



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 September 2018

Tena koutou.

We welcome Spring with its promising warmth and new energies and the growth of new vegetation is apparent in our beautiful garden.

SUFFRAGE 125 - "Feminist Fables & Women's War Stories"

Thanks to your wonderful support our fundraising event "Feminist Fables & Women's War Stories" was a great success. Nine courageous & humorous women shared stories from their life in words and songs with a full house at the Granary on 4 September. Together their stories created a powerful tale of women's lives in our society and was a fitting celebration of Suffrage 125.



at the Granary, 4th September

The 19th of September was **Women's Suffrage** day and we hope you had the opportunity to share the occasion with others, or listen and read some of the interesting and inspiring commentaries of what women's suffrage means to different people.

In a conversation broadcast on Suffrage day, between former Prime minister Helen Clark and our current Prime minister Jacinda Ardern the two women reflected on what had been achieved and what still needs to be done to get women to the next level and improve their lives. Reflecting on some personal experiences from both, they remind us that "***we need push past the self-doubt we sometimes have and step up***"wise words, we need to continue this conversation.

Workshops and Courses at the Centre

We have a full term coming up starting with a fantastic four week **Budgeting Course** on 4 October

Term 4 features a great variety of workshops including several art classes - printmaking, watercolour, felting and two poetry workshops with Clare Jones, a recipient of a grant from the Fullbright programme and an Alberta Metcalf Kelly Fellowship from the Iowa Writers.

Art Nelson will offer a "**two dimension (2D) to three dimension (3D) creative workshop**, transforming a child's drawing or painting into a wonderful three dimensional art work.

We are continuing our series of **legal workshops** this time we will discuss Relationship & Property law.

Sewing Craft with Sustainability in mind will run for 6 weeks in the evenings and will include making your own grocery bag as well as clothing alterations and much more

Workshops for Mind & Body

We are offering another four-week **Relaxation Techniques course** with Diane Clare and a **Music Meditation healing** workshop with Francesca Francina using Tibetan Bowls

Catherine Hughes will introduce the "**Art of Laughter**" show us simple exercises & techniques and discuss the many benefits that come from laughter as it reduced stress, a stronger immune system, and much more

These workshops would not be complete without another fabulous cooking class with Sally Rees, this time exploring **Seasonal Scandinavia food** and learning what *Hygge* is all about.

Please contact the Centre by phoning 546 7986 or email coordinator@nelsonwomenscentre.org.nz

Pathways to Power - by donation

This fantastic 8 week course with Kindra Douglas will start on Wednesday 24th October 10am-12. For more information on this popular women's growth group and to book,

please ring Ruth on 546 8441 or email nws@ts.co.nz

We are having a SALE from the 8th - 19 October - 2 weeks only



Everything will be half price and no item will be over \$3. There are some fabulous clothes and shoes on offer that have been generously donated to support the Centre.

Please note that we do not need any new clothes for this sale as our small room is bursting at the seams at the moment.

Can you help with mowing the lawns?

We are looking for a volunteer to support our gardener, in particular mowing the lawns at the Centre once a week or two to keep our gardens looking good for all to enjoy. We have both a manual and a petrol mower. If you are interested, please ring the Coordinator on 546 7986

Being part of the Recycling Revolution and the "lost" Art of Sewing!!

Recycle Sew Simply

Be part of an ongoing recycling revolution!!
Tuesday 16 October 10am-1pm
Elma Turner Library

Join us at the library for a fun morning crafting a variety of bags. Learn how to cut out and make useful everyday items out of discarded fabrics. Simple hand and machine sewn ideas will be demonstrated. Projects to suit all levels – novices welcome.

Drop-in anytime or stay for the whole three hours. Please book to register your interest at any of our branches, by phoning 03 546 8100 or emailing library@ncc.govt.nz. Some machines will be available to use or bring your own. Materials supplied. Gold coin donation for the Salvation Army Nelson Family Store.

"Sewing Craft with Sustainability in Mind" here at the Centre from 7pm-8.30pm starting 23 October. \$ 5 per class



Projects will include grocery bags and other necessities. Learn pattern making and clothing alterations. Some flexibility in the programme

Fridays Receptionist



We are looking for a Volunteer receptionist to support our staff on Fridays for 4-5 hours.

The ideal candidate will care about women's issues, be calm and friendly, have some administrative experience and pays attention to detail. Some of the duties will include:

- Meet and greet women; help to orientate them; take phone calls; and refer women to other services at the centre
- Help us keep the lounge and kitchen tidy to present a welcoming space
- Take workshop & course bookings and record these

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, make use of our library, and beautiful & 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, Louise and Donna. Phone: 546 8441.

Please note that we currently have a waiting list for our Counselling Services and you may need to wait for a 3-4 weeks to be seen by one of our Counsellors.

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 - by donation

One-on-One Yoga Sessions - with Jingjing Jackson until 31 October

These are one-on-one sessions to adapt yoga to your unique need to allow the holistic benefits to be fully explored. Facilitates Self-Healing physically, emotionally and energetically.

Session are: Wednesdays 10.00, 11.15 and 1 pm. Booking essential: Ph 546 7986

Holistic Pulsing with Rona Spencer commences 5 November!

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.

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

Membership & Workshop fees

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 have joined up!

Internet banking details:

Account number: 031355 0736361 00

REFERENCE: Initial & Last Name "WORKSHOP"



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.

"It is leaders like us saying "We're feminists! We've always been feminists. What does that mean? It's about equality - full equality for women" Helen Clark, former prime minister of New Zealand

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 by either paying cash at the Centre or via Internet banking - details under "Membership and workshop fees".

Term Four Workshops (4 October to 6 December)

Money Mates

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 budgeting skills.
4 sessions cover 9 modules, including financial goal setting, sensible borrowing, paying old debt and ways to save.

Tutor: Jill Smith (Te Korowai Trust)

Dates: Thursday, 4-25 October

Time: 10.30am-11.30am

Cost: by donation

Duration: 4 weeks

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

Beyond Beginners Ukulele

We will go over the music from past terms and include some Christmas music.
Please contact Gretchen directly to enrol:
kitesfun@gmail.com ph: 548 8707

Tutor: Gretchen Howard

Dates: Wednesday, 17 Oct - 21 Nov

Time: 1pm-2pm

Cost: \$5.00

Duration: 6 weeks

Location: North Road at tutors home

Beautiful Skin

Enjoy a DIY facial as you learn about your skin and how to care for it and feels it's beautiful best.

Tutor: Pauline Stock

Dates: Thursday, 25 October

Time: 12.30-2.30pm

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

Relaxation Techniques

This 4-week course is designed to teach various relaxation techniques to combat the effects of daily life stressors.

Tutor: Diane Clarke (Relaxation specialist)

Dates: Tuesdays, 30 October - 20 November

Time: 1.00 - 2.30pm

Cost: \$20 member/\$28 non-member

Duration: 4 weeks

Relationships & Property Law - legal workshop

The workshop will cover property issues that arise in relationships, whether married, de facto or Civil Union.

Tutor: Julia O'Connor

Dates: Thursday, 1 November

Time: 12.30 - 2.30pm

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

Nature Poetry

Explore new poetry landscapes and experiment with the sounds, sights and symbols of the natural world. We will try some exercises to flex your metrical muscles. Bring one or two natural objects with you to the workshop.

Tutor: Clare Jones

Dates: Tuesday, 6 November

Time: 10.00 - 12 noon

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

Lost Words Workshop for Mums and Kids

Celebrate the ordinary words of nature! In this workshop kids and mums, together, will create acrostic poems and luminous watercolours that bring to life the flora and fauna of Nelson.

Tutor: Clare Jones

Dates: Wednesday, 7 November

Time: 3.30 - 4.30 pm

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

Venue: Nelson Public Library!!

Ages 8 -12

Transformer from 2D to 3D

A wonderfully creative challenge!
Choose a child's drawing or painting and 'transform' it into a wonderful three-dimensional artwork

Tutor: Donna Allfrey
Dates: Wednesday, 7 November
Time: 6pm - 8pm -EVENING CLASS
Cost: \$5 member/\$7 non-member
Venue: Refinery Art Space; 3 Halifax Street!!

Feltmaking Intro & Technique extension

An introduction to Feltmaking & extension for those with experience. A practical colour therapy \$5 towards materials

Tutor: Mary Andrew
Dates: Tuesday, 13 November
Time: 9.30 - 1.30 pm
Cost: \$5 member/\$7 non-member

The Art of Laughter

Laughter Yoga is a unique exercise routine which combines unconditional laughter with yogic breathing

Tutor: Catherine Hughes
Dates: Tuesday, 20 November
Time: 10am - 11am
Cost: \$5 member/\$7 non-member

Print making

Printing from a circular base, create mandala type compositions using stencils of paper, plants and fabric. Multiple coloured layers result in surprising results layers result in surprising results.

Tutor: Melanie Rees
Dates: Tuesday, 27 November
Time: 9.30 - 12 noon
Cost: \$5 member/\$7 non-member

Seasonal Scandinavian Food

learn about *Hygge* and how the Danes enjoy their food. Includes biscuits, drinks and some special Danish Xmas food.
\$2 towards ingredient costs

Tutor: Sally Rees
Dates: Thursday, 29 November
Time: 12.30-2.30pm
Cost: \$5 member/\$7 non-member

The Art of Laughter

Laughter Yoga is a unique exercise routine which combines unconditional laughter with yogic breathing

Tutor: Catherine Hughes
Dates: Tuesday, 4 December
Time: 10am - 11am
Cost: \$5 member/\$7 non-member

Music Meditation Healing

Explore stillness; sing, meditate and be engulfed by the healing sounds of Tibetan bowls

Tutor: Franceska Francina
Dates: Thursday, 6 December
Time: 10.30 - 12 noon
Cost: \$5 member/\$7 non-member

Workshops are supported by

