

HWC PROGRAMME FOR OCTOBER | WHIRINGA-Ā-NUKU 2025



Address: Cnr Eastbourne East & Russell St Hastings | **Opening Hours:** 9:00 am – 4:00 pm, Mon – Fri. | **T:** (06) 878 5401 **C:** 020 408 56695, | **Email:** admin@hwc.nz

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

Bookings/registrations are essential and can be made by phone, email, through our website, or in person at the Centre. We welcome a koha/donation unless the cost is stated and marked by \$

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 – Advocacy and Awareness: Raise awareness for causes that matter to you and take action for change						Pillar: Advocacy
Monday Rāhina	Tuesday Rātū	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere	Saturday Rāhoroi	Sunday Rātapu
		1 School holiday HWC Planet Women Monthly Podcast 12 – 12:30 pm Mahi Wairua 1 – 2 pm Venus Sisterhood Circle 1:30 – 3 pm	2 School holiday Book Club 11 am – 1 pm Mahi Wairua 11 am – 12 pm	3 School holiday Writing Group 9:30 – 11:30 am Life Coaching 9:30 am – 12 pm (2x 1h appointments)	4 School holiday	5 School holiday
6 Hallway Art: Rachael Anderson Art Therapy 9:30 – 11:45 am (2x 1h appointments) Gentle Mat Movement 9:30 – 10:30 am Numerology 10 – 11 am Quilting 1 – 3 pm	7 Women of Worth 9:30 am – 12:30 pm Housing Clinic 10 am – 12 pm Mahi Wairua 11 am – 12 pm & 1 – 2 pm Legal Clinic 12:30 – 1:30 pm Job Justice Clinic 12:30 – 1:30 pm Experienced Ukulele 1 – 2 pm Quilting 1 – 3 pm	8 Sewing Group 9:30 – 11:30 am Grandparents Raising Grandchildren 10 – 11:30 am Self-Defence Class 10 am – 2 pm Reiki 10 am – 1:30 pm (3x 1h appointments) Knitting Group 12 – 1 pm Mahi Wairua 1 – 2 pm Beading Workshop 1 – 2:30 pm Venus Sisterhood Circle 1:30 – 3 pm	9 Sewing Group 9:30 – 11:30 am Mahi Wairua 11 am – 12 pm Beginner Ukulele 1 – 2 pm	10 Writing Group 9:30 – 11:30 am Life Coaching 9:30 am – 12 pm (2x 1h appointments) Crochet Club 10:30 – 11:30 am	11 Rongoā Māori Healing Space (drop-in service) 10 am – 2 pm	12 Harcourts Hawke's Bay Womens Tri Mitre 10 Sports Park 9 am – 1 pm

Monday Rāhina	Tuesday Rātū	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere	Saturday Rāhoroi	Sunday Rātapu
13 The Centre will be closed.	14 Women of Worth 9:30 am – 12:30 pm Creating Sensory-Sensitive Spaces for Neurodivergent Tamariki Workshop 9:30 – 11 am Card Making Workshop 11 am – 1 pm Mahi Wairua 11 am – 12 pm & 1 – 2 pm Legal Clinic 12:30 – 1:30 pm Essential Oils: Sensory Support for Neurodiverse People \$ 12:30 – 2 pm Job Justice Clinic 12:30 – 1:30 pm Experienced Ukulele 1 – 2 pm	15 Bowen Therapy 11 am – 1 pm (4x 30 min appointments) Knitting Group 12 – 1 pm Mahi Wairua 1 – 2 pm Venus Sisterhood Circle 1:30 – 3 pm	16 Sewing Group 9:30 – 11:30 am Mahi Wairua 11 am – 12 pm Book Club 11 am – 1 pm Beginner Ukulele 1 – 2 pm	17 Writing Group 9:30 – 11:30 am Life Coaching 9:30 am – 12 pm (2x 1h appointments) Crochet Club 10:30 – 11:30 am	18	19 Your Own Yoga: Koha Session 9:30 – 10:30 am
20 Hallway Art: HWC 30 th Birthday Art Therapy 9:30 – 11:45 am (2x 1h appointments) Gentle Mat Movement 9:30 – 10:30 am Reiki 10 am – 1:30 pm (3x 1h appointments) Numerology 10 – 11 am Quilting 1 – 3 pm	21 Women of Worth 9:30 am – 12:30 pm Mahi Wairua 11 am – 12 pm & 1 – 2 pm Legal Clinic 12:30 – 1:30 pm Job Justice Clinic 12:30 – 1:30 pm Experienced Ukulele 1 – 2 pm Quilting 1 – 3 pm	22 Sewing Group 9:30 – 11:30 am Grandparents Raising Grandchildren 10 – 11:30 am Knitting Group 12 – 1 pm Mahi Wairua 1 – 2 pm Beading Workshop 1 – 2:30 pm Venus Sisterhood Circle 1:30 – 3 pm	23 Financial Mentoring 9:30 am – 12 pm (5x 30min appointments) Sewing Group 9:30 – 11:30 am Mahi Wairua 11 am – 12 pm Beginner Ukulele 1 – 2 pm	24 Hawke’s Bay Anniversary The Centre will be closed.	25 Labour Weekend The Centre will be closed.	26 Labour Weekend The Centre will be closed.
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HWC PROGRAMME

FOR OCTOBER | WHIRINGA-Ā-NUKU 2025

Welcome to the Heretaunga Women's Centre Monthly Programme!

At the Heretaunga Women's Centre, we're passionate about empowering women and fostering a strong sense of community. Each month, we offer a diverse range of low-cost activities, workshops, groups, and events tailored to boost your confidence, spark new skills, and help you connect with other women. Discover the inspiring lineup we've planned for you—whether it's creative workshops, wellness sessions, or opportunities to learn and grow, there's something for everyone.

How to Book:

Bookings are essential and easy to make. Choose the option that works best for you:

 **Call us:** 06 878 5401 or 020 4085 6695

 **Email us:** admin@hwc.nz

 **Visit our website:** www.heretaungawomenscentre.nz

 **Drop by:** Corner of Eastbourne East & Russell Streets, Hastings

 **Hours:** Monday to Friday, 9:00 am – 4:00 pm

Fees & Payments:

Some activities have a small fee while others welcome donations. Payments can be made:

 In cash

 Via EFTPOS

 By internet transfer (Bank Account: 03 0642 0730099 00, reference the activity name)

We look forward to seeing you at the Centre and being part of your journey to self-discovery, connection, and growth!

Ngā mihi nui

The HWC Team

The Heretaunga Women's Centre Team

How We Help

- **He Hauora | Women's Health and Wellness**

Take ownership of your physical, mental, and spiritual health with health sessions and wellness classes, affordable counselling, and low-cost alternative therapies.

- **He Whakatipu | Personal Growth**

Reach your potential with workshops and resources that encourage personal growth and self-development in how you see yourself and the world around you.

- **He Kaiārahi | Mentorship**

Improve your self-confidence while sharing and developing skills, knowledge, and life experiences in group workshops and one-on-one mentor sessions.

- **He Whakawhanaungatanga | Connection**

Build social connections with women from all walks of life through shared interests, group activities, and meaningful conversations.

- **He Tautoko | Advocacy**

Get free legal advice and easy access to support and information. If we can't support you with your presenting needs, we'll refer you to the appropriate agencies within our growing network.

- **Room Hire**

Find the perfect space for your next hui or appointment with room hire starting from \$15+GST/hr. Whether you're a community organisation, small business or private group, our cosy welcoming rooms are perfect for your next meeting or event. With spaces that can accommodate between 2 and 35 people, we've got everything you need to make your gathering a success – all at very reasonable rates! Rooms have a range of seating options available from boardroom-style seating to comfortable lounge chairs, and all rooms can have access to whiteboards, tea and coffee-making facilities and toilets. Ready to book? Reach out to Brenda at admin@hwc.nz.

- **Art at the Centre**

Calling all art lovers! Our "Art in the Hallway" initiative brings fresh, local talent of emerging and established female artists to our large, well-lit hallway. Not only does the art brighten up our space, but it also gives local artists a chance to shine—with 20% of every sale supporting HWC. New artwork is displayed fortnightly. Come and check it out next time you're passing and maybe take home a piece to liven up your own space.

Are you an artist? We're always looking for new creators to exhibit. Contact Brenda at admin@hwc.nz to find out how you can showcase your work.

- **Library**

Visit our library to browse and borrow books on topics such as parenting, relationships, stress management, and personal development.

- **Child-friendly spaces: Our nursery**

Bring your tamariki and use our clean 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 Wednesday.

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 service 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.

Free mentoring and workshops to build confidence and practical skills for everyday life. Trained mentors walk alongside you to reach your goals—whether learning to cook, sew, budget, garden, or grow employment skills. A supportive kaupapa for women, by women.

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 | Rāhina

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

Calling all art lovers! Our "Art in the Hallway" initiative brings fresh, local talent of emerging and established female artists to our large, well-lit hallway. Not only does the art brighten up our space, but it also gives local artists a chance to shine—with 20% of every sale supporting HWC. New artwork is displayed fortnightly. Come and check it out next time you're passing and maybe take home a piece to liven up your own space. **Are you an artist?** We're always looking for new creators to exhibit. Contact Brenda at admin@hwc.nz to find out how you can showcase your work.

Individual Art Therapy Appointments with Kathy | 9:30 – 10:30 am & 10:45 – 11:45 am, weekly on Mondays during school terms, until 15 December.

Explore a 7–10-week creative journey using wet-on-wet watercolours and charcoal. Guided sessions support and encourage you as colours work to uplift, restore balance, and bring positive change to your whole being.

Gentle Mat Movements Class with Sarah | 9:30 – 10:30 am, weekly on Mondays during school terms, until 15 December.

Slow down and reconnect with your inner stillness. Guided movement sequences nurture body and mind, release tension, and encourage healthy change. With 10 years' experience, Sarah creates a safe, supportive space for growth, relaxation, and community.

Individual Reiki Appointments with Gerda | 10:00 – 11:00 am, 11:15 am – 12:15 pm & 12:30 – 1:30 pm, on Mondays 20 & 27 October during school terms, until 15 December.

A gentle Japanese healing practice that reduces stress, eases anxiety, and supports the body's natural balance. Fully clothed, you'll relax while Gerda's hands hover just above your body, creating a deeply restorative experience for emotional, physical, and spiritual wellbeing. **Please note time & day change in October: Reiki will be on Wednesday 8 & 15 October.**

Numerology Appointment with Diane | 10:00 – 11:00 am, weekly on Monday during school terms, until 15 December.

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 with Bev | 1:00 – 3:00 pm, weekly on Monday, until 15 December.

Discover the joy of quilting while learning the basics of pattern selection, cutting, and sewing. Create a cushion, runner, throw, or wall hanging, and share ideas in a supportive group. Bring your own kit; some materials provided. The classes will run for six weeks, **with a small fee of \$10** to enable us to purchase items such as batting.

Tuesdays | Rātu

Creating Sensory – Sensitive Spaces for Neurodivergent Tamariki with Paula | 9:30 – 11:00 am, on Tuesday 14 October.

With over 20 years' experience, Paula offers holistic support for autistic tamariki, adults, and the wider neurodivergent community. Drawing on education, psychology, and yoga training, her sessions focus on inclusive practices that enhance wellbeing and celebrate neurodiversity.

Book Nook Dedication | 10:30 – 11:30 am, Tuesday 21 October.

Celebrate the life and legacy of former manager Amanda Meynell as we open our new library corner in her honour. A warm space for reading, connection, and inspiration—reflecting Amanda's passion for books and community. All are welcome.

Housing Advocacy with Phyllis and Lexie | 10 am – 12 pm, Monthly, on Tuesday 7 October.

Get practical help with budgeting, inspections, tenancy issues, and MSD advocacy. Phyllis and Lexie offer guidance, planning, and encouragement in a supportive space. Drop in for a chat and leave with clear steps forward.

Creative Cardmaking Workshop with Hannah | 11:00 am – 1:00 pm, on the second Tuesday of each month: Tuesday 14 October.

Get creative, learn new techniques, and connect over coffee and cake. This month's theme is *playing with paper*—weaving, rolling, or collaging your designs. A relaxed space to explore ideas, share laughs, and make cards your own way.

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

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.

Legal Clinic Appointments supported by various law firms in Hastings | 12:30 – 1:30 pm, weekly on Tuesday.

Thanks to the support of many law firms in Hastings, we 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.

Essential Oils: Make and Take for Sensory Support for Neurodiverse People with Julie | 12:30 – 2:00 pm, on Tuesday 14 October.

In this interactive oils experience, we will learn how essential oils can support the nervous system, and we will create sensory support roller blends to help with overwhelm and anxious feelings **\$5 per roller**.

Quilting with Bev | 1:00 – 3:00 pm, on Tuesdays, until 16 December.

Discover the joy of quilting while learning the basics of pattern selection, cutting, and sewing. Create a cushion, runner, throw, or wall hanging, and share ideas in a supportive group. Bring your own machine and kit; some materials provided. The classes will run for six weeks, **with a small fee of \$10** to enable us to purchase items such as batting.

Ukulele for Experienced Classes with Kathy | 1:00 – 2:00 pm, weekly on Tuesday.

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.

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

Free, confidential advice on workplace challenges, including discrimination, unfair treatment, grievances, and dismissals. Tracey provides professional guidance to protect your rights and support fair, respectful workplaces. Consultations are no-cost and empowering—helping you take informed steps forward. **Booking essential.**

Whitiwhiti Kōrero: Telling and Witnessing of Your Story with Raynor | 6:00 – 7:00 pm, fortnightly on Tuesday 14 & 28 October.

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 | Rāapa

'Common Threads' Sewing Group with Georgina | 9:30 – 11:30 am, fortnightly on Wednesday 8 & 22 October.

Bring your own project—or start one here—and enjoy sewing in a friendly, supportive group. Work on cushions, curtains, clothing, and more. All skill levels welcome. Bring your own machine if possible; some machines and materials available.

Individual Reiki Appointments with Gerda | 10:00 – 11:00 am, 11:15 am – 12:15 pm & 12:30 – 1:30 pm on Wednesday 8 & 15 October. See Monday's description.

Grandparents Raising Grandchildren Coffee Group with Leonie & Nga | 10:00 – 11:30 am, fortnightly on Wednesday 8 & 22 October.

A welcoming space for grandparents raising grandchildren to share experiences, joys, and challenges with others who understand. Join Leonie & Nga and connect with a supportive community that reminds you—you are not alone on this journey.

Women's Self-Defence Workshop with Brie | 10:00 am – 2:00 pm, on Wednesday 8 October.

This workshop is designed to empower women with the knowledge, attitudes, skills and strategies to effectively prevent and resist violence (including sexual and family violence), and to positively change disempowering societal attitudes which lead to violence. The course is designed for women 16 years of age and older.

Bowen Therapy with Louise | 11:00 am – 1:00 pm, fortnightly on Wednesday 15 & 29 October.

A gentle hands-on therapy that eases pain, tension, and fatigue while restoring balance to the body. Louise draws on extensive Bowen training and nursing experience to support relief—even for chronic conditions like arthritis. A restorative path to feeling well again. Each appointment is 30 minutes long.

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

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 each Wednesday throughout October.

Tune in each week to hear local women's voices and stories. Planet Women shares insights from individuals, organisations, and businesses supporting wāhine in Hawke's Bay. Inspiring, informative, and community-driven radio.

Mahi Wairua Appointment with Raynor | 1:00 – 2:00 pm, weekly on Wednesday.

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.

'Just Bead It' workshop with Kathy | 1:00 – 2:30 pm, fortnightly on Wednesdays 8 & 22 October.

Join Kathy for a fun and relaxing jewellery-making workshop! Whether you're a beginner or a seasoned crafter, this is your chance to unwind, connect with others, and create beautiful, beaded jewellery in a welcoming environment. All materials are provided—just bring your creativity and enjoy making something special for yourself or a loved one. Come along, make 2 pretty things each time, and “just bead it” with us! A small fee of \$5pp is asked to contribute to materials.

Priceless: Unlock your Creativity with Sharleen | 1:00 pm – 2:30 pm, last Wednesday of the Month, Wednesday 29 October.

By request, Erica Toh is coming back in October to do Textured Art. A small fee of \$5 will be asked.

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

A safe, sacred space for women of all journeys to connect, share, and be supported. With compassion and without judgment, we gather to lift one another up—raw, radiant, and real.

Thursdays | Rāpare

‘Restitch & Renew’, Sewing Classes with SuperSkills Heretaunga Mentors: Tricia & Rosemary | 9:30 – 11:30 am, weekly on Thursday during school terms, until 18 December.

Build confidence and extend your sewing skills with classes focused on mending, altering, and repurposing garments. Learn seam repairs, hemming, and garment construction in a supportive space. Some materials provided.

Financial Mentoring Clinic with Weave HB | 9:30 am – 12:00 pm monthly on Thursday, 23 October.

Free one-on-one support to build financial confidence and stability. Get practical help with budgeting, debt management, WINZ and IRD applications, and goal-setting. Tailored mentoring empowers you to take clear steps toward financial wellbeing. **Registration essential.**

Community Kōrero with Laura from Family Harm Team | 10:30 – 11:30 am on Thursday, 30 October.

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!

‘Take it Easy’ Book Club with Patricia & Rae | 11:00 am – 1:00 pm, on the first and third Thursday of the month: 2 & 16 October.

A relaxed book club with no set reading—just share what you’ve enjoyed, from novels to poetry. Come for the conversation, cuppa, and community. Borrow from or add to our book basket and enjoy occasional author visits.

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 | 1:00 – 2:00 pm, weekly on Thursday during school term, until 18 December.

Learn the basics of ukulele in a fun, supportive class. Kathy will guide you through tuning, strumming, and your first chords; you will even play a song by the end! No experience needed. Bring your own ukulele.

Priceless: Unlock your Creativity with Sharleen & Erica | 1:00 – 2:30 pm, last Wednesday of the month, 29 October.

By popular demand, Eric Toh, a talented mixed media artist, returns to facilitate a textured art class. A small fee of \$5 per person will be charged.

Fridays | Rāmere

‘Take it Easy’ Writing Group with Lynda & Tess | 9:30 am – 11:30 am, weekly on Friday.

Explore your creativity and express yourself through writing in a supportive group. With guided prompts and encouragement, you can journal, draft stories, or revisit old projects while connecting with like-minded writers. Just bring a notebook, pen, and an open mind.

Individual Life Coaching Appointments with Elizabeth | 9:30 – 10:30 am & 11:00 am – 12:00 pm, weekly on Friday. Note: a new cycle of 12 weeks will start in 2026

'Get Hooked' Crochet Classes for Beginners with Leah | 10:30 – 11:30 am, weekly on Friday, starting back on 10 October.

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 Caroline | 10:30 am – 11:30 pm, last Friday of the month, Friday 31 October.

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: 31 October.

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

'Goddess' Clay Making 2-Day Workshop with Mandy | 5:00 – 8:00 pm on Friday, 31 October – Session 1

Join experienced local potter Mandy Olsen to learn basic pottery techniques to create your own unique GODDESS or ANGEL. These clay creations can remind us of who we are and what we are capable of as women and help support us through life's struggles and challenging times. This 2-day workshop is limited to 10 spaces. To cover the expenses of the clay, firing, washing and use of tools, **this 2-day workshop will cost \$45 per participant.** Please bring an apron or old clothing that may get dirty, an old towel and a small-medium-sized box for transporting. Nau mai haere mai ki te kaupapa o tenei wa.

Saturdays | Rāhoroi

Rongoā Māori Healing Space with Raynor and other Practitioners | 10:00 am – 2:00 pm, on Saturday 11 October.

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 | Rātapu

‘Your Own Yoga’: Koha Yoga Session with Susy | 9:30 – 10:30 am, monthly on Sunday: 19 October.

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

Harcourts Hawke’s Bay Women’s Tri | 9:00 am on Sunday 12 October 2025, at the Mitre10 Sports Park.



Harcourts Hawke's Bay
WOMENS TRI RUN. SWIM. BIKE.
Great Things Happen When Women Tri
SUNDAY, 12 OCTOBER 2025 | MITRE10 SPORTS PARK

Proudly supported by



Napier City Council | TBI Health | Mt Erin Apples
Sano | We Do Loos | ANZ Bank

This event proudly supports



Heretaunga
Women's
Centre