

October 2017 Newsletter

Summer Edition



"Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds"

Regina Brett

"The Women's Centre works with women to empower them to be safe and resourceful, to value themselves and to achieve their potential"

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GARAGE SALE & BOOK FAIR on Saturday 18 November from 9am-1pm

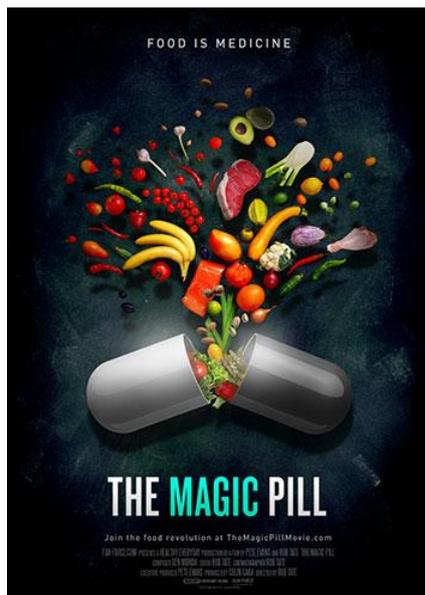


Our grand Garage Sale and Book Fair will be happening on **Saturday 18th November** from 9am-1pm. *Please mark this date in your calendar!* Our spare room is filling up with books, clothes, children toys & household goods. Thanks to all who have contributed to date. We are still looking for more of everything including **Books * Clothing * Jewellery * Sports Goods * Toys * Household goods * Ornaments * White**

Elephant in good condition

Please let us know if you can help with sorting, pricing, setting up/displaying, selling, clearing up. Please let Britta know if you can help or for any other ideas you have for the day. Please call us on 546 7986 or email: nnwomenscentre@ts.co.nz

Movie Night - The Magic Pill



This documentary will screen at the Suter Gallery Theatre on **Monday the 27th of November at 7:00pm**. If you are interested in how food affects our health this will be an informative documentary that you will not want to miss! *"What if most of our modern diseases are really just symptoms of the same problem? The Magic Pill follows doctors, patients, scientists, chefs, farmers and journalists from around the globe who are combating illness through a paradigm shift in eating. And this simple change – embracing fat as our main fuel – is showing profound promise in improving the health of people, animals and the planet"*.

Check out the Official Trailer and get your ticket at: <https://fan-force.com/screenings/the-magic-pill-suter-theatre-nelson-nz/> PLEASE NOTE: Enough tickets must

be sold to ensure this screening goes ahead, if it doesn't happen those funds will be refunded - no one loses out! A portion of ticket price will be donated to our Centre

Workshops - Term Four

We feel grateful here at the Women's Centre for the diverse range of highly qualified and experienced tutors who approach us to offer their skills. It makes it possible for us to offer the many excellent low-cost creative skills & self-development workshops.

In the fourth and last Workshop term this year we will offer a great variety of classes and encourage everyone to embark on a new journey and try different things. It is an opportunity to learn new creative skills & explore a variety of methods and techniques for strengthening mind & body to help weather the storm of external conditions.

This term we are offering a couple of workshops (yoga and meditation) after hours for those who are often not able to join the daytime classes. We invite feedback on that.

We have kept our workshop fees at \$5 for a few years and will continue to do this to enable those on a budget to participate. At the same time we want to introduce a sliding scale and encourage those that can afford it to offer a little more to enable us to continue bringing in new and qualified tutors and to support the Centre.

[Enjoy the new Workshop Programme!](#)

Numerology with Judith Tuckwell

The much anticipated Numerology class with Judith Tuckwell is going ahead!! This six-week "Introduction to Numerology" course will start on Wednesday October 25th and run until November 29, from 9.30am - 11.30am. For more information and to book please contact us on 546 7986 or email nnwomenscentre@ts.co.nz

1st **"Move It"** class with Maree Cathcart

A series of classes based on walking will start on Tuesday 7th December, 9.30am. Join Maree for a slow easy half hour walk in the open air around the centre and along the Maitai River. This class is for those that don't walk much but need to! On rainy days the half hour class will be in house and still based on walking. Please be hydrated before we begin.

Gold coin koha to the centre thanks.

Staff Changes - Deanne Kilpatrick

Deanne is leaving the Centre after 19 years of service to take on a fulltime position with "Supporting Families in Mental Illness". In the words of Lynn Ginty, our Community Social Worker, a tribute to Deanne's work at the Centre:

" Deanne and myself have worked together on Friday's for the past ten years. Her role is the Friday Co-coordinator of the house. She has filled her role magnificently by charming all who come into contact with her. Our Deanne is very funny, very theatrical and knows how to tell a great yarn. She has amused many around the kitchen table cracking women up with her performances. Deanne ran the women's and children's meals on Friday for many years. She would have that big pot of sizzling soup on the simmer and toast cooking before 11.30 where women and children would pile in for their healthy lunch. We would all eat together and have lots of laughs. During summer the soup was off the hop and she would make delicious salads for everyone. Deanne brought a warmth into the house that was rich caring and unselfishly given making sure everyone was either given food or clothing. This woman is going to be sadly missed around the centre on a Friday as her presence certainly filled the room.

Deanne has a wedding on a tropical island to celebrate next year, yes her little girl Danielle is getting married. Deanne and I have shared our stories of our whanau together over the kitchen table for many years and wisely spent time discussing the how, when and why that happened. I wish Deanne and her LITTLE whanau all the best. Kia Kaha to her mum who is now in a rest-home. Her mum Ruby supplied many muffins and loaves to our centre over the years for all to share. On behalf of all her women and children big love and hugs you will be missed around here". Lynn

Vacancy - Part-time Social worker

We have a Vacancy for an experienced Part-time Social Worker for 15 hours a week. The following are essential attributes. If this is you we would love to hear from you:

- ANZASW membership/registration or working towards registration
- Training and experience in social work
- Knowledge of the Nelson community and agencies
- Ability to work independently and in a collective
- Organisational skills
- Commitment to working with women

For more information and a Job description, please contact the Women's Centre on 546 7986. Applications close **Friday 20 October 2017**

REGULAR HEALING SESSIONS AT THE CENTRE

The regular healing sessions at the centre are carried out by kind Volunteers whose desire it is to share their knowledge & skills to help women and at the same time financially contributing to the centre. All sessions are by donation.

'Holistic pulsing': A mind/body therapy that uses a rhythmic rocking movement, allowing muscles and other tissues to 'let go'. You lie fully clothed on a massage table; sessions are 50 minutes

Mondays: 10.30am, 11.30am, 1pm and 2pm

Practitioner: Rona Spencer

'Hot stone massage': A variation on classical massage therapy where heated smooth, flat basalt stones are placed at key points or chakras on the body and used to massage the body. The heat of the stones warm and relax the muscles, which allows the therapist to apply deeper pressure, if desired. Sessions are 45 minutes

Thursdays: 10.30am, 11.45am

Practitioner: Te Aroha Knox

Negative Memory Healing: Patricia Greenhough (NLP Master trainer) is offering 15 minute sessions using Soul Link® to neutralise your worst memory. It needs to be one specific memory for these sessions. She may use kinesiology or muscle testing, and will use a gentle process of touching your hands to do the work. You do not need to tell her what the memory is you just need to rank the intensity from 0-10 so we can measure your results

Tuesdays: 3pm - 4.30pm; fortnightly

Practitioner: Patricia Greenhough

Counselling Rooms to let on an hourly basis

We have three Counselling rooms to hire on a casual basis for Women Practitioners and Clients, \$10 an hour. For more information please ring 546 7986 or email nnwomenscentre@ts.co.nz

Services at Nelson Women's Centre

We are a friendly drop-in Centre where any woman and her children can drop in to have a chat, network with other women, have a cuppa or make use of our library and beautiful private garden.

Our Services:

Women's Support Team - Provides skilled social work support, advocacy, counselling and growth groups for women facing a range of life challenges. Our Social Worker is Lyn and our Counsellors are Julie, Alex, Myffie, Keri, Nancy & Catriona. Phone: 546 8441.

Centre Coordination. Connections to other agencies, information, resources and workshops, healing sessions, groups and gatherings, the Op Shop, facilities management and development. Our Coordinators are Britta and Deanne. Phone: 546 7986.

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