

July 2017 Newsletter

Spring Edition



*"If we had no winter,
the spring would not be
so pleasant: if we did
not sometimes taste of
adversity, prosperity
would not be so
welcome."*

Anne Bradstreet

"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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Renewing your Energies & Healing at the Centre

In the coming term we are able to offer an amazing range of mind/body healing workshops & regular sessions. Come in and sample one or two of the diverse body/mind techniques on offer this term. Coming into spring is the perfect time to tap into and renew our energies & innate wisdom. All our regular workshops are \$5 donation

MIND/BODY HEALING WORKSHOPS:

Detox: Detox the system! Clean your body from the inside out with liquid nutrition with raw & natural food expert Sally Rees

Tuesday: 8 August 12.30-2.30pm

Tutor: Sally Rees

Language that changes Lives: Neuro-linguistic programming approach to positive change

Tuesday: 5 September 10.00-11.30

Tutor: Patricia Greenhough

Location: Nelson Women's Centre

How to reduce Stress Neuro-linguistic programming approach to positive change

Thursday: 14 September 10.00-11.30

Tutor: Patricia Greenhough

Location: Nelson Women's Centre

Patricia Greenhough is a Master Trainer of NLP and Master Coach. She is also a Feldenkrais® Practitioner and certified to teach Trauma Releasing Exercises

Beginner's 4 week Qigong Course: Daoist Health Qigong for Beginners: ***Liver Dao Yin*** - smooth out stresses & put a **spring** in your step with this Ancient Chinese Internal art. Talia Lyon-Devlin has a *Diploma in Medical Qigong* and is a certified *Daoist Health Qigong Instructor*. This will be the first in a series of Qigong workshops according to the *Five Elements & Five Seasons of Chinese Medicine*

Fridays: 11 Aug - 1 Sept 9.30-10.30am

Tutor: Talia Lyon-Devlin

Location: Elma Turner Library Activity room

Sessions: Participants need to commit to coming to all four classes

Introduction to Alexander Technique: Learn how you can change pain producing habits to help relieve back pain, neck/shoulder tension, headaches and coordination. Rose Whyte is a teacher of Alexander Technique, Yoga, Qigong & Meditation

Saturday: 12 August 10.00-11.30

Tutor: Rose Whyte

Location: Elma Turner Library Activity room

Homeopathy for families: Learn how to use homeopathy in first aid situations and with common childhood ailments. Grace Catley (B.Sc. Dip. Hom. RCHom) practices Classical Homeopathy

Thursday: 17 August 12.30-2.30pm

Tutor: Grace Catley

Location: Nelson Women's Centre

Introduction to Slow Yoga Ancient yogic knowledge combined with modern neuroscience creating a unique practice for your whole being. Vikki Wilkinson is a qualified counselor and Yoga teacher who brings great compassion, wisdom and humour to her work.

Thursday: 7 Sept 10.30-12.00noon &

Saturday: 9 Sept 10.30-12.00noon

Tutor: Vikki Wilkinson

Location: Elma Turner Library Activity room

7-chakra seed mantra meditation working through the seed sound of 7 chakra. Rebecca He is a qualified UK fitness instructor (REPS registered) and also a certified Reiki 3, EFT and Yoga instructor

Thursday: 21 Sept 12.30-2.30pm

Tutor: Rebecca He

Location: Nelson Women's Centre

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 donating 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. The massage therapist also holds the stones and uses them to massage the body. The heat of the stones warm and relax the muscles, which allows the therapist to apply deeper pressure, if desired. The soothing warmth of the hot stones improves circulation and calms the nervous system. Placement stones are put on energy points/chakras of the body to rebalance the body and mind and clear blocked energy; Sessions are 45 minutes

Fridays: 10.30am, 12.00noon, 1pm

Practitioner: Te Aroha Knox

'Soul Link®' Patricia Greenhough 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 - 4pm; fortnightly

Practitioner: Patricia Greenhough

Workshops Term Three, 8 August – 21 September 2017

We have an exciting new workshop Term coming up. Our **Arts & Crafts Workshops** will include a new "Poetry workshop" with Mary Hickey; "Painting with Colour and Introduction to glazing" with Larrisse Hall; "Introduction to Water Colour" and "Chalk Pastel fun" with Maree Cathcart and "The Art of flower arranging" with Sarah Hutt from Willow Floral & Design

Our **Discovery Workshops** will feature "Home Funerals 101" with Christine Rose, an informative workshop that covers legal and personal questions around death and funerals; introducing "Compost and Worms" with Sarah Langi from Nelson Envirocentre; "Haircutting on a budget" with hairstylist Tracey Bovey and much more. [Check out our new Workshop Schedule!!](#)

Pathways to Power course coming up

This fantastic 8-week course will run from Wed 2 August to 20 September; 10am – 12 noon. For more information on this popular women's growth group, and to book in, please ring Lyn at Nelson Women's Support, 546 8441, or email nws@ts.co.nz.

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

Numerology with Judith Tuckwell

A six-week "Introduction to Numerology" course starting on Thursday August 17 9.30am - 11.30am. For more information and to book please contact us on 546 7986 or email nnwomenscentre@ts.co.nz

Winter fire and firewood

Please contact the Centre if you know of any cheap sources of firewood to keep our lovely winter fire burning. We also welcome any donations of firewood and kindling, however small. There is nothing like sitting around the fire enjoying a cuppa and good conversations.

Op-shop

Thank you to all of those who have generously donated warm clothing and other items to our Op-shop. Two wonderful volunteers have helped sort through the donations to keep our Op-shop tidy and well-stocked. We are always on the lookout for more good quality clothes. Come and browse anytime to find a bargain.

Book-fair

We have recently revamped our library thanks to the amazing efforts of two wonderful Nelson City Council librarians who spent hours sorting through all our books. As a result we have ended up with many books surplus to our requirements and have decided to hold a book-fair in November. We decided to make this a Special Day and to include book readings. Please contact us if you have any interesting books specific to women's interests and issues that you would like to contribute to the fair.

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 and 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 information, resources, and other agencies, 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/org/nelsonwomenscentrenz).

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