



Viewpoint

By Stephanie Brockman, Women's Centre Manager



I have been interested in the public comments that have been given as support to women to avoid being attacked or raped. It does astound me that the emphasis is still on the victim's behaviour, e.g. wear running shoes and carry a whistle.

Wouldn't it have been great if they had said something like this.

"If you are the rapist, you need help. Here is a number to call.?' If you suspect your friend or flatmate has unsafe sexual behaviour don't let them go out alone and suggest they carry a whistle in case they think they may rape – it will stop their thought process. Attacking woman is not okay

behaviour, you can be helped – reach out to your family or friends – they can support you through a healing process. Your violence affects all women, whether they were the one that was attacked or not. Women have the right to live without fear. You also have a right to a life without violence.

The Police will be looking for you because this violence is unacceptable and all people have the right not to be afraid.

"Your violence affects all women, whether they were the one that was attacked or not. Women have the right to live without fear."

I'm definitely a believer in the rights of the person attacked or victim rights and needs. And also if you concentrate on the victim and her behaviour you take away the opportunity to concentrate on the perpetrator and their behaviour – other than catch them and punish them!!

I was talking to a young women about this yesterday and she said to me, "if

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Women's Centre opening hours

Monday to Thursday 10am – 5pm

Friday 9am – 5pm

Contact us

186 Knights Road, Waterloo
Lower Hutt 5011

Phone: 04 569 2711

Email: info@lhwc.org.nz

Web: www.lhwc.org.nz

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someone is walking home late at night and probably had been drinking – what does she expect? It's like in town on a Friday and Saturday night – women have to expect dangerous behaviour and it's their responsibility to stay safe." So attitudes towards women being attacked are not so different from 50 years ago, it is her responsibility or what did she do to provoke it.

I do believe we need to be self responsible, and I also believe we don't need to be blamed or held responsible for other's behaviour.

The "Not OK" campaign is about men taking responsibility for their behaviour, which is fantastic.

And I understand that deep seated attitudes that hold women responsible for male violence is hard to change, and tugs at our foundational beliefs. Change only happens if individuals act, and from that communities act and from that our experience of life changes and from that our belief systems change.

Spotlight on...



Q. What is your name?

A. Alison Downie

Q. What is your role at the Women's Centre?

A. Volunteer

Q. Where did you grow up?

A. Paisley, Scotland

Q. What was the last book you read?

A. *The Help* by Kathryn Stockett

Q. Who do you find inspirational?

A. Billie Jean King

Q. What do you do to help with your wellness?

A. For wellness I like to take time out to look at and enjoy the views around the bays. I also enjoy attending mindfulness/grounding training.

Q. What was the first concert you went to?

A. The first concert I went to was Michael Jackson in the 1980s in Melbourne. It is still the most amazing stage performance I have every seen.

Q. Where would you like to travel?

A. Pompeii to see the ancient ruins.

Q. What is a favourite memory from childhood?

A. My favourite childhood memory is spending Easter Sunday with my brother and sister and the rest of the kids on the street I lived in, rolling our hard boiled, painted easter eggs down the braes (hills) near to where we lived.

And a quote to finish on

What lies behind us, and what lies before us, are tiny matters, compared to what lies within us.

“What if I fall?
Oh, but my darling,
what if you fly?”

Erin Hanson

The Journey

Mary Oliver

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice –
though the whole house
began to tremble
and you felt the old tug
at your ankles.
"Mend my life!"
each voice cried.
But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do –
determined to save
the only life you could save.

*This edition's featured poem was
chosen by Kathryn.*

Community Events



> UNTIL SUNDAY 23 NOVEMBER

Invitation to Openness—Substantive and Transitive States: By Wellington sculptor Elizabeth Thomson this is an ambitious installation of hundreds of flocked bronze white moths. Invading the gallery space, the moths create an immersive environment, landing on the walls of their own accord without the restriction of order as if it is their natural habitat. Elizabeth Thomson says "While this new arrangement will be the biggest moth installation I've undertaken, it is more understated in its presentation. These white moths will have a ghostly presence, evoking a sense of unease but also mystery and wonder". Daily, 10am – 5pm. Dowse Art Museum, 45 Laings Road, Lower Hutt. Cost: free.

> WEDNESDAY 1 OCTOBER

3D printing and construction lecture: How is 3D printing being used in manufacturing? Hear Dr Ian Miller of Callaghan Institute talk about how metal manufacturing is being transformed. Eleanor Howick from Callaghan Institute will give an overview about 3D printing, the types of materials being used and what is being printed – everything from houses to body parts.

There will be a 3D printer working and you'll be able to see a whole range of 3D printed objects and information to inspire you.

Come along anytime from 6pm and enjoy a glass of wine or orange juice (\$5) and some finger food (\$5) while you browse the exhibition of 3D-printed items from around New Zealand. We'll be exhibiting works from some of the country's brightest. 7:00pm – 8:00pm. Little Theatre, 2 Queens Dr, Lower Hutt.

> SUNDAY 19 OCTOBER

Diwali Festival of Lights: TSB Bank Arena and Shed 6, Queens Wharf, Wellington. 1.30 – 10pm. Gold coin entry.

> TUESDAY 21 OCTOBER, 8 WEEKS

Different Approach, different response: Improving relationships with your teens: Understand the internal working model of your child. Support your child through their journey to independence. Gain an understanding of the latest research on the teenage brain and how this impacts on your child. Learn about attachment and what happens under stress. Meet others experiencing what you are. New ways of relating to your teenager. 8 weeks. 7 – 9pm. Level 4, 173 Victoria Street, Wellington. \$80. Register at Parenthelp: 04 802 5767 or parenthelp@xtra.co.nz

> SATURDAY 1 NOVEMBER

Retro, Recycled and Restored Market: 10am – 4pm. Frank Kitts Underground Market, Under Frank Kitts Park, Jervois Quay, Wellington.

> SATURDAY 22 NOVEMBER

The Sweat City Games: If you liked Top Town in the 80's, you will love The Sweat City Games. The SCG is an eight obstacle event with a focus on fitness for all levels and fun! Teams of 5 will be challenged with different obstacles that each require different skills. There will be 3 grades for entry: Competitive, Fun and Family. 10am – 5pm. McEwan Park, Petone, Lower Hutt. For more information and to enter: www.sweatcitygames.com

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> SUNDAY 23 NOVEMBER

Hutt City Tri: This is a great 'starter Tri' because our distances are manageable for beginners. This is a great chance to set a summer fitness goal or to do your first Triathlon. We offer at 500m swim, 20km bike and 5km run.

In 2014 we also have a duathlon option and the Shoe Clinic 5KM run event.

The event has a spirit of participation and is about setting goals, having fun and getting active. It's a friendly, safe event open to anyone aged 12 and older, either as an individual competitor or as part of a team.

7am – 12noon, Naenae Swimming Pool, 2 Everest Ave, Naenae, Lower Hutt.
For more information and to enter:
www.huttcitytri.co.nz

> FRIDAY 5 TO SUNDAY 7 DECEMBER

Reclaim your voice: A course for people who think they can't sing, shy singers and anyone who wants to sing better. Friday 6.30pm – 8.30pm, Saturday & Sunday 10.00am – 4.00pm. Hataitai Community Centre, 112 Waipapa Road, Hataitai, Wellington. Cost: \$175. For more information and to book: www.sing.co.nz/reclaimwellington.htm

> FRIDAY 23 TO MONDAY 26 JANUARY

Women's Studies Association (NZ)

Summer School: The Women's Studies Association (NZ) will be holding a summer school at Kingston House in Kerikeri over Auckland/Northland Anniversary weekend (23-26 January).

The timing is close to the bicentenary of first Pakeha settlement in Aotearoa/New Zealand. The theme for the summer school, yet to be formalised, will involve looking at Māori and Pakeha women talking together two hundred years ago and talk between Māori and tauīwi women today. A field trip to Hohi Bay (Oihi Bay) to look at

the site of first Māori-Pakeha settler conversations will be held.

We are working on an exciting line-up of guest speakers. Alison Jones and Kuni Jenkins, authors of *He Kōrero: First Māori-Pākehā Conversations on Paper* (Huia Publications) have agreed to speak. There will be plenty of opportunities for discussion and participation.

WSA(NZ) holds regular conferences, but this summer school is a first. It's a chance to focus on one particular theme, to listen, learn and exchange views. It's also an opportunity to spend time in a beautiful and historic part of New Zealand.

Further information will be circulated in the near future (on the WSA website, www.wsanz.org.nz and on our facebook page (search on 'wsanz').

We will work on keeping costs down. Participants are asked to arrange their own accommodation from the wide range of options around Kerikeri.

For further information, contact Hilary Lapsley, WSA(NZ) Convenor on hlapsley@xtra.co.nz

> 4TH TUESDAYS OF THE MONTH

Hutt Valley Women's Business

Network: An informal business network group for women who are in business, are self-employed, or are thinking of becoming self-employed. Presented by Barbara Hand and Kay Drummond. 9am. Hardwick Smith Lounge, just off SH2 in Belmont Domain, Lower Hutt. \$10. Contacts: Barbara 972 2750 or 021 117 8006, Kay 526 8076 or 021 022 61012.

> ONGOING ON SUNDAYS

Women only swimming night: Every Sunday night 7 – 9pm. H2O Extreme Swimming Pool, Corner Brown and Blenheim Streets, Upper Hutt. Cost: \$4

single swim, \$30 for ten-trip pass. Ph 04 528 8938.

Crafty Sundays: Sunday 5 October to Sunday 5 April, 9am – 3pm. Crafty Sundays is an opportunity to sample lots of everything from locally made food to handcrafts and secondhand. Enjoy local entertainers in our covered market. The Village Market, 46 Wainui Road, Gracefield, Lower Hutt. For more information: www.thevillagemarket.co.nz

> 2ND SUNDAYS OF THE MONTH

Seaview UpCycle Markets: Bring your trash and make it a treasure or come to browse and buy at the Seaview UpCycle Markets. Second Sunday of every month, 12 – 4pm. At the public boat ramp (Gate 1), Seaview Marina, 100 Port Road, Seaview, Lower Hutt. Stall holder bookings are essential (\$10 per stall) – check out their Facebook page to book www.facebook.com/seaviewmarket. Browsers and buyers are welcome free of charge. Weather dependent – check details on Facebook.

> QUEER SUPPORT

School's Out: An after-school group for youth aged up to 18 who are queer, trans or questioning. Weekly meetings in Hutt Valley and Wellington. For more information text 027 763 9793 or email queer_schools_out@hotmail.com

Tranzform: A support group for people up to 27 who are trans, gender non-conforming or questioning. Fortnightly meetings in Wellington. For more information: 022 105 0774 or tranzform.wgtn@gmail.com

Social Fruits: An 18+ social group for queer and trans people. For more info on when/where the next meeting is: socialfruits.wellington@gmail.com

Get out there and see what your community has to offer!

Free Legal Advice

The Women's Centre has free 30 minute consultations available during the first week of each month.

The primary objective of a consultation is to advise you if you have a legal problem, and whether you need to see a solicitor. If you do need to see a solicitor the lawyer can advise you about your eligibility for Legal Aid and give you some idea of the legal procedures involved in solving your particular problem.

If you don't have a legal problem the lawyer is sure she can give you some sound practical advice anyway.

The lawyer can also advise you about facilities available to help you solve your own problems, such as the Disputes Tribunal, Family Court Counselling, etc. All consultations are held in private and are strictly confidential.

When: the first week of the month

How to book:

Phone the Women's Centre at any time during the month to register your interest in an appointment. We will phone you at the beginning of the month to check if you still require an appointment, and if you do we will give you the phone number to make the appointment directly with the lawyer.

Please do not contact the lawyers without first booking with the Women's Centre.

Where:

Thomas Dewar Sziranyi Letts
Level 2, Corner of Queens Drive and Margaret Street, Lower Hutt

Ages and Stages

Mid Life and Onwards – Personal Milestones and Transitions

Are you living with life changes – wanting to talk and listen to others having similar experiences?

Come along to a one day standalone workshop, facilitated by Anne Horrill, Counsellor and Educator. Repeat attendance is welcome.

Group size is 6 – 10 women.

Dates: Saturday 18 October

Time: 10am – 3pm

Cost: \$50 neg for the first workshop you attend

\$10 for subsequent workshops

Enrolment: by payment in the month prior

Location: Lower Hutt
Women's Centre
186 Knights Road
Waterloo, Lower Hutt

Other: bring your own lunch

For all enquiries contact Anne Horrill directly.

Phone: 562 7544

Email: ahorrill@clear.net.nz

*Anne Horrill – Cert Counselling, B Ed.,
Member NZAC, NZAC Accredited
Supervisor*

Please note this is not a Women's Centre workshop. Please contact Anne directly.



Submitted poem

The following poem was written and submitted by **Dallas Cooper**.

Real women are hairy.

In fact,

Quite a lot.

Much time is spent,

In making them not.

The wax,

The creams,

The tweezers,

The shears.

Would stretch for miles,

Over the years.

One is allowed a crowning glory.

Further down a cunning coif.

But,

Any other, anywhere,

Not quite the stuff.

Tough!!

Like it or not,

I've got, what I've got.

NOTICE OF ANNUAL GENERAL MEETING

Lower Hutt Women's Centre, 186 Knights Road, Waterloo

Saturday 27 September, 2014

Ritual: 8am (sharing of thoughts, readings and song)

Shared breakfast: 9am (bring something to share)

Meeting: 10 – 11.30am

You can come to any or all parts of the AGM

About our ongoing events

This is our weekly ongoing programme. We have regular workshops and groups that provide for a range of different needs. These are free or low cost.

All courses are held at the Women's Centre.

Tuesday

10am – 2pm Mosaics

6.30 – 8.30pm Self Esteem

Wednesday

1 – 2.30pm Women's Support Group

Thursday

9am – 3.30pm Computer lessons
(by appointment)

Friday

10am – 12pm Self Esteem

First Sunday of the month

1 – 4pm Support group for women who have experienced rape or sexual abuse

Mosaics

If you want to learn how to mosaic and meet other women doing the same come along anytime from 10am – 2pm on Tuesdays and Stephanie can show you what to do.

We normally start with a paver and after you have made a paving stone you can progress on to a variety of projects. If you want to work on your own projects you need to pay for materials.

Day: Tuesdays

Time: 10am – 2pm

Cost: We charge for materials only
A completed paver costs \$5

Booking: You don't need to book, just turn up

Facilitator: Stephanie Brockman



“There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost.”

Martha Graham



Self Esteem Workshops

Our self esteem develops and evolves throughout our lives as we build an image of ourselves through our experiences with different people and activities.

Experiences during our childhood play a particularly large role in the shaping of our basic self esteem. When we were growing up, our successes (and failures) and how we were treated by the members of our immediate family, by our teachers, sports coaches, religious authorities, and by our peers, all contributed to the creation of our basic self-esteem. The course is designed to give women the opportunity to develop awareness of how they live in the world, the influences on them and how they have the ability and power to make changes in their lives.

Women will be given the opportunity to:

- Develop skills to recognise the strengths in themselves
- Look at the areas of self responsibility and self reflection
- Be encouraged to develop awareness around how beliefs about self develop and grow
- Build their emotional connection with themselves and develop a greater awareness of their own feelings and emotions
- Feel a sense of personal power and belonging
- Celebrate positive aspects of being a woman

Self esteem workshops are run on Tuesday evenings and Friday mornings. Each workshop is separate. You may attend one or as many as you like. Self esteem runs on a 20 topic basis. Once the 20 topics have been completed the cycle begins again.

Tuesday evening workshops

Time: 6.30pm – 8.30pm

Cost: \$5

Facilitator: Julie Smart

Booking: You don't need to book, just turn up

Friday morning workshops

Time: 9.45am – 12noon

*** This workshop starts at 10am and latecomers won't be admitted ***

Cost: \$2

Facilitator: Stephanie Brockman

Booking: You don't need to book, just turn up

Creche: Creche is provided for pre-school children only without extra charge only on Friday morning. Please make enquiries about babies because they need a lot of attention and we only have one creche worker.

Tuesday evenings

Sept 16	Striving for pure motives
Sept 23	Putting yourself in neutral
Sept 30	Having the courage to be imperfect
Oct 7	Developing courage
Oct 14	Willpower
Oct 21	Anger as a strength
Oct 28	Developing self knowledge
Nov 4	Self love
Nov 11	Acknowledging self
Nov 18	Enhancing self in terms of awareness
Nov 25	Acceptance and use of strengths
Dec 2	Positive thought and talk
Dec 9	Messages about self
Dec 16	Accepting responsibility for self
Dec 23	Coming to grips with feelings

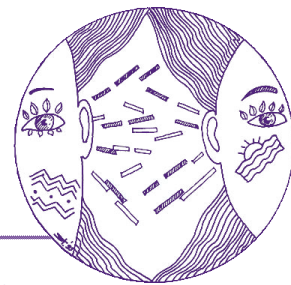
First workshop of 2015: Jan 20

Friday mornings

Sept 19	Self love
Sept 26	Acknowledging self
Oct 3	Enhancing self in terms of awareness
Oct 10	Acceptance and use of strengths
Oct 17	Positive thought and talk
Oct 24	Messages about self
Oct 31	Accepting responsibility for self
Nov 7	Coming to grips with feelings
Nov 14	Talking about ourselves
Nov 21	Beliefs about self
Nov 28	Expressing pride in self
Dec 5	Letting go of the past
Dec 12	Respecting self and others
Dec 19	Striving for pure motives

First workshop of 2015: Jan 23

Women's Support Group



This group is for women who would like to share and explore issues that have a daily effect on their lives. The support group is based around support for empowerment and empowered way of living.

Topics for discussion might include: self esteem, responsibility for self, self care, identity, family, relationships, intimacy, communication, anxiety, depression and other life stresses.

The group is structured to enable people to talk about their own issues, and also discuss ideas and topics of interest.

Any woman can attend the group.

Facilitator bio: *Stephanie Brockman has been working with groups for over 15 years, has a Bachelor of Counselling and a Diploma of Teaching. She enjoys the strength, beauty and power of groups.*

Day: Wednesdays

Time: 1 – 2.30pm

Booking: You don't need to book, just turn up

Facilitator: Stephanie Brockman

Free 1 to 1 Computer Lessons

Our computer lessons cater to a range of abilities, starting from complete beginners. Bring your questions to your lesson and Jenny will help you out.

Want to learn how to:

- surf the net? Find useful websites for news, shopping, books, timetables, health info, maps, online travel sites, social media, online radio, tv and music.
- use your laptop? (bring it along to your lesson)
- email and set up an email account?
- become proficient in Microsoft Word, Excel, Powerpoint or Visio?
- use Facebook, Skype, TradeMe, DropBox or YouTube?
- scan documents and photos?
- manage and edit your photos?

Jenny is also knowledgeable about computer scamming, virus checks and ad blocking. Bring any questions along.

Day: Thursdays

Time: 9am – 3.30pm

Appointments with the tutor are 30 or 60 minutes

Bookings: Bookings are essential and you must book in advance. You can book for 3 sessions at a time, (usually 2 or 3 weeks in advance)
Call 569 2711 for an appointment

Tutor: Jenny Holdt

Free computer access

The Women's Centre has two public access computers available for all women to use during our opening hours.

Our computers

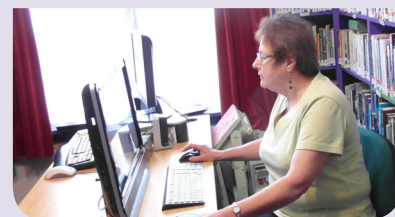
- One runs on Windows 7
- One runs on Window 8 and is touchscreen

Other facilities

- Printing 20¢ per black and white page
(free during lessons)
- Scanner
- Free internet access

Booking

Phone us to book your time.
You can book up to two hours for each session.



Support group for women who have experienced rape or sexual abuse

A monthly three hour support group for women who have experienced rape or sexual abuse is being offered at the Women's Centre.

These workshops are held on the first Sunday of the month from 1pm to 4pm and are for women at any stage of their journey through abuse and recovery.

The group is facilitated by an ACC accredited counsellor, Ally Andersun, who is skilled in therapeutic group work.

"The traumatised child doesn't have the luxury of self reflection."

(John Briere).

"I thought I was so alone with this problem, but hearing about how others have coped helps enormously."

(*Surviving and Moving On* – Dr Kim McGregor)

This group offers an opportunity for women to develop self awareness and self reflection at their own pace and in their own style, an opportunity to reclaim and retrieve split off hurt parts of themselves and allow them to heal.

Healing is not only possible but essential.

Facilitator bio: Ally Andersun is the Counsellor/Trainer/Supervisor at the Lower Hutt Women's Centre. Ally has a degree in Counselling and is an advanced trainee in Psychodrama. She is a member of NZAC and ANZPA. Ally has been a counsellor for 20 years and has run groups for over 30 years.

Day: The first Sunday of every month

Sunday 5 October

Sunday 2 November

Sunday 7 December

Time: 1 – 4pm

Booking: You don't need to book, just turn up

Facilitator: Ally Andersun

If you are interested please phone or come along

"Don't rely on someone else for your happiness and self-worth. Only you can be responsible for that. If you can't love and respect yourself – no one else will be able to make that happen. Accept who you are – completely; the good and the bad – and make changes as YOU see fit – not because you think someone else wants you to be different."

– Stacey Charter

"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways, champagne in one hand, strawberries in the other, body thoroughly used up, totally worn out and screaming "WOO HOO what a ride". "

– Mavis Leyrer (at 83)

About our workshops

The following workshops are designed around the group process where in the making and functioning of a group the participants learn from each other, from the group activities and from the facilitator. All group participants learn different things, depending on their own life journey and what they are needing at the time. We welcome you to experience something new in yourself.

- All courses are held at the Lower Hutt Women's Centre – 186 Knights Road, Waterloo, Lower Hutt.
- Courses must be paid in full to confirm your enrolment.
- For enquiries or to book, call us on 569 2711.

Workshop topics to end of 2014

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Resilience	p 11
Painting Workshops	p 12
Self Development using the Psychodramatic Method	p 12

“Now is the time for all good women to stand up and say who we will be

Workshop topics for the coming year

We have lots of workshop topics coming up in the new year. Keep an eye out for details in our December and March newsletters.

- Anger as a Strength
- Assertiveness for Women
- Drug and Alcohol Weekly Support Group
- Inner Child
- Meditation for Women
- Menopause
- My Mother My Self
- Resilience
- Self Care vs Burnout
- Self Development using the Psychodramatic Method
- Self Esteem for Women
- Self Esteem for Teens
- Understanding the Blues
- Weaving with Harekeke
- Women's Support Group
- Women Who Love Too Much Part One and Two



Women Who Love Too Much

Co-dependency, relationship addiction, giving yourself up in relationships

We run two women who love too much workshops. The first one is focussed on an educational experience. What are "Women Who Love Too Much?", "Am I a Woman Who Loves Too Much?", "How does it effect my life?", "How would my life be different if I wasn't a Woman Who Loves Too Much?"

The second workshop is therapeutically focussed where there is an opportunity for you to work through some of your own personal issues.

The workshops are a group process and you need to attend part one before you attend part two. (Part one will run again next year).

Women Who Love Too Much (Part Two)

Workshop Two is for women who have completed a Part One "Women Who Love Too Much" workshop at some time. This weekend will give you an opportunity to work therapeutically through your issues around co-dependency and process addiction.

Co-dependency often involves placing a lower priority on one's own needs, while being excessively preoccupied with the needs of others. It can occur in any type of relationship, including family, work, friendship, and also romantic, peer or community relationships. Co-dependency may also be characterised by denial, low self-esteem, excessive compliance, or control patterns. We will also explore the origins of your behaviour and ways of changing and developing in yourself.

Dates: Part Two Workshop

Friday 10 – Sunday 12 October

Times: Friday 7 – 9.30pm

Saturday 10am – 5pm

Sunday 10am – 4.30pm

Cost: \$40 waged/\$20 low or unwaged

Phone to register interest

Enrolment: only through payment

Facilitator: Ally Andersun

Resilience



Do you want to learn how to bounce back from adversity? Do you want to change but you don't know how?

Resilience is the ability to have difficult feelings, experiences, mistakes, disappointments or loss and to be able to move through them in constructive ways that allow you to maintain your authenticity and grow from the experience. Resilience is a crucial ingredient in what determines how high we rise above what threatens to wear us down, from battling an illness, to relationship breakup, to carrying on after a national crisis. Resilience can be defined as the capacity to cope and bounce back. In this course participants will identify strategies and techniques to recognise unhelpful ways of being and replace them with a mindset that enhances resilience. We are all resilient in many ways, and this course will assist in participants connecting with their capacity for resilience.

A person connected to their capacity for resiliency will return to equilibrium after a disturbance.

Dates: 6 weeks beginning

Wednesday 22 October

Time: 7 – 9pm

Cost: \$40 waged/\$20 low or unwaged

Phone to register interest

Enrolment: only through payment

Facilitator: Ally Andersun

Painting Workshops

These painting workshops are suitable for complete beginners through to experienced painters. The workshops are based on you expressing yourself through painting and learning techniques at the same time. Techniques (one per workshop) will be taught.

Come along and have a creative and relaxing time in a supportive environment. You can work on new projects each workshop or carry on with your work from the previous workshop. Linda is an experienced art tutor who will guide you as you want.

You can attend as many of these workshops as you like. All equipment is supplied.

Dates: Workshop 5: 1 November

Time: 10am – 4pm

Cost: \$20 waged/\$10 low or unwaged
Phone to register interest

Enrolment: only through payment

Tutor: Linda Wood

Self Development using the Psychodramatic Method

This weekend will give participants opportunity to explore personal issues using the psychodramatic method. This workshop will be useful for women wanting to expand and develop their experience of life and the issues that hold them back. Women new to the psychodramatic method are welcome.

Participants are expected to attend all sessions of the workshop.

Dates: Friday 28 – Sunday 30 November

Times: Friday 7 – 9.30pm
Saturday 10am – 5pm
Sunday 10am – 4.30pm

Cost: \$40 waged/\$20 low or unwaged
Phone to register interest

Enrolment: only through payment

Facilitator: Ally Andersun

He aha te mea nui o te ao?

He tangata! He tangata! He tangata!

What is the most important thing in the world?

It is people! It is people! It is people!

Celebrating Pat Rosier

21 January 1942 – 12 June 2014

Article by Linda Hill

Pat Rosier – feminist, activist, writer – died suddenly on 12 July in her home at Paekakariki – a great shock to her partner of 17 years, Prue Hyman. Over 300 people attended a celebration of her life in the local hall, friends from her Nelson days held a memorial lunch and, as I write this, her Auckland friends are gathering at the Women's Centre to remember her. Hundreds of cards and calls are testament to the influence she has had on many women's lives.

Like many, I first knew of Pat as editor of Broadsheet magazine in Auckland, following on from Sandra Coney. I was pleased to get to know her personally when she got together with Prue, an old friend, and I'd stay with them when coming to Wellington. Seeing more of Pat was one of the attractions of moving south last autumn. I found Pat a really good person to talk over major decisions with, a wise head on large shoulders. She had a real skill for helping you sort out your best course of action, and used this working with organisations. A calm, quiet manner, and great intelligence.

In her Auckland years, she shared a Mt Eden house with Hilary Lapsley and Margot Roth. Margot writes that she once asked her why she thought their communal household had been so successful; Pat answered it was because none of us would put up with any stupid nonsense. In hindsight, Margot thinks that was mainly Pat's contribution.

As her friends remember her, many refer to books of hers that had been important to them including of course Broadsheet. More recently she published four novels and a book of articles. She was a prodigious reader, and involved in international literary circles as well as New Zealand ones.

Her Paekakariki writing group plans to publish a book of Pat's poetry. It's good to know we haven't heard the last from her.

Prue Hyman writes about Pat in the Kapiti Independent online newspaper <http://robin.hosts.net.nz/~admin219/pat-rosier-shalom>.

A video of the Paekakariki celebration is available on <http://vimeopro.com/craigbain/pat-rosier>.

Publications by Pat Rosier

Stones Gathered Together, 2012, writings from several decades, available only as an ebook, from all major ebook retailers.

Where the heArt is, 2012, a novel, available only as an ebook, from all major ebook retailers.

Take It Easy, a novel, self-published in New Zealand, PJPress, 2008, available as an ebook from all major ebook retailers.

Poppy's Return, a novel, Spinifex, Melbourne, May 2004, available as an ebook from spinifexpress.com.au



Poppy's Progress, a novel, Spinifex, Melbourne, October 2002, available as an ebook from: spinifexpress.com.au

Workwise: A guide to managing workplace relationships, Canterbury University Press, 2001

Get Used to It! Interviews with people who grew up with a lesbian or gay parent. Jointly with photographer, Myra Hauschild. Published Canterbury University Press, 1999.

Been Around For Quite A While: Twenty years of writing from Broadsheet Magazine. Compiled and introduced by Pat Rosier. New Women's Press, 1992.

No Body's Perfect with Jasbindar Singh. A self-help book for women with problems with food and body image. New Women's Press, 1989.

Her lesbian writing group is hoping to produce two posthumous volumes – the first their already planned group volume where they will attempt to use some of her partly written fifth novel (she and I were both convinced this would be the best – and the others were good). The second will be a book of her poetry – including some written for me and never yet published or seen by anyone else. – Prue Hyman



Demystifying cervical cancer

After a discussion around the table about cervical cancer and women talking about not really knowing how it was caused we decided to put this article in the newsletter.

Information from Cancer Council Victoria, Australia and New Zealand Ministry of Health websites.

What causes cervical cancer?

The main cause of cervical cancer is an infection called human papillomavirus (HPV). There are also other known risk factors.

HPV

Most cases of cervical cancer occur many years after infection with a strain of human papillomavirus, which is the name for a group of wart viruses. HPV is a common infection affecting the surface of different body areas, such as the skin, vagina and cervix. About four out of five people will become infected with a type of HPV at some time in their lives. Genital HPV is usually spread via the skin during sexual contact. In most women, the virus is cleared quickly by the immune system and no treatment is needed. But some women have precancerous cell changes caused by HPV can be found by a Cervical smear. There is now also a vaccination against HPV.

Women who have HPV are often unaware they have it. This is because HPV usually doesn't cause noticeable symptoms.

Smoking

Chemicals in tobacco can damage the cells of the cervix and make cancer more likely to develop.

Diethylstilbestrol (DES) exposure

DES is a type of oestrogen-based medication, which was prescribed to women from the 1950s to the early 1970s to prevent miscarriage.

Although rare, studies have shown that the daughters of mothers who took DES

have an increased risk of developing a rare type of adenocarcinoma.

Cervical cancers not caused by HPV

Some kinds of cervical cancer are not caused by HPV, but these are very rare and are usually types of cancer that cervical screening tests cannot find early or prevent.

They include cancer of the skin (melanoma) that has spread to the cervix and cancers of the muscles, nerves and connective tissues of the cervix.

The HPV vaccine

There is an HPV vaccine that provides protection against two strains of HPV that are known to cause about 70% of cervical cancers. The vaccine also offers some protection against other less common gynaecological cancers in women, including vaginal and vulval cancers.

The vaccine called Gardasil® is included in the New Zealand Immunisation Schedule. In New Zealand it is given only to girls. In Australia it is given to boys as well as they transmit the virus.

The vaccine is given as 3 injections in the upper arm, normally over a 6-month period. Normally the second dose is given 2 months after the first dose, followed by a third dose 4 months after the second dose.

Girls and young women up to their 20th birthday are eligible to participate in New Zealand's HPV immunisation programme for free.

Some older people who are already sexually active may still benefit from

What is cervical cancer?

Cervical cancer is a malignant tumour found in the tissues of the cervix. It occurs when abnormal cells in the cervix turn into cancer cells. The cancer cells break through the surface cells (epithelium) and into the underlying tissue (stroma) of the cervix.

Cervical cancer most commonly begins in the cells of the transformation zone. At diagnosis, the cancer is often just within the cervix, but it may spread to tissues around the cervix (e.g. the vagina) or to other parts of the body.

What types are there?

The two main types of cervical cancer are named after the cells they start in:

Squamous cell carcinoma: The most common type, accounting for about 8 out of 10 cases.

Adenocarcinoma: A less common type, starting in the glandular cells. It is more difficult to diagnose, as it is high in the cervix and hard to reach with tools used for testing.

How common is cervical cancer?

In New Zealand, about 160 women develop cervical cancer each year – and about 50 die from it.

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the vaccine – for information, including fees, talk to your GP. The HPV vaccine cannot be given to treat cancer once a woman has already been diagnosed with precancerous cells or cancer. It also doesn't provide protection against all types of HPV, so it is important to continue to have Cervical smears even if you've been vaccinated.

Cervical cancer can develop over 10 or more years. There can be a long interval between being infected with HPV, the development of abnormalities and the development of cancer.

Cervical cell changes

Sometimes the cells in the cervix start to change and no longer appear normal. This may mean you have a precancerous lesion, which is not cancer but may lead to cancer. Cervical cell changes may be found during a routine cervical smear.

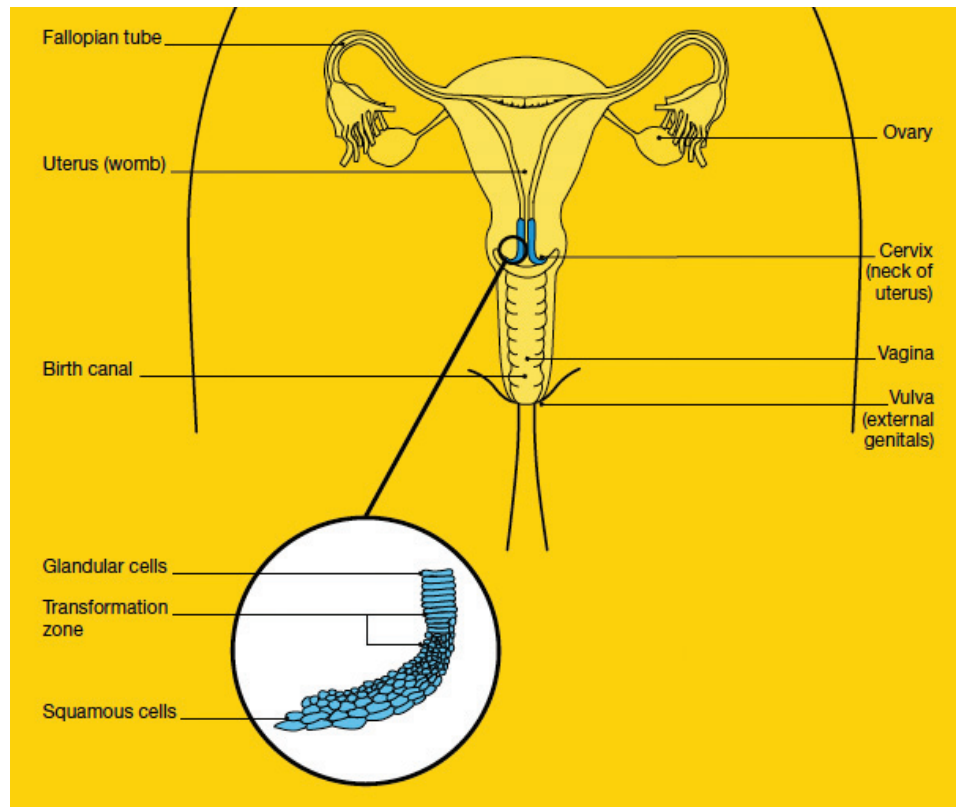
This means early detection is best, which means smears regularly.

"My doctor said that because I had regular cervical smears, the cancer was picked up while it was small. The treatment was straightforward and my body is intact." – Ying

What are the symptoms of cervical cancer?

The early stages of cervical cancer usually have no symptoms. The only way to know if there are abnormal cells in the cervix, which may develop into cervical cancer, is to have a Pap smear (see opposite). If symptoms are present, they usually include:

- vaginal bleeding between periods, after menopause or after intercourse
- pain during intercourse
- unusual vaginal discharge
- excessive tiredness
- leg pain or swelling
- lower back pain.



The female reproductive system

These symptoms can also be caused by other conditions. However, see your general practitioner (GP) if you are worried or the symptoms are ongoing

What is the cervix?

The cervix is part of the female reproductive system. The female reproductive system also includes the uterus (womb), ovaries, fallopian tubes, vagina and vulva.

The cervix is the lower, cylinder-shaped part of the uterus that connects to the vagina. It is also called the neck of the uterus. It has an outer surface that opens into the vagina and an inner surface that faces into the uterus. The inner part is called the cervical canal.

The functions of the cervix include:

- producing moisture to lubricate the vagina
- producing mucus that helps sperm travel up to the fallopian tube to fertilise an egg from the ovary

- holding a developing baby in the uterus during pregnancy.
- widening so the baby can be born via the vagina (birth canal).

The cervix is covered by two kinds of cells, which line the surfaces of many organs and body systems. These are:

- Squamous cells: flat, thin cells found in the outer layer of the cervix that opens into the vagina (ectocervix)
- Glandular cells or columnar cells: column-shaped cells that produce cervical mucus and are found in the cervical canal (endocervix).

Glandular cells from the cervical canal are constantly migrating outside the canal. When this happens, the cells undergo changes that convert them back to squamous cells. This change process is called squamous metaplasia, and the area where it takes place is known as the transformation zone.

Please see your health care professional if you have any concerns.

Paracetamol use in pregnancy linked to ADHD in children



Paracetamol, also known as acetaminophen, is the most commonly used medication for pain and fever during pregnancy. But new research has revealed that it is associated with a higher risk for attention-deficit/hyperactivity disorder (ADHD) and hyperkinetic disorders (HKDs are a severe form of ADHD) in the children of mothers who used the drug during pregnancy when compared with children of mothers who did not use it.

JAMA Pediatrics

A study published recently in the Journal of the American Medical Association Pediatrics has suggested that paracetamol has effects on sex and other hormones which can in turn affect neurodevelopment and cause behavioural dysfunction. The study's investigators noted that previous research has linked the drug to hormone disruption – a process that could impact on foetal brain development. With this in mind, the research team decided to assess whether paracetamol use during pregnancy could increase a child's risk

of HDHD and HKDs – syndromes that emerge during early childhood.

The researchers studied 64,322 children and mothers in the Danish National Birth Cohort (1996-2002). More than half said they took paracetamol at least once during pregnancy. Parents reported behavioural problems on a questionnaire, and HKD diagnoses and ADHD medication prescriptions were collected from Danish registries. The risk of a child having ADHD and HKD-like behavioural problems increased when mothers used the drug in more than one trimester during pregnancy.

According to the Centers for Disease Control and Prevention (CDC), the percentage of children diagnosed with ADHD is increasing. In 2003 7.8% of children had the disorder, and this figure increased to 11% in 2011. The researchers say their findings suggest that because foetal exposure to paracetamol is frequent during pregnancy, this could explain the increasing prevalence of ADHD and other childhood behavioural disorders.

Further investigations needed

Their conclusion was that maternal paracetamol use during pregnancy is associated with higher risk for HKDs and ADHD-like behaviours in children. "Because the exposure and outcomes are frequent, these results are of public health relevance but further investigations are needed."

The results of the study also underline the importance of being very cautious when taking any drugs during pregnancy, rather than just assuming they are safe.

The study was led by Zeyan Liew of the University of California, Los Angeles and was co-authored by Jorn Olsen of the University of Aarhus in Denmark.

Reference

<http://archpedi.jamanetwork.com/article.aspx?articleid=1833486>

Article taken from Auckland Women's Health Council Newsletter March 2014

NZ anti-depressant study reveals side effect concerns



On on-line study of more than 1,800 New Zealanders on anti-depressants has revealed that the emotional side effects of the widely-prescribed drugs are more common and more serious than previously thought. Even more concerning was that a third of those questioned said they had not been warned about possible adverse emotional or relationship effects.

The study is the first of its kind in New Zealand. Study co-author Dr Kerry Gibson, from the School of Psychology at the University of Auckland, said one in nine adults – and one in six

women – in New Zealand were prescribed anti-depressants every year. Of those surveyed, 62% reported sexual dysfunction, 60% complained of feeling emotionally numb, 41% said they felt less positive, and 39% reported thoughts of suicide. In the 18-25 age group, 56% reported suicidal thoughts.

Lead researcher Professor John Read said that the psychological and interpersonal effects of anti-depressants had been largely ignored. "The medicalisation of sadness and distress has reached bizarre levels," he said.

Mental Health Foundation chief executive, Judi Clements said people should be given more options to manage their mental health, through nutrition, exercise and counselling.

www.radionz.co.nz/news/national/237971/anti-depressant-study-disturbing

IMPORTANT: Please consult your medical professional before making any changes to your medication.

Article taken from Auckland Women's Health Council Newsletter March 2014

Lest we remember

As millions of dollars are spent on World War I and the Anzacs, the 150th anniversary of the wars at home are getting short shrift

by Alison McCulloch
<http://werewolf.co.nz>

The site near Tauranga where more than 150 fighters, most of them Māori, were killed and wounded in one of the bloodiest battles of the New Zealand Wars is marked by a squat concrete cairn that sits in an unkempt patch of land next to a cow paddock. A small sign directs passers-by to the site – or would do if it wasn't almost entirely obscured by an overgrown thorn hedge. And even if you do find it, there's nowhere to park.

Local iwi have plans to spruce up the Te Ranga site as part of the 150th commemorations this year of key battles in the "New Zealand Wars", but not a lot of money to do it with. Information gathered from numerous government agencies shows that while more than \$25 million is being spent on monuments and commemorations relating to foreign wars, primarily World War I and its centenary, only around \$250,000 has been set aside for those fought on our own soil. And none of that is on its way to Te Ranga. In Tauranga, the sesquicentenary of the Gate Pa (29 April) and neighbouring Te Ranga (21 June) battles is made even more auspicious by the concurrent settlement of Treaty of Waitangi claims that have their roots in those selfsame conflicts. It's a striking convergence of past and present, as if things were somehow coming full circle, and in ways so much more germane to our national identity and future than Messines, Cassino or even Gallipoli.

Depending on how you look at it, the battle at Te Ranga was either redemption or revenge for the British who, seven weeks earlier and just a few

kilometres to the north, had suffered a humiliating defeat at the hands of Māori in the much better known Battle of Gate Pa. That site, or part of it, is now a small reserve in a Tauranga suburb of the same name and, unlike Te Ranga, is in good order with markers and an interpretive trail. Fresh construction began there earlier this month in preparation for the 150th anniversary of the battle, which takes place four days after Anzac Day. As well as a 500-strong haka party, concerts, re-enactments and sundry other events, organisers plan a march along Cameron Road, which slices through the original pa site and is named for Duncan Cameron the British general who ordered the 1864 attack.

It was a remarkable battle that the historian James Belich describes as the most important of the New Zealand Wars for its political and military impact. Māori warriors endured a day-long bombardment by British firepower that Belich compares to that loosed during the battle of the Somme for its intensity. In the afternoon of that day, believing their unrelenting assault to have bombed the intricately designed defensive pa into submission, around 300 British officers and troops stormed the site. At first, the charge looked successful, but after a brief lull "the supposedly victorious assault party came streaming back in a rout". Ngāi Te Rangi war chief, Rawiri Puhirake, with 230 warriors had repulsed a 1,700-strong British Army. Overnight the Māori gathered wounded comrades and discarded weapons, and slipped away through the British lines.

The defeat was humiliating for the British, who hit back to bloody effect at Te Ranga, attacking the partly built pa,

killing at least 70 warriors (some accounts put the toll as high as 123), including Rawiri, and capturing and wounding another 27. It was in the wake of those crucial battles that Bay of Plenty iwi were punished under the New Zealand Settlements Act (1863): rather than patriots defending themselves against invasion, they were judged under that law to have been in rebellion against the Queen's authority, and as punishment had their lands confiscated by the Crown – more than 20,000 hectares (50,000 acres) in the Bay of Plenty. (In the Waikato wars, the confiscations were more than 20 times that.) Later this year, one and a half centuries on, the Government will introduce legislation giving effect to Treaty settlements whose roots date back to those very events, and which are intended to right some of those wrongs.

Considering the impact on 21st-century New Zealand of these 19th-century struggles – an impact made clear in Treaty of Waitangi inquiries, Crown apologies and settlements like those being struck in the Bay of Plenty – it's hard to understand why relatively few resources are put into remembering them. Or perhaps it's not so hard. Pākehā can hardly take pride in these home-soil battles – or at least not the kind of pride we seem eager to take over battles that took place somewhere else. And Treaty issues remain politically fraught, often toxic, turning that virtuous circle into a vicious one, in which it's politically safer to promote a history that directs our gaze offshore. That outward gaze bequeaths us a

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poorer understanding of what happened here, including what lies at the root of Māori grievances, which in turn sows yet more mistrust.

Make no mistake, these were important wars. They were not, as Belich makes clear, “storms in a teacup or gentlemanly bouts of fisticuffs, but bitter and bloody struggles, as important to New Zealand as were the Civil Wars to England and the United States”. And in proportion to the country’s mid 19th-century population, they were large in scale – 18,000 British troops against a people who “did not number more than 60,000 men, women, and children”.

It will be interesting to see how the New Zealand Wars are represented in the new \$120 million National War Memorial Park (Pukeahu) now under construction in Wellington. When plans for the park were announced in 2012, the focus was almost entirely on getting it done in time for Anzac Day in 2015 – also the reason its enabling legislation was fast-tracked through Parliament. Still, Chris Finlayson has made clear the New Zealand Wars will have a presence. In speech notes prepared for the Ōrākau commemoration, he pointed out that until now, the National War Memorial had represented only “those New Zealanders who lost their lives in international conflicts. It is time to

recognise those who fought and lost their lives in conflicts within New Zealand”.

Walking around the site earlier this month, the only promotional material on display had to do with the centenary of the First World War which, according to one of the several posters attached to the site’s construction fences, “touched every New Zealand family and community in some way”.

You can read the full article at:
<http://werewolf.co.nz/2014/04/lest-we-remember/>

New website lists doctors who oppose contraception

A new grassroots project aimed at sharing information about doctors and other medical professionals who hinder reproductive health-care access because of moral or religious reasons has been launched online.

Called My Decision/Kei a au te Whakataunga (www.mydecision.org.nz), the project invites people seeking services like contraception or abortion to report any experiences of hostile or unhelpful health professionals to the website.

But the site is not just for patients. My Decision spokesperson Terry Bellamak said organisers were also inviting doctors and others who “conscientiously object” to some services to list what options they do and do not offer.

“From the standpoint of consumer protection, it makes no sense to keep potential patients in the dark about their health care providers’ intentions. ‘Conscientious objectors’ who agree can demonstrate their good faith by registering on our site,” she said.

Ms. Bellamak said the project, which has been a year in the making, was sparked in part by the 2010 court judgment that expanded conscientious objection rights of doctors, and the Medical Council’s subsequent decision not to mount a challenge, nor to publish doctors’ conscientious objection status on their website.

Since then, there have been several worrying cases, including one in Blenheim last year, when a woman was denied contraception by a doctor who was reported as saying he didn’t “want to interfere with the process of producing life”.

“In the spirit of the old ‘Hot and Cold Doctor files’ compiled by women’s health activists in the 1970s, we decided we’d have to do this work ourselves,” Ms. Bellamak said.

For more information

www.mydecision.org.nz
mydecisionnz@gmail.com

Ten Native American Commandments

Remain close to the Great Spirit.

Show great respect for your fellow human beings.

Give assistance and kindness wherever needed.

Be truthful and honest at all times.

Do what you know to be right.

Look after the well-being of mind and body.

Treat the earth and all that dwell thereon with respect.

Take full responsibility for your actions.

Dedicate a share of your efforts to the greater good.

Work together for the benefit of all.

Running to, or from? Why exercise isn't therapy

An excerpt from: <http://fitisafeministissue.com/2014/03/28/>

Jen Miller recently wrote an inspiring post about running as therapy for the New York Times blog "Well." After a painful breakup, Miller began to put her life back together not with therapy – as her mother suggested – but by signing up "for a 10-mile race instead." She went on to train for longer distances and found that distance running helped her to feel better mentally and physically. She wasn't running from her problems – a concern her mother expressed – but running to a different, better future.

The comments on her post are overwhelmingly positive. Readers really connect with her story and many share their own stories about how running and other physical activities helped them cope with difficult life situations. I connected with her story too. I skied myself through the end of a relationship many years ago. The intense exercise and time spent alone in the wintery wilderness was good for me and those around me. I suspect that the need to exercise outdoors is fundamental for our health and primordial in origin. As Sam B says, "We're human animals and we need the outdoors, I think. It's essential to our health and well being." (Green exercise and the health benefits of the great outdoors) Michelle LG has also written about the deep comfort that exercising in nature can bring. (Forest Bathing)

The comfort we find in full-bodied physical movement itself is probably primordial as well. We all know that rocking calms babies. And maybe later-term fetuses as well: during the last trimester of pregnancy, my developing daughter fell asleep every time I got going on the elliptical machine. (At least I think that was what she was doing. The clincher for my theory was her startled return to movement when I fired up the blender for my post-workout smoothie. To this day, she leaves

the kitchen when I take the blender out of the cupboard.) But whether or not we think the comforts of exercise are primordial, physical movement clearly helps us stay well physically and psychologically.

When some people say that exercise is therapy, what they really mean is that it is therapeutic. And they are right. Exercise is therapeutic. It makes us feel better. It helps us solve problems. It strengthens our resilience and perseverance. It helps us become more mindful and peaceful.

But exercise – even in the great outdoors – is not equivalent to therapy in the psychotherapeutic sense. We generally cannot gain deep self-understanding from distance running in the way that we can from therapy. Therapy helps us get at the roots of our suffering, whereas running helps us cope with its branches. For deeper traumas, we must devote time and effort to therapy just as we must train for a marathon. It will be painful, but the gains in psychological well-being from therapy can be genuinely life-altering.

And this where I have concerns about how Miller's admittedly inspiring and thoughtful perspective might be interpreted. While running is therapeutic and important for maintaining psychological well-being, it is not a substitute for a deeper examination of ourselves and our relationships with others. The advances in the field of psychology in recent decades are remarkable and to not make use of this field in the darkest moments of our lives is, to my mind at least, unfortunate. Therapy can mean the difference between a life of sadness and disconnection and one that is meaningful, peaceful and loving. It can save lives, metaphorically and literally. I would be concerned if someone used running in place of therapy to address a serious trauma because they thought it would be just as effective. Exercise is important to recovery, but it is not a substitute for social and psychological support.

It's just really important that we start celebrating our differences.
Let's start tolerating first, but then we need to celebrate our differences.

Billie Jean King

We are on YouTube

We have a channel on YouTube with content about women's issues and other relevant issues. We will continue to add new clips.

To find us go to:

<https://www.youtube.com/LHwomenscentre> and subscribe to our channel.

Email us at info@lhwc.org.nz if you have a clip you'd like us to consider for one of our playlists.

Donations

We welcome donations of:

- Clean women's and children's clothes
- Books and toys
- Small household items

Drop off items to the Women's Centre.

Note: We cannot accept any large items such as furniture.

Lower Hutt Women's Centre philosophy

The Women's Centre:

1. recognises and works in the spirit of the Tiriti O Waitangi
2. confronts women's oppression and empowers women to take control of their own lives
3. opposes discrimination by those who have power against those who do not. This includes discrimination against women, especially Māori women, Pacific Island women, women of colour, lesbians, those who are differently abled, young, old, working class and those with different spiritual beliefs
4. promotes a safe supportive environment for all women and children
5. promotes the sharing of power and resources
6. acts as a resource and information centre for the community

Contribute to Cronecle

We welcome your input into the next edition of Cronecle – due out in September.

If you have articles, ideas for articles, drawings you've done or services please email your ideas to Stephanie: info@lhwc.org.nz

The Women's Centre reserves the right to withhold publication of information which conflicts with the Centre's philosophy.

Thanks to all the women who helped out with this edition, and to the women who donate graphics to Isis International Manilla.

Become a member

Benefits

As a member of the Women's Centre you get free access to our library and can borrow books for up to a month. You also get sent a colour copy of our quarterly newsletter – by post or email.

Annual cost

Waged: \$27

Low or unwaged: \$15

Teenager: \$10

Child: \$5

Payment

Cash: pay at the Women's Centre

Online banking: Account number 03 0531 0528525 03

Reference: your name and 'join'.

Your fees go towards the running and ongoing maintenance of the Women's Centre.

We thank you for your support.