

HWC PROGRAMME FOR FEBRUARY | HUI-TANGURU 2026



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

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 – Love Yourself: Focus on self-care, mental health, and nourishing your body and mind. | | | | | Pillar: Women's Health & Wellbeing | |
|--|---|---|---|---|------------------------------------|-----------------|
| Monday Rāhina | Tuesday Rātū | Wednesday Rāapa | Thursday Rāpare | Friday Rāmere | Saturday Rāhoroi | Sunday Rātapu |
| 2 | 3 | 4 HWC Planet Women Monthly Podcast 12 – 12:30 pm | 5 Book Club 10:30 am – 12:30 pm | 6 Waitangi Day The Centre is closed | 7 | 8 |
| 9 Hallway Art: Art Therapy 9:30 – 11:45 am 2 × 1 h appointment | 10 Cardmaking Workshop 10:30 am – 12:30 pm Ukulele for Beginners 12:00 – 12:45 pm Legal Clinic 12:30 – 1:30 pm 4 × 15 min appointment Ukulele for Advanced 1 – 2 pm Quilting \$ 1:00 – 3:00 pm | 11 Felt Flowers \$ 9:30 – 11:30 am Sewing 9:30 – 11:30 am Essential Oils \$ 9:30 – 11:30 am Grandparents Raising Grandchildren 10 – 11:30 am | 12 Sewing 9:30 – 11:30 am | 13 Writing Group 9:30 – 11:30 am | 14 ❤️ | 15 |
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HWC PROGRAMME

FOR FEBRUARY | HUI-TANGURU 2026

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 – 11:45 am, weekly on Monday during school terms, starting on Monday 9 February & until Monday 23 March.

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 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 time.

Reiki with Gerda | 10 am – 1:30 pm, weekly on Monday, starting on Monday 16 February & until Monday 23 March.

Reiki is a gentle Japanese healing practice that supports the body's natural ability to restore balance. Known for reducing stress, anxiety, and pain, it also promotes better sleep and overall well-being. During a session, you'll relax fully clothed while the practitioner works just above your body, creating a deeply calming experience. Gerda, a Reiki practitioner since 2007, brings years of expertise to each session. Each Monday, three 60-minute appointments are available.

Tuesdays | Rātu

Cardmaking Workshop with Liz | 10:30 am – 12:30 pm, monthly, on Tuesday 10 February.

Get creative, learn new techniques, and connect over coffee and cake. This month's theme is *upcycling old cards*. A relaxed space to explore ideas, share laughs, and make cards your own way.

Ukulele for Beginners with Kathy | 12 – 12:45 pm, weekly, on Tuesday.

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.

Legal Clinic Appointments supported by various law firms in Hastings | 12:30 – 1:30 pm, weekly on Tuesday. Starting on Tuesday 10 February.

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. **Booking essentials.**

Quilting with Bev | 1:00 – 3:00 pm, weekly on Tuesdays, starting on Tuesday 10 February.

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 if you are able; 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 with Kathy | 1:00 – 2:00 pm, weekly on Tuesday.

Join Kathy for a fun and relaxed ukulele session designed for experienced players. This class is all about connection, sharing music, and enjoying the joy of playing together. You will dive into familiar favourites and sprinkle in some exciting challenges with new, more complex songs to keep things interesting. Bring your ukulele & your love of music!

Wednesdays | Rāapa

Felt Flowers with Kath | 9:30 – 11:30 am, monthly, on Wednesday 11 February.

Join us for a fun and creative 2-hour workshop where you'll learn to make beautiful felt flowers! This class is easy, achievable, and guided by the knowledgeable Kath, ensuring you feel supported every step of the way. You'll create one or two flowers to take home, with all materials provided.

\$5 donation to take part. Registration is essential as spaces are limited—don't miss out on this relaxing and rewarding experience!

Essential Oils with Julie | 9:30 – 11:30 am, on the second Wednesday of each month, Wednesday 11 February.

Denim with Roberta | 9:30 am – 12 pm, on Wednesday 18 February.

Turn old denim into something new and stylish! In this class, Roberta will guide you through making unique items from off-cut denim pieces. It's a great way to learn creative techniques, reduce waste, and craft something truly one-of-a-kind. All levels welcome—just bring your imagination!

Common Threads Sewing with Georgina | 9:30 – 11:30 am, fortnightly, during school term only, on Wednesday 11 & 25 February & until Wednesday 1 April.

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

Grandparents Raising Grandchildren with Leonie & Nga | 10 – 11:30 am, fortnightly, on Wednesday 11 & 25 February.

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.

Beading with Workshop with Kathy | 12 – 1:30 pm, on the last Wednesday of each month, Wednesday 25 February.

Join Kathy for a fun and relaxing jewellery-making workshop! This a place 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 and “just bead it” with us! A small fee of **\$5pp** is asked to contribute to materials.

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.

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.

Waiata Māori with Kathy | 1:30 – 2:30 pm, on the last Wednesday of each month, Wednesday 25 February.

Experience the richness of Māori culture through waiata—songs that carry stories of ancestors, significant events, and deep values like aroha and whakapapa. In this class, you’ll learn traditional waiata, explore te reo Māori, and connect with others through music. To make it even more special, we’ll bring these songs to life with ukulele accompaniment. Join us to celebrate heritage, language, and community in a warm, welcoming space.

Thursdays | Rāpare

Sewing Classes with SuperSkills Heretaunga Mentors Rosemary | 9:30 – 11:30 am, weekly on Thursday during school terms, starting on Thursday 12 February & until 2 April.

Whether you’re a beginner or an experienced sewer, this class is the perfect place to learn, create, and connect. Rosemary will guide you through choosing a pattern and working on a project for the term. Some materials are provided, so just bring your enthusiasm and enjoy the process of making something beautiful together!

Self Defence with Brie from Kia Haumarū | 10 am – 2 pm, on Thursday 26 February.

Join Brie and learn how to deal with unsafe situations, including being followed, acquaintance and stranger attacks, sexual harassment, getting out of grabs and holds, 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. Lunch provided. Registrations essential.

'Take it Easy' Book Club with Patricia & Rae | 10:30 am – 12:30 pm, on the first and third Thursday of the month, on Thursday 5 & 19 February.

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.

Fridays | Rāmere

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

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.

Saturdays | Rāhoroi

Sundays | Rātapu