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Newsletter of the Lower Hutt Women's Centre

Vol. 30 | Mahuru 09-2021



Viewpoint

By Pamela Govan

My Self-Care Journey

I have sat down several times to write this article with the plan to provide my best "go-to self-care tips and tools". So I reflected on my own self-care journey, and must admit, although I do have me-time, it isn't always consistent.

When the idea of self-care was suggested to me I took ideas from articles, podcasts, books, webinars, downloaded meditations and courses. I was trying to find my self-care through other people's external activities. I tried many of the suggestions—attending regular exercise classes, meditating, trying to eat better, dancing, going for a run, sleeping less, sleeping more and spending more time with friends.



I tried planning things to look forward to—having people around for dinner, walking with friends, taking regular breaks, and eating lunch outside.

All these things, while sounding sensible, still didn't change the level of stress I was feeling. In most cases, I felt more guilty, more tired and more stressed (because I was taking time for myself), which added more time pressure to complete other tasks.

I wanted to feel energised by life, not drained by it.

The things I was doing weren't working. I started to realise there was more to this self-care stuff than I was reading about.

Continued on page 3

The Lower Hutt Women's Centre will be closed for a few weeks over the summer break.

Please take care of yourselves, be SunSmart and most of all, be kind to one another

*Closing - 24th December 2021
Re-opening - 25th January 2022*

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Women's Centre Hours

Mon & Tues 10am-2pm
Wed - Fri 9.30am-3.30pm

Contact us

186 Knights Road, Waterloo
Lower Hutt 5011
Phone: 04 920 1009
Email: info@lhwc.org.nz
Web: www.lhwc.org.nz

Whakataukī

"He hono tangata e kore e mutu; kāpā he taura waka e motu"

"Connections between people cannot be severed whereas those of a canoe rope can"

Maintaining strong relationships is vital for the wellbeing of all whānau. We are reminded to cherish and appreciate our loved ones to ensure that we do not take each other for granted. When we understand this it can assure individuals that they are not alone or isolated in times of need.

"He ora te whakapiri, he mate te whakatakariri"

"There is strength in unity, defeat in anger"

We are cautioned to maintain some degree of control over how we express or articulate our anger.

"Hokia ki ō maunga, kia purea ai koe e ngā hau a Tāwhirimātea"

"Return to your mountain so that you can be cleansed by the winds of Tāwhirimātea"

In times when we are troubled or in turmoil we are encouraged to return home to our ancestral mountains, lands and waters, which nourish and provide us with emotional and spiritual strength.

"Ka heke te roimata me te hūpē, ka ea te mate"

"When tears and mucus fall, death is avenged"

In the mourning of a loved one, the extreme sadness, loss and despair felt by the grieving family would be expressed openly, which allows the healing to take place when one is allowed to express emotions unrestrained.

source : https://issuu.com/tekotahi/docs/he_kare-aa-roto

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 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 and Family Court Counselling. All consultations are held in private and are strictly confidential.

When:

First week of the month

How to book: *Please do not contact the lawyers without first booking with the Women's Centre.*

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.

Where:

Thomas Dewar Sziranyi Letts

Level 6, Queensgate Tower, 45 Knights Road, Lower Hutt

..... continued from Page 1

I came across an article and it mentioned one thing that stood out from all the other information. It acknowledged that looking after yourself wasn't about doing more. It was about doing things slightly differently without adding extra pressure on yourself. It was about self-compassion and dialling down the expectations of yourself and the expectations you think others have of you.

Some suggestions include going to bed earlier the day after you have a late night, asking for help instead of doing everything yourself, taking 5 extra minutes to drink your coffee, following a spontaneous instinct, sharing a meal, or volunteering. Other simple but helpful tips are paying full and focussed attention to your breath, giving yourself permission to shorten your walk, drinking one more glass of water than yesterday, or noticing how your feet feel in your shoes when you walk from one room to another.

I tried some of these suggestions. I particularly like the focussed attention on breath, sharing a meal, and I added lighting incense or candles to my routine. However, I continued to feel confronted with shame and guilt for doing the least time consuming things. I began to doubt, was there any point to this self-care stuff?

Were these emotions that I oppressed because of my beliefs about how I should be spending my time? I thought more and more about this and felt angry as I wondered, is this because I am a woman of colour? Do women who are not of colour have an easier time with self-care because there aren't additional cultural expectations on them? Am I more oppressed? Then I felt guilty, again, because who am I to think that I deserve better than anyone else. And so the loop continued.

Over many more years, I worked hard to deny my anger. Eventually, I sought help and learnt how to sit with my feelings. Slowly and safely, I started to learn how to be with these feelings. It was and is still scary and uncomfortable and painful, but so is holding on to or resisting such feelings. This isn't the end of it; there are and will continue to be emotions and beliefs that challenge and hold me back.

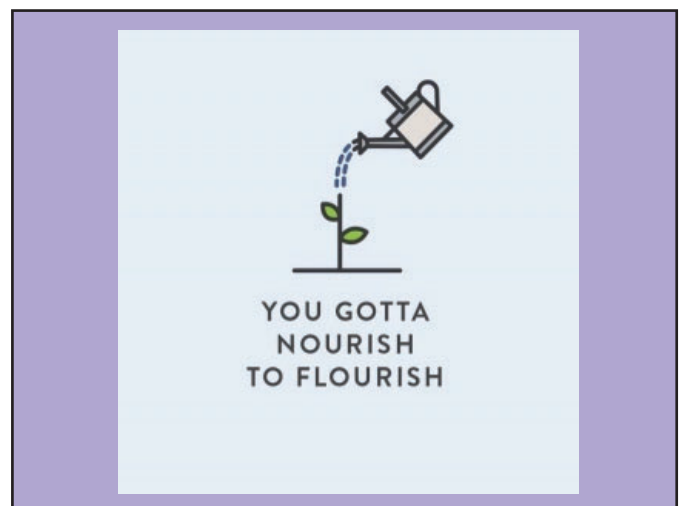
As I said at the beginning, I don't consistently do the things I know nurture me but I know I have these tools to help me when I need them.

We all have cultures, experiences, lifestyles and interests that shape us, so I thought sharing a varied perspective would be interesting.

A friend said to me that her definition of self-care is to "do things that make your heart sing and your soul surrender". I asked for examples because that seemed too simple. She said if being somewhere makes her feel good, she stays an extra minute. She might drape a special piece of fabric on top of her bedside table, or savour the taste of something rather than wolfing it down. She might take a photo of something beautiful, so she can look at it when she feels low. Even keeping a copy of her favourite poems, jokes or cartoons helps. She said that in bad times she has bought herself a bunch of small gifts, wrapped them and put them in a box under the bed. When she has a rough moment or needs a lift, she can have a treat from the box and know that she loves herself enough to buy the gifts.

Another friend explained, that to her, self-care is doing something that immerses her completely so that she loses track of time. Her self-care is spending time with her pets and painting.

However you choose to give time and care for yourself, I hope you can make time for it this summer. It hasn't been an easy year, so give yourself some space, even if it is a small moment to focus on breathing.



Volunteer Superstars

We're looking for new volunteers to help create and maintain our sacred space to support the growth/tupu of the amazing wāhine toa in our communities.

We are a community resource Centre for Women, Teenage Girls and Children, working towards and with, education, empowerment, the promotion of mental health, healing and recovery for all women and families in the community.

We seek to empower, support, educate and resource women to lead full and meaningful lives and to work toward social justice and equity.

If our goals resonate with you and you would like to volunteer then get in touch on 04 920 1009 or email info@lhwc.org.nz to make a time to come in to see us.

The Lower Hutt Community Foodbank is located at 27B Dudley Street in the CBD.

The Foodbank was started in 1986 when Sir John Kennedy-Good, then the Mayor of Lower Hutt, saw a need to better serve the less privileged members of the community.

The Lower Hutt Foodbank provides emergency food parcels, free to families and individuals within the Hutt community who are in true need. Clients come from all suburbs within the Lower Hutt valley - from Petone to Stokes Valley, and from the Western Suburbs to Wainuiomata and Eastbourne.

All clients receive a food parcel on their first visit as long as they provide proof of ID.

Contact email: huttfoodbank@gmail.com

The Salvation Army food bank is located on the corner of Kings Cres and Cornwall streets.

It's open Monday to Friday, 9:30am to 11:30am. You can go in and talk to them in person or leave your name and a contact phone number and they'll get back to you as soon as possible.

Parcels will be available for collection after 12:30pm – usually on the same day you are called.

Contact email: huttcity.corps@salvationarmy.org.nz

Telephone: (04) 570 0273

The Hutt City Women's Refuge provides immediate support to keep women safe in times of crisis.

They have a team of highly trained, multi-skilled family violence specialists who can provide tailored support to guide you and your whānau.

Services available

A Safe House for victims of family violence in immediate need of refuge

24-hour free and confidential Crisis Line

Programmes to help recognise an abusive vs healthy relationships

Safety programmes for women and children

Access to in-home police monitored alarms.
They can support you with:

- assistance in liaising with the Police and Courts
- assistance applying for Family Violence Leave (10 days leave from work entitlement)
- support with accessing benefits through WINZ
- referrals to professional budgeting advisors
- referral to a Family Violence Lawyer
- information around accessing a Protection Order, which could include a Parenting Order.

Contact details

Crisis line: 0800 REFUGE or 0800 733 843

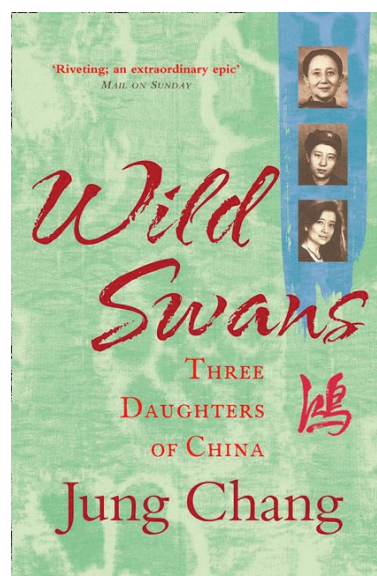
Address: 32 Pretoria St, Lower Hutt Central

Office telephone: 04 569 1040

Email: refuge@huttwomen.org.nz

"When he asked my grandmother if she would mind being poor, she said she would be happy just to have her daughter and himself."

'If you have love, even plain water is sweet.'
Jung Chang, *Wild Swans: Three Daughters of China*



Wild Swans, three daughters of China, written by Jung Chang

Wild Swans is a book that spans 3 generations of women living in China over the 20th Century. Jung Chang shares the experiences of her grandmother, mother and herself growing up in China, she starts by detailing her grandmother's life, from having her feet bound as a child to being offered as a concubine by her father to further his own ambitions.

China in the early 20th century was still set in traditions and cultural practices that gave few rights to the average citizen, especially women.

Jung goes on to shed light on the life of her mother growing up during this time, living through the Japanese occupation to the Chinese civil war, this book is not for the faint hearted as it details the cruelty of the various regimes that govern China.

She especially details the confusing and tyrannical leadership of Mao whose divide and conquer style of leadership means even the most devoted follower of communism is never safe.

Mao's various schemes such as the great leap forward and cultural revolution bring much suffering to the Chinese people, Jung gives a first-hand account of how

this impacted on everyday people. She ultimately shares her own experiences of living under communism and her gateway out through education to a life in the west.

I read this book 20 years ago, I loved it then and have enjoyed reacquainting myself recently re-reading it to do this review. It gives a detailed account of how China changed over the 20th century. Jung exposes the depth of cruelty people can go to, but she also shows us the resilience, courage and strength of people and their ability to overcome.

I have always found China to be a fascinating place. It is expansive and complex, this book gives us an insight into one family's life, their triumphs and despair while also detailing major events in the shaping of the China we know today.

I highly recommend it if you are interested in history, biographies, China or just a great book about a family who overcomes much. This book has been described as epic, extraordinary, mesmerising, it is a long at 676pgs and 29 hours listening hours as an audio book, but it kept my interest throughout!

This book is currently available from the Women Centre's library for members. If you aren't already a member we welcome you to join us.

Dame Catherine Tizard: The trailblazer who 'lit up the room'

T Niall - 05:00, Nov 03 2021



Dame Catherine Tizard's long career as a trailblazer for women in politics was, ironically, triggered by her husband at the time.

In 1971, Labour MP Bob Tizard rang from a party regional council meeting to say they thought she would be an ideal candidate for that year's election for the male-dominated Auckland City Council.

"Well, did he get an earful! Are you quite mad?" She recounted in her memoir *Cat Among The Pigeons*.

Tizard relented, however, and became one of three Labour members on a 21-seat city council, otherwise made up of candidates from the National Party-leaning C&R ticket.

Dame Cath, as she was later affectionately known, went on to break new ground for women in public office and eventually became the country's first woman to hold the post of governor-general. She died on Sunday 31st October 2021, aged 90.

Her first tilt at the Auckland City mayoralty in 1980 failed. In a close three-way race Tizard polled second, splitting the vote between the incumbent veteran Dove Myer Robinson, and Colin Kay, who unseated him. In 1983, she soundly beat Kay to become the city's first female, and first Labour, mayor.

Tizard wrote of numerous times during her first year in office when the male-dominated world struggled to adapt, such as at a business occasion where she was greeted by the host, a former diplomat.

"Oh dear, I've just realised, I don't think I have another lady for you to chat to," she recalled him saying. She assured him she would manage.

Dame Cath's time as mayor left two major legacies: the controversial construction of the Aotea Centre theatre and civic space, and the staging of the 1990 Commonwealth Games in the city. Plans for a civic centre auditorium had evolved over decades, but in 1985 Dame Cath turned the first sod on the project.

Cost escalations, delays in construction, and a change of contractor triggered a lengthy lawsuit – including a claim against Dame Cath personally – which marked a dark period that ended well when the centre opened in 1990, and the legal actions resolved confidentially some years later.

"It took some years before I could attend events at Aotea without bad memories surfacing," she wrote in her memoir.

Dame Cath took a leading role in pitching the bid

Inspirational Women

for Auckland to host the Commonwealth Games, which followed soon after the 1984 election in which Rob Muldoon's National government was defeated by the David Lange-led Labour Party.

No senior government figures, nor the governor-general could leave the country so soon for the Los Angeles presentation, but Lange defused some political tensions by announcing there would be no official sporting contact with apartheid South Africa. The pitch won, the games were hailed as a great success, dubbed "The Friendly Games" and with a then-record 55 nations participating.

The mayor's ultimate political step is remembered by Helen Clark, a friend of Dame Cath's daughter Judith Tizard, who had spent a couple of years living in the Tizard family home after returning from overseas.

Clark was, by 1989, Labour's deputy to Prime Minister Geoffrey Palmer when the discussion began about who should succeed Sir Paul Reeves, Aotearoa's first Māori governor-general.

"Why not Cath?" we said. She was a distinguished woman in local government – why not?" Clark recalled to Stuff.

Tizard was appointed at the end of 1989, soon after being re-elected to a third term as mayor.

She was then divorced, but it was former husband Bob, now a cabinet minister, who tipped her off that the call was coming.

"The first time in my memory that Bob ever breached Cabinet confidentiality," she wrote in her memoir.

Clark went on to be a three-term Labour Prime Minister and described Dame Cath as a "hugely influential figure in my life".

"She knew she was a trailblazer and an inspiration to young women," said Clark, who ran unsuccessfully alongside Tizard in 1974 for the Auckland City Council.

Dame Catherine grew up in Waharoa in Waikato, where her father, Neil MacLean, worked at the dairy factory.

She interrupted zoology studies at Auckland University to marry Bob, and had four children in six years, with the first, Anne, born just before she was 21.

"I thought I might as well get on with it and have the children while I was young, in the hope that there might still be an afterlife," she wrote in *Cat Among the Pigeons*, reflecting in awe on her "energy and optimism".

Tizard returned to university at the age of 30, at a time when "mature" students were a rarity, and completed her degree, at the same time taking on paid roles in the department, where she continued to work until being elected mayor.

Dame Catherine was famous for her wit, and direct no-nonsense approach, no matter who she was dealing with.

Of Queen Elizabeth, she wrote: "We have had a few laughs together."

She wrote of a meeting with her majesty, while she was still governor-general designate.

The Queen asked whether it was true that former National Prime Minister Rob Muldoon had become a backbencher, and a thorn in the government's flesh?

"I hesitated for a moment and said to her that if I wasn't speaking to a Queen, I might repeat his own words, which had been widely reported." At which the Queen raised her eyebrows, so she continued.

"He had said, when asked the same question by a reporter, that he was just going to be 'a little prick'."

Those close to her said she always remained true to herself

"If you went calling her Your Worship, she'd say, 'Just hold it there, I'm Cath to everyone,'" recalled Sir Bob Harvey, who worked on her mayoral campaign and the 1990 Commonwealth Games while an advertising executive.

"She was always herself, which is why she was a good governor-general," said former Chief Justice Dame Sian Elias, who'd crossed paths with Dame Cath regularly since she was a teenager.

"She was a transition from the stiff, self-conscious English mould – she broke through all that and enabled future governors-general to be themselves," said Elias.

Elias said she Tizard was a "significant figure in New Zealand society".

"She had the capacity to light up a room. You always gravitated towards Cath, she was always interested, always kind.

"It is sad to think of her gone."

source:<https://www.stuff.co.nz/national/politics/opinion/126848993/dame-catherine-tizard-the-trailblazer-who-lit-up-the-room>

Inspirational Women

Dr Elizabeth Anne Kerekere



Dr Elizabeth Anne Kerekere (born 1966) is a New Zealand politician and LGBTQ+ activist and scholar. Of Māori descent, she affiliates to Te Whānau a Kai, Te Aitanga-a-Māhaki, Rongowhakaata, Ngāi Tāmanuhiri, and Ngāti Oneone. She is the founder / chair of Tiwhanawhana Trust (2000). She identifies as takatāpui and produced the first major research on mental health and the culture of on the takatāpui whānau.

Kerekere is also an artist and graduated from EIT with a Bachelor in Māori Visual Arts (Te Toi o Ngā Rangi). In 2000 in her role of Te Kairuruku, Ngā Kaupapa Māori at Dowse Art Museum she curated an exhibition called Kaumatua Anō te Ātaahua: Honouring the Gifts of our Elders.

Throughout her studies at the Eastern Institute of Technology (EIT), Kerekere focussed on mana tūpuna (ancestors), mana wāhine (women) and mana takatāpui

(the right to live and love regardless of sexual

orientation and gender identity) and was the only degree graduate to have a solo exhibition. After graduating from EIT, Kerekere spent the following five years researching the development of takatāpui identity in the 21st century at Victoria University of Wellington, arguing that pre-colonial Māori were sexually experimental people who openly accepted gender and sexual fluidity, and completing a PhD in 2017. Kerekere contested Ikaroa-Rāwhiti for the Green Party again in 2020. Although she did not win Ikaroa-Rāwhiti, Kerekere entered Parliament on the party list

This lovely, but untitled piece was a gift to us here at the Lower Hutt Womens Centre, and we are very grateful to have this piece adorning our whare.

Gloop Recipe

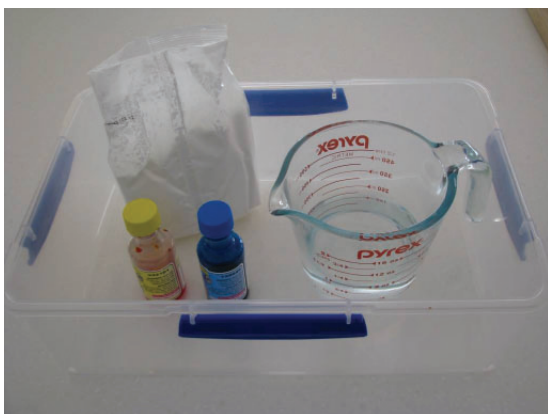
HOW TO MAKE GLOOP?

By Janice Davis / May 2, 2012



Sensory awareness goes hand in hand with creativity. Sensory play arouses children's imaginations, creativity and curiosity through exploration of texture, temperature and fun!

Gloop is an interesting mixture with a unique texture and is great for sensory play. It is also great for learning about the concepts of what a solid and liquid is.



WHAT YOU WILL NEED?

You will need:

- 2 cups of cornflour
- 1 cup of water
- Food Colouring
- A large container or bowl

Place the cornflour into a large container and place a few drops of colouring into the centre. Have the water ready for your child to pour into the container.

LET'S PLAY

Mix the water into the cornflour and colouring. It will take some time to mix together but encourage your child to play with the gloop before it is mixed. What does it feel like?



LET'S LEARN

UNDERSTANDING GLOOP – WHAT'S IS HAPPENING?

Solid or Liquid: Cornflour is made of lots of long, stringy particles. When water is added they do not dissolve in water, but they do spread themselves out. This allows the gloop to act both like a solid and a liquid. When you roll the mixture in your hands or apply pressure to it, the particles join together and the mixture feels solid. But if it is left to rest or is held up and allowed to dribble, the particles slide over each other and it feels like a liquid.

Get messy and have fun while learning!!



source: <https://www.learning4kids.net/2012/05/02/how-to-make-gloop/>

Support at LHWC

A & D Wellbeing Support Group

Facilitator: Janet Matehe
Enrolment: Not necessary, you can just turn up
Cost: No Charge
Under Level 2 the support group is online
Day: Friday afternoons every week in 2022
Time: 1pm–2:30pm
Enrolment: You do not need to book; you can just turn up.
Crèche: Is available

This is a weekly support group for Women that want ongoing support with drug and alcohol misuse.

This weekly group is open to all Women.

If you have experienced difficulties in the past or present with alcohol and drug misuse and would like some support then this may be the group for you. The aim of the group is to promote well-being at whatever stage an individual may be. Well-being can be achieved with education, therapy, along with going

out into the community and enjoying experiences without the use of drugs and alcohol.

“If you want something different, you need to do something different.”

“To understand a woman you must understand where she comes from.”

Facilitator: Janet Matehe is a DAPAANZ Registered Alcohol and Drug Practitioner and NZAC Generic Counsellor and currently studying psychotherapy. She has completed Te Reo Māori me tikanga courses and has a Certificate in Supervision.

Janet comes from a recovery background and she has been in recovery for 16 years. She is passionate about her work and she lives and breathes recovery in her personal life. The underlying principles she works with are Tika (correct), Pono (honest), and Aroha (love). She practices these principles on a daily basis, both professionally and personally.

Other Groups meeting at LHWC

Continued Recovery is a support group for women living in recovery from disordered eating. We welcome women of all ages with a history of anorexia, bulimia, binge eating, or any other form of disordered eating who are looking to continue strengthening their recovery journey.

We meet monthly to celebrate our successes, discuss challenges/on-going issues in our recovery, and gain support from others with their own experiences of both illness and recovery. Please note: To ensure everyone's safety and wellbeing we require participants to be committed to their own recovery. If you're unsure if Continued Recovery is right for you, or if you have any questions, please contact us.

When:

Second Monday of each month

Meeting time: 6–7:30pm

Dates for 2022:

Monday Feb 14th

Monday March 14th

Monday April 11th

Monday May 9th

Monday June 13th

Monday July 11th

Monday August 8th

Facilitator:

Tamsyn

Cost: FREE

Enrolment not necessary; just turn up

Contact:

Tamsyn

021 022 69262 or

Tamsyn@flowlifecoaching.co.nz

Support at LHWC

Self Esteem for Women

Under the Covid protection framework numbers are limited please email selfesteem.lhwc@gmail.com to enrol.

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
- 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

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

Friday morning workshops

Time: 9:45am–12 noon

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

Cost: \$2

Facilitator: Stephanie Brockman

Booking: email selfesteem.lhwc@gmail.com

Crèche: crèche is provided for pre-school children only without extra charge only on Friday morning.

If you want to bring your children please turn up earlier, with time to settle your children in and bring some food for their morning tea.

Please make enquiries about babies because they need more attention

Tuesday evenings in 2022

25 Jan	Positive Thought and Talk
1 Feb	Messages about Self
8 Feb	Accepting Responsibility for Self
15 Feb	Coming to Grips with feelings
22 Feb	Talking about Ourselves
1 Mar	Beliefs about Self
8 Mar	Expressing Pride in Self
15 Mar	Letting go of the Past
22 Mar	Respecting Self and Others
29 Mar	Striving for Pure Motives
5 Apr	Putting yourself in neutral
12 Apr	Having the Courage to be Imperfect
19 Apr	Developing Courage
26 Apr	Willpower
3 May	Anger as a Strength
10 May	Developing self Knowledge
17 May	Self Love
24 May	Acknowledging Self
7 Jun	Enhancing Self in Terms of Awareness
14 Jun	Acceptance and use of Strengths

Friday mornings in 2022

28 Jan	Putting yourself in neutral
4 Feb	The courage to be imperfect
11 Feb	Developing Courage
18 Feb	Willpower
25 Feb	Anger as Strength
4 Mar	Developing Self-Knowledge
11 Mar	Self Love
18 Mar	Acknowledging Self
25 Mar	Enhancing Self in Terms of Awareness
1 Apr	Acceptance and Use of Strengths
8 Apr	Positive Thought and Talk
22 Apr	Messages about Self
29 Apr	Accepting responsibility for Self
6 May	Coming to grips with feelings
13 May	Talking about ourselves
20 May	Beliefs about Self
27 May	Expressing Pride in Self
3 Jun	Letting go of the Past
10 Jun	Respecting Self and Others
17 Jun	Striving for pure Motives

Ongoing Events

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

Tuesday

6:30 pm - 8:30pm	Self Esteem
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Wednesday

9:30am- 3:30 pm	Computer lessons (by appointment)
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Friday

9:45am- 12pm	Self Esteem
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1-2:30pm	A & D Wellbeing Support Group
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First Sunday of the month

1pm- 4pm	Support group for women who have experienced rape or sexual abuse
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Computer Lessons

Our computer lessons cater to a range of abilities, starting from complete beginners. Bring your questions to your lesson and our tutor Gina Solomon 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
- Use your laptop? (bring it along to your lesson)
- Use your phone — android
- Use your tablet or ipad
- Use email and/or set up an email account?
- Become proficient in Microsoft Word, Excel or Powerpoint?
- Use Facebook, Skype, TradeMe, DropBox, or YouTube?
- Scan documents and photos?
- Manage and edit your photos
- Upgrading or downloading apps

We run with two computers; both run Windows 10 and Microsoft Office 2016. One is a standard desktop and the other is touch-screen.

Day: Wednesdays

Time: 9:30am–3:30pm

Appointments with our tutor Gina Solomon 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 920 1009 to make an appointment

Free computer access

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

Our computers

Both computers run on Windows 10 and one is touchscreen

Other facilities

Printing 20¢ per black and white page (*free during lessons*)

Scanner

Free Internet Access

Booking

Phone us on 920 1009 to book your time. You can book up to two hours for each session.

Workshops

About our Workshops

Under Covid framework some courses maybe postponed or run online.

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 920 1009

Self Defence for Women

Facilitator: Naomi Millane

Date: To be confirmed, please contact us if you are interested

Cost: \$15 for both workshops

Minimum: 10 participants

This is a strength and empowerment based workshop to learn how to defend yourself with physical and mental skills.

It includes a mix of action, discussion and practice. It is suitable for women of all abilities.

Please be available for both workshops as the workshops build on each other.

Facilitator: Naomi Millane is an experienced self defence teacher and a Mum. She has a passion for working with women and girls and in her spare time loves to play music and paint.

Assertiveness for Women

Facilitator: Stephanie Brockman

Course Duration: 6 Weeks on Wednesdays

Dates: 18 May - 22 June 2022

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

Time: 7-9pm

Assertiveness is the ability to express yourself and your rights without violating the rights of others.

It is appropriately direct, open, and honest communication that 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.

Assertiveness can increase your chances for honest relationships, and help you to feel better about yourself and yourself in everyday situations.

Workshops

Painting Workshops

Facilitators:	Linda Wood
Cost:	\$10 Unwaged/Low waged \$20 Waged per workshop
Dates:	To be confirmed, please contact us if you are interested
Time:	10am - 4pm
Maximum	8 participants

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.

Enrol for each workshop separately, please include which date you'd like to attend in the comments.

Raranga - Flax Weaving

Tutor:	Michelle Barrett
Cost:	\$10
Dates	To be confirmed, please contact us if you are interested
Time	10am – 4pm

Maximum 5 participants for each workshop

We provide all materials including harakeke (flax).

Learn the correct kawa (protocols) of cutting harakeke, preparing, weaving and leave with a finished product.

Come along and experience making something from natural fibres in a supportive and fun environment. Attend one or as many as you like.

If you attend more than one workshop you can begin to learn the skills so you can remember when you are by yourself at home – and independently make a kono or konae. Bring food to share for lunch.

Courses

Understanding the Blues

Facilitator: Diana Rickman

break the cycle.

Course Duration: 6 weeks on Wednesday
Dates: To be confirmed, please contact us if you are interested
Time: 7 - 9pm
Cost: Waged \$40/low or unwaged \$20

The topics we may cover are;

- Positivity
- Sleep
- Respecting your body
- Being friendly with feelings
- Making a plan for healing
- Relaxation
- Assertiveness and relationships.

This six week course is about finding new skills to move through Depression and Anxiety. With connection, support and gentle encouragement you can find a way out of Depression and Anxiety. This group is a structured educational group.

Please note: Six minimum for course to commence and 10 maximum.

Is the group for me?

If you have felt hopeless, panicky, tired, fearful or stuck this group may support you to see new possibilities. This group may also be for you if you have experienced depression and anxiety in your life and you want to

Facilitator Bio: Diana is known for her gentle and supportive approach. Her teaching is based on her own experiences of stress and anxiety and she enjoys sharing simple practises and techniques that don't require lots of time and effort to be effective.

Self Esteem for Teens

Self esteem course for girls aged 13 to 17 years.

yourself and others?

Facilitators: Scarlett Jones and Naomi Millane
Course Duration: 8 Weeks on Tuesdays
Date: To be confirmed, please contact us if you are interested
Time: 4-6pm
Cost: \$20

We are all different... Who we are, what we like and don't like, our cultures and our backgrounds. There is no one else quite like you.

Once you accept yourself there is no reason to hold anything back. This is your world, honour it as your own and enjoy it's gifts.

Do you want:

- To learn more about yourself?
- To have fun?
- To be more confident?
- To grow in self respect?
- To grow in self worth?
- To grow in self esteem?
- To accept yourself as you are?
- To develop an understanding and respect of

Facilitator Bios

Naomi is a second year counselling student, experienced self defence teacher and a Mum. She has a passion for working with woman and girls and in her spare time loves to play music and paint.

Scarlett is a counsellor who loves working with women and girls, and celebrating their learning and growth with them. When Scarlett isn't counselling, she likes walking in nature, craft and listening to podcasts

Courses

Circle of Security® Parenting™

For Mothers of Pre-School Children

Facilitator: Kay Riddler
Course Duration: 8 weeks on Wednesdays
Dates: 04 May - 22 June 2022
Time: 12.20-2:30pm
Cost: Waged \$40/low or unwaged \$20

Over the course of eight sessions the focus moves from discussing secure attachment and children's needs to reflecting on self and developing new skills and resources for relating to your children. Video clips of parents and children are used to introduce you to attachment theory in an accessible manner – while enhancing observational skills, and engaging in reflective dialogue regarding your strengths and struggles in parenting.

“We spoke about filling her child's cup, finding multiple times every day to snuggle her, cuddle her, talk with her, hold your arms open, make eye contact, delight in her, hug her, protect her. To consistently be available to her. Because in filling your child's cup, it just may be that her emptiness will also feel a little less lonely.”
www.circleofsecurity.com

At times we all feel lost about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.

This course emphasises the importance for parents in maintaining a balance between being “wise and kind”, able to follow the child's needs whenever possible and being “bigger and stronger” than the child – able to take charge when necessary.

Facilitator Bio: Kay is a certified Circle of Security® Parenting™ program facilitator and is a mellow parenting practitioner with over 15 years social work experience working with parents/families and individuals. She is a mother, grandmother and registered social worker. Kay is passionate about minimising the blame and shame game while supporting parents to build strengths without ignoring their struggles.

A creche will be available for the duration of the course, please let us know how many children attending and their ages.

Anger as a Strength

Facilitator: Kay Riddler
Course Duration: 6 weeks on Wednesdays
Dates: 02 March - 06 April 2022
Time: 7-9pm
Cost: \$40 waged/\$20 low or unwaged

Anger is necessary for survival, but it is a misunderstood emotion and energy. The ways we have learned to express or not express our anger can leave us challenged and feeling helpless.

These unhelpful methods of managing anger make it hard to speak up when problems arise in our lives and relationships.

By learning helpful ways of dealing with our frustrations, we can confidently deal with conflict and express our thoughts effectively.

This training is skill-based and uses assertiveness tools to teach you how to explore the use and misuse of anger. You will leave with techniques that you can use to express your anger in constructive ways.

Courses

Meditation for Women

Facilitator: To be confirmed
Date: To be confirmed, please contact us if you are interested
Cost: Waged \$40/low or unwaged \$20

Meditation is a simple technique for relaxing and refreshing the mind and body. It empowers us to establish a sense of grounded-ness 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.

The course will be tailored to the needs and aspirations of the women who attend, but a primary focus will be on discovering and strengthening a feeling of home within ourselves.

During the six weeks we will:
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.
Please wear warm loose clothing.

Facilitator bio: Ruth Pink currently works in the area of workplace mental health. She has been meditating and studying meditation for more than 28 years. A stressful job brought her to meditation and a serious illness helped her really practice it. Ruth has been connected to the Wangapeka Study and Retreat Centre in Nelson, and has studied with the Venerable Tarchin Hearn, the Venerable Namgyal Rinpoche, Judy Satori, Annwyn Hanham, Francine Commeignes, and many other teachers whose wisdom has enriched her life.

Resilience

Resilience – The identification and use of resilience in everyday life

Facilitator: Stephanie Brockman
Course Duration: 6 weeks on Thursdays
Dates: 10 March - 14 April 2022
Time: 7-9pm
Cost: \$40 waged/\$20 low or unwaged

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 allows us to maintain our 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 resilient person will return to equilibrium after a disturbance.

It does not matter how strong your gravity is, we were always meant to fly."

Sarah Kay

Register Online

Register for Workshops Online through the LHWC Website



Now, you can register for workshops online using the LHWC website.

To register for a workshop through the website, first go to the LHWC's homepage: <http://lhwc.org.nz/>. Next, click on the "Workshops/Groups" tab at the top of the page.

You can then register in one of two ways:

1. When you click on the "Workshops/Groups" tab, a small drop-down menu will appear. Click on "Enrolment Form" to be taken to an online form where you will complete your contact details and select workshops. Then, click the "Enrol Me!" button at the bottom of the enrolment form to submit your request
2. You can also enrol through each individual workshop page. When you click on the "Workshops/Groups" tab, select "Workshops" from the small drop-down menu. A page listing upcoming workshops will appear. When you find a workshop you'd like to attend, click on the purple "Enrol Now" button on the lower left-hand side of each workshop listing. That will take you to the enrolment form. Remember to click the "Enrol Me!" button at the bottom of the enrolment form to submit your request.

For mental health or addiction emergencies, call Te Haika on 0800 745 477 or call 111.

For Women's Refuge support call 0800 733 843 - free 24/7

For immediate counselling call or text 1737 - free 24/7

For health advice call Healthline on 0800 611 116 - free 24/7

For parenting advice call Parent Helpline 0800 568 856 - free 9 am- 9 pm /7 days

The Treaty of Waitangi

Treaty of Waitangi: Questions and Answers

Question 41 – “Haven't Māori gained from having European technology and other material benefits?”

Yes, there have been gains from European (and other) technology. However, the colonisation process has resulted in the destruction of economic prosperity for whānau, hāpu and iwi.

Before 1840 Māori had long-established systems of social, economic and cultural wellbeing, which they rapidly adapted to the new environment. They had extensive communication with the outside world well before 1840, and were successfully developing and adopting new technology, as they did with the different economic system that came with European contact.

Metal implements and introduced flora and fauna, were used during the 70 years of contact that preceded the signing; the Treaty was not required to gain this access.

This process of adaptation was set back by colonisation, as Māori institutions were systematically and deliberately broken down. This has resulted in huge disparities between Māori and non-Māori in health, housing, employment, educational achievement, income levels, prison incarceration, wealth, land holdings and so on.

Question 42 – “What are the difficulties Māori face in regard to Māori land?”

Māori and non-Māori have different attitudes to land use, to economic activity, and to the relationship between human beings and nature. Māori reasons for wanting their land back include not only economic need but also spiritual and ancestral connections.

Māori used their land for commercial agricultural production purposes for years before 1840. They were forced off the bulk of their productive land through confiscations, illegal land deals and discriminatory legislation such as the 1953 Town and Country Planning Act, which made it illegal to build new housing on Māori land.

It should be noted that for the legal principle concerning land taken under various Public Works Acts, that it be offered back to the original owners when no longer required, was not applied to Māori land; nor were Māori owners given compensation for land taken this way. Until recently, Māori who retained land were unable to receive the developmental and rural grants available to non-Māori farmers. Even now it is difficult to obtain finance for development on collectively owned land, and most banks will not lend mortgages for housing on Māori Land.

One of the crucial criteria for private finance is to hold individual land title. Much of the land that hāpu and iwi retained is marginally farmable, the most agriculturally productive land having been taken by settlers, or the Crown through legislation. The task of first tracing, then gaining the approval of many different shareholders (often numbering in the hundreds) for a project, also makes new development extremely difficult.

"It is interesting to speculate on what the social and economic status of rural New Zealand would be today if all land owners had been cursed with the system imposed on Māori land.

New Zealanders of European descent might have been poorly reflected in statistics if they found themselves in the same position" (D Kidd, Minister of Māori Affairs, New Zealand Herald, April 20 1993).

It is indisputable that Tauīwi have reaped the profits from the use of Māori land. From a total of 66 million acres, only about 4 million acres remain in Māori collective ownership.

source: <https://nwo.org.nz/wp-content/uploads/2018/06/QandA.pdf>

Join Us

givealittle

We have a page where you can make a donation to the Lower Hutt Womens Centre.

Please help us to help women

To find us go to the givealittle website and search for Lower Hutt Womens Centre

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 who identify and live as women, including Māori women, Pacific Island women, women of colour, lesbians, transwomen, 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 March 2022.

If you have articles, ideas for articles, drawings you've done, or services please email your ideas to: 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. Join us!