

Workshops and Courses

Term 2, 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.

Self-Management Workshops

Friday 28 April 6:00pm - 7:00pm	<p>Have I been sitting wrong? The science of sitting and positioning <i>Thi Hoàng</i></p> <p>Is there a right way or wrong way to sit? How about lifting and carrying things? How can I improve my posture? All these questions, and more, will be answered with experienced physiotherapist, Thi Hoàng. Take the time to invest in your body's wellbeing and longevity.</p> <p>Cost: \$8 for members, \$10 for non-members</p> <p>I'm Thi Hoàng, a physiotherapist working in Nelson. One of my special interests is healthy aging. This means I don't just assess and treat my patient physically, but I also take into the account of other factors affecting their health such as their sleep, their mental health and so on. I believe an optimum life is a life whose needs of all health aspects are met.</p>
Tuesday 16 May 10:00am - 11:30am	<p>Build Your Financial Resilience <i>Lisa Dyer from Nelson Budget Services</i></p> <p>This workshop is aimed at supporting and encouraging women who are managing their money independently. Come along a talk with other women in similar circumstances. As we discuss ideas, strategies and share our knowledge, we empower each other to feel confident, resilient, and hopeful for the future.</p> <p><i>There is no expectation to share confidential financial details.</i></p> <p>Cost: Free of charge</p> <p>Nelson Budget Service is a not-for-profit organisation whose purpose is to grow financial hope. At Nelson Budget Service, Financial Mentors support people with their financial goals, problem solving and decision making. The service is free, confidential, and open to everyone. www.nelsonbudget.co.nz</p>

<p>Tuesday 13 June 10:00am - 11:30am</p> <p>OR</p> <p>Tuesday 20 June 5:15pm - 6:45pm</p>	<p>Get Emergency Prepared Nelson Women's Centre</p> <p>With so much happening, we all know that emergencies can happen anytime, anywhere. Together we will work through the steps to be prepared.</p> <p>You will walk away with the resources to create your own emergency response plan. We will cover the physical and psychological effects of emergencies, how and what to prepare, and tips on what to do before, during, and after an emergency.</p> <p>We have 2x dates/times for you to choose from Cost: Free of charge</p> <p>The Nelson Women's Centre team will utilise their wealth of emergency response training, first aid training, and other experience to deliver a clear and impactful workshop.</p>
--	---

Gardening Workshops

<p>6x Tuesday Sessions</p> <p>NEW DATES May 9, 16, 23, 30 June 6 & 13</p> <p>5:15pm- 6:45pm</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, \$72 total - members \$15 per session, \$90 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>4x Thursday Sessions</p> <p>May 4, 11, 18, 25 10:00am - 12:30pm</p>	<p>Live Life to the Full - a weekly personal growth group for women Ali Watersong</p> <p>Live a rich and fulfilling life by building your capacity and developing your ability to respond effectively to old situations and new challenges.</p> <p>Gain a deeper self-awareness and understand yourself better by learning what motivates your behaviour, empower yourself and discover new ways to act in the here-and-now. Overcome obstacles and challenges in living your life with freedom, vitality, and authenticity.</p> <p>We will use psychodrama to explore themes relevant to you and the group. Psychodrama is an enlivening action group method where you can gain new perspectives and insights by setting out scenes from your life using things and other people. It will assist you to develop your spontaneity and creativity in all areas of your life.</p> <p><i>No acting experience is required.</i></p> <p>Cost: \$12 per session, \$48 total - members \$15 per session, \$60 total - non-members</p>
---	---

	<p><i>Ali is a counsellor and certificated psychodramatist (AANZPA) with extensive experience in group work and has been facilitating a variety of personal development groups in the community for over 30 years.</i></p>
<p>4x Thursday Sessions</p> <p>June 1, 8, 15, 22 4:30pm - 7:00pm</p>	<p>Life in Action - an evening personal growth group for women Ali Watersong</p> <p>Live a rich and fulfilling life by building your capacity and developing your ability to respond effectively to old situations and new challenges.</p> <p>Gain a deeper self-awareness and understand yourself better by learning what motivates your behaviour, empower yourself and discover new ways to act in the here-and-now. Overcome obstacles and challenges in living your life with freedom, vitality and authenticity.</p> <p>We will use psychodrama to explore themes relevant to you and the group. Psychodrama is an enlivening action group method where you can gain new perspectives and insights by setting out scenes from your life using things and other people. It will assist you to develop your spontaneity and creativity in all areas of your life.</p> <p><i>No acting experience is required.</i></p> <p>Cost: \$12 per session, \$48 total - members \$15 per session, \$60 total - non-members</p> <p><i>Ali is a counsellor and certificated psychodramatist (AANZPA) with extensive experience in group work and has been facilitating a variety of personal development groups in the community for over 30 years.</i></p>

Art & Creative Workshops

<p>5x Wednesday Sessions</p> <p>May 17, 24, 31 June 7, 14</p> <p>9:30am- 12:30pm</p>	<p>Fabric Dyeing Techniques with Susanne from Unique Threads Susanne Williamson</p> <p>Learn the art of different fabric dyeing techniques with experienced fabric artist, Susanne Williamson. Each session will cover a different dyeing technique, from Shibori to textured pole wrapping.</p> <p>Book one session, or multiple</p> <p>Session 1: Happy Feet Wed 17 May An introduction to Arashi Shibori, a pole wrapping technique. Learn how to dye permanent colourful stripes onto a pair of cotton socks.</p> <p>Session 2: Fold - Clamp - Dye FULLY BOOKED Wed 24 May An introduction to Itajime Shibori. Creating geometric patterns on fabric. Learn folding techniques, how to secure the fabric using clamps and then applying colour using a vat dye bath.</p> <p>Session 3: Resist Stitching FULLY BOOKED Wed 31 May Using a needle and thread, designs will be made by gathering stitching into tight folds. The fabric within the folds resists the dye, which can create a great variety of patterns and shapes. Fabric will be dyed in a vat dye bath.</p> <p>Session 4: Textured Pole Wrapping Wed 7 June Using PVC cylinders as the basic working tool, we will learn to wrap and manipulate fabric and secure these textured pieces onto the pole to create more complex dyed patterns.</p> <p>Session 5: Wrap It Up Wed 14 June Fabric Manipulation using string, rubber bands, and small objects to resist the fabric in more</p>
--	---

	<p>"traditional" tie dye techniques.</p> <p>Cost: \$12 per session, \$60 total - members \$15 per session, \$75 total - non members</p> <p><i>For over 40 years I have been perfecting the art of capturing colour on fabric.</i></p> <p><i>Concentrating on the art forms of Shibori, the ancient Japanese technique of fabric dyeing, batik using paint on wax techniques, and also other ways to decorate and embellish fabric, including embroidery, block printing, stenciling, and creating images using cyanotype printing.</i></p> <p><i>I started dyeing fabrics in the 80's, belonged to the dyer's guild, attended courses, and studied Fashion and Design at NMIT.</i></p> <p><i>Starting in 1996, I entered WOW 12 times, winning 4 awards over the years - winning the Open Section in 2003 with "Tiers Of Peace", which was a statement about the war in Iraq. My previous wins can be viewed on my website. (www.uniquethreads.co.nz)</i></p> <p><i>I have lived in Nelson for the past 28 years, during this time I had a stall at the Nelson Market for which I designed a range of gift items. I love using strong, bright colours, which reflects the vibrancy of the Nelson region.</i></p> <p><i>Influenced by my environment, each day presents itself as an exciting adventure and another opportunity to look at the world with fresh eyes.</i></p>
--	--

<p>2x Wednesday Sessions</p> <p>May 3 & 10</p> <p>10:00am-12:00pm</p>	<p>Creative Mending & Alterations for Experienced Sewers - machine and hand-sew Kazumi Yamamoto</p> <p>Book one session, or both</p> <p>These sessions are 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 each session, you will learn different techniques of mending and alterations to help your creation. Share your ideas with others who love to sew and develop a clear design of what to do with your own projects.</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> <i>Kazumi has been running mending workshops at the NWC since 2022.</i></p>
<p>4x Tuesday Sessions</p> <p>May 16, 23, 30 June 6</p> <p>10:00am - 12:00pm</p>	<p>Basic Sewing for Beginners Kazumi Yamamoto</p> <p>These sessions are for people who are absolute beginners or have a little experience of sewing. The sessions cover the basics of sewing both hand-sew & machine sewing. You will get basic knowledge about tools, materials & techniques to help you working with fabrics. You will make a simple sewing project to apply your new skill at each session.</p> <p>Book one session, or multiple</p> <p>Tues 16 May: You will learn basic embroidery stitching including sashiko stitching & appliqués. You</p>

will make a simple project to apply the stitching.
Please bring \$5 for materials.

Tues 23 May: You will learn about machine sewing and basic machine stitching. You will make a simple project with the basic machine stitching.
Please bring \$5 for materials.

Tues 30 May: You will learn the basics of sewing for mending & alterations, such as how to shorten the length of your skirt or pants and mending techniques.
You can bring your own clothes or family members' ones to apply the techniques as your project.

Tues 6 June: You will learn more sewing techniques which are not covered in the previous four sessions. You will make a simple project to use all skills that you have learned through the course.
Please bring \$5 for materials.

Cost: \$12 per session, \$48 total - members
\$15 per session, \$60 total - non members

Please bring:

- Your own sewing tools, if you have them
- Clothes that need to be mended

Kazumi has worked in the fashion industry as a designer & pattern cutter in Japan and New Zealand for over 20 years.

Kazumi has been running mending workshops at the NWC since 2022.