

Workshops and Courses

Term 1, 2023



NELSON WOMEN'S CENTRE
TE WHARE ĀWHINA MŌ NGĀ WĀHINE PUAWAI

44 Trafalgar Street, The Wood, Nelson 7010

3 WAYS TO BOOK A COURSE	PHONE: 546 7986 EMAIL: office@nelsonwc.org.nz IN PERSON: Drop by the front reception to inquire and sign-up
PAYMENTS	Please pre-pay online to secure your place at least 7 days before the workshop. Nelson Women's Centre 03 1355 0736361 00 Use your initials / Last Name as a reference & "WORKSHOP" On-site: Pay cash/Eftpos
MEMBERSHIP	Members receive a 20% discount on workshops. Membership is \$10 per year
CANCELLATION POLICY	We are reliant on reaching minimum numbers to cover costs of running workshops. <ul style="list-style-type: none"> If you are unable to attend a workshop, please provide 7 days' notice for a full refund. This allows us to fill your space with someone else. Cancellations made with less than 5 days' notice are non-refundable If NWC is not able to reach minimum numbers by 5 days prior to the course date, NWC reserves the right to cancel the course. If NWC needs to cancel for any reason, you will be notified and issued a full refund.

Employment Workshops

2x Wednesday Sessions 1 st & 8 th March 10:00am- 12:00pm	<p>Employment and Job Search Workshop Elmarie Karg from Employable</p> <p>The purpose of this workshop is to provide participants with an effective approach to job hunting and the confidence to apply for jobs.</p> <p>Topics: How to find a job, write a CV, cover letter, and prepare for a job interview! Employable can assist you in the journey to employment!</p> <p>Cost: Free of charge</p> <p>Employable is a specialist Supported Employment Agency that has served the Nelson economy well for over twenty-five years servicing over 1500 people. They specialise in providing support to the almost one in four of adults under the age of 65 who manage a disability. Their service provides free ongoing support.</p> <p>Mission: "To support people into meaningful employment and community participation"</p>
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Gardening Workshops

7x Monday Sessions February 13 th & 27 th March 6 th , 13 th , 20 th &	<p>Organic Gardening & Design - Intermediate Ami Kennedy</p> <p>A practical hands-on learning opportunity that builds on the knowledge gained from the <i>Beginner Organic Gardening & Design</i> course.</p> <p>We will cover the topics from the beginner course in more depth, with a practical application based in a real urban garden and how to observe, look and learn constantly within your space.</p>
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<p>27th April 3rd</p> <p>10:00am- 12:00pm</p> <p>Please note: NO session 20th February</p>	<p>Cost: \$16 per session, \$112 total - members \$20 per session, \$140 total - non-members</p> <p>Pre-requisite: completion of the <i>Beginner Organic Gardening & Design</i> course</p> <p>What to bring:</p> <ul style="list-style-type: none"> • A garden fork • Sturdy footwear • Gloves • Insect repellent & sun protection <p><i>Ami Kennedy describes herself as an edible garden designer. She has been gardening organically for 20+ years and has done formal training at Te Ara and Canterbury university. For at least five years Ami was involved in the Kid's Edible Gardening programme and is now running the Nelson Seed Library.</i></p> <p><i>For the last seven years Ami and Lily White formed The Germinate Collective and have recently published The Germinate Workbook a growing guide for beginner gardeners and facilitators.</i></p>
<p>7x Tuesday Sessions</p> <p>February 14th & 28th March 7th, 14th, 21st & 28th April 4rd</p> <p>5:15pm- 6:45pm</p> <p>Please note: NO session 21st February</p>	<p>Organic Gardening & Design - Beginner Ami Kennedy</p> <p>This course will introduce you to the basics of organic gardening, including the following topics: <i>soil life and compost methods; permaculture principles and thinking; "pests and diseases"; raised bed garden method; propagation, including seed sowing & raising, cuttings; crop rotation, companion planting.</i></p> <p>Ami has a wide range of experience, and this course aims to support your organic food gardening and answer your queries. It is a low-tech course that focuses on face-to-face teaching, accompanied by handouts - enjoy some time away from screens.</p> <p>Cost: \$12 per session, \$84 total - members \$15 per session, \$105 total - non-members</p> <p><i>Ami Kennedy describes herself as an edible garden designer. She has been gardening organically for 20+ years and has done formal training at Te Ara and Canterbury university. For at least five years Ami was involved in the Kid's Edible Gardening programme and is now running the Nelson Seed Library.</i></p> <p><i>For the last seven years Ami and Lily White formed The Germinate Collective and have recently published The Germinate Workbook a growing guide for beginner gardeners and facilitators.</i></p>

Health & Wellness Workshops

<p>Thursday 9 March</p> <p>5.00pm - 6.30pm</p>	<p>Holistic Nutrition Morgan Spittal</p> <p>This workshop is a focused introduction to the five essential wellness pillars: <i>nutrition, movement, stress reduction, sleep, and healthy relationships.</i></p> <p>In this 1.5-hour interactive workshop I will share evidence-based knowledge that is simple and easy to absorb. You will take away habits and goals that are simple and realistic given your individual lifestyle needs.</p> <p>Cost: \$12 members, \$15 non-members</p> <p><i>Morgan is a Holistic Nutrition Health Coach and a Registered Nurse. She is inspired to motivate individuals to lead a more balanced life by addressing not just nutrition and movement, but all aspects of one's lifestyle.</i></p> <p><i>Morgan is focused on disease prevention and reducing lifestyle related diseases. She has a simple approach, believing that health and wellness doesn't need to be time consuming or expensive.</i></p>
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<p>Thursday 16th February</p> <p>5.15pm - 7.00pm</p>	<p>Science, Signs, & Symptoms of the Three Stages of Menopause Liz van Beek</p> <p>Join Liz Van Beek of Nature's Effusion to find out: Why we feel 'out for sorts', what our endocrine system is going through and how that is causing fatigue, achy joints, mood swings, increased weight and so much more.</p> <p>Cost: \$12 members, \$15 non-members Series: This is the first session in a three-part series</p> <p><i>Liz transitioned from adventure guiding to holistic health 10 years ago. This background has given her a unique understanding of the physical and emotional stressors we put our body under.</i></p> <p><i>First opening her holistic business in San Francisco where she resided for 6 years; volunteering her skills to cancer support centres and sat on the board of Reflexology Association of California, now back home in NZ, Liz continues her love of both the outdoors and holistic health, specializing in our Menopausal aging.</i></p>
<p>Thursday 30th March</p> <p>5:15pm - 7:15pm</p> <p>New date/time</p>	<p>Stress Management Lizzie Nicolson</p> <p>Managing stress can be a challenge throughout life. Lizzie will take you through a variety of tools and techniques to manage stress, with an underlying focus on essential self-care. Woven throughout the workshop will be modalities such as essential oils, NZ First Light flower essences.</p> <p>Cost: \$12 members, \$15 non-members</p> <p><i>Lizzie is a community occupational therapist and complementary therapist, aroma touch, NZ first light flower essences, rahanni healing - she facilitates workshops on emotional management, belief clearing and meditation.</i></p>
<p>Thursday 2nd March</p> <p>5:15pm - 7:00pm</p>	<p>Endocrine System & Lymphatic Drainage Techniques Liz van Beek</p> <p>Join Liz Van Beek again for her second workshop and dive a little deeper into the endocrine system.</p> <p>Find out why this ferris wheel of hormones affects our glands and organs. How, carrying out self-Lymphatic Drainage techniques can help us to calm down and get back with being ourselves again.</p> <p>Cost: \$12 members, \$15 non-members Series: This is the second session in a three-part series</p>
<p>Thursday 16th March</p> <p>5:15pm - 7:00pm</p>	<p>Using Integrated Therapies to Help Balance Menopause Symptoms Liz van Beek</p> <p>During the third workshop in this series, join Liz to discover: How and why to use Reflexology, Massage and Acupressure in our self-care routine to balance our hormones, fight fatigue, reduce mental fog and general wellbeing during our menopausal aging.</p> <p>Cost: \$12 members, \$15 non-members Series: This is the third session in a three-part series</p>

Art & Creative Workshops

<p>Tuesday 7th March</p> <p>10:00am- 12:30pm</p>	<p>Paint a Cafe Scene in Watercolour Nicole Russell</p> <p>Many famous artists have painted cafe scenes and we wonder how they did it? How can you approach the challenge of painting guest, waiters, tables & chairs, plates, etc.?</p> <p>Nicole will explain step by step the secret of painting people in a room.</p> <p>You will create two small paintings and come home with lots of information and guidelines. This</p>
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	<p>workshop will be fun for the beginner and the accomplished artist.</p> <p>Cost: \$24 members, \$30 non-members Please bring:</p> <ul style="list-style-type: none"> • A photo of a cafe scene if you like or be inspired by the tutor's selection • Materials are provided or you can bring your own materials if you wish <p><i>Nicole Russell is an award-winning artist who loves painting in oil and watercolour. Nicole has exhibited in the United States and in New Zealand.</i></p> <p><i>Her paintings received 2nd Prize at the Art & Music 2019 Competition, honourable mention and people's choice recognition. She has been a guest speaker at different events and accepted several commissions.</i></p>
<p>Tuesday 14th March</p> <p>10:00am- 12:30pm</p>	<p>Paint a Market Scene in Watercolour Nicole Russell</p> <p>Market scenes are vibrant with lots of colour, people, tents, children, cars, etc. The paintings are charming with a lot of energy and stories.</p> <p>The subject can be overwhelming, however, in this little workshop you will be guided through the challenge and Nicole will make the approach easy to understand.</p> <p>You will create two small paintings and come home with lots of information and guidelines. This workshop will be fun for the beginner and the accomplished artist.</p> <p>Cost: \$24 members, \$30 non-members Please bring:</p> <ul style="list-style-type: none"> • A photo of a market scene if you like or be inspired by the tutor's selection • Materials are provided or you can bring your own materials if you wish <p><i>Nicole Russell is an award-winning artist who loves painting in oil and watercolour. Nicole has exhibited in the United States and in New Zealand.</i></p> <p><i>Her paintings received 2nd Prize at the Art & Music 2019 Competition, honourable mention and people's choice recognition. She has been a guest speaker at different events and accepted several commissions.</i></p>
<p>2x Tuesday Sessions</p> <p>Tuesday 21st & 28th March</p> <p>10:00am- 12:00pm</p>	<p>Creative Mending & Alterations for Experienced Sewers - machine and hand-sew Kazumi Yamamoto</p> <p>This course is for experienced sewers who are familiar with the basics of hand sewing and machine sewing. You can bring your own clothes or purchase garments from the op shop at NWC to mend and upcycle during the workshop.</p> <p>At the first session: You will learn different techniques of mending and alterations to help your creation. Also share your ideas with others who love to sew and make a concrete design of what to do.</p> <p>At the second session: You will bring materials/trims that you need for mending/alterations to create a new look and sew by hand & sewing machine.</p> <p>Cost: \$16 per session, \$32 total - members \$20 per session, \$40 total - non-members</p> <p>Please bring:</p> <ul style="list-style-type: none"> • You do not need to bring your sewing machine but please bring your own sewing tools & materials. • Any clothing you would like to mend/upcycle, or money to purchase from the op shop <p><i>Kazumi has worked in the fashion industry as a designer & pattern cutter in Japan and New Zealand for over 20 years.</i></p>

<p>Tuesday 21st March</p> <p>1:00pm - 3:00pm</p>	<p>Hand-sew Mending with Various Techniques for your Favourite Clothes Kazumi Yamamoto</p> <p>This course is for people who have basic knowledge of hand sewing or have attended mending workshops at NWC in terms 3 & 4 in 2022.</p> <p>You will learn various techniques of hand sewing such as sashiko stitching. Also learn how to mend knit wear with felt needling & darning.</p> <p>This is a fantastic opportunity to attend to your favourite clothes that need to be mended and share your ideas with others who enjoy to be creative and fun.</p> <p>Cost: \$12 members, \$15 non members</p> <p>Please bring:</p> <ul style="list-style-type: none"> • Your own sewing tools • Clothes that need to be mended <p><i>Kazumi has worked in the fashion industry as a designer & pattern cutter in Japan and New Zealand for over 20 years.</i></p>
<p>Thursday 23rd March</p> <p>10:00am - 12:00pm</p>	<p>Special Occasion Paper Decoration Making May Sarmiento</p> <p>Be an instant special occasion decorator and save heaps!</p> <p>Learn the art and technique of paper letter-cutting to create a special occasion garland, and the fun of paper flower-making. Together we can make that special birthday, anniversary, and other important occasion more personal, creative, and eye-catching.</p> <p>Come join a 2-hour fun and enjoyable hands-on session and create something of your own for that special event and special someone.</p> <p>Cost: \$8 members, \$10 non-members</p> <p>Please bring:</p> <ul style="list-style-type: none"> • A sharp pair of scissors <p><i>I come from the Philippines, a beautiful country consisting of 7,100 islands. Choosing Aotearoa New Zealand over the many other countries open for immigration that time was easy. I arrived in Aotearoa NZ as a permanent resident in the late 90s under the General Skills category.</i></p> <p><i>I am an ESL teacher by vocation and profession, a planner and coordinator, a self-taught DIY-er, an avid urban gardener and creative aspiring artist and a Stage 4 cancer-survivor who wants to impart what I learnt/know over the years and impact the people I meet thru my work, my art and my life.</i></p>
<p>Tuesday 28th March</p> <p>1:00pm - 3:00pm</p>	<p>Mending with Various Techniques Including Sashiko Stitching - beginners Kazumi Yamamoto</p> <p>This is a repeat course which was run in Term 3 & Term 4 in 2022. No sewing experience is required.</p> <p>You will learn the basics of hand sew mending techniques with samples including Sashiko stitching for your clothes.</p> <p>Sashiko has been used for mending clothes in Japan for thousands of years.</p> <p>Cost: \$12 members, \$15 non-members</p> <p>Please bring:</p> <ul style="list-style-type: none"> • Your own sewing tools • Clothes that need to be mended <p><i>Kazumi has worked in the fashion industry as a designer & pattern cutter in Japan and New Zealand for over 20 years.</i></p>