

# Cronecle

Newsletter of the Lower Hutt Women's Centre

Poutu-Te-Rangi/March 2022



## Viewpoint

By Pamela Govan



We are living in strange times. Walking a journey where it feels like a groundhog day of bad covid news constantly assaulting our senses. At the same time embracing a fast-moving change in our societal norms. Many people who have crossed my path in the last few months have commented on feeling overwhelmed by the judgement in their community at the moment. As women, now is the time for us to hold each other in a loving open-hearted space.

The 8th of March was international women's day. The theme of this year was "Breaking the bias". As we step out of judgement and back into love, I

ask you- "how do you support bias and how do you break them?" Our bias or often our "overly assertive opinion" of what is truth and right or "proper" is worthy of some self-reflection.

It occurs to me that the stress of being in a 'plague experience' has pushed most people into an intense need to control the world around them. The bias that would have stayed unspoken within their hearts and perhaps feed compassion and love, is now being yelled from the rooftops. Do we choose to live this way? Are you choosing judgement and fear over Continued on page 3 .....

*We have been working with the amazing team from Dulux. A huge shout out and thankfulness to Serena their Architectural Specification Consultant and Shirelle their Dulux Product Manager and the Dulux Trade Centre, 28 Rutherford Street in Lower Hutt for the generous donation of paint and products to Lower Hutt Women's Centre so that our amazing team of volunteers could plaster and paint our meeting room and kitchen. They look amazing.  
Nga mihi nunui for your support Dulux*

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

### Proverbs

"It's about learning how to slow down... I think this Covid environment that we're in there's a lot of sadness and a lot of pressure going on in terms of the uncertainty, but what it is teaching us or forcing us to do is appreciate the small things: be grateful for a slower pace of life." - Melissa Leong

"Human spirit is the ability to face the uncertainty of the future with curiosity and optimism. It is the belief that problems can be solved, differences resolved. It is a type of confidence. And it is fragile. It can be blackened by fear and superstition." - B Beckett

"Fear is often our immediate response to uncertainty. There's nothing wrong with experiencing fear. The key is not to get stuck in it." - Gabrielle Bernstein

"Life is full of change and uncertainty. We know this. We experience it on a daily basis." - Carre Otis

### 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

love and compassion? Can the women's centre support you back into love?

In times like this, we need to claim a breath. Soon the leaves will start to change into their autumnal hues. Breath in the beauty and positive changes of our world. We will see the beautiful array of colours in the trees. As the sun is setting earlier we are seeing some beautiful sunsets lighting up our skies. I am claiming my small pleasures in life at the moment. I breathe in the beauty and breath out the exasperation of my bias.

I am sure I will still have moments of worry and frustration. In a world of pandemics and the war in Ukraine, how could I not? But do we not owe it to the world around us to authentically embrace the positive when we can?

We have a choice. Choose to take out your frustration on your autumn cleaning. Give those gutters a good talking to as you clean the leaves out in preparation for winter. Better to rant at the gutters than humans.

I see many of the parents around me struggling with the world they see their children having to interact with. Many feeling the strain of managing the demands of parenthood with the demands of the current experience. Often they talk of losing themselves in the fight to keep their heads above water. The lack of control and encroachment on their free will is testing their strength.

I observed people share an opinion on social media. Often criticizing and voicing harsh judgemental rants about their opinion. Does that add certainty for them? Is that why people talk and express views, even towards people who don't want to hear them? Can they not see that people are struggling with the wave of information coming at them because their own wellbeing is at risk of crashing down. Is it possible for us to share our information in a voice of love and compassion? Have we lost this skill? Is a social media rant how people cope now? As they add to the amount of unfiltered information, they relish in the endorphin kick of a response from another person's

perspective, an argument perhaps? An opportunity to release the pressure valve on the build-up of fear from living in such uncertain times. A place to express fear and anger at the world. Is this the energy we want to share with the world? Can we return to love and compassion yet?

I know, it is all too easy to get bogged down by events this year. However, I do believe that women in the community have the power to change the world. I watch you tube clips of Russian troops who have been captured in Ukraine as they are given a phone to call their mums. They are not calling their mates or their army buddies. The Ukrainians know that their answer lies in the lap of the mothers. The women are the voice of reason. They are the ones who will spread the words of love and clear the mistruths of fear.

My question for you is how can you be the change you want to see? And how can you help to bring love without bias and judgement back into our community? We are the women of our community. We have the power to join together and bring compassion and love back to our country. We can feel like we have no control. Like we can't change anything. Choosing love over fear is a choice we can make. It is a change we can promote. We can forgive. We can accept everyone is walking their own path, with their own choices. We can choose to let them do them and love them anyway.

We live in a changing world. There are many things I can not change. Some bad but many good. So if I am to have a bias, I claim it to be one of a belief in love. I choose to create a world of peace and compassion. A world of gender equality and lifestyle acceptance. I accept that I will have times of wanting to lay on the ground and have a paddy like my four-year-old self. Perhaps I will even encourage all of us to vent our frustration on the pillows in the lounge at the centre? But I will meet you in the reality, you stand-in. I will hear you speak from the world you live in. I will surrender judgement and embrace compassion. Will you join me in this resolution?

na Pamela

## Community Assistance

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](mailto:huttfoodbank@gmail.com)

## 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](mailto:info@lhwc.org.nz) to make a time to come in to see us.

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

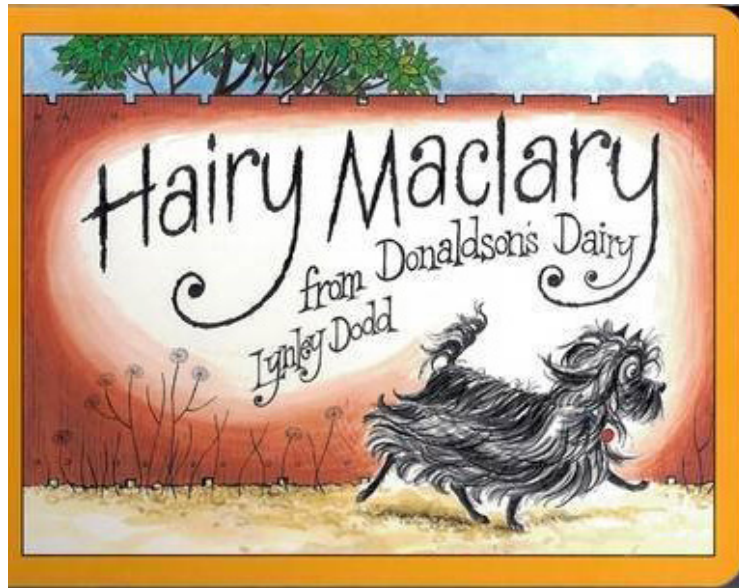
Crisis line: 0800 REFUGE or 0800 733 843

Address: 32 Pretoria St, Lower Hutt Central

Office telephone: 04 569 1040

Email: [refuge@huttwomen.org.nz](mailto:refuge@huttwomen.org.nz)





Out of the gate and off for a walk went Hairy Maclary from Donaldson's Dairy.....

Written by Lynley Dodd.

Hairy Maclary is a fictional dog, the hero of a series of children's picture books created by Aotearoa's very own author Dame Lynley Dodd & making his first appearance in 1983 with the publication of Hairy Maclary from Donaldson's Dairy.

My children grew up with Hairy Maclary and recently out in the Women's Centre Creche I was able to relive some beautiful memories with the tamariki who attend. They also had heard the stories before. It has become a favourite in many kiwi households. Thank you Dame Lynley Dodd for these treasured Aotearoa taonga.

Hairy Maclary is the protagonist of twelve books in the series & a further 9 are about his friends. The series has sold over five million copies worldwide.

The Hairy Maclary books are picture books that are designed to be shared by an adult reader & a young child. The plots are simple, in keeping with the comprehension of the pre-reading age group for which they are ranged. They generally involve Hairy & his friends in adventurous scenarios pitched against local cats, often with an implication that the cats are more cunning. The animals in this series are not given human thoughts and motives. Their actions tell the stories & reflect their animal natures.

The pictures and the written words combine to tell the story, with much anecdotal material appearing within the pictures that is not described in the text. The books have a wide format which enables a child seated beside

an adult to have a full view of the picture page while the adult reads.

The text is written in rhythmic verse that flows easily & has simple rhymes like "Bottomley Potts covered in spots, Hercules Morse as big as a horse". Characters, events & therefore language are repetitive & cumulative.

Each book contains a twist or some sort of conclusion at the end. The repetitions permit a young child to anticipate what is coming next, & repeat the words.

The Hairy Maclary books, despite their simple stories, introduce the listening child to some long but very expressive words which are not part of the average pre-schooler vocabulary, but must be understood by the child in the context in which they occur.

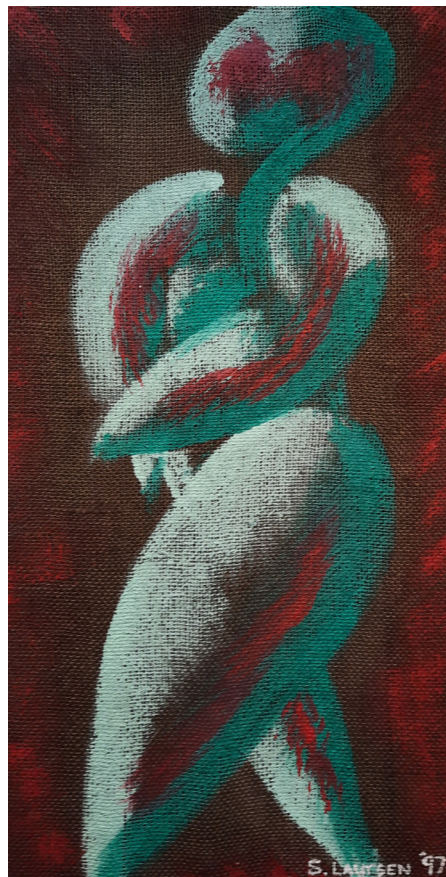
Sharing stories, talking and singing every day helps your child's development in many ways. You're getting your child familiar with sounds, words, language, print and, eventually, the value and joy of books.

This builds your child's early literacy skills, including the ability to focus, and helps your child go on to read successfully later in childhood. Reading stories stimulates your child's imagination and helps your child learn about the world.

For example, reading books can help your child learn about and feel respect for other cultures. Reading also develops your child's social skills and skills for managing emotions.

When was the last time you shared a story with a child? I highly recommend it.

## Artist - Sue Laursen



Sue was born in Lower Hutt in 1964. Sue sells her paintings all over the country and occasionally internationally, also through exhibitions, internet and word of mouth. We here at the Lower Hutt Womens Centre, luckily, have several of Sue's beautiful pieces on display here at the Centre.

.Hi Sue Laursen here, as you can see if you look at my list of exhibitions over the years that I had my first solo exhibition in 1987 at our beautiful Women's Centre. I then had another at the Women's Center in 1998 and I think it was around this time that I painted some large murals on the fence and gates as well. My work has been through many changes since then as have I. I used a lot of dark colours back then as that was how I was feeling inside and I used my art to tell my story of how being sexual abused as a young person affected my life.

Painting was my only way of getting all the bad stuff that was inside out, without having to stand up and scream it out at the world. It was my therapy and there came a point where I moved on to painting things that I love, which was and still is cats. I had a few exhibitions with my cat paintings, some of which included Cats Galore in Petone and Daly Street Vet Clinic, Lower Hutt. It seemed no matter where I hung them they sold, I was constantly amazed!

After the cat faze died down I was pretty quiet with my art for a number of years, only painting for my pleasure and enjoyment. I was only contribute to exhibitions every now and then, until around 4 years ago when I quiet by chance met the gallery manager of the Odlin Gallery in Lower Hutt, who invited me to have a solo exhibition there in 2020. That led to other exhibitions at different places in the Wellington region which has pretty much kicked off my life as an exhibiting artist all over again.

In reference to the Odlin Gallery I have an exhibition scheduled for the 30th of March running until the 10th April. Nothing has been printed yet, but when they are I will bring some posters along to the Womens Center. When you come to my exhibition you will see the paintings are really bright, thats because instead of using art to get all the darkness inside of me out, I now use my art to bring all of the brightness and beauty that I see all around me out.

Over the years my work has come out of the darkness and into the light. I paint around not only the things that have happened in my life, but also about the beauty that I see around me today. Through the years my painting techniques have changed as I have grown. My work has a definite style and is very vibrant in colour.

My vision for my work may be just out of reach at present but that is what will make me constantly strive for the ultimate painting  
A very different way of looking at the world and the beauty within, with a much better result.

Thank you Sue Laursen



# Inspirational Women

Artist - Sue Laursen



## International Women's Day



International Women's Day (March 8) is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.

*IWD has occurred for well over a century, with the first IWD gathering in 1911 supported by over a million people. Today, IWD belongs to all groups collectively everywhere. IWD is not country, group or organization specific.*

IWD 2022 campaign theme: #BreakTheBias

Imagine a gender equal world.

A world free of bias, stereotypes, and discrimination.

A world that is diverse, equitable, and inclusive.

A world where difference is valued and celebrated.

Together we can forge women's equality.

Collectively we can all #BreakTheBias

Individually, we're all responsible for our own thoughts and actions - all day, every day.

We can break the bias in our communities.

We can break the bias in our workplaces.

We can break the bias in our schools, colleges and universities.

Together, we can all break the bias - on International Women's Day (IWD) and beyond.



## Super Corn Fritters

Corn fritters are always popular for brunch at cafes but what about as a light lunch or dinner at home? All it takes is three easy steps and it's a great way to enjoy your veggies too!

### Ingredients

- ½ cup flour (gluten free, optional)
- 1 tsp baking powder (gluten free, optional)
- ½ tsp salt
- 2 eggs, beaten
- 410g can Wattie's Cream Style Corn
- 410g can Wattie's Whole Kernel Corn, drained

### Method

#### Step 1

Sift the flour, baking powder and salt into a mixing bowl .

#### Step 2

Add the beaten eggs and Wattie's Cream Style Corn and mix well. Fold in the drained Wattie's Whole Kernel Corn.

#### Step 3

Heat 1-2 tablespoons of oil in a non-stick frying pan over medium heat. Place spoonfuls of the corn fritter mixture into the pan. Cook for 2-3 minutes or until bubbles appear on the surface of the batter. Turn and cook the other side for a further 2-3 minutes or until the fritters are golden and cooked through. It may be necessary to add extra oil to the pan during cooking.

### Switch It Up

Add any of the following to the corn fritter mixture: 1-2 Tbsp of chopped chives or spring onions ½ small red capsicum, deseeded and finely chopped

1-2 Tbsp of chopped chives or spring onions  
½ small red capsicum, deseeded and finely chopped

Corn fritters can be served with: Sweet chilli sauce, sliced avocado and sour cream  
Fresh tomato salsa  
Sweet chilli sauce, sliced avocado and sour cream  
Fresh tomato salsa

## Hot Cross Bun Loaf

### Ingredients

- 1 cup warmed milk
- 2 tsp active yeast
- ¼ cup soft brown sugar
- 3 cups flour
- 2 tsp Gregg's Ground Cinnamon
- 1 tsp Gregg's Ground Mixed Spice
- 25 g butter, melted
- 1 egg (size 7), beaten
- 1 cup sultanas

### Crosses:

- ½ cup flour
- ⅓ cup water

### Glaze:

- 2 Tbsp sugar
- 1 Tbsp milk
- Method

#### Step 1

Grease a large loaf tin (11 cm x 21 cm x 7 cm). Pour warm milk into a bowl. Stir in yeast and 1 tsp of the measured brown sugar. Allow to stand for 5 minutes until the yeast granules dissolve and are foamy.

#### Step 2

Place the flour, remaining sugar, Gregg's Ground Cinnamon and Gregg's Ground Mixed Spice into a mixing bowl. Stir and make a well in the centre. Pour in the yeast mixture, melted butter and beaten egg. Mix to form a smooth dough. Turn onto a lightly floured surface. Add the sultanas and knead to incorporate the fruit. Continue kneading for 8-10 minutes until the dough is smooth and elastic. This process can also be done in a food mixer or processor, using the dough hook attachment. Place in the prepared tin. Cover with lightly greased cling film and place in a warm place to prove until it doubles in size.

#### Step 3

Preheat oven to 180°C (fan assisted).

#### Step 4

To make the crosses: Mix together flour and water until smooth. Place in a piping bag and pipe cross patterns on the uncooked dough.

#### Step 5

Bake for 35-40 minutes, until golden and cooked. While the loaf is cooking make the glaze by mixing together the sugar and milk. Remove the cooked loaf from the oven and brush glaze over the loaf. Allow loaf to stand for 10 minutes, before removing from the tin. Cool on a baking rack. Slice and serve. .

# 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: Please contact us so we can organise access to the online group  
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

**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

Facilitator:  
Kimberley

Cost: FREE

Dates for 2022:

- Monday April 11th
- Monday May 9th
- Monday June 13th
- Monday July 11th
- Monday August 8th
- Monday Sept 12th
- Monday Oct 10th
- Monday Nov 14th
- Monday Dec 12th

Enrolment not necessary;  
just turn up

Contact:

0273274466 or  
kimberley@bignell.co.nz

## Self Esteem for Women

Under the Covid protection framework numbers are limited please email [self-esteem.lhwc@gmail.com](mailto:self-esteem.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](mailto: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



### 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.

## 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:	Workshop One: Saturday 9 April 2022 Workshop Two: Saturday 11 June 2022 Workshop Three: Saturday 13 August 2022 Workshop Four: Saturday 10 September 2022 Workshop Five: Saturday 15 October 2022
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.

## Raranga - Flax Weaving

Tutor:	Michelle Barrett
Cost:	\$10
Dates	11 September 2022 09 October 2022
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 konoae.



## Courses

### Understanding the Blues

Facilitator: To be confirmed

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

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.

#### *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 break the cycle.

The topics we may cover are;

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

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

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.

Facilitators: Naomi Millane

Course Duration: 8 Weeks on Tuesdays 10

Date: May - 28 June 2022

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 yourself and others?

Facilitator Bios

Naomi is a second year counselling student, experienced self defence teacher and a Mum.

## Courses

### Circle of Security® Parenting™

For Mothers of Pre-School Children

[circleofsecurity.com](http://circleofsecurity.com)

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 forever empty will also feel a little less lonely." [www.](http://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

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

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.

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.

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

Resilience is a crucial ingredient in what determines — 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

## Questions and Answers

### *Question 43 – “What is being done to recognise and apply the Treaty?”*

Hapū, iwi and Māori organisations have consistently upheld the Treaty in their work. The High Court, the Court of Appeal and the Privy Council have been required to consider the validity of government actions in the light of the Treaty. For example, the government funded Māori television and radio stations only after having been instructed to do so by a Privy Council ruling, in a case taken by the Māori Language commission.

With the replacement of the Privy Council by the New Zealand Supreme Court, it is likely that court will in future make rulings related to the Treaty. The Waitangi Tribunal continues its work researching historical and contemporary claims, and recommending redress and ways of resolving Treaty breaches.

Many NGOs are recognising the Treaty in their structures, constitutions and decision making processes. The Anglican Church was amongst the first to change its constitution in an attempt to enable Treaty-based decisions (with the addition of a Pasifika caucus). Groups have made changes more easily the hierarchical government departments, but most departments have now included some reference to the Treaty at least in their mission statements and in some policies.

But recently even these developments have been under threat from ministerial directives to remove all reference to the Treaty from policy documents, action plans and contracts, for example, in the health and disability sector.

Sometimes token changes are made and business continues as normal, but other changes result in progress toward better outcomes for Māori. "By Māori for Māori" initiatives have been successful in many areas of society, especially in health, education and news media. But some changes have prompted a news media backlash, and

governments have become wary of openly supporting Māori initiatives.

The presence of Māori Party MPs in Parliament since 2005 and the Mana Party since 2011 has meant a Māori insight on each Bill, Budget and national event is available to the mainstream news media - including an examination of the effects of each on Treaty rights.

The quality of Treaty education in schools is inconsistent, but improvements are being made. Tauīwi are now more exposed to Māori realities, and able to experience aspects of Māori culture through Māori television and radio, and through wānanga (Māori universities).

Through such exposure, it is hoped that the

**"fear of the unknown other",  
the basis of personal racism,  
can be reduced.**

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

## Contribute to Cronecle

We welcome your input into the next edition of Cronecle—due out in June 2022.

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