



NELSON WOMEN'S CENTRE
TE WHARE AWHINA MO NGA WAHINE PUAWAI

44 Trafalgar St, Nelson 7010 ph (03) 546 7986 nnwomenscentre@ts.co.nz

Newsletter July 2018

Tena koutou.

Winter has arrived with its beautiful and frosty mornings. We are now past the shortest day and the days are slowly getting longer. Our log fire is keeping the living area warm & cosy for all to enjoy and we are grateful to Nelson Forests Limited who have generously donated firewood for the second year in a row.

Several new initiatives have sprung up at the Centre recently. This includes Adrienne's sewing of boomerang bags at the Centre with our aim to become plastic free and inspire others; a series of evening sewing workshops organised by Nina and Ruth teaching women how to sew their own menstrual pads with multiple benefits of saving money, reducing waste to the environment and making good use of the Centre's four sewing machines. Further sewing workshops with various themes are in the pipeline. Jinjing started a popular evening meditation circle at the Centre, and she also runs regular Chair Yin Yoga classes, a Yin-style yoga practice targets joints mobility and tissue hydration. Please contact the Centre if you are interested in any of the above sessions.

In another initiative we are working on developing specialised courses to support and empower women with the help of some fantastic volunteers who are offering their incredible skills and experience.

Hopefully many new ideas will come out of a survey we are sending out to capture your ideas. Please take the time to fill out the survey and either post it to 44 Trafalgar Street or drop it into the Centre.



Term 3 looks to be a smorgasboard of amazing workshops. We received funding from Creative Communities to run an eight-week ceramic /sculpture course, a unique opportunity to explore your creativity in a very tactile way. By popular demand we are putting on two more bike maintenance workshops, a Q&A Tech-Talk, landscape painting, and many other course for mind and body. Enjoy!

Services at the Centre

We are a friendly drop-in Centre where all woman and their children are welcome to drop in, have a cuppa, network with other women and make use of our library and beautiful and private garden.

Our **Women's Support Team** provides skilled social work support, advocacy, counselling and growth groups for women facing a range of life challenges. Our Social workers are Lyn and Ruth and our counsellors are Myffie, Keri, Nancy, Catriona and Louise. Phone: 546 8441.

Please note that we currently have a long waiting list for our Counselling Services and you may need to wait for a couple of months to be seen by one of our Counsellors. Therefore we are not taking any new referrals at this time unless women are happy to wait.

Our **Centre Coordinator** provides connections to information and resources to other agencies, workshops, healing sessions, groups and gatherings, the Op Shop, facilities management and development. Our Coordinator is Britta. Phone: 546 7986.

Healing Sessions - Holistic Pulsing with Rona Spencer

Holistic Pulsing is a mind/body therapy that uses a rhythmic rocking movement that works on many levels, allowing muscles and other tissues to 'let go.' Gentle lengthening, stretching and opening techniques are sometimes also used. Facilitated dialogue further allows you to become curious about your body and where it is holding energy. . All sessions are by donation.

Session are: Mondays 10.30, 11.30 and 1 pm. Booking essential: Ph 546 7986

Hiring space at the Centre

We are open to a variety of uses at the Centre, that are in line with our philosophy and values. There are three Counselling rooms that can be hired on a casual basis for \$10 an hour and also for hire are our workshop room , the lounge & kitchen area with a fireplace, and good kitchen facilities. These are available for groups and individuals for meetings, courses and small functions. Facilities can be hired at \$25 for half day and \$50 for the whole day. For more information please ring 546 7986 or email nnwomenscentre@ts.co.nz

Volunteer counselling position available at the Nelson Women's Centre.

We are currently seeking a female counsellor who would like to join our counselling team in supporting women of Nelson. This is a voluntary role, with a required scope of seeing the minimum of 3 clients per week. We provide professional supervision, monthly peer supervision, a training fund, as well as great support.

This may suit a graduate counsellor wanting to pick up hours towards a professional body or a counsellor who would like to offer their services to our women out there in the community. Please contact NWC on 546 8441 or email nws@ts.co.nz

Opshop

Our Opshop still needs more cosy, warm, good quality winter clothes and blankets. Can you donate something? We would appreciate any donation large and small to keep the Opshop stocked over the winter months

Workshops and Courses at the Centre

Workshop & Course registration is via phone, email or drop in. To confirm your space you will need to pay in advance either by either paying cash at the Centre or via Internet banking.

Exercise Anatomy

Learn how the body maintains stability, mobility & your own individual skeleton variation, so you can choose exercises wisely.

Tutor: Jingjing Jackson

Dates: Tuesday 31st July

Time: 12.30-2.30pm

Cost: \$5 member/\$7 non-member



Tech Talk Q&A

Have questions about computers, internet or technology? Have questions you've always wanted to ask someone? No equipment required, lets chat

Tutor: Ali Grammer

Dates: Thursday 2nd August

Time: 10.30-11.30pm

Cost: by donation

Ceramic Sculpture Classes

8 Week sculpture course that will offer you the access to tools, materials and tuition of sculpting.

The course is ideal for those with no previous clay experience and also for those who have some experience with clay. This is a great opportunity to develop your skills and confidence in transforming clay into a figurative, representational or an abstract form.

Vicki encourages the student to create their own sculpture using a reference of either a photo/drawing which the tutor will help you to achieve.

Clay artwork will be kiln-fired and glazed at the end of the course



Tutor: Vicky Charles

Dates: Fridays 3 August - 21 Sept

Time: 10am-12noon

Cost: \$5 member/\$7 non-member

Duration: 8 weeks

Map of Meaning

Using NLP and mind-changing techniques for making our life more meaningful.

Tutor: Patricia Greenhough

Dates: Fridays 3 - 17 August

Time: 10.00 - 11.30 am

Cost: \$5 member/\$7 non-member

Duration: 3 weeks

Foraging Workshop

Start with a walk around Nelson to identify edible plants and fruit trees followed by Q&A session at the Women's Centre. Bring your own knowledge.

Tutor: Nina Robb

Dates: Tuesday 7 August

Time: 12.30 - 2.30 pm

Cost: \$5 member/\$7 non-member

MoneyMates

Take control of your money and debt.

The course is ideal for anyone who's experiencing financial hardship or for those who simply want to learn about money and debt management and some budgeting skills. 4 sessions covering 9 modules including financial goal setting, sensible borrowing, paying odd dept and ways to save.

FREE booklets including an array of useful recipes for home and health plus a personal financial planning book

Tutor: Jill Smith (Te Korowai Trust)

Dates: Thursday, 9th August

Time: 10.30am-11.30am

Cost: by donation

Duration: 4-5 weeks

Women's Suffrage 125 Art Project

Create knitted, crochet or fabric camellia flowers and learn about the history of women's suffrage in New Zealand.

Tutor: Faye Wulff

Dates: Wednesday, 15th August

Time: 9.30 - 12 noon

Cost: \$5 member/\$7 non-member

All things Biking

16th August: Basic maintenance - changing a tyre etc & a short ride

30th August: Bike maintenance - adjusting brakes, gears etc

Bring your own bike if you have one

Tutor: 'Ride On Team'

Dates: Thursdays, 16th & 30th August

Time: 12.00 - 2.30 pm

Cost: \$5 member/\$7 non-member

Duration: 2 weeks

Transformer from 2D to 3D

Choose a child's drawing or painting and 'transform' it into a wonderful three dimensional artwork.

Tutor: Donna Allfrey

Dates: Tuesday, 21 August

Time: 10am - 12 noon

Cost: \$5 member/\$7 non-member

Greek Classics Made Easy

Learn to cook Greek classics including spanokopita and skordalia.

Tutor: Sally Rees

Dates: Thursday, 23rd August

Time: 12.30 - 2.30 pm

Cost: \$5 member/\$7 non-member



Abstracting The Landscape

Using pastels and acrylics to create small landscape pieces.

Tutor: Sally Baron

Dates: Tuesday, 28th August

Time: 9.30 - 12 noon

Cost: \$5 member/\$7 non-member

Spring Florals

Teaching the Art of using your spring flowers in an arrangement for the home.

Tutor: Sarah Hutt from *Willow Floral & Design*

Dates: Tuesday, 4 September

Time: 9.30 - 12 noon

Cost: \$5 member/\$7 non-member



Meditation and Self Development

Learning to meditate is easier than you think. This class teaches simple techniques, which are easy to learn in a relaxed setting. Self development gives you a deeper understanding of the workings of the mind.

Tutor: Suzanne Bennett

Dates: Thursdays, 6 - 20 September

Time: 1.30-3pm

Cost: \$5 member/\$7 non-member

Duration: 3 Weeks

Membership & Workshop fees

The Workshop fees are \$7 or only \$5 if you are a member of the Centre. Membership is \$10 per year and is a great contributor to the ongoing maintenance of the Centre. A big thank you to all those who joined up in term one!



How to support us: For \$10 per year, you can be an official member of the Nelson Women's Centre and help support all our services. You can pay by cash, cheque or internet banking to account # 03-1355-0736361-00. For other ways to donate please visit our [website](#).

You can also **donate to our Givealittle page** givealittle.co.nz/org/nelsonwomenscentrenz. Every dollar helps us continue to help women in our community.

"Change happens by listening and then starting a dialogue with the people who are doing something you don't believe is right" Jane Goodall