawke's Bay 11am Mahi Wairua Appt. <b>12:00 Ukulele for Beginners</b>	<b>29</b> 9:30 Life Coaching Appt. 9:30 'Begin to Sew' class 10:30 'Get Hooked' Crochet Club – Learn the Basics 10:30 Cooking Class 11am Life Coaching Appt. 12:30 Shared Lunch  10 am – 4 pm HB Home & Garden Show at McLean Park	<b>30</b> 10am Rongoā Māori Healing Space – drop-in service   10 am – 4 pm HB Home & Garden Show at McLean Park	<b>31</b>      10 am – 4 pm HB Home & Garden Show at McLean Park

#### 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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Please note: The Heretaunga Women's Centre programmes are made possible through the dedication and hard work of our staff, volunteers, and community partners. While we strive to deliver every session as planned, unexpected circumstances such as illness may occasionally require last-minute changes. We sincerely apologise for any inconvenience this may cause and thank you for your understanding and patience.


# HWC PROGRAMME FOR AUGUST 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](mailto:admin@hwc.nz)

 **Visit our website:** [www.heretaungawomenscentre.co.nz](http://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](mailto: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](mailto: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.

### Cervical Screening Clinic Appointments Te Whatu Ora, Te Matau a Māui Hawke's Bay

This is a free service for women between 25 and 70 years. For more information and bookings, please phone 0800 729 729.

## 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](mailto: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 19 Sept.

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. **We are currently holding a waiting list for Term 4.**

**Gentle Mat Movements Class with Sarah | 9:30 – 10:30 am, weekly on Mondays during school terms, until 19 September.**

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 19 September.**

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 19 September.**

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.

**Quilting for Beginners with Bev | 1:00 – 3:00 pm, on Mondays.**

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** (per 6 weeks) to enable us to purchase items such as batting.

## Tuesdays

**Creating Sensory-Sensitive Spaces: A Workshop for Those Supporting Neurodivergent Tamariki with Paula | 9:30 – 11:30 am on Tuesday, 12 August**

Join specialist teacher Paula for a unique yoga and sensory workshop designed for anyone supporting neurodivergent children. With over 20 years of experience, Paula has developed a yoga-based approach that helps create calm, inclusive environments. This session will explain key terms and traits related to neurodivergence, build understanding of sensory needs and daily challenges, share practical ways to support co-regulation and wellbeing as well as guide you in creating sensory-sensitive spaces that nurture and include.

Perfect for whānau, educators, and anyone seeking to better understand and support neurodivergent tamariki. Paula will talk a little about yoga in the 8-sense toolkit as it relates to the vestibular pathway and proprioception, and there will be the option to try a couple of shapes, for sure but no need for yoga mats in this workshop!

**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: 12 August.**

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 August, the focus will be Father's Day cards!** If this theme doesn't fit your needs, you are completely free to explore card making in general with a variety of materials available. Hannah and Liz will bring two different styles and approaches to card making on this day. There will be plenty of opportunity for a coffee, and a natter with baked goods to munch on. 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 – 1:30 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. Our legal clinic takes place each Tuesday, with four 15-minute appointments available.

**Play the Ukulele and Sing-Along for Experienced Players with Kathy | 12:30 – 1:30 pm, weekly on Tuesdays during school terms, until 16 September.**

Play the ukulele at your own pace with other experienced players.

**Whitiwhiti Kōrero: Telling and Witnessing of Your Story with Raynor | 6:00 – 7:00 pm, fortnightly on Tuesdays 5 & 19 August.**

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

### **DIY Toxin-free Cleaning with Essential Oils with Julie Rowlands | 9:30 – 10:30 am, Wednesday 13 August.**

Come along and learn how to make easy, toxin-free cleaning products using essential oils and household items readily available in your home. Most cleaning products from supermarkets are packed with synthetic toxins and harmful chemicals that can harm our bodies. This fun, hands-on session will show you how easy it is to make toxin-free DIY cleaning items that you will love using. We will make cleaning spray, soft scrub, and do a demo of how to make cleaning wipes. **A small fee of \$10 is asked to cover the cost of the spray bottle.**

### **‘Common Threads’ Sewing group with Georgina | 9:30 – 11:30 am, fortnightly, 13 & 27 August**

Learn how to sew your items of choice (e.g., cushions, curtains, and clothing) in a relaxed and informal environment. If you have your own sewing machine, please bring it; otherwise, we do have a few machines you can use. Some materials are available. You can come with a project, or we can provide one. This group is open to women with varying levels of sewing skills. Come along and enjoy being a part of a group while working on your projects.

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

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.

### **‘Experience Compassion’ with Alessandra & Jen | 10:00 – 11:00 am, on Wednesday 20 August.**

If you would like to feel more at ease with others, develop more understanding and compassion, join Alessandra & Jen. In this class, you will be introduced to a simple yet powerful exercise you can use to increase compassion and experience a personal sense of peace in your life.

### **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 | following the 12:00 pm (midday) news, weekly on Wednesdays throughout August.**

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](https://planetwomen.org.nz) ([radiohawkesbay.org.nz](https://radiohawkesbay.org.nz)) for our August Planet Women episode, in which Deidré, Zoe and Zara from Sano discuss women’s health and recovery strategies.



### **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.

### **Venus Rising Sisterhood Circle with Nikki | 1:30pm – 2:30pm, weekly on Wednesdays.**

Join Nikki in the Sisterhood Circle — a safe, inclusive space where all women, especially new immigrants and those feeling isolated, can come together to connect, share, and grow. It's a trauma-informed, heart-led space for belonging, with weekly gatherings and uplifting events that remind every woman she is seen, supported, and never alone.

## **Thursdays**

### **'Restitch & Renew', Sewing Classes with SuperSkills Heretaunga Mentors: Rosemary | 9:30 – 11:30 am, weekly on Thursdays during school terms, until 19 September.**

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.

### **Financial Mentoring Clinic with WEAVE Hawke's Bay | 9:30 am – 12:00 pm, monthly on the fourth Thursday: 28 August.**

Thanks to the support of WEAVE HB, we can offer a free monthly Financial Clinic. Whether you are struggling to manage debt or looking to build your confidence with money, WEAVE HB can help you take the next steps toward financial stability and empowerment. Their financial Mentoring services are tailored to your unique situation, with practical support including budgeting and cash flow, developing personalised budgets and plans to manage weekly, monthly, and yearly expenses, goal-setting and financial action plans, access support for WINZ and IRD applications, financial hardship withdrawals and more. One-on-one 30 minutes appointments available. Registrations essential.

### **'The Rooky Wood' Art Class with Kate | 10:00 am – 12:00 pm, on the second and fourth Thursdays of the month, during school terms only: 14 & 28 August.**

In collaboration with the Heretaunga Women's Centre, Kate White will be offering fortnightly classes in becoming familiar with mark-making with charcoal on newsprint. Absolutely no previous experience required. The classes will be a safe place to explore visual language using one of the oldest media known to man. Come and see if it's your cup of tea! Kate White is an illustrator, portrait artist, and fine artist. She holds a NZ Certificate in Craft Design from EIT and a Hons Dip Art and Creativity from The Learning Connexion. Her achievements include 11 solo and 2 duo exhibitions, and over 40 national and local group exhibitions including the Parkin Drawings Awards, the NZ Portrait Gallery, the Hawke's Bay Reviews and the Big Apple Project.

**\$20 pp per session.**

### Community Kōrero with Sustainable Hawkes Bay | 10:30 – 11:30 am on Thursday, 28 August.

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 Hawkes Bay community. Keep an eye out for more upcoming talks! In August, we are connecting with **Sustainable Hawke's Bay**, who will talk about their **Sustainable Homes Programme**. There are practical steps that everyone can take to make their home warmer, drier and healthier. Sustainable Hawke's Bay is partnering with Meridian Energy to work alongside households to assess and improve the health and energy efficiency of Hawke's Bay homes. Their team can provide advice about heating, ventilating and insulating your home, to reduce your power bill and improve your health.

### 'Take it Easy' Book Club with Patricia & Rae | 11:00 am – 1:00 pm, on the first and third Thursdays of the month: 7 & 21 August.

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.

### Ukulele for Beginners with Kathy | 12:00 – 1:00 pm, weekly on Thursdays during school term, until 18 September.

Join Kathy for a fun and interactive Ukulele class for Beginners! This class is perfect if you are new to ukulele. Kathy, an experienced player, will guide you through the basics, including how to choose and tune your ukulele, basic strumming techniques, and your first chords. You'll even learn to play a song by the end of the session! No prior musical experience is required. Come and discover the joy of playing the ukulele in a supportive and friendly environment. Bring your own ukulele.

## Fridays

### 'Begin to Sew' Classes with Aiai | 9:30 – 11:30 am, weekly on Fridays during school terms, until 29 August.

Discover the joy of sewing in this relaxed, beginner-friendly class with experienced mentor, Aiai. Learn basic skills in a structured environment, from understanding different fabrics and tools to learning essentials. 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.

**Individual Life Coaching Appointments with Elizabeth | 9:30 – 10:30 am & 11:00 am – 12:00 pm, a 12-week programme, weekly on Fridays from 1 August – 17 October.**

**Feeling stuck? This is your time to reset.** This programme is designed to support wāhine who feel like they are spinning their wheels but not moving forward. It's a chance to pause, reflect, and realign with the life they truly want. Over 12 weekly one-on-one sessions, participants will be compassionately guided to explore areas that need a refresh, unlock their full potential, and set bold, inspiring goals. With practical tools, consistent encouragement, and accountability, they will create a clear path forward, grounded in their own strengths and solutions. Real change takes time, but it begins with a single decision. Why wait for 2026? Start now and celebrate the new you before the year is out. Two 60-minute appointments are available each Friday, and two wāhine are seen every 12 weeks.

**Cooking Class with Trish | 10:30 – 12pm, last Friday of the month, Friday 29 August.**

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).

**'Get Hooked' Crochet Classes for Beginners with Leah | 10:30 – 11:30 am, weekly on Fridays.**

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.**

**Hawke's Bay Home & Garden Show | 10:00 am – 4:00 pm, on Friday, 29 Aug., Saturday, 30 Aug. and Sunday, 1 Sept.**

Join the Heretaunga Women's Centre team at the Hawke's Bay Home & Garden Show.

## Saturdays

**Rongoā Māori Healing Space with Raynor and other Practitioners | 10:00 am – 2:00 pm, fortnightly on Saturdays: 9 & 30 August**

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.**

**Priceless: Unlock your Creativity Workshop for rangatahi wāhine with Sharleen & Eve | 2:00 – 3:30 pm, Saturday 23 August.**

Calling young women aged 16-24! Join us for a hands-on workshop with the talented Sharleen and Eve and make an Uku Kōauau - Maori Clay Flute. Even if you've never picked up clay, or a musical instrument, you will love this!

Our host is Eve Kireka, a multi-disciplinary creative practitioner: a maker, an explorer, researcher, a teacher and a learner of creative knowledge and artefacts. Eve loves being around other creatives, some who know who they are, and others who are still to discover their creative potential.

Spend 90 minutes immersed in creativity, fun, and connection. Don't miss out on this fantastic opportunity to unlock your creativity! This workshop is presented by Ngā Toi Creative Hawke's Bay, thanks to funding from Lottery Community funding.

Space is limited and booking essential, please register now. A small fee of **\$5pp** will be asked.

## Sundays

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

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](mailto:paula@yourownyoga.co.nz)** or visit Your Own Yoga's website for more details.