

# HWC PROGRAMME FOR JULY 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 services providers. The views and content shared by individual facilitators may not necessarily represent the Centre's values or official stance.*

Monthly theme – Strength in Sisterhood: Celebrate and strengthen bonds between women in your community						Pillar: Connection
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1 School Holiday</b> <b>9am Hallway Art:</b> Jo Reid <b>11am Mahi Wairua Appt.</b> 12:30 Legal Clinic <b>1pm Mahi Wairua Appt.</b> 1pm Afternoon Boardgames	<b>2 School Holiday</b> 10am Grandparents Raising Grandchildren 12pm Knitting Group <b>1pm Mahi Wairua Appt.</b> 1pm Afternoon Boardgames	<b>3 School Holiday</b> 11am 'Take it Easy' Book Club -- Meet the Author: Louise Ward \$5pp <b>11am Mahi Wairua Appt.</b> 12pm Ukulele for beginners 1pm Afternoon Boardgames	<b>4 School Holiday</b> <b>10:30 'Get Hooked' Crochet Club – Learn the Basic</b> 1pm Afternoon Boardgames		
<b>7 School Holiday</b> <b>9:30 'Cooking on a Budget' \$5pp</b> 1pm Quilting for Beginners 1pm Afternoon Boardgames	<b>8 School Holiday</b> <b>11am Mahi Wairua Appt.</b> 11am Creative Cardmaking Workshop 12:30 Legal Clinic <b>1pm Mahi Wairua Appt.</b> 1pm Afternoon Boardgames	<b>9 School Holiday</b> 12pm Knitting Group <b>1pm Mahi Wairua Appt.</b> 1pm Afternoon Boardgames	<b>10 School Holiday</b> <b>9:30 Essential Oils Wellness Workshop 'Take &amp; Make' \$5pp</b> <b>11am Mahi Wairua Appt.</b> 12pm Ukulele for beginners 1pm Priceless: Unlock your Creativity workshop for teenagers \$5pp	<b>11 School Holiday</b> <b>10am Women Self Defence Workshop</b> <b>10:30 'Get Hooked' Crochet Club – Learn the Basic</b> 1pm Afternoon Boardgames	<b>12 School Holiday</b> <b>10am Rongoa Māori Healing Space – drop-in service</b>	<b>13 School Holiday</b> <b>9:30 Your Own Yoga: Koha Yoga Session</b>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>14</b> <b>9am Hallway Art:</b> <b>Kate Simpson</b> <b>9:30 'Cooking on a</b> <b>Budget' \$5pp</b> <b>9:30 Art Therapy Appt.</b> <b>10am Reiki Appt.</b> <b>10am Numerology Appt.</b> <b>10:45 Art Therapy Appt.</b> <b>11:15 Reiki Appt.</b> <b>12:30 Reiki Appt.</b> <b>1pm Quilting for</b> <b>Beginners</b>	<b>15</b> <b>10:30 Te Ohu</b> <b>Matangirau</b> <b>11am Mahi Wairua Appt.</b> <b>12:30 Legal Clinic</b> <b>1pm Mahi Wairua Appt.</b> <b>1pm Ukulele &amp; Song</b> <b>Group</b>	<b>16</b> <b>9:30 'Common Threads'</b> <b>Sewing group</b> <b>10am Grandparents</b> <b>Raising</b> <b>Grandchildren</b> <b>12pm Knitting Group</b> <b>12pm Radio HB Show:</b> <b>Planet Women</b> <b>1pm Mahi Wairua Appt.</b>	<b>17</b> <b>9:30 'Restitch &amp; Renew'</b> <b>Sewing Group</b> <b>11am Mahi Wairua Appt.</b> <b>11am 'Take it Easy'</b> <b>Book Club</b> <b>12pm Ukulele for</b> <b>Beginners</b> <b>5pm Health Series:</b> <b>Stress</b>	<b>18</b> <b>9:30 'Begin to Sew'</b> <b>10:30 'Get Hooked'</b> <b>Crochet Club –</b> <b>Learn the Basic</b>	<b>19</b>	<b>20</b>
<b>21</b> <b>9:30 Art Therapy Appt.</b> <b>9:30 'Cooking on a</b> <b>Budget' \$5pp</b> <b>10am Reiki Appt.</b> <b>10am Numerology Appt.</b> <b>10:45 Art Therapy Appt.</b> <b>11:15 Reiki Appt.</b> <b>12:30 Reiki Appt.</b> <b>1pm Quilting for</b> <b>Beginners</b>	<b>22</b> <b>11am Mahi Wairua Appt.</b> <b>12:30 Legal Clinic</b> <b>1pm Mahi Wairua Appt.</b> <b>1pm Ukulele &amp; Song</b> <b>Group</b>	<b>23</b> <b>10am Experience</b> <b>Compassion</b> <b>12pm Knitting Group</b> <b>12pm Radio HB Show:</b> <b>Planet Women</b> <b>1pm Mahi Wairua Appt.</b>	<b>24</b> <b>9:30 'Restitch &amp; Renew'</b> <b>Sewing Group</b> <b>9:30 Financial Mentoring</b> <b>with WEAVE HB</b> <b>10am 'The Rooky Wood</b> <b>Art Class' \$20pp</b> <b>11am Mahi Wairua Appt.</b> <b>12pm Ukulele for</b> <b>Beginners</b> <b>5pm Health Series:</b> <b>Hormones</b>	<b>25</b> <b>9:30 'Begin to Sew'</b> <b>10:30 'Get Hooked'</b> <b>Crochet Club –</b> <b>Learn the Basic</b> <b>10:30 Cooking Class</b> <b>11am Confident</b> <b>Steps: 'Rental</b> <b>Made Easy'</b> <b>Workshop</b> <b>12:30 Shared Lunch</b> <b>3:30 Homework Hub</b>	<b>26</b> <b>10am Rongoa Māori</b> <b>Healing Space –</b> <b>drop-in service</b>	<b>27</b>
<b>28</b> <b>9am Hallway Art:</b> <b>Eva Bennett</b> <b>9:30 Gentle Mat</b> <b>Movements Class</b> <b>9:30 Art Therapy Appt.</b> <b>10am Reiki Appt.</b> <b>10am Numerology Appt.</b> <b>10:45 Art Therapy Appt.</b> <b>11:15 Reiki Appt.</b> <b>12:30 Reiki Appt.</b> <b>1pm Quilting for</b> <b>Beginners</b>	<b>29</b> <b>11am Mahi Wairua Appt.</b> <b>12:30 Legal Clinic</b> <b>1pm Mahi Wairua Appt.</b> <b>1pm Ukulele &amp; Song</b> <b>Group</b>	<b>30</b> <b>9:30 'Common Threads'</b> <b>Sewing group</b> <b>10am Grandparents</b> <b>Raising</b> <b>Grandchildren</b> <b>12pm Knitting Group</b> <b>12pm Radio HB Show:</b> <b>Planet Women</b> <b>1pm Mahi Wairua Appt.</b> <b>1pm Priceless: Unlock</b> <b>your Creativity</b> <b>Workshop \$5pp</b>	<b>31</b> <b>9:30 'Restitch &amp; Renew'</b> <b>Sewing Group</b> <b>10:30 Community Kōrero</b> <b>Series with Tiny</b> <b>Nation</b> <b>11am Mahi Wairua Appt.</b> <b>12pm Ukulele for</b> <b>Beginners</b> <b>5pm Health Series:</b> <b>Chronic pain</b>			

### 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 JULY 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 729729.

### **Afternoon Boardgames | 1:00 – 3:30 pm, during School Holidays only, 1-11 July**

Looking for a fun way to spend your school holidays? Join us for Afternoon Boardgames! Every afternoon from 1pm to 3:30pm, teenagers can come and enjoy a wide range of board games in a safe and welcoming environment. It's the perfect opportunity to take a break from screens, connect with others, and have a great time. Parent or adult guardian required under 16 years of age.

## 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.

**Gentle Mat Movements Class with Sarah | 9:30 – 10:30 am, weekly on Mondays during school terms, starting again on Monday 28 July.**

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 Art Therapy Appointments with Kathy | 9:30 – 10:30 am & 10:45 – 11:45 am, weekly on Mondays during school terms, starting again on Monday 14 July. – 25 August.**

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.

**‘Cooking on a Budget’ Class with SuperSkills Heretaunga Mentors Mandi | 9:30am-12pm, weekly on Mondays until 21 July**

Join Mandi for an engaging and practical class, ‘Cooking on a Budget’, where you'll learn to create delicious, hearty meals for your whanau, all within a \$5 budget. Spend time in the kitchen preparing kai with Mandi, who will guide you through each step to ensure your meals are both nutritious and affordable. On the menu this month: chicken chow Mein, sweet & sour meatballs, fried rice & soup.

While your creations are cooking, Mandi will share valuable insights on budgeting and nutrition, helping you make the most of your resources without compromising on quality. Afterward, enjoy a shared lunch where you can connect with others.

Don't miss this opportunity to enhance your cooking skills and learn how to manage your food budget effectively. **A \$5 fee will be charged.**

**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, starting again on 14 July. – 15 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, starting again on 14 July – 15 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, a 6-week course on Mondays, until 11 August.

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

### 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, starting on 15 July – 15 September.

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 July.

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.

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 with Kathy (formally run by Brenda) | 1pm – 2pm, weekly on Tuesdays during school terms, 15 July – 8 September.

Play the ukulele at your own pace with other experienced players. **This group is now full.**



## Wednesdays

### **'Common Threads' Sewing group with Georgina | 9:30 – 11:30 am, fortnightly, 16 & 30 July**

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.

### **Experience Compassion with Alessandra & Jen | 10am - 11am, on Wednesday 23 July**

If you would like to feel more at ease with others and develop more understanding and more compassion, join Alessandra and Jen. In their 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.

### **Grandparents Raising Grandchildren Coffee Group with Leonie & Nga | 10:00 – 11:30 am, fortnightly on Wednesdays 2, 16, & 30 July**

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

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://radiohawkesbay.org.nz).

### **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 | 1:00 – 2:30 pm on the last Wednesday of each month: 30 July**

"The positive side of negative spaces" - a workshop to improve your drawing skills.

This workshop asks for **\$5 per participant**.



## Thursdays

**'Restitch & Renew' Sewing Classes with SuperSkills Heretaunga Mentors: Tricia & Rosemary | 9:30 – 11:30 am, weekly on Thursdays during school terms, starting 17 July – 15 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.

**Essential Oils Wellness Workshop 'Take & Make' with Julie Rowlands | 9:30am – 10:30 am, on Wednesday, 11 July.**

Julie is a wellness coach and essential oil educator, who is passionate about helping women support their health and wellness using the power of Essential Oils and natural solutions.

In this hands-on workshop you will learn 3 cool things about essential oils, 3 ways to use them and simple ways to integrate these beautiful oils into your life to support your overall health and wellness goals. You will leave the session with your own essential oil roller. **\$5pp per session.**

**Financial Mentoring with Weave HB | 9:30 am – 10:30am meet 4th Thursday of every month, 24 July.**

WEAVE works with individuals, whānau, businesses and community groups. Whether you're struggling to manage debt or looking to build your confidence with money, WEAVE 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: Develop personalised budgets and plans to manage weekly, monthly, and yearly expenses / Goal-setting and Financial Action Plans: Work with us to create realistic goals and strategies to achieve them / Debt management: Get help negotiating with creditors, exploring repayment options, and understanding insolvency solutions / Advocacy and entitlements: Access support for WINZ and IRD applications, financial hardship withdrawals, and more.

**'The Rooky Wood Art Class' with Kate White | 10am – 12pm, second & fourth Thursday of the month, during school terms, 24 July.**

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 Drawing Awards, the NZ Portrait Gallery, the Hawke's Bay Reviews and the Big Apple Project. **\$20pp per session.**

**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 Wendy & Tracy from Tiny Nation | 10:30 – 11:30 am on Thursday, 31 July.**

Tiny Nation, New Zealand's new home-based early learning movement. Founded by parents starting in Hawke's Bay who are passionate about giving our pre-schoolers the best start in life, Tiny Nation is on a mission to nurture our tiniest citizens. They believe in the power of curiosity, the importance of play and the need for authentic connections. They understand the importance of the early years and how our children benefit from being a part of small groups in familiar and loving environments. Tiny Nation wants all children to have the chance to realise their full potential and have great futures. To support this, they recruit the best qualified teachers and educators and empower them to run early learning services from their own homes as educators. Come and hear what Tiny Nation has to offer you!

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

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. Seats are limited, so register soon to secure your spot. Everyone is welcome to come and *take it easy* with us!

### **Meet the Author: Louise Ward with the 'Take it Easy' Book Club | 11:00 am – 1:00 pm, on Thursday, 3 July.**

Join us for an exclusive author talk with Louise Ward. Louise, co-owner of the Wardini bookshops, will talk about how she chooses books to stock, finds the ones keen readers want, and deals with interesting customers! Alongside her husband Gareth Ward, she co-authored the popular "Bookshop Detectives" series. Louise will introduce her latest book "Tea and Cake and Death".

Seating is limited, so register now to reserve your place!

**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.

### **Ukulele for Beginners with Kathy | 12pm – 1pm, weekly on Thursdays during school term, starting again on 17 July**

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.

### **Priceless: Unlock your Creativity Workshop for teenagers with Sharleen Bailey | 1pm – 4pm, on Thursday 10 July**

Calling all girls aged 15-18! Join us for a hands-on workshop with the talented Sharleen during the school holidays. Spend a half day immersed in creativity, fun, and connection. Enjoy an afternoon of engaging activities, away from screens, and bring home a wonderful creation. It's the perfect way to make your school holidays memorable and inspiring. Don't miss out on this fantastic opportunity to unlock your creativity! Afternoon tea will be provided.

### **Health Series talk with Holly & Sarah | 5pm – 6:30pm, the last 3 Thursdays of the month, 17, 24 & 31 July**

Meet Holly – a Chiropractor based in Taradale. Holly has a real passion for supporting women and helping them understand their bodies better. Too often, they're not given the full picture when it comes to their health, and she believes it is time that changed.

Holly has been working alongside Sarah, a dedicated homeopath who shares the same drive when it comes to women's health especially those suffering with common and complex chronic health issues. Sarah is currently pursuing a Master of Applied Health Science (Wellness & Rehabilitation) with a focus on pain management. Together, they're excited to offer well-researched, clinically accurate information around stress, hormones, and chronic pain. Holly & Sarah are really looking forward to connecting with you, sharing valuable insights, and supporting you on your health journey. The series is divided into 3 evenings: stress / hormones / chronic pain

## **Fridays**

### **'Begin to Sew' Classes with Aiai | 9:30 – 11:30 am, weekly on Fridays during school terms, starting again 18 July.**

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 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.

### **Women's Self-Defence Course with Brie from Kia Haumaru | 10:00 am – 2:00 pm on Friday 11 July**

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.

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

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.**

### Cooking Class with SuperSkills Heretaunga Mentor Trish | 10:30am, last Friday of the Month, 25 July

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).

### Confident steps: 'Rental Made Easy' Workshop with Chelsea Derrick from Living Property Management | 11:00 – 12:00 pm, Friday 25 July.

*"Getting a Rental & Being a Great Tenant: What to Expect"*

Join Chelsea Derrick from Living Property Management as she shares practical advice on how to successfully secure a rental property and become the kind of tenant landlords want.

In this light-hearted and informative session, Chelsea will walk attendees through the rental application process, explain what property managers look for and outline tenants' rights and responsibilities. She'll also cover what to expect during property inspections and share helpful tips for clear and respectful communication with landlords or agents. Whether you're applying for your first rental or want to sharpen your tenancy skills, this session will provide tools, insights, and confidence to help you stand out.







### Homework Hub | 3:30pm – 4:30pm, last Friday of every month, Friday 25 July

High school girls, this is for you! The Homework hub provides a safe and supportive environment where you can focus on your homework, seek help, and share your concerns. It's the perfect place to catch up on schoolwork, get back on track, and feel 100% ready for your NCEA exams. Connect with peers, receive guidance, and thrive together. Don't miss out on this fantastic opportunity to excel academically and feel empowered!

## Saturdays

### Rongoā Māori Healing Space with Raynor and other Practitioners | 10:00 am – 2:00 pm, on Saturdays: 12 & 26 July

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 July.**

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.