



## Viewpoint

By Stephanie Brockman, Women's Centre Manager



Kia ora, my name is Stephanie and I'm the manager of the Lower Hutt Women's Centre. If you are a long term newsletter reader you will see there are some changes to the design. Our new volunteer Suzy is responsible for this and the changes are so great to see. Hopefully you will all be impressed with the update.

As part of the changes I'm writing a quarterly column. If it was the internet it would be a blog, but here it is a column, or possibly editorial. I wasn't sure what to write about. People who know me would know that I could easily rave about some political idea or theory about the upsetting state of the world, but that often ends up sounding like a ranting rave.

So, here I go with my what's on top. Saturday 8 March was International

Women's Day. A day that grew out of women factory workers marching and protesting for a decent wage and survivable working conditions. Today, from the advertising I have seen International Women's Day seems to have forgotten those roots and is about selling product, the two I saw were for make up and weight loss.

What I love about International Women's Day is remembering the courage of those women, the courage to stand up and stand out and speak for their rights. Each one of those women, all over the world at different times, took courage and bravery and decided to stand up and say, "I don't agree with this. This is not right." I admire so much that ability to stand alone against all odds and speak up for what is right.

*"I admire so much that ability to stand alone against all odds and speak up for what is right."*

Many women that do that, speak up for their rights, don't do it publically and don't get attention or recognition. At our collective meeting last week we read this quote from Audre Lorde.

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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](mailto:info@lhwc.org.nz)

Web: [www.lhwc.org.nz](http://www.lhwc.org.nz)

Fax: 04 570 2820

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"I was going to die, sooner or later, whether or not I had even spoken myself. My silences had not protected me. Your silences will not protect you. What are the words you do not yet have? What are the tyrannies you swallow day by day and attempt to make your own, until you will sicken and die of them, still in silence? We have been socialised to respect fear more than our own need for language. I began to ask each time: "What is the worst that could happen to me if I tell this truth?"

I suppose, that is the work. Not just to suddenly speak up, but to learn about courage and speaking and freedom and identity and truth and then learning to speak up.

We can be if we want to be, connected to the women factory workers that spoke up, and to all women that speak up for truth – in great halls and also in our homes.

### What does Cronecle mean?

Cronecle comes from the word crone that represents the third era of our life. This era can also be described as the time of the wise woman.

## Spotlight on...



### Q. What is your name?

A. Suzy Hobbs

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

A. I'm a volunteer working on graphic design.

### Q. Where did you grow up?

A. Wellington

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

A. One of the things I do most frequently is practice mindfulness. Through practice I've got a lot better at living in the moment and finding joy in the little things.

### Q. Where was your favourite holiday?

A. Southern Africa, especially Namibia.

### Q. What was the last book you read?

A. *Choose Yourself* by James Altucher

### Q. What is your favourite YouTube channel?

A. The Ellen Show – always good for a laugh!

### Q. What was your favourite concert?

A. Bruce Springsteen and the E Street Band. I went to his concert in March and absolutely LOVED it!!!

### And a quote to finish on

A tough one for me as I collect quotes and have so many I like!

"The best way to be happy with someone is to learn to be happy alone. That way company will be a matter of choice not necessity."

And...

"What a wonderful thought it is that some of the best days of our lives haven't happened yet."

## "A Woman Speaks"

".....the women I chose as my heroines were women who created their own freedom. They didn't demand it, they didn't ask for it. They created it. Something in themselves made them independent women, and this kind of independence I stress. Because the other feeling that has been taught women really is the blaming of society or the blaming of men for the situation in which we find ourselves. Now I found through psychology that when I put the blame on others I felt I was practically saying: "I am a helpless, passive victim." And it's a depressing thought! So the day I saw beyond that, at a certain moment in psychology, I saw; "No, not at all. I am the master of my destiny." When I feel free and independent and behave in a certain way towards a relationship, that affects the relationship. I can have an effect on it; I can have an effect on the person I am working for, on my publisher. It is very easy to blame society or to blame the man, but it actually makes you feel even more helpless. Because that means that you are waiting for the man to liberate you, for the government to liberate you or for history. And that takes a long time. It takes centuries, and it's too slow for me. We have only one life."

**Anaïs Nin.** *Writer and diarist. 1903 – 1977*



## Wild Geese

### Mary Oliver

You do not have to be good.

You do not have to walk on your knees

For a hundred miles through the desert, repenting.

You only have to let the soft animal of your body love what it loves.

Tell me about your despair, yours, and I will tell you mine.

Meanwhile the world goes on.

Meanwhile the sun and the clear pebbles of the rain

are moving across the landscapes, over the prairies and the deep trees,

the mountains and the rivers.

Meanwhile the wild geese, high in the clean blue air,

are heading home again.

Whoever you are, no matter how lonely,

the world offers itself to your imagination,

calls to you like the wild geese, harsh and exciting –

over and over announcing your place

in the family of things.

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

## Community Events

### > SATURDAY 22 MARCH

#### **Misty Moxuntain Hop Music Festival:**

A day, night festival, collaborating the very best of the 60s, 70s, 80s, 90s and today, the inaugural festival is full of the greatest music of the ages showcasing the very best Rock music through to the very best Drum n Bass mixers. This powerhouse festival is set to blow your mind! 9am – 12pm, Camp Wainui, 203 Coast Road, Wainuiomata. R18. Ph 027 4487 880 for tickets.

### > SUNDAY 23 MARCH

**Big Day Dowse:** Between the music acts in the Square The Wellington Circus Trust and The Wellington Youth Circus will perform acts of amazement. Their circus flash mob will be appearing in the crowds while their experts teach circus workshops for anyone wanting to learn hula hooping, rollabolla or juggling. Plus the Wellington Sea Shanty Society and Anna Bailey from String Bean Puppets. 12 – 6pm, Dowse Square, Laings Road, Lower Hutt. Cost free.

### > FRIDAY 28 MARCH

#### **NZ Hoopfest: HULA HOOP FESTIVAL!**

Workshops, performances, fire, food and fun! Includes international HOOPSTARS Tiana Zourmer (USA), Kay Dent (Pinkhoops – UK), and Mel Blue Moon (Ministry of Flow – USA)! Starts 3pm Friday 28 March, closes 5pm Sunday 30 March, Brookfield Outdoor Education Centre, Moores Valley Road, Wainuiomata, Lower Hutt. Weekend ticket \$120, day ticket \$60, under 14s free. [www.nzhoopfest.co.nz](http://www.nzhoopfest.co.nz)

### > SATURDAY 12 APRIL

#### **Talk & Tour: Ann Packer on Malcolm Harrison:**

In conjunction with our exhibition The Family, join Ann Packer, author of Crafty Girls Road Trip and Stitch: Contemporary New Zealand Textile Artists, to hear about her thoughts on the life and work of

Malcolm Harrison, the subject of her next book. 1pm, Dowse Museum, Lower Hutt. Cost free.

### > THURSDAY 1 MAY

#### **Late Lounge: Charlotte Yates featuring Gil Eva Craig:**

Yates and Craig perform songs from Archipelago and earlier albums in a two hour show live and close up with Yates on vocals and acoustic guitar, while Craig struts her stuff on tenor horn, acoustic bass and guit-lele for a satisfying unplugged musical experience. 7pm, Dowse Museum, Lower Hutt. Cost koha.

### > SUNDAY 18 MAY

#### **Wainuiomata 6hr Wurldz (mountain biking):**

Six hours, solo or team, multiple loops of luscious bush tracks. Bring your sofa, bring your riding buddies, bring your pain. Mountain biking heaven at the Wainui Trail Park. 9am – 4pm, Wainuiomata Trail Project, Wainuiomata Hill, Lower Hutt. For further information, ticketing and trail details see [www.wtp.org.nz](http://www.wtp.org.nz)

### > MONDAY 2 JUNE

#### **King of the Hill:**

Warm up winter, get your friends and family together and take on the 5km fun run or walk up and over the mighty Wainuiomata Hill. The 5km course (only 2km is uphill) starts outside the former Griffins factory and heads up and over the hill, finishing at Queen Street reserve in Wainuiomata township where there will be a party with food, music and family entertainment. 9 – 11am, start Wainui Rd (outside the old Griffins Factory), Lower Hutt. \$20 adults, \$10 kids under 18, free kids under 5. You must pre-register, see [www.kingofthehill.co.nz](http://www.kingofthehill.co.nz)

## 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

## Holistic Nutritional Counselling

Life Balance Nutrition offers holistic nutritional counselling in which real foods are used to re-boot your body's own self healing mechanisms. Almost all modern illness and disease is most heavily influenced by the foods we chose to put in our mouths on a daily basis. If you are interested in improving your overall health and becoming empowered with the knowledge you need to bring your body back into a healthy balance, phone or email Kimberly Mills for more information on the consultation process.

### When:

Free consultations available on Thursday mornings

### How to book:

Contact Kimberly directly on 021 242 2997 or kimberlyvmills@yahoo.com

*Kimberly Mills BA, MBA, DipNutSci (candidate) NCNZ.*

*Holistic Clinical Nutrition, Student Practitioner*

**Please note this is not a Women's Centre service. Please contact Kimberly directly.**



## 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 31 May  
Saturday 26 July

**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

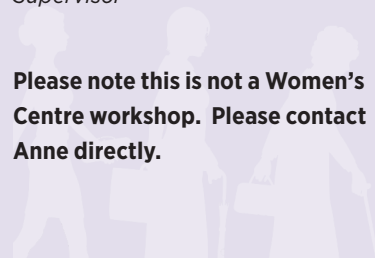
**Other:** bring your own lunch

**For all enquiries contact Anne Horrill directly.**

Phone: 562 7544  
Email: ahorrill@clear.net.nz

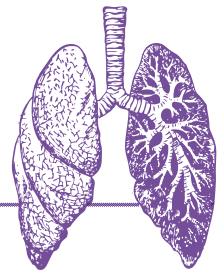
*Anne Horrill – Cert Counselling, B Ed., Member NZAC, NZAC Accredited Supervisor*

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





# Breathing Training with Ergo OT



**Most people believe that as long as air goes in, then out, we are breathing well. However this is not always correct.**

Individuals can be triggered into an ineffective breathing pattern by many things...poor posture, working at the computer for too long, having a busy brain or feeling anxious, mouth breathing, experiencing pain – emotional or physical, suffering from trauma or grief, or from having asthma.

When this happens we are often unaware a new pattern has formed until some of the physical or emotional symptoms of not breathing well appear and stay for a while...sighing or yawning often, clammy hands, cold feet or hands, irritability, hyper vigilance, achy muscles and joints, feeling tired all the time, stomach upsets, pins and needles, anxiety or panic, erratic heart beats or chest pain (please contact your local GP if you are experiencing this), dizzy spells, disturbed sleep and feeling uptight or tense. Simply re-educating the body about how to breathe well can get rid of these symptoms (if they are caused by poor breathing). Frequently this can be achieved without the use of medication or other medical interventions.

An assessment using observation, questionnaires and a strain gauge on the abdomen will highlight issues in breathing patterns. Everyone has

a unique set of circumstances so the number of sessions required to retrain the body may vary – generally between five and six have been shown to be effective. While diaphragmatic breathing can sometimes be taught in one session, it is important to remember that follow up appointments are necessary. Once the initial skill has been learnt, practice and coaching ensure that the baseline breathing pattern has been re-set and that individuals are able to go through the process again in the future if necessary.

What's so special about Ergo OT's breathing programme? The use of biofeedback (for more information about biofeedback see their website at [www.ergo-ot.co.nz](http://www.ergo-ot.co.nz)) with the Nexus 10 machine means that trainees are able to view the body's vital signs on the monitor instantaneously. The presence of the feedback enables trainees to make changes immediately. Watch the pace and rhythm of the breath or the heart rate on the screen and see how they are affected by each other. When correct diaphragmatic breathing is used, the heart rate demonstrates good variability. Learn to have more control over the body's breathing function and a corresponding change in overall health and wellbeing will occur.

The other unique benefit of Ergo OT's breathing programme is that it is run by Fran Smith. Fran is an Occupational Therapist with a post graduate diploma in Ergonomics who is also one examination away from becoming New Zealand's second Certified Biofeedback Practitioner. Her professionalism and expertise in helping people overcome the symptoms associated with poor breathing patterns has been proven – see Ergo-OT's website for testimonials.

## Cost:

Fees for Breathing Training for members of the Lower Hutt Women's Centre

- Initial assessment \$60 waged, \$40 unwaged
- Subsequent sessions \$30 waged, \$20 unwaged

## Booking:

Contact Ergo OT on 589 6256 to book your assessment.

See [www.ergo-ot.co.nz](http://www.ergo-ot.co.nz) for more information.

**Please note this is not a Women's Centre service. Please contact Ergo OT directly.**

“As all advocates of feminist politics know, most people do not understand sexism, or if they do they think it is not a problem. Masses of people think that feminism is always and only about women seeking to be equal to men. And a huge majority of these folks think feminism is anti-male. Their misunderstanding of feminist politics reflects the reality that most folks learn about feminism from patriarchal mass media.”

*Bell Hooks – Feminist Author and Social Activist*

## 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.

### WEEKLY SCHEDULE

#### Monday

9am – 2pm	Therapeutic Massage and Holistic Pulsing <i>(by appointment)</i>
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#### Tuesday

9am – 2pm	Therapeutic Massage and Holistic Pulsing <i>(by appointment)</i>
10am – 2pm	Mosaics
6.30 – 8.30pm	Self Esteem

#### Wednesday

1 – 2.30pm	Women's Support Group
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#### Thursday

9am – 3.30pm	Computer lessons <i>(by appointment)</i>
10am – 12pm	Friendship Group

#### Friday

10am – 12pm	Self Esteem
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#### First Sunday of the month

1 – 4pm	Support group for women who have experienced rape or sexual abuse
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## Therapeutic Massage and Holistic Pulsing

Get invigorated or pamper yourself with a relaxing therapeutic or deep tissue massage. Or try holistic pulsing.

Holistic pulsing is gentle hands-on body work that promotes your physical mental and emotional well-being. During the session, which can be combined with therapeutic or relaxation massage or applied on its own fully clothed on a massage table, Rachel applies gentle rhythmical rocking and kneading movements to relax, stretch, open and mobilise your body.

Holistic pulsing is beneficial for a wide range of health conditions and is safe for most people of any age and health history.

**Day:** Mondays and Tuesdays

**Time:** 9am – 2pm

**Cost:** \$30 per session

**Booking:** contact Rachel directly

- 550 6223 | 022 698 8090
- therapeuticmassage@gmx.com

## 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.

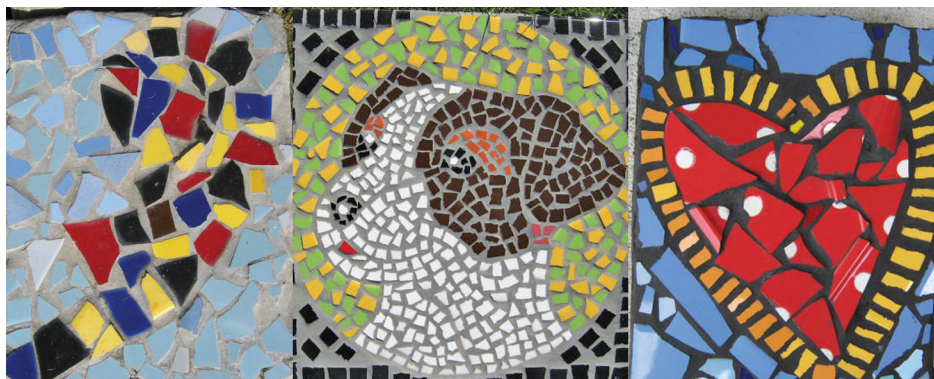
**Day:** Tuesdays

**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





# 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.

## 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.

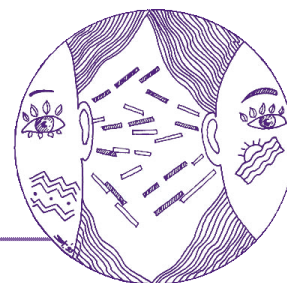
### Tuesday evenings

March 4	Messages about self
March 11	Accepting responsibility for self
March 18	Coming to grips with feelings
March 25	Talking about ourselves
April 1	Beliefs about self
April 8	Expressing pride in self
April 15	Letting go of the past
April 22	Respecting self and others
April 29	Striving for pure motives
May 6	Putting yourself in neutral
May 13	The courage to be imperfect
May 20	Developing courage
May 27	Willpower
June 3	Anger as a strength
June 10	Developing self knowledge
June 17	Self love
June 24	Acknowledging self

### Friday mornings

March 7	Putting yourself in neutral
March 14	The courage to be imperfect
March 21	Developing courage
March 28	Willpower
April 4	Anger as a strength
April 11	Developing self knowledge
<b>April 18</b>	<b>No workshop – Good Friday</b>
<b>April 25</b>	<b>No workshop – ANZAC Day</b>
May 2	Self love
May 9	Acknowledging self
May 16	Enhancing self in terms of awareness
May 23	Acceptance and use of strengths
May 30	Positive thought and talk
June 6	Messages about self
June 13	Accepting responsibility about self
June 20	Coming to grips with feelings
June 27	Talking about ourselves

# 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 specific issue to your lesson and Jenny will help you out.

## Want to learn how to:

- surf the net?
- 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?

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.



# Friendship Group

This is a self-supporting group of older women who meet weekly for discussions and occasionally an outing.

Friendships are a vital source of emotional sustenance. As well as providing the pleasure of companionship, your friendship network offers you a sense of support and belonging.

**Day:** Thursdays

**Time:** 10am – 12pm

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

**Facilitator:** self-supporting group



Our ability to make and sustain friendships is influenced by our ability to develop and maintain a nurturing relationship with ourselves.

# 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 2 March

Sunday 6 April

Sunday 1 June

Sunday 6 July

Sunday 3 August

Sunday 7 September

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

## 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

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

## 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:** All workshops are on Saturdays

Workshop 1: 1 March  
Workshop 2: 3 May  
Workshop 3: 28 June  
Workshop 4: 6 September  
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

# Welcome Home: Using meditation to find relaxation and peace wherever we are

## A six week course with Ruth Pink

Meditation is a simple technique for relaxing and refreshing the mind and body. It empowers us to establish a sense of groundedness and peace in the midst of change and the difficulties of life.

Research has shown that meditation can bring about relief for a number of ailments like stress, pain, anxiety and depression. It can also help us to develop mindfulness which supports us to live fuller, more vibrant lives.

Ruth tailors the course to the needs and aspirations of the women who attend, but a primary focus will be to discovering and

strengthening a feeling of home within ourselves.

During the six weeks you will also:

- learn some basic meditation techniques,
- explore ways to manage our thoughts and feelings (instead of letting them manage us!),
- discuss ways of living more easefully and more mindfully,
- explore some basic Buddhist principles that support meditation.

The course will include meditation practice, art work, gentle body

movements, discussion and sharing. It is suitable for people who are new to meditation and those who are looking to revitalize their practice.

6 minimum for course to commence.

**Dates:** 6 weeks beginning  
Thursday 6 March

**Time:** 7 – 9pm

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

**Enrolment:** only through payment

**Other:** please wear warm loose clothing

*Facilitator bio: Ruth Pink currently works as a Team Leader assisting community organisations to support vulnerable families and children. In the past, she has worked as a writer, counsellor and a celebrant, and has been meditating and studying meditation for more than 17 years. A stressful job brought her to meditation and a serious illness helped her really practice it. Ruth is connected to the Wangapeka Study and Retreat Centre in Nelson, and has studied with the Venerable Tarchin Hearn, the Venerable Namgyal Rinpoche, Leander Kane and many other teachers whose wisdom has enriched her life. Ruth weaves together teachings from the Buddha and other spiritual traditions with art, science, and poetry. While seeking to inspire others to change their lives and change their minds, she is also open-hearted, and down to earth.*

# Anger as a Strength

Anger is a misunderstood emotion and energy.

This training is skill based in providing opportunities and techniques to express anger using tools of assertiveness.

Anger is necessary for survival. Many women have been taught, to express anger or not express anger, in unhealthy ways. Through these unhealthy expressions of anger problems arise and issues become bigger, confused or shut down.

This course will be an opportunity for women to explore the use and mis-use of anger.

**Dates:** 6 weeks beginning  
Wednesday 12 March

**Time:** 7 – 9pm

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

**Enrolment:** only through payment

**Facilitator:** Ally Andersun



## 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.

### Women Who Love Too Much (Part One)

Workshop One is an educational weekend. This weekend will give you an opportunity to explore your own issues around co-dependency and process addiction (eg, cleaning), the origins of your behaviour and ways of changing and developing in yourself. Women Who Love Too Much, co-dependency, relationship addiction; all names which reflect different aspects of this issue that some women have in relationships. If you have difficulty with relationships; partners, children, parents, then this workshop may help you in understanding how to look at your behaviour in the relationship and where that behaviour comes from. This workshop will help women that want to look at the damaging or dysfunctional relationships they have been/or are in. Using the group work process and action methods we will begin the process of personal recovery.

*Part Two will run in the second half of the year.*

**Dates:** Friday 14 – Sunday 16 March

**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

## Weaving with Harekeke

Learn how make a konae (a small woven flax basket) and a kono (a small food basket), and how to prepare the harekeke (flax) using correct protocol, eg with cutting harekeke and the significance of karakia (Māori incantations and prayers). We will also sing waiata (songs).



Konae



Kono

**Dates:** Course One – Konae: 13 April  
Course Two – Kono: 8 June

**Time:** 10am – 4pm

**Cost:** \$10 for each workshop  
Phone to register interest

**Enrolment:** only through payment  
You can enrol in one course or both

**Tutor:** Makere Love



## Sleep well for Women

In a world where “time is money”, just about everything in life can seem more important than sleep.

Yet, our sleep and health are very closely linked. Parenting demands, caring for an elderly parent, or a restless partner can interrupt our sleep. Pain, worries, fears or our fluctuating hormones may keep us awake. Whilst sleeping problems are as widespread as they are diverse, this course aims to help participants to understand basic facts and to discover practical and workable solutions toward improved sleep and well-being.

We will look at physiological aspects of sleep, including sleep stages and rhythms, the relationship between daytime busyness and quality of sleep as well as the relationship between sleep and health.

We will discuss specifically what helps and what gets in the way of sleep including; stress, worries and anxiety, food and other habits, parenting and other caring roles, hormonal changes, illness and changing patterns as we age. Building on their learning, participants are helped to discover simple and workable answers to common concerns.

*Facilitator bio: As a counsellor and social worker, Veronika has worked with women in a variety of settings, covering diverse issues and experiences. After researching sleep related topics in 2005 she has facilitated some workshops on coping with sleeping problems, both in New Zealand and her home country Germany. Veronika has a BSW Social Work (Germany), Certificate in Counselling, and Certificate in Adult Teaching. She has been counselling for 13 years and has been a social worker for approximately 11 years.*

**Dates:** 6 weeks beginning  
Thursday 1 May

**Time:** 7 – 9pm

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

**Enrolment:** only through payment

**Facilitator:** Veronika Gabel



## Assertiveness for Women

Assertiveness is the ability to express yourself and your rights without violating the rights of others. It is appropriately direct, open, and honest communication which is self-enhancing and expressive.

Acting assertively will give you the opportunity to feel self-confident and will generally gain you the respect of yourself and your peers and friends. It can increase your chances for honest relationships, and help you to feel better about yourself in everyday situations.

**Dates:** 6 weeks beginning  
Wednesday 7 May

**Time:** 7 – 9pm

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

**Enrolment:** only through payment

**Facilitator:** Stephanie Brockman



## Self Care vs Burn Out

With the stresses and strains of the way we are expected to achieve at work and at home, and stresses of our society at the moment, burn out has become a community hazard. People develop burn out when they forget to remember themselves.

Part of self care is understanding that the relationship between how we see the world and our values and beliefs systems come into conflict with what is happening in our lives. People can lose contact with their emotional being and develop habits that constrict their life.

This workshop is designed to develop an ethos of caring, support and empowerment for the participants when facing present day pressures and stress. There is opportunity to identify the differences in social stress and personal stress and how both of these impact on daily lives, often in an unconscious way.

This workshop is skill based where physical, emotional, mental and spiritual well-being will be explored, drawing on the experience of the facilitator and the participants together. We will have discussion around safe and productive boundaries, and how to set these for yourself.

**Dates:** Friday 23 – Sunday 25 May

**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

## 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 13 – Sunday 15 June

**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

“If one overlooks a woman’s dual nature and takes a woman at face value, one is in for a big surprise, for when the woman’s wildish nature rises from her depths and begins to assert itself, she often has interests, feelings and ideas which are quite different from those expressed before.”

From “The Interior Woman”, a story in “Women Who Run with the Wolves” by Clarissa Pinkola Estes.

# Mildred Norman Ryder, “Peace Pilgrim”

Spiritual Teacher, Non-violence Advocate, Peace Prophet (1908 – 1981)

Mildred was born in New Jersey in 1908. She grew up on a farm amongst a loving extended family of nine. Both parents, aunt's and uncle instilled a strong peace ethic, opening discussing social and political issues and pursuit of moral questions. They viewed life from answers of reason and logic and considered themselves “free thinkers”.

They practiced no religion and their intellectual, cultural development and interest in the natural world was encouraged.

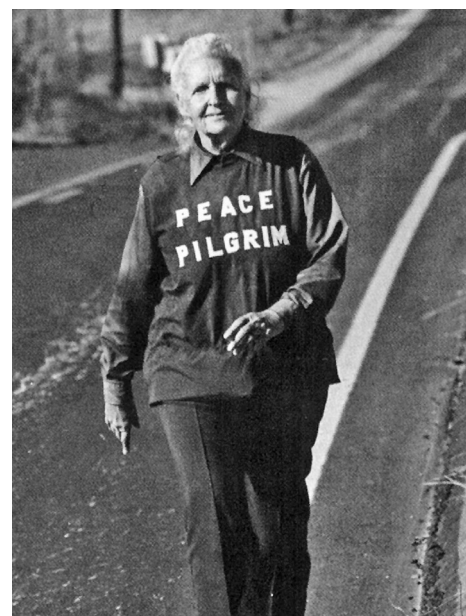
Mildred was academically gifted, excelling in public speaking and an all rounder in sports and piano. After graduating high school she completed a business course and worked in secretarial jobs. She then lived a very busy social life of partying, dating, wearing make-up, buying expensive clothing and furniture.

In conflict with finding it easy to make money and spending it foolishly she really questioned her life's purpose. Knowing that she had so much whilst others in the world were starving brought her great discomfort. In 1938 after walking the woods on a moonlight night asking for guidance she underwent a “great spiritual experience”. She experienced a complete willingness to give her life to something beyond herself – moving away from a self-centered way of living. This was the beginning of her journey of “living to give, not to get”.

From 1940 – 1952 Mildred worked with senior citizens, those with emotional problems, volunteering for peace organisations, United Nations, Women's International League of Peace and Freedom, Washington DC peace

lobbyist and worked alongside a staunch pacifist and radical economist. At this time she radically chose to simplify her life possessions and frivolous activities. She became a vegetarian, learnt to live on ten dollars a week and reduced her wardrobe to two dresses. From there she took up endurance trekking to increase her physical strength and experience a simple way of living. The next 15 years of her life through much contemplation, volunteer work, spiritual seeking and walking in silence and nature she worked out her own steps towards finding inner peace. She described her journey as “stages of maturity” or “spiritual growth”. Her six stages were later translated into a pamphlet she carried called ‘Steps Towards Inner Peace’.

In 1952 at age 44 Mildred adopted the name Peace Pilgrim and set off on foot to walk the length of the US, sharing her message of peace. Her only possessions she took in her pocket where a toothbrush, comb, pen and later her ‘Steps Towards Inner Peace’ pamphlets. Her mission was to walk penniless and wander until humankind had learnt the way of peace. The clothes on her back were all she owned and accepted no money, or sponsorship backing. “Walking until given shelter and fasting until given food”. She was not walking to a place or destination but walking for the idea of peace and the way to peace. To those that would listen she said “This is the way of peace: Overcome evil with good, falsehood with truth, and hatred with love.” Her definition of peace included peace among nations, among people and individuals, and the most important peace – within oneself – for only with



“When you find peace within yourself, you become the kind of person who can live at peace with others”

inner peace, she believed, can the other kinds be achieved. She said that her message should not be taken lightly, or viewed simply as impractical religious concepts, but rather, as universal truths to be lived.

On her journeys she shared her views on the two basic conflicts: 1. that evil can only be overcome with more evil (the dominant, present belief); and 2. that evil can only be overcome with good (the belief for which she walked). “If we were mature people, war would be unthinkable and peace would be assured.” In her life, her belief in maturity was put into daily practice.

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# Online dating scams

**Online dating scams are rife. Anyone can be targeted.** You do not have to be rich and you do not have to be stupid. You just have to be looking for love, a search that causes you to be more vulnerable than usual. And love is the tool scammers use to pry open your bank account and strip you of your assets. By learning how to spot a scammer, you can protect yourself.

Note any age difference in which you are the older one. Online dating scammers usually target people older than themselves. In the case of a male scammer, they often target middle aged women in their 50's to 60's. They believe these people to be ideal targets as they are usually richer and

more vulnerable. Look for the following descriptions in their profile:

- a widower with a child
- self employed, a professional (for example, an engineer) working overseas
- they claim to live near you, in your country, currently away but will be returning soon.

Do a photo check. Save a copy of their profile picture. Use Google image search. Check the results. Are they already marked up as a scammer or is the return illegitimate in some way? Report to the dating site giving the evidence, including any website links.

## Tips

- Never give personal background information as this can be used for identity theft.
- Ask to meet. If you cannot meet a potential partner, they probably do not exist.
- Do not supply additional images of yourself or your family.
- Never provide specific information like addresses or home phone numbers.
- During the first communication, they want to know what you do to earn your living. It tells them if you are a good financial prospect.
- Never tell a potential date any detailed financial information.



**If you suspect you are being scammed, stop contact immediately and report the scammer to the authorities:**  
[www.consumeraffairs.govt.nz/scams/report-a-scam](http://www.consumeraffairs.govt.nz/scams/report-a-scam)

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She wrote:

*"No one walks so safely as one who walks humbly and harmlessly with great love and great faith. For such a person gets through to the good in others (and there is good in everyone), and therefore cannot be harmed. This works between individuals, it works between groups and it would work between nations if nations had the courage to try it."*

She walked over 25,000 miles throughout America, Hawaii and Alaska over a 28-year period. She never approached anyone, but waited for people to approach her. Her commitment was to make herself available to the serious, the concerned and the curious. She spoke tirelessly to those who wanted to talk. With her message covering the entire peace gamut, from the international to the individual, she asked people to overcome the selfishness and pride

within themselves first, and then do whatever they felt called to do for peace in the world.

She claimed people needed two things in life for life to be meaningful: something to lift them up spiritually and inspire them to awaken to their higher nature (religion, art, nature); and a calling, a path of service – something to do that will help someone – because, in this world, she said, "you are given as you give."

Her message was a personal one, directed at the individual, and delivered in a simple, understandable way, one on one. She was not political in the traditional sense, though her message, if adopted, would have powerful political results. Her genius was that her message and its manner of delivery changed consciousness, one person at a time, empowering and releasing individual potential. She never accepted followers, and never gave her birth name or married name because she

wanted people to remember what was important – her message.

Wherever she went, she gave presentations, speaking of her own personal experiences and insights, in community centers, churches, schools and homes. She lived by faith, and by the energy of her own Inner Light.

In 1981, on a rare occasion that she accepted a ride to another destination in order to arrive on time, the car she was in was hit head on by another and she died soon after.

The bulk of her teachings and writings have been published and distributed and live on.

"When you find peace within yourself, you become the kind of person who can live at peace with others" Peace Pilgrim.

Article source: [www.peacepilgrim.com/htmlfiles/mdppbio.htm](http://www.peacepilgrim.com/htmlfiles/mdppbio.htm)

Image source: [www.coldsplinters.com](http://www.coldsplinters.com)



# When staying has to stop



**Claire Allison, [www.stuff.co.nz](http://www.stuff.co.nz)**

**OPINION:** The horrific photos that emerged of Charles Saatchi apparently strangling his celebrity chef wife Nigella Lawson have brought domestic violence into the spotlight.

Charles Saatchi explained, suavely and urbanely, that the photographs were misleading. That he and his wife, Nigella Lawson, were having a discussion about the children, and that to “emphasise his point” he had held his hand to her throat.

It was, he explained, merely a “playful tiff”. And it was then, with an effort of will, I carefully put down the iPad and walked away.

Please tell me nobody bought that bullshit. Seriously? Did you see the look on Nigella Lawson’s face? Clearly no-one thought to tell her it was just a “playful tiff”. And who puts their hands around someone’s throat to “make their point”? This was not a tiff, nor was it an argument. It was violence.

And so now, I need to make it clear – if it is not already – that this is not going to be some coolly unbiased look at the dynamic of domestic violence. I need to be upfront about the fact that I have been in an abusive relationship. I have had too many dealings with police while dressed only in my nightie and dressing gown, too many calls from Victim Support, dealings with Women’s Refuge, with lawyers, crying to my friend; feeling frightened, angry, sad, humiliated and ashamed.

There were too many “incidents”, as I euphemistically called them, times when I was forced to leave my home – usually at night – either by being pushed physically out the door, or because I was frightened for my safety.

Too many days of my life spent waiting for my partner to snap out of his mood and stop giving me the silent treatment. Too many hours wondering what I’d done wrong, what I’d have to do to no longer deserve the label of fat, ugly, lazy slut.

I spent too many hours looking out the window waiting for my partner to come home from the pub, wondering if he was going to drive drunk, wondering what kind of mood he would be in when he arrived. And wanting to see him arrive just so I had time to prepare a little for it; maybe see from his body language whether he was happy or not.

And I blamed myself, and I blamed the drink, and I blamed the people he was drinking with – in short, I blamed everybody but the person who was actually to blame. My abusive partner.

And here’s a dirty little secret that abused women share. We fantasise about our partners dying; maybe crashing into a power pole on their way home (we don’t want anyone else to suffer), or having a nasty accident at work. Because deep down, we know that their death would be much easier to deal with; we know that leaving them is going to be difficult. And for many of us, leaving them will be dangerous.

But, as the old saying goes, only the good die young – (sorry if that offends, but the black humour’s a bit of a coping mechanism).

So, like many women in my situation, I tried to leave a few times. But I always went back, much to the dismay of family and friends. But each time, I got a little stronger, I think, and somewhere along the line, through many very public situations, I decided that this wasn’t my shame, it was his.

And one day, he threw a toy at me. A stupid little plastic car that came with a kiddie meal from Burger King. It hit my forehead, which then bled like there was no tomorrow; seeping through the fingers of the hand I’d instinctively held to the wound.

And I had a moment of clarity, I guess. There was so much power in that throw, that I felt like we were just a small step away from a throw becoming a punch in the face.

So I got out.

And while that’s an easy sentence to write, it wasn’t an easy thing to do. It took every bit of strength I had. I needed ongoing support from friends and family, from police, Women’s Refuge, Victim Support, and lawyers.

And while I’m out, and have been for a while now, I suspect I will never be entirely free of the effects of that relationship. I still struggle to understand or explain why I stayed; why I didn’t leave at the first sign of violent behaviour. I am not a stupid woman; many people would probably consider me reasonably intelligent, strong and forthright.

What it has given me, however, as I’ve tried to make sense of the whole thing, is a passionate interest in the field of domestic violence and abusive relationships.

And as I’ve read about abusive relationships, and have talked to other women who have experienced them, one thing has become very clear to me; abusive men are very similar. Friends and I have speculated that somewhere there’s some secret “abusive man’s handbook” that gets shared around; South Canterbury Women’s Refuge

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strategic operations manager Dawn Rangi-Smith says they often hear that comment when they're holding courses for women.

So, here we are, back with Saatchi and Lawson.

Rangi-Smith and Timaru police family violence co-ordinator Steve Wills both say the same. The situation just proves what has been known for years. That domestic violence is no respecter of income level or status.

That what appears to be happening in this relationship is happening in many, many other relationships, all over the world. What they both say, too, is that if this sort of thing is happening in public in this relationship, what the hell is going on in private? And being pretty sure – based on their experience – that it will be much worse. They are in no doubt this was not an isolated incident. It seldom is.

Rangi-Smith says the incident illustrates the heightened sense of entitlement that abusive men often share; an arrogance, confidence that they will not be challenged. It often marries with an ingrained attitude that women are inferior.

And as I've read everything I could find that was written about the series of photographs that were taken, I've noticed a few interesting things.

Unless I've missed it, Saatchi hasn't actually publicly apologised to his wife yet. Because so far, he's shown no signs of acknowledging that he's done anything wrong. He's attempted to minimise what was happening. Abusive men are good at minimising what they've done – hell, abused women are pretty good at minimising what's happened too. Having "a playful tiff" is light years away from saying "he assaulted her". He didn't go to the police voluntarily because he had done anything wrong, he went so that this matter wouldn't "hang over them" for months.

Words are very powerful. Some media have minced around the action, saying Saatchi "put his hands on her throat". Others have been a little more blunt, using the word "choke".

I use the word choke when I talk to Wills. He stops me and says it's strangulation.

A playful tiff? Or strangulation? There's a big difference.

What the photographs seemed to so clearly show was a man choking a woman. That's assault in anyone's book. But if we start talking about it being "a domestic", it trivialises that assault. There is an implication that just because these two people are in a relationship that somehow, it's not so bad, that it's private, just an argument.

*"So I got out...it wasn't an easy thing to do. It took every bit of strength I had. I needed ongoing support..."*

Let's pretend Saatchi got a bit heated over the bill, and put his hands around the waiter's neck in order to "emphasise his point". Would someone have stepped in then? Or would bystanders and other staff felt it was a private matter between the restaurant and a customer? An argument? A playful tiff? I doubt it.

There has been a lot written about Lawson; about her upbringing, her mother, things she's said previously about her marriage. Which is all very interesting, but subtly shifts the blame from the person who should actually be in the spotlight here; the person who was violent. Her husband.

Rangi-Smith says that's a common occurrence; all the analysis goes on to the victim, throwing the scent off the abuser.

"We should be talking about him, about his behaviour."

She challenges any suggestion this was a "boiling point", or temper situation. Most abusers are well in control of what they're doing. They choose to do what they do.

Any attempt to strangle a person raises a massive red flag for police and Women's Refuge. Because, with very little effort involved, it is an action that can kill. There is a fine line between someone passing out from strangulation, and someone dying. If a woman reports her partner has attempted to strangle her, she is considered at a much higher level of risk.

I ask Rangi-Smith what she takes from the nose tweaking photograph. It seems demeaning to me, as if he's treating her like a child.

Rangi-Smith's interpretation is more chilling. She says that kind of action is often a threat; "wait until we're at home". She remembers a client who had suffered a broken nose at the hands of her husband. Any time the husband wanted to exert control, he'd just tap his own nose to send a message.

There have been some suggestions that Lawson should become a poster girl for abused women, that she is obliged to leave her marriage in order to send a message to others. But in reality, Lawson appears to be a woman in an abusive relationship, and – take it from me – sometimes it just doesn't seem that easy.

As Rangi-Smith says, women like Lawson need support. She speaks about sisterhood, and I'm right behind her on that. If our fellow women won't support us, something is seriously wrong.

She says a woman told her recently that her husband was being abusive to her in a public place. Women stopped to look, could clearly see something wasn't right, but carried on without doing anything. Rangi-Smith doesn't think it's fear that stops people – after all, often all that might be needed is a call to the police – but just an unwillingness to become involved.

Women, she says, need to realise how powerful we can be when we work together.

And just to finish off, let's look at that all-too common question – and implied criticism – of all women who remain in abusive relationships. Why does she stay?

Rangi-Smith wants us to turn that question around, and instead of putting the responsibility on the victim all the time, let's ask, instead, why doesn't he stop?

## Why doesn't she leave?

Nine common reasons women choose to stay in an abusive relationship:

### 1. Leaving can be the most dangerous time

Abusers often threaten to kill women, the children or themselves if she leaves. Many women are stalked and harassed by ex-partners, and violence can escalate when a Protection Order is served on the abuser. Abusers can even make arrangements from prison to send friends or family to assault or threaten women. If women leave, they have less chance of predicting when violence will happen, and women who stay may be doing what they think is necessary to stay alive and protect their children.

### 2. Lack of money

Women and children's standard of living often drops significantly when they leave a violent relationship. Women may not have any access to the family's money. Some women, especially migrant women, may not know where to go for financial help or may not be eligible for benefits. They may not even have possession of their or their children's passports. Women may never have been allowed to deal with money, and they are worried they won't be able to survive. Some women may feel they won't be able to get a job to support themselves. Going on a benefit may also mean a huge drop in income, and it might not cover all the bills.

### 3. Nowhere to go

If family and friends can't provide a place to stay, moving house can be very difficult for women with little money, or for women with disabilities or those who live in remote areas. Landlords may not want to rent to women if the violent person has caused problems in the household – for example, if bills haven't been paid, the neighbours have complained, and/or the house has been damaged.

### 4. Fear of losing their children

Abusers often threaten to inform Child, Youth and Family that women are bad or abusive mothers. Abusers also often say that if she leaves, they will never let her get the children. Mistrust from previous negative experience of government agencies and the justice system can mean women are unwilling to allow authorities to become involved. If the abuser has access to the children the woman can't control what happens when she is not there. Also, the children might not want to leave their father.

### 5. A belief in family values

Some women believe that parents should stay together for the sake of the children, or that marriage/commitment is for life. The religious or cultural beliefs of some families mean that they pressure women to stay despite the violence, and some women may believe that there needs to be a male around for the children's sake. Some genuinely want to make their relationship work, no matter what.

### 6. Not being believed

Many people still don't understand domestic violence, and blame women. It might be hard for people to accept that there is violence if an older woman has hidden it all her life, especially as abusers can be charming, friendly, and respected in the community. Some people think women "make it up" to get back at men. Many people believe that violence doesn't happen in lesbian relationships, or they think that the violence is not as bad for lesbians.

### 7. 'I still love him'

Many women think that they can change the abuser, especially if they remember the charming person that the abuser was in the beginning. Abusers often promise to change. Women want the violence to stop because they still have feelings for the abuser – despite the violence, there may be times of companionship and socialising, and the woman may not want to be left alone.

### 8. Social isolation

Abusers often isolate women, and make it difficult for women to have friends or stay in touch with their whānau or family. Migrant women and lesbians may feel ashamed or unsafe about speaking out in their close-knit communities. Women may risk losing a lot by leaving, such as a house, friends, money and status.

### 9. Not wanting to be judged by others

Some women feel whakama or ashamed, fearing others may think they are a failure, or a weak or bad person. There are still many social expectations about being in a couple, and children needing two parents, which makes it challenging for women to leave. Women may feel ashamed and guilty that they have hit their abuser at some point, planned to hurt him, or have hit their children.

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[www.stuff.co.nz/life-style/wellbeing/8834709/When-staying-has-to-stop](http://www.stuff.co.nz/life-style/wellbeing/8834709/When-staying-has-to-stop)

## Do you need help?

If you think you are in an abusive relationship and want some help, contact The Women's Refuge on 0800 REFUGE or 0800 733 843. They are available 24 hours a day, 7 days a week. You can also access help through their website: <https://womensrefuge.org.nz>

For urgent help dial 111.

## We are on YouTube

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

### To find us go to:

<https://www.youtube.com/LHwomenscentre>

Email us at [info@lhwc.org.nz](mailto: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 June.

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