

HWC PROGRAMME FOR JULY | HŌNGONGOI 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.

Ongoing Services: Counselling and Super Skills Heretaunga Life Skills mentoring programme, available weekdays. More information on p. 5.

Courses are colour-coded to reflect our pillars of support available to you:

Women's Health and Wellness | He Hauora Take ownership of your physical, mental, and spiritual health with health sessions and wellness classes, affordable counselling, and low-cost alternative therapies.

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

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

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

Advocacy | He Tautoko 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.

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

<p>13 School Holiday Gentle Mat Movement 10 – 11 am \$5 Reiki 10 am – 1:30 pm 3 × 1 h appointment Pain Clinic FULL 10 am – 12 pm</p>	<p>14 School Holiday Your Own Yoga 9:30 – 10:30 am Health & Disability Clinic 9:30 – 10:30 am Cardmaking Workshop 10:30 am – 12:30 pm \$5 Legal Clinic 12:30 – 1:30 pm 4 × 15 min appointment Quilting 1 – 3:30 pm</p>	<p>15 School Holiday Kin Carers Connect 9 – 10:30 am Mums & Bubs 9:30 – 11:30 am Knitting Group 12 – 1 pm Venus Sisterhood Circle 1:30 – 2:30 pm</p>	<p>16 School Holiday Book Club 10:30 am – 12:30 pm Lunchtime Meditation 12 – 1 pm</p>	<p>17 School Holiday Writing Group 10 am – 12 pm Beading Workshop 11 am – 1 pm \$5 Experience Compassion 11 am – 12 pm</p>	<p>18 School Holiday</p>	<p>19 School Holiday Your Own Yoga: Koha Session 9:30 – 10:30 am</p>
<p>20 Art Therapy FULL 9:30 – 11:45 am 2 × 1 h appointment Gentle Mat Movement 10 – 11 am \$5 Reiki 10 am – 1:30 pm 3 × 1 h appointment Pain Clinic FULL 10 am – 12 pm</p>	<p>21 Your Own Yoga 9:30 – 10:30 am Ukulele for Beginners 12 – 12:45 pm Legal Clinic 12:30 – 1:30 pm 4 × 15 min appointment Wellbeing Coaching 12:30 – 2 pm Ukulele for Experienced 1 – 2 pm Quilting 1 – 3:30 pm</p>	<p>22 Mums & Bubs 9:30 – 11:30 am Bowen Therapy 11 am – 1pm 4 × 30 min appointment Knitting Group 12 – 1 pm Venus Sisterhood Circle 1:30 – 2:30 pm</p>	<p>23 Sewing for Beginners 9:30 – 11:30 am</p>	<p>24 Writing Group 10 am – 12 pm</p>	<p>25 Spiral Support 11 am – 12 pm</p>	<p>26 Your Own Yoga: Koha Session 9:30 – 10:30 am</p>
<p>27 Art Therapy FULL 9:30 – 11:45 am 2 × 1 h appointment Gentle Mat Movement 10 – 11 am \$5 Pain Clinic FULL 10 am – 12 pm</p>	<p>28 Spouses as Carers 9 – 10:30 am Your Own Yoga 9:30 – 10:30 am Waiata Māori 11 am – 12 pm Ukulele for Beginners 12 – 12:45 pm Legal Clinic 12:30 – 1:30 pm 4 × 15 min appointment Wellbeing Coaching 12:30 – 2 pm Ukulele for Experienced 1 – 2 pm Quilting 1 – 3:30 pm</p>	<p>29 Kin Carers Connect 9 – 10:30 am Sewing 9:30 – 11:30 am Mums & Bubs 9:30 – 11:30 am Knitting Group 12 – 1 pm Beading Workshop \$5 12 – 1:30 pm Venus Sisterhood Circle 1:30 – 2:30 pm</p>	<p>30 Sewing for Beginners 9:30 – 11:30 am</p>	<p>31 Writing Group 10 am – 12 pm Cooking Class 10:30 am – 12 pm Shared Lunch 12 – 1 pm</p>		

Mondays | Rāhina

Individual Art Therapy Appointments with Kathy | 9:30 – 11:45 am, weekly on Monday during school term only, from 20 July to 25 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 feel supported and encouraged. Colour can affect our whole being, uplifting and bringing positive change. Two 60-minute appointments are available each Monday, and two wāhine are seen each time.

Reiki Appointments with Gerda | 10 am – 1:30 pm, Monday 6, 13 & 20 July.

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 will 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.

Pain Clinic with Kirsty | 10 – 11 am, weekly on Monday.

Struggling with ongoing pain? The OPTIMAL Pain Programme is designed to help you take back control. Created by someone with lived experience, this programme shares practical tools and strategies that have been personally used to navigate and manage pain. With a holistic, evidence-based approach, you will gain understanding, build confidence, and move towards a more active, fulfilling life—you don't have to do it alone. Group setting; up to 8 people; registration closes before the first session. **FULL**

Tuesdays | Rātu

Spouses as Carers with Rochelle | 9 – 10:30 am, monthly on the last Tuesday of each month, 28 July.

Spousal carers provide essential, full-time care, transforming their relationship from partners to caregivers, which can lead to extreme physical and emotional burnout, or "compassion fatigue".

Key support strategies include seeking help, maintaining social connections, and planning for care transitions.

Support groups for spouses caring for partners with chronic illnesses or disabilities offer emotional and practical help to navigate the transition from partner to caregiver. This group provide a space to discuss feelings in a safe and supportive environment.

Health & Disability Clinic with Juliet from Nationwide Health & Disability Advocacy Service, Ngā Kaitautoko | 9:30 – 10:30 am, on the second Tuesday of the month, Tuesday 14 July.

Free support to resolve your concerns about a Health or Disability Service.

Your Own Yoga with Zara | 9:30 – 10:30 am, weekly on Tuesday.

Yoga with Zara is a nourishing, calming practice that invites you to explore sensation in the body through mindful movement, conscious breath, and grounding awareness. The class is a blend of standing, seated, and supine postures, offering space to slow down, reconnect, and settle the nervous system.

This practice is accessible and inclusive, with options offered throughout, making it suitable for all bodies and all levels — whether you're new to yoga or simply seeking a gentle, centring experience.

Housing Advocacy with Lexie from Ka Puta Ka Ora Emerge Aotearoa | 10 am – 12 pm, on the first Tuesday of each month, 7 July.

Do you need support working through housing issues? Whether it is budgeting, property upkeep, preparing for house inspections, MSD advocacy, responding proactively to breach notices, or resolving issues between landlords and tenants. Lexie is here to listen, make a plan and set goals to get you back on track.

Cardmaking Workshop with Liz | 10:30 am – 12:30 pm, monthly, Tuesday 14 July.

Get creative, learn new techniques, and connect over coffee and cake. A relaxed space to explore ideas, share laughs, and make cards your own way. This month's theme is children's cards. A \$5 fee is asked to cover the material costs.

The Art of Fairy Making with Alexa | 11 am – 3 pm, on Tuesday 7 July.

This class will teach you the basics or extend your skills in soft sculpture using a technique called Needlefelting. Using wool and wire, you will be guided to create your own wee magical Fairy to take home.

The space and time offered allows your creative spirit to flow and your Fairy to come to life with ease, even if this is your first time needle felting!

All guided by Alexa, who will nurture your ideas and help your Fairy come to life.

Cost: \$89 per person – includes luscious natural fibers, tuition, hot tea, and a simple afternoon tea.

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

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. To listen: 104.7 FM

Ukulele for Beginners with Kathy | 12 – 12:45 pm, weekly on Tuesday, during the school term only, resumes on Tuesday 21 July.

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 if possible.

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 initial guidance on legal matters in a supportive, safe, and confidential setting. Our legal clinic takes place each Tuesday, with four 15-minute appointments available. **Booking essentials.**

Ukulele for Experienced with Kathy | 1 – 2 pm, weekly on Tuesday, during the school term only, resumes on Tuesday 21 July.

Join Kathy for a fun and relaxed ukulele session designed for experienced players. This class focuses on connection, sharing music, and 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!

Quilting with Bev | 1 – 3:30 pm, weekly on Tuesdays, during the school term only. Resumes on Tuesday 21 July.

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 will be provided. The classes will run on a per-term basis, with a **\$20** fee to cover items such as batting.

Waiata Māori with Kathy | 2 - 3 pm, second and fourth Tuesday of each month, during school term only, Tuesday 28 July.

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.

Wednesdays | Rāapa

Kin Carers Connect with Leonie & Nga | 9 – 10:30 am, fortnightly, on Wednesday 1, 15 & 29 July.

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.

Sewing with Georgina | 9:30 – 11:30 am, fortnightly, during the school term only, on Wednesday 1 & 29 July.

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 are available. **This class is currently FULL.**

Essential Oils with Julie | 9:30 – 11:30 am, Wednesday 8 July.

\$5 per roller.

Mums & Bubs with Naama | 9:30 – 11:30 am, weekly on Wednesday.

A relaxed weekly meetup for mums and bubs - real, open, and easy to join.

Each session touches on one everyday part of life with a baby, with simple, practical ideas you can use. Honest conversation, a bit of clarity, and space to just be - whether it's a good day or a hard one. Come for the connection, the tools, or just to get out of the house.

Naama, a childbirth educator and experienced mum will cover the following topics:

Why Is My Baby Crying? (And What Actually Helps), breastfeeding – When It's Not Going Smoothly, our Birth Stories – the real version (not the Instagram one), am I Doing This Wrong? - Dealing with maternal guilt, me, My Partner & This New Life – What's Happening to Our Relationship?

Bowen Therapy with Louise | 11 am – 1 pm, fortnightly, on Wednesday 8 & 22 July.

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 provide relief; even for chronic conditions such as arthritis. A restorative path to feeling well again. Each appointment is 30 minutes long, with four appointments available on the scheduled days.

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

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

Beading Workshop with Kathy | 12 – 1:30 pm, on Wednesday 29 July.

Join Kathy for a fun and relaxing jewellery-making workshop! This is 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 **\$5 fee** is asked to cover materials.

Venus Sisterhood Circle with Nikki | 1:30 – 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

Sewing Classes with SuperSkills Heretaunga Mentor: Rosemary | 9:30 – 11:30 am, weekly on Thursday during school term only, 2, 23 & 30 July.

Whether you are a beginner or an experienced sewer, this class is the perfect place to learn, create, and connect. Rosemary will guide you through selecting a pattern and completing a project for the term. Some materials are provided. Bring your enthusiasm and enjoy the process of making something beautiful together!

'Take it Easy' Book Club with Patricia & Rae | 10:30 am – 12:30 pm, on the first and third Thursday of the month, on 2 & 16 July.

A relaxed book club with no set reading, just sharing 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.

Lunchtime Meditation with Nicola | 12 – 1 pm, monthly on Thursday 16 July.

Take a mindful pause with Lunchtime Meditation, an introductory course led by Nicola, to explore the basics of meditation and bring calm to your day.

Fridays | Rāmere

'Take it Easy' Writing Group with Lynda & Tess | 10 am – 12 pm, weekly on Friday.

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

Cooking Class with a SuperSkills Mentor Caroline | 10:30 am – 12 pm, last Friday of the month, 31 July.

Cooking can be easy and affordable if you learn how to use seasonal produce in your recipes. Learn how to make simple vegetarian recipes.

Beading Workshop with Kathy | 11 am – 1 pm, on Friday 17 July.

Join Kathy for a fun and relaxing jewellery-making workshop! This is 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 **\$5 fee** is asked to cover materials.

'Experience Compassion' with Alessandra & Jen | 11:00 am – 12:00 pm, on Friday 17 July.

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

Shared Lunch, Community Kōrero & Kai with the HWC Team | 12 – 1 pm, on the last Friday of each month, 31 July.

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.

Saturdays | Rāhoroi

Spiral Support with Lexie | 11 am – 12 pm, second and fourth Saturday of each month, Saturday 11 & 25 July.

A peer support group for women who identify with stories of change, in response to a cancer journey. Connecting wahine in a safe space focused on the process of healing and new beginnings.

Sundays | Rātapu

'Your Own Yoga': Koha Yoga Session with Susy | 9:30 – 10:30 am, weekly on Sunday.

Join Susy for a mindful and restorative yoga session at the Heretaunga Women's Centre. 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.**

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



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



Hawke's Bay

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

This event proudly supports



Heretaunga
Women's
Centre

HWC ADMINISTRATION & REGISTRATION INFORMATION

Room Hire: Find the perfect space for your next hui or appointment with room hire starting from \$20+GST/hr. Whether you are 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 have 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 Jacqui 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 are always looking for new creators to exhibit. Contact Jacqui 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.

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

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

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

✉ **Email us:** admin@hwc.nz

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

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

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

💵 In cash 🏧 Via EFTPOS

💻 By internet transfer Bank ccount:03 0642 0730099 00 (reference the activity name)

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.