

# Cronecle

Newsletter of the Lower Hutt Women's Centre

Here-turi-kōkā/August 2022



## Viewpoint

By Pamela Govan



Have you ever thought about how things could be different or better for you, your family and community? How about the world?

It seems the events affecting women more significantly, in these times, are happening internationally; the erasure of women by the Taliban in Afghanistan, the war in the Ukraine, Covid, and taking away a woman's right to have an abortion (Roe vs Wade).

In our own country and communities, Covid brought significant issues to light; family violence, the digital divide, the increase in inequality between socio economic groups,

the pressures on our nurses and midwives, mental and emotional health challenges, and isolation. What is being done about these things?

The Roe vs Wade decision in America is as much about a woman's freedom to make choices about her health and body as it is about privacy. In the era of smartphones and digital technology women who are in controlling relationships know first hand how easily they can be tracked

and monitored and how information can be used to harm and control. Are we at risk of similar changes? *Continues on page 3.....*

## LHWC Annual General Meeting

*All Welcome*

*You can attend any or all of the parts of the meeting.  
Breakfast is a shared breakfast (bring food to share).*

*Date, time, and location*

*17 September 2022*

*Lower Hutt Women's Centre*

*Schedule*

*Ritual 8am • Breakfast 9am • Meeting 10am*

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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)

## Whakatauki

"He kokonga whare e kitea, he kokonga ngākau e kore e kitea"

"A corner of a house may be seen and examined; not so the corners of the heart"

This whakataukī indicated that where we can visibly see the corners of a house, we do not have the ability to see the inner thoughts or feelings of a person. This reminds us to take care when engaging with others, as we are not aware of what may be happening for them in their lives.

"Tū whitia te hopo"

"Overcome your fear"

While fear has the potential to paralyse us, it can also be acknowledged and embraced in order to move forward. We are encouraged here to be brave and not to let fear get the better of us. 'Tū whitia te hopo, mairangatia te angitū' is another extended version of this saying that urges the individual to eliminate the negative, and by doing so, accentuate the positive.

[https://www.waikato.ac.nz/\\_\\_data/assets/pdf\\_file/0008/480788/He-Kare-aa-roto-Full-Booklet-for-download.pdf](https://www.waikato.ac.nz/__data/assets/pdf_file/0008/480788/He-Kare-aa-roto-Full-Booklet-for-download.pdf)

## 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

In Aotearoa, abortion was only decriminalised 29 moons ago (March 2020). At that time the focus was largely on Covid. It was hard not to pay attention to the pandemic as it was happening to all of us. We often only become interested when it is something that is affecting us and sometimes that could be too late to influence the result. Things do change and sometimes very quickly.

## What aren't we paying attention to?

Decisions take place everyday. In Aotearoa at the moment some include:

- \* adding birth injuries in the ACC Act, while this is an inch closer to better maternal health care it still has it's flaws as it is unlikely to include emotional and mental harm unless it is linked with a physical injury.

- \* the New Zealand Income Insurance Scheme, how will this impact low income jobs and people on casual contracts? Will it mean there is less income available pay week to pay week to cover the cost of living?

- \* three waters project how will the council's local voice be heard with in a national framework to make sure the needs of our community are met?

There is a lot that doesn't seem to be talked about in the mainstream. Just because something isn't impacting us directly doesn't mean we shouldn't pay attention to it or be distracted by the latest celebrity gossip. What are our friends and family struggling with? What do our neighbours complain about?

I am not writing this to worry or to scare. My intention is to get people to become aware of what we might not be paying attention to. I want to encourage you the reader to be curious and to realise that we do have influence.

## What power or influence do you have to create or make change?

As Margaret Mead said "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has".

This is how the Women's Centre came into existence, a group of women recognising a women's space was needed and then taking steps to create it.

How can we be aware of all the things going on let alone, influence or even be heard when decisions are made, especially when many are just surviving the 'system' and processes (like making a select committee submission) requires both the time and know how to navigate? There are groups of people and organisations working towards making changes and re imagining how things can be better. Often they need people to add their voice to cause to make their message louder. Some want to gather stories to support the shift that is needed and use those stories to prove that need for change.

Voting is another way to contribute to change. If you're like me sometimes I do feel cynical about the options especially when it comes to Council elections. I find the information difficult to get through and decide on. I still do vote because I know that if I include my voice then there is once more chance that I can be represented. At the very least if I don't like the outcome of a council decision I can approach the people I did vote for and tell them.

Voting also honours all the women in herstory who won the vote so we the women alive today have more freedoms then they did. It is also worth considering how the things you lend your voice to can influence the things that happen in this generation and also in the generations to come.

# BOARD OF TRUSTEE VACANCY

The Centre is looking for a new member to join our friendly and motivated Board of Trustees. You must be feminist with respect for our kaupapa and have a drive to add value to the Centre for the women we serve.

Prior Board experience would be highly valued but we're also a small friendly Board and we can offer some training if you have not had such experience.

Applicants do need to be available on the third Monday each month for Board meetings approx 3hours. We also hold other meetings as the need arises as well as events like Matariki dinner and fundraising evenings which are held on weekend days or weeknight evenings.

Call or email Pamela if you are interested or have any question 04 920 1009 or [info@lhwc.org.nz](mailto:info@lhwc.org.nz)

## *Women's Refuge services in Lower Hutt*

Kōkiri, Shakti and Hutt City Women's Refuge provide immediate support to keep women safe in times of crisis. Shakti and Kōkiri provide culturally specific services.

All these services have trained, multi-skilled family violence specialists who can provide tailored support to guide you and your whānau.

Services may include:

- 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 versus healthy relationship
- safety programmes for women and children
- access to in-home police monitored alarms
- advocacy support
- assistance with family court and Police processes and accessing Protection and Parenting orders
- support with accessing benefits through Work and Income

***Crisis line: 0800 REFUGE or 0800 733 843***

Hutt Women's Refuge  
Office phone: 04 569 1040  
Email:  
[refuge@huttwomen.org.nz](mailto:refuge@huttwomen.org.nz)

Kōkiri Marae Women's Refuge  
Office phone: 04 566 5025  
Email:  
[referrals@kmmwomensrefuge.org.nz](mailto:referrals@kmmwomensrefuge.org.nz)

Shakti Wellington  
Phone: 0800 742 584  
Email: [wlg@shakti.org.nz](mailto:wlg@shakti.org.nz)

# Lesbian icon receives Order of Merit for staunch advocacy to NZ rainbow community

Sharnae Hope

For a long time, Miriam Saphira thought she was a freak.

"I always knew I was homosexual – I didn't know the word 'lesbian' – but I read in an encyclopaedia that homosexuals had arrested development and I thought, 'I'm a freak'."

That mindset led her to marrying a man after becoming pregnant at 19. Five children later and a psychology degree under her belt, she decided she didn't want to live a lie any more and took a leap of faith coming out in the 1970s – before homosexuality was legalised in New Zealand.

Now at 80 years old, Saphira has a PhD, just celebrated eight years of marriage to her loving wife, and on Monday was made a companion of the New Zealand Order of Merit for her staunch advocacy for the rainbow community.

"It's all about love and that's what pulls you through."

But in typical Kiwi fashion, she was both humbled and surprised by the honour.

"I'm used to dealing with hard topics, I suppose. I seem to be attracted them, but I don't often get recognition for them," Saphira said.

Jenny Rankine coordinator of the Charlotte Museum and Miriam Saphira, secretary of the Charlotte Museum Trust board.

Saphira's motivation to advocate for marginalised communities – particularly children, women in abusive relationships and the lesbian and gay community – comes from her own personal experiences.

After struggling with her own sexuality and the trauma of being molested as a child, she wanted to create safe spaces and accurate research for

people like her.

At 26, she began a career in psychology, becoming instrumental in conversations on taboo subjects such as incest, sexual abuse of children, prostitution and violence against women.

She also worked with sex offenders for more than 10 years, did a doctorate study on children understanding sexual orientation, and supported women in the justice system.

In 1981, she published *The Sexual Abuse of Children*, a book which has become a key reference for those working with abused children and offenders.

She also presented at numerous conferences between 1978 and 2003, to increase awareness on these issues in New Zealand.

But the work Saphira is most proud of is her involvement in Homosexual Law Reform and New Zealand's first lesbian museum – Charlotte Museum Trust.

"It was a very difficult time," she said of pre-law reform days. "It was worse for men because they got put into prison, but women were put into mental institutes."

"This gave us hope that the world was changing and generations after us would no longer suffer the way we did."

-An earlier version of this story listed Miriam Saphira's award as officer of the New Zealand Order of Merit. She is a companion of the Order. Amended 9.50am June 6, 2022.

<https://www.stuff.co.nz/national/128853220/lesbian-icon-receives-order-of-merit-for-staunch-advocacy-to-nz-rainbow-community>



# ***Doing Justice: 6 Racism Myths That Really Need Debunking***

***Tina Ngata***

This originally started as a group of tweets, which I wrote in a bit of a frustrated state after having to go back through my internal playlist of responses to someone who didn't quite get racism but really, really felt they did. And that's the thing with racism – it's so prevalent that there is a widespread belief that we all understand it very well, and yet, it's our lack of understanding about it that keeps it so prevalent. Anyhow – the tweets grew very popular and I had a number of requests to write about them so here we are!

There are enough misconceptions about race and racism that you could probably write a book about them, but we are going to settle on a handful for today. I'm also going to publish them as flashcards, feel free to download and share them.

### ***Myth 1. Racism is about individual experiences.***

***While individual experiences are real & unacceptable they're enabled by local, regional, national and international POLICY SETTINGS (structural racism). Structural racism is far more prevalent & powerful than individual experiences.***

One of the greatest barriers to addressing racism is that it's not identified well, which allows it to hide in plain sight. There is a persisting belief that you are only experiencing racism when someone insults you with a racial slur, or physically attacks you because of the colour of your skin. These are of course racist events, but it's important to understand that racist acts exist within RACIST SYSTEMS. They are permitted because there are policies that enable them... and because of a

lack of policies that disable them. This is SYSTEMIC, or STRUCTURAL racism. It can only be addressed through ANTI-RACIST policy.

There is no "not-racist" because global colonialism has ensured that the default state of society is a racist one. As activist-scholar Angela Davis says: "In a racist society, it's not enough to be non-racist, we must be anti-racist".

In fact arguably "Non-racist" does not actually exist. Claiming to be "non-racist" denies the default presence of racism, allowing it to remain. Claiming to be non-racist, is thus itself a racist statement. If you're reading this and thinking "does that mean my organisation is racist?" Well if you don't have anti-racist policies, then yes, it probably is.

### ***Myth 2. Racism presents as extreme acts of harm/abuse ( burning crosses, hate crimes, racialised insults).***

***Racism definition: "An empowered\* collection of ideas, actions & policies that produce, maintain and normalise inequity'***

***\* Empowered by a system of racial hierarchy.***

***So racism doesn't have to present as violence, it's simply an idea/act/speech/policy based upon and empowered by ideas of racial hierarchy.***

Following on from Myth 1 is the myth that racism can only present as extreme acts. This is commonly what allows for people to continue to say racist things and do racist things because they will always compare it to a greater extremity. The only thing that you need in place to qualify as racism – is for it to uphold the system of racial inequity. That's it. That might take place in a joke (which is one of the most insidious vessels of racism), it might take place on a sign, in a song lyric, in a cartoon, or it might take place in a costume or in a policy, JUST AS EASILY as it can take place in race-based assaults. In fact,

## Doing Justice - Debunking Racism

physical assaults and hate crimes are only a tiny percentage of racist acts that occur every day.

It's the idea that racism must look like extreme, brutal acts that stands in the way of us exploring our own racism. For as long as we continue to view racism as an unshakeable and shameful personal characteristic rather than a social illness that can influence all of us – we will fail to unpick it within ourselves and the systems we influence every day.

***Myth 3. Only white people can be racist/ racism is a white problem.***

***Although race was invented by Europeans & they remain at the apex of the racial hierarchy, it's simply not true that only white people can produce policies that uphold racial inequity.***

***Non-white groupings can wield and abuse RELATIVE power within that hierarchy.***

***Please take time to learn about internalised racism, lateral racism, anti blackness, white proximity, anti-asian racism, and Islamophobia. Being anti is a journey.***

***WE ALL HAVE WORK TO DO.***

I often hear this from our own – racism was imported by white people, it was invented by white people, why do we even have to do anything? This is their mess to clean up, right? Well, just like a whole lot of other not-great things that arrived on the boat with Cook – we acquired racism too, and there is simply no escaping that we have become active agents in racist systems. I also often hear “we can’t be racist because we have no power in racialised systems”. The system is a hierarchy, not a binary, and we can wield relative power within that hierarchy, and throughout history, non-white people have enabled racism (both consciously and unconsciously) in order to hold on to that relative power. So what does this look like, well if we are talking about lateral racism, that looks like Maori

using the “N” word, or promoting policies that target black and brown migrant communities, or making racist jokes about other ethnic communities in Aotearoa.

If we are talking about internalised racism, well that looks like Māori creating policies that oppress other Māori (as numerous Maori MPs have done)... it might also look like a Maori police officer who has been indoctrinated to believe that his own people are likely criminals, it might present as an apathy towards ones own cultural traditions, or an obsession with colonial (often materialistic) values. One of the most common manifestations that I see of internalised racism is the preoccupation with being a “good Maori” – that is, a clear aversion to being disagreeable to pakeha, not wanting to rock the boat, and a tendency to be compliant in order to progress through white systems and claim relative privilege and comfort. Of all forms of racism, internalised racism is probably the saddest, because it indicates that within your native heart, a part of your resistance, your love for tipuna, and belief in yourself has died.

The idea that only white people can be racist is a trap that stops us from dismantling racial hierarchies. It is very, very easy when learning about the history and injustice of racism, to fall into the trap of anti-whiteness. Perversely, this leads to spaces where people deny themselves the freedom and acceptance to be native, and white, at the same time. The reviling of whiteness inhibits our ability to really understand how we interact with concepts like white proximity... and ultimately will stand in the way of the true goal of dismantling racial hierarchies – which will always ultimately harm non-white people the most. As race-critical theorist Ibram X Kendi says: In the end, hating white people becomes hating black people.

***Myth 4. Addressing racism is about helping Non-white people.***

***If you understand the story of racism and it's spread around the world, you***

***soon see the links to existential crises like climate change, waste pollution and pandemics.***

***Also. the power hierarchy produced through racist superstructures disadvantages about 90% of white people too ( remember this is still within a hierarchy so they never experience the greatest harm, just POC never experience the greatest of benefits)...***

***ADDRESSING RACISM IS ABOUT HELPING HUMANITY.***

I also often come across white people who believe their anti-racism work to be some kind of charity work. I'll try to explain this as succinctly as possible:

The system of entitled extraction from non-white lands and non-white bodies that forms the basis of racism, is exactly the system that will soon make this planet uninhabitable for every single person on this Earth.

Racist economic policies across Te Moananui a Kiwa allow for it to be used as a weapons, chemical and plastics dumping ground, crippling the second lung of the planet. The maintenance of racist systems is also what stands in the way of social justice solutions to those same problems. Racist ideas about conservation inhibits the development of Indigenous climate solutions EVEN though it's already been demonstrated that Indigenous forest management outperforms all others in carbon sequestration. The absurd notion that environmental harm doesn't matter when it's someone else's territory is exactly the kind of disconnected racist logic that is leading modern society off the cliff, while also blocking any guidance away from the cliff.

But quite separate to this, is the fact that racist imperialism also disadvantages 90% of white people. At the apex of the racist imperial superstructure sits a small group of extremely

wealthy, white, abled, slim, cis-het men who insist, through their racist ideals grown out of the racist science of the racist enlightenment period, that material wealth, whiteness, able-ness, slim-ness, and toxic masculinity are all markers of supremacy, and they abuse the system from the apex-down, to reinforce those ideas, in order to keep themselves at the top.

Dismantling that system will undoubtedly benefit all of humanity – it is not a favour to anyone, any more than it is a favour to yourself, people in your own family, and your future generations.

***Myth 5. You can solve racism by learning more about other cultures.***

***No, no, nope - false solution. You need to learn about racism itself: It's birth, it's growth, it's historical and current forms. You need to learn about power dynamics. You need to learn the difference between race and ethnicity. Whileracist policies inhibit multicultural expression, that doesn't mean bringing them back "cures" racism.***

***You can be racist in Te Reo Māori too. Absence of cultural education is not the problem here. Absence of education on racism is.***

I can't even count the amount of times I have come across people who think learning about other cultures will solve racism. Inherent in this idea is a key flaw in addressing racism – the confusion between race and ethnicity.

Quick 101 – race is rooted in the idea that biological markers, (colour of skin, bone structure, eye shape, hair type) are genetically associated with intelligence, ability, criminality, promiscuity, and so on. The fact that these biological markers are so often equated with ethnicity is what often causes confusion. Here are some handy articles to start to get your head around this. Yes slavery has existed since forever – yes ethnic discrimination and warfare has existed since



forever – but it is the constructed idea that you are only \*worthy\* of enslavement because of the colour of your skin, or \*worthy\* of ridicule because of the shape of your eyes, or that you are \*destined\* for prison based upon a combination of these factors, that developed out of the racist imaginations of European scribes and clerics of the 15th and 16th centuries.

Ethnicity is state of belonging to a social group that has a common national or cultural tradition. It may include language, religion, and sometimes nationality as well. You can claim many different ethnicities and many different nationalities, but race is more often something that is applied to you, by society, by the racial hierarchy, by systems and the individuals within them, regardless of the ethnicities you claim. Some aspects of ethnicity can become racialised, an example of this is Islamophobia, which is not actually rooted in a deep understanding of Islam, but rather a racist othering of a Non-white, non-European religion. For this reason you will often see Non-Islamic groups like Sikh, or indeed Arab Christians, be subjected to Islamophobic abuse.

So when we say that celebrating cultural traditions will cure racism, it comes from a flawed understanding that confuses race with ethnicity. What we need to learn about is the construction of race, and racial hierarchies, and racial injustice, in order to dismantle systemic racism – and what will naturally flow from that process is a celebration of all cultures. As Arundhati Roy says about confronting empire: we must strip it down, make it drop its mask and force it out into the open on the world's stage – too ugly to behold its own reflection, too ugly to even rally its own people.

***Myth 6. Experiencing racism provides expertise.***

***With an issue as prevalent as racism it's easy to assume you know it well, but anti-racism is a DISCIPLINE. Like all disciplines it comes with a history of thought leadership & activism***

***which deserves humble recognition & wananga.***

The world has heard a lot about the Dunning-Kruger effect thanks to covid and misinformation. The idea of “instant expertise” has gone hand in hand with the growth of the internet and when that is combined with an experience as universal, powerful and emotional as racism, it can lead us into some very murky waters of superficial understanding, false certitude and blindspots. Racism is a discipline as well as a cause. Thought leaders and activists have had their lives taken while fighting it and exposing it. It has multiple contexts around the world that intersect, and interconnect and we become richer as we respectfully learn about them. As we embark on a journey as a nation to dismantle racist systems, we owe it to those who have dedicated their lives to racial justice, to immerse ourselves in their teachings, to honour the discipline they have grown, layer upon layer of deep reflection upon where we have come from and where we need to go, in order to do justice to it.

That's it – it's a small list but it is the most common misconceptions that I come across and the reflections I often have around them. I've only been studying this for a few years and I have so much more to learn – about racism in general and about the racism in me, and how to dismantle it all. I hope that at least some of this might help some of you in your journey too.

Mauri ora.

### RECOMMENDED AUTHORS

Moana Jackson	Haunani Kay Trask
Ani Mikaere	Linda tuhiwai Smith
Waziyata Win	Mason Durie
Angela Davis	George Manuel
Ibram X. Kendi	Kehinde Andrew
Arundhati Roy	Steven Newcomb

source <https://tinangata.com/2022/05/20/doing-justice-6-anti-racism-myths-that-really-need-debunking/>  
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## Support at LHWC

### A & D Wellbeing Support Group

Facilitator: Janet Matehe  
Enrolment: Not necessary, you can just turn up  
Cost: No Charge  
Day: Friday afternoons every week in 2022  
Time: 1pm-2:30pm  
Creche: Is available, let us know if school aged children will be attending

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.

The group meet from 6 - 7:15pm on the second Monday of each month.

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

Facilitator:

Kimberley Bignell

Contact her if you have questions on:

027 327 4466 or  
kimberley@bignell.co.nz

Cost: FREE

Enrolment not necessary just turn up

## Self Esteem for Women

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 or Naomi Millane

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 inquiries about babies because they need more attention.

During school holidays we may be able to provide supervision for school aged children. Please talk to us ahead of time so we can find a volunteer to support this.

### Tuesday evenings in 2022

23 Aug	Putting yourself in neutral
30 Aug	Having the Courage to be Imperfect
6 Sept	Developing Courage
13 Sept	Willpower
20 Sept	Anger as a Strength
27 Sept	Developing self Knowledge
4 Oct	Self Love
11 Oct	Acknowledging Self
18 Oct	Enhancing Self in Terms of Awareness
25 Oct	Acceptance and use of Strengths
1 Nov	Positive Thought and Talk
8 Nov	Messages about Self
15 Nov	Accepting Responsibility for Self
22 Nov	Coming to Grips with feelings
29 Nov	Talking about Ourselves
6 Dec	Beliefs about Self
13 Dec	Expressing Pride in Self
20 Dec	Letting go of the Past
2023	Respecting Self and Others
2023	Striving for Pure Motives

### Friday mornings in 2022

26 Aug	Enhancing Self in Terms of Awareness
2 Sept	Acceptance and Use of Strengths
9 Sept	Positive Thought and Talk
16 Sept	Messages about Self
23 Sept	Accepting responsibility for Self
30 Sept	Coming to grips with feelings
7 Oct	Talking about ourselves
14 Oct	Beliefs about Self
21 Oct	Expressing Pride in Self
28 Oct	Letting go of the Past
4 Nov	Respecting Self and others
11 Nov	Striving for Pure Motives
18 Nov	Putting yourself in neutral
25 Nov	The courage to be imperfect
2 Dec	Developing Courage
9 Dec	Willpower
16 Dec	Anger as Strength
23 Dec	Developing Self-Knowledge
2023	Self Love
2023	Acknowledging Self

### 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

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, email [info@lhwc.org.nz](mailto:info@lhwc.org.nz) or do it on our website [www.lhwc.org.nz](http://www.lhwc.org.nz)

## Assertiveness for Women

Facilitator: Stephanie Brockman

communication that is self-enhancing and expressive.

Course Duration: 6 Weeks on Wednesdays

Dates: 19th Oct - 30th Nov 2022

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

Time: 7-9pm

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

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

It is appropriately direct, open, and honest

## Drop in workshops

### Yin Yoga

**When:** Monday's 1:30pm-2:30pm at no cost

**Call:** 04 920 1009 to enrol (maximum 5 people)

**Bring:** a towel to lie on or yoga mat (if you have one), a water bottle and wear loose comfortable clothing.

#### What is Yin Yoga?

The practice is suitable for people of all abilities, even those who have never tried yoga before. Yin poses are calm and deep and held for longer (two to seven minutes) than more common yoga styles.

#### About the Facilitator

Jazz is a recently qualified Yin Yoga teacher who has worked as a Social Worker in the past. Jazz lives locally with her family and is offering these sessions to the Centre community for free.



### Art as Wellbeing

Join us at the Centre for creative art expression.

**When:** Mondays between 11am - 1pm

**What do I bring?** Everything is provided.

The creative arts therapies are a great way to reconnect with your creativity. Belle will be providing sessions with the planned use of 'art making' to assist our wellbeing. She will use a range of creative techniques such as drawing, painting, collage, or colouring to help people express themselves artistically and examine the psychological and emotional undertones in their art.

#### About the Facilitator

Belle is a trainee creative arts therapist from Whitecliffe College, on placement at the Lower Hutt Women's Centre.

## Workshops

### Painting Workshops

Tutor: Linda Wood  
Cost: \$10 Unwaged/Low waged \$20 Waged per workshop  
Dates: Workshop Four: Saturday 10 September 2022  
Workshop Five: Saturday 15 October 2022

***Workshops are fully booked please call us to be placed on a waitlist***

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. bring food for a shared lunch

### Raranga - Flax Weaving

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

***Workshops are fully booked please call us to be placed on a waitlist***

Time: 10am – 4pm  
Maximum 5 participants

We provide all materials including harakeke (flax). Bring food for a shared lunch.

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.

## Courses

### Understanding the Blues

Facilitator: Kay Riddler  
Course Duration: 6 weeks on Wednesday  
Dates: Begins 3rd Aug 2022  
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.*

### Self Esteem for Teens

Self esteem course for girls aged 13 to 17 years.

Facilitator: Naomi Millane  
Course Duration: 8 Weeks on Tuesdays  
Date: 2nd Aug - 20th Sep 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 Bio

Naomi is, in her final year of study as a 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: 19th Oct - 7th Dec 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.circleofsecurity.com](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 pre- School 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: 27th Oct - 8th Dec 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.

## Resilience

The identification and use of resilience in everyday life

Facilitator: Stephanie Brockman  
Course Duration: 6 weeks on Thursdays  
Dates: Begins 24th Aug 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.

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

## Questions and Answers

### **Question 44 – “Why should we do anything now?”**

Breaches of the Treaty have almost always ensured that non-Māori benefit and that Māori have been denied access to resources of all kinds. Almost no institutions in Aotearoa New Zealand operate on Māori tikanga, cultural values, language or world views. Access to services for Māori usually requires them to relate to mono cultural processes. This benefits people who belong to the dominant culture, and penalises those who do not. The problems won't disappear. If we don't deal with them, the next generation will have to, or the next. Mahatma Ghandi once said:

"The best test of a civilised society is the way in which it treats its most vulnerable and weakest members".

Non-Māori must take responsibility for challenging breaches of the Treaty, and in certain circumstances support Māori in their work towards independent political, social and economic institutions, primarily by tackling non-Māori obstacles such as inappropriate legislation, racist funding frameworks, or policies. Some Tauīwi are also questioning the efficacy of our mono cultural institutions, for example the prison system. They wonder if Māori restorative justice practices may produce better outcomes, not only for Māori but for everyone. Māori instigated Family Group Conferences, for example, work well for Tangata Tiriti too.

Concern for sustainability in environmental management has led to tangata tiriti understanding that decisions that include Māori and therefore indigenous values based on the rights of nature are more likely to result in ecosystem protection.

### **Question 45 – “Doesn't the treaty make everything complicated and take up too much time?”**

Change can be difficult and the processes take time to work through. but the benefits of having a fair, just, inclusive and more equal society include harmonious relationships and cost effective and equitable distribution of resources. Unequal societies have higher negative social statistics for both the privileged and the poor in those societies, and in New Zealand the largely race-based gap has been growing for the past 30 years. Māori disadvantage is an ongoing opportunity cost to the nation as a whole. In fact, many long term solutions ultimately create a much more efficient use of time, money and energy. Organisations that have addressed the Treaty in their structures and policies clearly show positive results.

Where Māori have been resourced to be able to put their own systems in place, Tauīwi benefit from being a part of an organisation that respects and respects our country's dual cultural heritage. The process also makes it easier for ethnic groups other than Pakeha to make further changes to institutions that will benefit their own members.

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 December 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!