

# HWC PROGRAMME FOR SEPTEMBER 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 – Active Movement: Spring into Action – focus on fresh starts, active movement & building routines. Pillar: Women's Health & Wellness						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> 9:30 Art Therapy Appt. 9:30 Gentle Mat Movements Class 10am Numerology Appt. 10:45 Art Therapy Appt. 1pm Quilting for Beginners 1pm Mahuru Māori Beginners' Te Reo  6:30 Soundscape	<b>2</b> 9:30 WOW Session 1 10am Housing Advocacy Clinic 11am Wāhine & Wā, Conversations on Death, Nature, and Healing 12:30 Legal Clinic 12:30 Ukulele for the Experienced OUTDOOR session 12:30 Job Justice Clinic  6pm Whitiwhiti Kōrero	<b>3</b> 10am Reiki Appt. 11:15 Reiki Appt. 12pm Knitting Group 12pm Radio HB Show: Planet Women 1pm Mahi Wairua Appt. 1:30 Venus Rising Sisterhood Circle  6pm Triathlon 101	<b>4</b> 9:30 'Restitch & Renew', Sewing Group 11am 'Take it Easy' Book Club 11am Mahi Wairua Appt. 12pm Ukulele for Beginners  5:30 Colour Me Confident Fundraising Event	<b>5</b> 9:30 'Take it Easy' Writing Group 9:30 Life Coaching Appt. 10:30 'Get Hooked' Crochet Club – Learn the Basics 11am Life Coaching Appt. 12:30 Life Coaching Appt. 1pm Mahuru Māori Beginners' Te Reo	<b>6</b> 8am Run Strength and Conditioning (Clive School)  2pm My Journey to Triathlons	
<b>8</b> 9am Hallway Art: Women Suffrage 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 1pm Mahuru Māori Beginners' Te Reo	<b>9</b> 9:30 WOW Session 2 11am Mahi Wairua Appt. 11am Creative Cardmaking Workshop 12:30 Legal Clinic 12:30 Ukulele for the Experienced 12:30 Job Justice Clinic 1pm Mahi Wairua Appt.  5:30 Running Q&A Workshop	<b>10</b> 9:30 'Common Threads' Sewing Group 9:30 Essential Oils: Sleep & Stress \$5/roller 10am Grandparents Raising Grandchildren 12pm Knitting Group 12pm Radio HB Show: Planet Women 1pm Mahi Wairua Appt. 1:30 Venus Rising Sisterhood Circle	<b>11</b> 9:30 'Restitch & Renew', Sewing Group 11am Mahi Wairua Appt. 12pm Ukulele for Beginners  5:30 Sports Nutrition Workshop	<b>12</b> 9:30 'Take it Easy' Writing Group 9:30 Life Coaching Appt. 10:30 'Get Hooked' Crochet Club – Learn the Basics 11am Life Coaching Appt. 12:30 Life Coaching Appt. 1pm Mahuru Māori Beginners' Te Reo  6pm Quiz Night Fundraising Event	<b>13</b> 10am Rongoā Māori Healing Space – drop-in service	<b>14</b> 9:30 Your Own Yoga: Koha Yoga Session  12:30 Cardmaking with Woodford Students

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>15</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 1pm Mahuru Māori Beginners' Te Reo 6:30 Soundscape	<b>16</b> 9:30 WOW Session 3 9:30 CanBead Workshop 11am Mahi Wairua Appt. 12:30 Legal Clinic 12:30 Ukulele CONCERT 12:30 Job Justice Clinic 1pm Mahi Wairua Appt.  5:30 Puncture and Bike Care 6pm Whitiwhiti Kōrero	<b>17</b> 12pm Knitting Group 12pm Radio HB Show: Planet Women 1pm Mahi Wairua Appt. 1:30 Venus Rising Sisterhood Circle  5:30 Movement and Injury workshop	<b>18</b> 9:30 'Restitch & Renew', Sewing Group 9:30 Financial Mentoring Clinic with WeaveHB 11am 'Take it Easy' Book Club 11am Mahi Wairua Appt. 12pm Ukulele for Beginners  5:30 Swim Q&A Workshop	<b>19</b> 9:30 Women's Suffrage Celebration 9:30 'Take it Easy' Writing Group 10:30 'Get Hooked' Crochet Club – Learn the Basics 1pm Mahuru Māori Beginners' Te Reo	<b>20</b> 9am – 12pm Triathlon Clothing & Equipment Swap <u>DROP OFF</u>  12 – 3pm Triathlon Clothing & Equipment Swap	<b>21</b>
<b>22 School Holiday</b> 9am Hallway Art: Liz Cornelissen 1pm Quilting for Beginners 1pm Mahuru Māori Beginners te reo	<b>23 School Holiday</b> 10am 'Fight like a girl' - Self-defence course for teens 11am Mahi Wairua Appt. 12:30 Legal Clinic 12:30 Ukulele for the Experienced 12:30 Job Justice Clinic 1pm Mahi Wairua Appt.	<b>24 School Holiday</b> 10am Grandparents Raising Grandchildren 12pm Knitting Group 12pm Radio HB Show: Planet Women 1pm Mahi Wairua Appt. 1pm Priceless: Unlock your Creativity \$5pp 1:30 Venus Rising Sisterhood Circle	<b>25 School Holiday</b> 10:30 Community Kōrero with Howard League 11am Mahi Wairua Appt.	<b>26 School Holiday</b> 9:30 'Take it Easy' Writing Group 10:30 'Get Hooked' Crochet Club – Learn the Basics 10:30 Cooking Class 12:30 Shared Community Kōrero & Kai 1pm Mahuru Māori Beginners' Te Reo	<b>27 School Holiday</b> 10am Rongoa Māori Healing Space – drop-in service	<b>28 School Holiday</b>
<b>29 School Holiday</b> 1pm Quilting for Beginners	<b>30 School Holiday</b> 11am Mahi Wairua Appt. 12:30 Legal Clinic 12:30 Ukulele for the Experienced 12:30 Job Justice Clinic 1pm Mahi Wairua Appt.					

#### Key Service Pillars

He hauora Women's Health & Wellness	He whakatipu Personal Growth	He kaiārahi Mentorship	He whakawhanaungatanga Connection	He tautoko Advocacy
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# HWC PROGRAMME FOR SEPTEMBER 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: Our Nursery**

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.

**Get ready for the Harcourts Hawke's Bay Womens Triathlon!**

Join us for our upcoming Women's Triathlon Training Classes: designed to help you build strength, confidence, and community as you prepare for the race day! Whether you're a first-timer or looking to improve your performance, our supportive sessions will guide you through swimming, cycling, and running with expert tips and plenty of encouragement. Let's train together, cheer each other on, and cross that finish line feeling unstoppable!

**Triathlon Events & Workshops:**

- Triathlon 101 with Sparkle Fitness – Wednesday 3 Sept – 6 pm
- My journey to triathlons with Heather Neill and McKenzie Speers - Sat 6 Sept - 2-3 pm
- Running Q&A workshop with Emily Mains Fitness – Tuesday 9 Sept – 5.30-6.30 pm
- Sports nutrition workshop with the Performance Pantry – Thurs 11 Sept - 5.30-6.30 pm
- Puncture and Bike Care with My Ride Hastings – Tues 16 Sept – 5.30 - 6.30 pm
- Movement and Injury workshop with TBI Health and Sano – Thurs 17 Sept – 5.30 - 6.30pm
- Swim Q&A workshop with Amy from @Coachme – Thurs 18<sup>th</sup> Sept – 5.30 - 6.30pm

For more information, visit our website: <https://heretaungawomenscentre.nz/2025triathlon/>

## 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 September.**

This is a 7–10-week guided colour therapy journey. You will be working in wet-on-wet watercolour paint and in the realm of light and dark with charcoal. These sessions are guided so you will feel supported and encouraged. Colour can work on our whole being to uplift and bring positive changes. Two 60-minute appointments are available each Monday, and two wāhine are seen each term. **Please note that we currently hold a waitlist.**

**Gentle Mat Movements Class with Sarah | 9:30 – 10:30 am, weekly on Mondays during school terms, until 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. **Please note time & day change in September.**

**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.

### 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** to enable us to purchase items such as batting.

### Mahuru Māori Beginners' Te Reo with Brenda Matthews | 1pm – 2:30pm | a one-month course of Te Reo Māori, on Mondays until Friday 26 September.

#### Participate in the Mahuru Challenge!

No matter your current level of te reo Māori—whether it begins and ends with “kia ora” or you’re eager to expand your skills—this is a wonderful opportunity to engage and grow.

1. Set a personal challenge
2. Invite friends to join
3. Speak te reo Māori

Step aboard and let us collectively embrace Mahuru Māori with enthusiasm and commitment.

Brenda, an experienced educator, provides a calm and supportive environment for learning and sharing the language.

Note: Monday classes will be repeated on Fridays. You are welcome to attend either session—or both.

### Soundscape with Celeste | 6:30pm – 8pm, fortnightly on Mondays 1 and 15 September.

Soundscape is a place to journey in a circle and connect with others to heart language through the vibration and frequency of sound and music. Join Celeste for Cacao and intention setting and card reading. A responsible babysitter will be onsite to supervise children in the nursery if needed.

## Tuesdays

### W.O.W, Women of Worth with Deidré | 9:30am – 12:30pm, weekly for 10 weeks on Tuesdays, school term only.

Through this programme, you will learn to:

- Know your true worth
- Discover your strengths
- Learn valuable tools and strategies to help you build a good life for you and your whānau

Have fun and celebrate with other women in a supportive group setting.

Book now to secure your spot, places are limited.

### CanBead with Meg | 9:30am – 11:30 am, Tuesday 16 September.

CanInspire is a charity that provides free creative therapy workshops, using beads, for people experiencing illness, loss or trauma. Participants have the opportunity to make jewelry, a sun catcher, bookmark, keyring or a bag tag. Make something for yourself or a gift for someone else.

Each workshop lasts between 1.5 - 2 hours. They are relaxed and fun. Help is also at hand if you need it.

### Housing Advocacy with Phyllis and Lexie | 10am – 12pm, Monthly on Tuesday 2 September.

Do you need support working through housing issues? Whether it is to do with budgeting, property upkeep, preparing for house inspections, MSD advocacy, responding proactively to breach notices, resolving issues between landlords and tenants.



Phyllis and Lexie are here to listen, make a plan and set goals to get you back on track. They are experienced housing navigators who are available the first Tuesday of every month 10am to 12pm. Come along for a cup of tea and a chat.

**‘Fight like a girl’ – Self-Defence course for teens with Brie Sergeant | 10am – 2pm, Tuesday 23 September.**

Is your daughter or grand-daughter **13-19 years** old and looking to increase her confidence and self-image? Our one-day self-defence workshop for girls is here to help!

This workshop is designed to empower young women by increasing their sense of self-worth and teaching them the skills to protect themselves. It will encourage safe, sensible decision-making, reduce anxiety and fear, and provide information on laws and rules. The activities will focus on building body pride, verbal assertiveness, physical techniques and identifying and acting on feelings.

By the end of this course, your daughter will step out into the world feeling positive, proud, and confident in her abilities to take care of herself.

The aim of the workshop is:

- To foster positive self-image
- To encourage safe, sensible decision making
- To reduce anxiety, fear and misinformation
- To increase feelings of safety

Don't wait, give your daughter the gift of self-confidence and the skills to protect herself. Register now for this empowering workshop experience.

**Creative Cardmaking Workshop with Liz | 11:00 am – 1:00 pm, on the second Tuesday of each month: 9 September.**

This group enables participants to get creative, learn a new card-making technique, and enjoy getting to know others over coffee and cake. This month's theme is Christmas! Liz will guide you with some ideas and sample cards and you are free to get your creative juices flowing. Don't worry if you haven't done anything like this before Liz will be on hand to guide you. There will be plenty of opportunity for a natter with refreshments available. Come and enjoy making cards your own way—there are no rules, and there is no right or wrong.

**Wāhine & Wā, Conversations on Death, Nature, and Healing | 11am – 2pm on Tuesday, 2 September.**

As part of the Death Matters Week, the Heretaunga Women's Centre will host a workshop run by Raynor Huia, Georgina Langdale, Kerry Gilbert & Sue Webb.

A women-only event exploring four unique yet interconnected themes: Matariki and the natural cycles of life and death; the healing power of nature; grief, resilience and support; and insights into suicide prevention. Join us for kōrero, storytelling and shared wisdom in a safe and welcoming space. Registrations are essential.

**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. **Note:** there is **no** Mahi Wairua on Tuesday 2 September due to the Wāhine & Wā Conversations on Death, Nature and Healing.



**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.

**Ukulele for Experienced Classes with Kathy | 12:30 – 1:30 pm, weekly on Tuesdays.**

Learn how to play the ukulele at your own pace. 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. **Note that the Ukulele Group will hold a CONCERT Tuesday 16 September at 12:30pm.**

**Job Justice Clinic with Tracey | 12:30 – 1:30 pm, weekly on Tuesdays.**

Job Justice is proud to announce their dedicated efforts to support our community by providing free, professional employment advice. Their mission is to foster fair equitable workplaces by addressing critical issues such as discrimination, unfair treatment and work conditions, personal grievances, unfair dismissals and more. Job Justice believes that everyone deserves a respectful and supportive work environment. Tracey, an experienced consultant, is here to listen, advise and guide individuals through workplace challenges, ensuring their rights are protected and their voices heard. No matter your industry or employment type, Job Justice is here to listen, advise and support individuals in navigating workplaces challenges. They offer consultations at no cost with no obligation, empowering individuals to take informed steps toward resolving their employment concerns. Whether you're facing discrimination, unfair treatment, or personal grievances, Job Justice is here to help. Booking essential.

**Whitiwhiti Kōrero: Telling and Witnessing of Your Story with Raynor | 6:00 – 7:00 pm, fortnightly on Tuesdays: 2 & 16 September.**

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

**'Common Threads' Sewing Group with Georgina | 9:30am – 11:30am, on Wednesday 10 September.**

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.

**Essential Oils: Sleep & Stress with Julie | 9:30am – 11am, monthly on Wednesday 10 September.**

Your Sleep and Stress - Make and Take Essential Oils workshop.

Fun session where you will learn how essential oils can support a great sleep and help calm your nervous system! You will make 2 essential oil Rollers to take home. **\$5** per roller.

**Individual Reiki Appointments with Gerda | 10:00 – 11:00 am, 11:15 am – 12:15 pm on Wednesday 3 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. **Please note time & day change in September.**

**Grandparents Raising Grandchildren Coffee Group with Leonie & Nga | 10:00 – 11:30 am, fortnightly on Wednesdays: 10 & 24 September.**

Grandparents Raising Grandchildren Trust NZ (GRG) provides support services to grandparents who are full-time primary caregivers to their grandchildren. GRG forms a community of people walking the same path, experiencing the same sorrow, joy, and challenges that the role of a grandparent and whānau caregiver brings. Nga, the Hastings GRG Support Coordinator, is offering informal fortnightly coffee groups to provide support and the realisation that you are not alone – instead, that others can help you on your path.

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

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

**Planet Women Show on Radio Hawke's Bay: Discussing the kaupapa and mahi of other organisations | following the 12:00 pm (midday) news, weekly on Wednesdays throughout September.**

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 with Sharleen & Jacqui | 1pm – 2:30pm, last Wednesday of the Month, Wednesday 24 September.**

The flower lady is back! Learn how to make a wired buttonhole/corsage with return host Jacqui Howard of Bellarosa Flowers in CHB. A small fee of \$5pp will be asked.

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

The Venus Rising Sisterhood Circle is more than just a gathering, it is a safe, sacred space for women of all backgrounds, identities and journeys to come together in connection, support and sisterhood. Whether you're someone seeking deeper connection, an immigrant adjusting to a new chapter, or simply a woman ready to rise into her own light, this circle is for you. No masks, no competition, no pressure, just presence. Here we hold space for each other and with compassion, not judgment. We lift each other up without comparison. And we come as we are, raw, radiant and real.

## Thursdays

### 'Restitch & Renew', Sewing Classes with SuperSkills Heretaunga Mentors: Tricia & Rosemary | 9:30 – 11:30 am, weekly on Thursdays during school terms, until 18 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. **Please note that we currently hold a waitlist.**

### Financial Mentoring Clinic with WEAVE HB | 9:30am – 12pm Thursday 25 September.

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.

### Community Kōrero with Department of Corrections and NZ Howard League | 10:30 – 11:30 am on Thursday, 25 September.

The Community Korero 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!

This September, we are connecting with **the Department of Corrections and The NZ Howard League**, who will share insights about volunteer programmes at Hawke's Bay Regional Prison. They'll highlight how volunteers contribute through education and literacy support, arts and crafts, music, life skills training, and practical assistance. The session will explore how these programmes empower and support the men in their care, with a particular focus on education and literacy. Come along to hear more about 'going to prison' and discover how community involvement is a vital part of rehabilitation and reintegration.

**'Take it Easy' Book Club with Patricia & Rae | 11:00 am – 1:00 pm, on the first and third Thursdays of the month: 4 & 18 September.**

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.

**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.

**Colour Me Confident | Thursday 4 September | 5:30 – 7:30 pm at Silo Studios, Ahuriri.**

Missed this great event last year or keen to come again? Don't miss *Colour Me Confident* - an inspiring evening celebrating women in business, confidence, and connection. Enjoy bubbles on arrival, Swift Wine's winter wine tasting, an artisanal spread, a live colour analysis and style mini-workshop with Maria Ward, plus spot prizes and goodie bags. Proceeds from the silent auction will support the Heretaunga Women's Centre, helping us continue empowering women across the region.

Early bird tickets from \$45 — limited spaces available!

🔗 <https://www.swiftwines.co.nz/buy-wine-online/p/swift-wine-series-presents-colour-me-confident>

## Fridays

**Women's Suffrage Celebration, 9:30am, Friday, 19 September.**

**'Take it Easy' Writing Group with Lynda & Tess | 9:30 am – 11:30am, fortnightly on Fridays.**

Explore your thoughts and emotions, express your creativity, connect with others who share a desire to write. Whether you want to write a diary-style journal, experiment with creative writing, (or even finish the book you started long ago), this group aims to provide a safe space for you to express yourself in the written world. You

will be given prompts to inspire you, you'll build connections with like-minded individuals, and you'll be welcomed into a supportive writing environment. All you need is a notebook, a pen, and an open mind.

**Individual Life Coaching Appointments with Elizabeth | 9:30 – 10:30 am & 11:00 am – 12:00 pm, 12:30 – 1:30pm 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.

**'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.**

**Cooking Class with SuperSkills Mentor Shona | 10:30 – 12:30 pm, last Friday of the month, Friday 26 September.**

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. The class is followed by a shared lunch for everyone to enjoy.

**Shared Community Kōrero & Kai with the HWC Team | 12:30 – 1:30 pm, on the last Friday of each month: 26 September.**

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.

**Mahuru Māori Beginners' Te Reo with Brenda Matthews | 1pm – 2:30pm | a one-month course of Te Reo Māori, on Fridays until 26 September.**

**Participate in the Mahuru Challenge!**

No matter your current level of te reo Māori—whether it begins and ends with “kia ora” or you're eager to expand your skills—this is a wonderful opportunity to engage and grow.

1. Set a personal challenge
2. Invite friends to join
3. Speak te reo Māori

Step aboard and let us collectively embrace Mahuru Māori with enthusiasm and commitment.

Brenda, a highly experienced educator, provides a calm and supportive environment for learning and sharing the language.

Note: Monday classes will be repeated on Mondays. You are welcome to attend either session—or both.

## HWC Quiz Night, Friday 12 September, 6:00 pm at the Havelock North Function Centre (doors open 5:30 pm)

Join us for our first annual HWC Quiz Night - a fun-filled evening of trivia, games, laughs, and a side of FUNdraising!

Gather your team, test your knowledge, and enjoy a great night out in support of the Heretaunga Women's Centre. There'll be prizes up for grabs, spot challenges, and plenty of good vibes.

Cost: \$200 for a table of 8, or \$250 for a table of 8 + a platter for the table (includes loosely cheese, crackers, dips and finger sandwiches)

There will be a cash bar and also there are hot chips, wedges and toasted sandwiches available for order on a cash basis from Pure Catering.

For more info and to book your table, visit:

👉 <https://events.humanitix.com/hwcquiz>

## Saturdays

### Rongoā Māori Healing Space with Raynor and other Practitioners | 10:00 am – 2:00 pm, on Saturday 13 & 27 September.

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: 14 September.

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.

### Cardmaking with Woodford Students | 12:30pm – 2:30pm, Sunday 14 September.

A private class for Woodford School students. Cardmaking for the Community.