

Cronecle

Newsletter of the Lower Hutt Women's Centre

Hakihea / December 2022



Viewpoint

By Fliss Maera-Wallace

Becoming a Deaf Feminist

I was born in the early 1970s, when women were starting to move towards liberation and being feminist became a thing. My mother believed in equal rights for women but she was trapped in an abusive marriage and she was also deaf, at a time when that was considered a major handicap. My mother, one older sister and I were oral deaf, we spoke and lip read English and didn't sign. We also all had residual hearing till our late teens which meant we learnt to speak well and pass as hearing.

This was a double edged sword, as



at school not hearing was seen as misbehaving or being stupid, when at other times we coped ok. People assumed we were ignoring them. Because I looked normal other kids didn't understand why I couldn't follow playground games or classroom activities. School was lonely and I read all the time to compensate.

Attitudes towards deaf women were incredibly paternalistic, we were seen as even more helpless than 'normal' women and encouraged to rely on hearing men to help us through life. Male Drs
Continues on page 3.....

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

We will also be in the Hauora Tent at Te Ra o Te Raukura at Te Whiti Park on 28 January 2023.

Pop down to check out the expo tents, enjoy the kapa haka performances, whanau entertainment and complete our survey.

Closing - 23rd December 2022

Re-opening - 24th January 2023

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Women's Centre Hours

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

Contact us

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

Whakatauki

Whaowhia te kete mātauranga
Fill the basket of knowledge.

When you stop learning, you will stop growing. Becoming mature not only entails your age, but it should also speak highly of how much you have learned through the years. Seize every chance to learn. Read a book. Listen to people. learn te reo. There are a lot of ways to learn and life is but a huge classroom.

Mā te huruhuru ka rere te manu
Adorn the bird with feathers so it may soar.

Whether you are young or old, there's always room to grow. Learning a new skill, solving problems, and helping others are just some of the many "feathers" you can wear in order to soar high. The more strengths you have, the higher you'll fly! Give your tamariki those feathers (experiences) so they may soar.

<https://www.thetereomaoriclassroom.co.nz/2019/07/whakatauki-wisdom-te-reo-maori/>

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

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and audiologists told us how defective we were. One audiologist took great care to tell me I was going deaf and would soon not be able to hear anything for the rest of my life. I was 10 years old.

My mother relied on my father for most outside communication and he used that as a weapon, refusing to pass on phone calls, even when it was one of us kids ringing up in trouble. Strangely Mum still believed in rights for women and she had a bookshelf full of women authors including lots of NZ women. I gobbled these books up. They seemed to give an idea of a better world possible somewhere out there, where women escaped cruel men and lived lives of great satisfaction. It's odd, my father was very misogynistic and at the same time he encouraged us to do our absolute best at school and on tramping trips with him. We were taught we could do anything at the same time as being told how second rate women were.

When the DPB became available Mum left my father and struck out on her own. I didn't realise at the time the courage it would have taken to do this, to deal with lawyers, real estate agents and do all the necessary things by herself. Our house changed overnight to one of only women, it became peaceful and even happy.

Unfortunately she also fell in love with an old friend and moved me and my twin sister up to the North Island to live with him. The old friend was not abusive at least, but I found him creepy and manipulative. It seemed like the women doing it on her own was a short lived thing. I think I internalised this, as I struggled to cope with losing all my hearing and what that meant for me in terms of education and job prospects. I could no longer hear at school by the time I was 15, I got School Cert and then left.

My mother was horrified, she tried to get me to go to a Deaf school to finish my education. I refused to be part of that world and I certainly wasn't going to boarding school. I'd long since

discovered alcohol, drugs and sex as ways of coping with feeling alienated and boarding school would have cut me off from all that. So I got a factory job, which was all that was available to a deaf girl. Left home, moved in with my boyfriend. We quite quickly decided to get married. I don't know what I was thinking, except that there seemed not much else to do. He was good at fixing problems and taking care of things. I longed to feel safe in scary hearing adult world. My one condition was that we move back to Nelson, I missed the South Island terribly. Back home, stuck in another factory job, and realising I had married a carbon copy of my father, I became desperate. I was determined there must be more to life than this.

Now, most women when they want to change their life, they connect with other women, get into consciousness raising groups or talk with friends. I couldn't do this, I had no friends, deafness isolated me. I started reading instead. Self help books like *fat is a feminist issue*. I read enough that I started to become really angry and inspired to change my life. This coincided with the disability rights movement, institutions closing, courses being run for people with disabilities.

I told my husband I wasn't going to work in a factory all my life and enrolled at polytech to learn to teach people with disabilities. I also started meeting Deaf people, ones who signed and saw being Deaf as a cultural language group rather than a disability. Our marriage lasted about 3 months into the course. But a last hurrah together left me pregnant. I qualified and had my daughter about the same time. I was furious to be a single mother and terrified she would be deaf too. I lost the last of my residual hearing when she was born.

I decided to move to Auckland where there was a large Deaf community with other young Deaf Mums. During that move my ex husband kidnapped our daughter and disappeared with her, getting interim custody. I was told by the *Continues on page 4...*

lawyer I saw there was no point in going to court
as they would never give custody to a Deaf

I decided to work in the sex industry. It was the only job that offered any kind of decent money for a Deaf woman, and time to see my daughter. It turned out to be empowering for me. I was earning my own money, I could rent a place big enough for my daughter to stay with me, I could afford to buy her anything I liked. And within that industry I met many strong determined women who were there for many reasons. They were not, as SWERFS insist, trafficked or brainwashed. They were using the industry as a tool to be able to raise children alone or work with a disability or just earn a better living than cleaning or factory work.

In 2001 I got a cochlear implant which gave me my hearing back. As soon as it was working well I went to rehab and kicked the drugs in the arse. I couldn't go to rehab while Deaf, they would not fund NZSL interpreters. I continued sex work though, but I worked for myself, which cell phones and the internet and being hearing made possible.

And now? Well eventually I decided to retire, mainly because gravity comes to us all. I met someone I wanted to focus on, rather than share myself. We had some good years before I ended up on my own in Wellington. I now work in the field I qualified for all those years ago, as a community support worker in high needs disability. I absolutely love it.

Flüss



Source: https://www.accessmatters.org.nz/deaf_positive_nz_a_lockdown_success_lyneen_s_story

Community Assistance

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

**If you need food, there's a place
near you that can help.**

Stokes Valley Food Bank 027 557 0248

Stokes Valley

Te Aroha Kai 04 939 8345

Taitā & Pōmare

Kōkiri Marae 0800 926 257

Wainuiōmata

Lower Hutt Food Bank 04 568 7392

Hutt Valley



**Te Awa Kairangi
Kai Collective**

Reflections on Childbirth and Intergenerational Trauma

source: <https://www.pantograph-punch.com/posts/in-the-delivery-room>

Nalin Samountry speaks on the grief, love and history carried from mother-to-child in the womb, and the barriers present to access adequate cultural care for recent mothers.

The temperature in the delivery suite is warm. It's strange to feel so warm in a sterile hospital space. I'm also running warm because of what I've been calling the heater in my belly – more accurately, the full-term baby in my womb. I am sitting in one of two occupied delivery rooms in the labour ward of my local hospital. I am a Laos writer living in Wainuiomata with my partner and two children. I am a couple weeks into my maternity leave from legal resource writing and expecting to deliver my third baby within the next day in this room.

If you are going to be giving birth, chances are you have come across information on how breathing techniques can help during childbirth. There is a library of breathing techniques that aim to increase relaxation and decrease the perception of pain. The idea is that controlled breathing can reduce fear and anxiety during childbirth. When the mind is in a relaxed state, the body can give birth more quickly and painlessly.

I've had a vaginal delivery and a caesarean section for my first two children respectively. The experiences differed greatly but shared one common denominator for me – I really had no choice in what was happening to my body. From the contractions slowly and painfully changing the form of my cervix, to the obstructed labour and an acute surgical delivery, I had, in both experiences, the feeling of a forceful evacuation.

In both childbirth experiences, I practised breathing techniques. I felt it was the only thing I could control in the entire experience. I am admittedly not someone who loves to be

pregnant and views childbirth as the ultimate manifestation of feminine empowerment. For me, pregnancy is a conduit to having a child, childbirth is an inevitable and unavoidable experience. Having some sort of control during childbirth was a lifeline I clung to as my body was the most out of my control it has ever been.

In my childbirth experiences, I've focused on a deep breath in, holding it for five seconds, then a calm breath out. With every inhale and exhale, I controlled and then manifested. It was between these breaths that I felt the strongest connection to every maternal figure in my life, especially my mother.

My mother was born in Laos, the third of five children. She took her first breath at home in the northern hills of Luang Prabang. She grew up in a culture and economy of subsistence. Her family's life centred around the simple acts of sustaining themselves through fishing, farming and grazing livestock. The memories of her childhood, like collecting bamboo, fruits, greens, honey and khem grass, are rooted in her natural surroundings. She excelled at creating things with her hands, which is how she can still manipulate paper into delicate flowers and is the craftiest person I know.

She grew up in the midst of a decades-long civil war and on the fringes of the Vietnam War. From 1964 to 1973, the US dropped more than two million tons of bombs over Laos, equal to a planeload of bombs every eight minutes, 24 hours a day, for nine years. Laos is famously known as the most bombed country per capita in history. My mother had to risk uncovering an unexploded bomb every time she went foraging.





She had to learn the signs of a recent cluster bombing before walking any unexplored path, and swears she could still recognise the hum of different US military planes.

Laos is famously known as the most bombed country per capita in history

As a first-generation New Zealander, the disconnect I feel with my family's culture has been defining to my identity. The nuances of this feeling are shared on one of my favourite Instagram accounts – @browngirltherapy hosts a mental-health community for children of immigrants, run by writer Saha Kaur Kohli. The page applies mental-health information to the unique experience of children of immigrants. They recently posted a thread that perfectly describes the feeling of grief I have when I want to connect with my own cultural identity. It describes carrying the grief passed down from your parents' traumas or because of what was taken from your ancestors through wars, imperialism or colonialism.

When life feels the most tense, when I feel the most stretched and thinned, this feeling of grief is harder to carry. During childbirth, I want to be

connected more than ever to my ancestors and to their knowledge of childbirth. But there's a barrier in the medical system that prioritises Western medical practices over cultural knowledge. For someone who already feels like an imposter within my own culture, trying to assert some cultural responsibility within the labour experience in an overtly Western medical setting is overwhelming.

The work to be done to incorporate cultural knowledge into labour practices performed in hospitals is significant. The perspective I have encountered in the medical system is mirrored in the letter, published in the Listener in 2021, by seven academics who said that the Indigenous knowledge of mātauranga Māori "falls short of what can be defined as science itself".

My maternal grandmother died when my mother was six. Her father was unable to support five young children alone, so my mother was sent to live with relatives. Growing up without her mother, father or siblings, she felt unmothered (a word coined by writer and poet Meghan O'Rourke to describe those without mothers). When she became a refugee as a young adult, this was amplified to a feeling that she had no place in her own country.

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Like most immigrant parents, mine provided me with everything I needed, but not in the form that I wanted. The most prominent depiction of family I was exposed to came on TV between 5.30 and 7.30pm. I ate up Western depictions of mothers in 30-minute morsels and would compare my own family life to the perfect family with the Stepford wife and mother. I compared my mum to American sitcom moms who were only on screen to reflect their devotion to their families, not as fully fleshed human beings with their own lives.

I compared my mum to American sitcom moms who were only on screen to reflect their devotion to their families, not as fully fleshed human beings with their own lives.

Looking back on my childhood, I recognise now the difficulty my mother had with mothering, especially when she lost her own so young. She resented the expectations I had of her and I resented her aloofness. She was not always emotionally available and it took me until adulthood to realise it wasn't my presence that caused this. I have a memory of her telling me, when I was ten years old, that she was leaving my father to live with another man, and that she would be taking my two older sisters but not me. It's hard not to take that kind of rejection personally and, if I'm honest, I still carry that chip on my shoulder. It's probably the reason why, every time my partner says "I love you", I reply with "Do you?"

The relationship I have with my mother led me to learn about generational disadvantage, or how the effects of trauma can be passed down through generations. Recent research on intergenerational disadvantage in Aotearoa shows that maternal mental health is the primary indicator for a child's health and wellbeing. A recently published paper on intergenerational disadvantage and the importance of maternal mental health says that even mild stress during pregnancy can affect the development of a child. This suggests that intergenerational disadvantage can be passed from mother to child through biological contributions.

According to the Helen Clark Foundation report *Āhurutia Te Rito, It Takes a Village*, 20 percent of New Zealanders experienced symptoms consistent with clinical mental illness during the perinatal period (from the beginning of pregnancy until up to a year after birth). This could include feelings of anger, anxiety, guilt or hopelessness. In extreme cases, it could include maternal suicide, which is Aotearoa New Zealand's leading cause of death for pregnant people and new mothers. Caring for the mental health of pregnant people and new mothers goes far beyond just one person, but will directly affect the wellbeing of their family and the development of their child.

Caring for the mental health of pregnant people and new mothers goes far beyond just one person

The double-edged sword of highlighting this research is that pregnant people and mothers are already obviously struggling. Being aware that a mother's mental health has a direct impact on the development of their child adds pressure on a pregnant person who is already navigating stress or trauma. It's how we mitigate this that will benefit communities. Real support for pregnant people and new mothers can mitigate the cycle of disadvantage being passed from mother to child. Real support needs to be accessible and also address practical realities that drive intergenerational disadvantages, such as access to affordable and safe housing, childcare and food security.

Within Laos cultural practices around birth, a new mother is cared for by her family and community, and is often required to rest for up to one month after childbirth, with meals and childcare for older children provided by her community. Te ao Māori, Pacific and many non-Western cultures centre the mother's care after childbirth, and integrating these practices within Aotearoa New Zealand's Western medical model of care could reduce the feeling of isolation that new mothers can feel.

In the Delivery Room -Nalin Samountry

Childbirth has always been viewed as a spiritual experience in my family. It's a time of connection between myself and the child inside of me. The moment of my birth, and the birth of my mother and of her mother are interconnected. This connection is celebrated as the new life begins, tethered to the family that breathed before them. The research findings that trauma and disadvantage can be passed from mother to child come as a natural revelation to me.

When my mother was born, she had all the eggs she would ever have in her already-developed ovaries. My culture and belief would deduce that I was there, living inside of her, when she

experienced the death of her mother, the instability of war and living in the most bombed country per capita on earth, and the trauma of being a refugee. Children of refugees inherit so much from their parents. Often it is in our quest to understand our identity that we are tasked with unpacking, contextualising and understanding the trauma of our mothers before us. While I am always in the process of understanding, I also have the resilience of my mother and hers before me; after all, I am my mother's daughter.

source: <https://www.pantograph-punch.com/posts/in-the-delivery-room>



our work should equip
the next generation of women
to outdo us in every field
this is the legacy we'll leave behind

progress - rupi kaur

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 2023
Time: 1pm–2:30pm

Crèche is available for pre-school children. If you need to bring school age children please call us on 04 920 1009.

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

This weekly group is open to all Women.

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

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

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

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

Facilitator: Janet Matehe is a DAPAANZ Registered Alcohol and Drug Practitioner and NZAC Generic Counsellor and currently studying psychotherapy. She has completed Te Reo Māori me tikanga courses and has a Certificate in Supervision. Janet comes from a recovery background and she has been in recovery for 16 years. She is passionate about her work and she lives and breathes recovery in her personal life. The underlying principles she works with are Tika (correct), Pono (honest), and Aroha (love). She practices these principles on a daily basis, both professionally and personally.

Other Groups meeting at LHWC

Continued Recovery is a support group for women living in recovery from disordered eating. We welcome women of all ages with a history of anorexia, bulimia, binge eating, or any other form of disordered eating who are looking to continue strengthening their recovery journey. We meet monthly to celebrate our successes, discuss challenges/on-going issues in our recovery, and gain support from others with their own experiences of both illness and recovery. Please note: To ensure everyone's safety and wellbeing we require participants to be committed to their own recovery. If you're unsure if Continued Recovery is right for you, or if you have any questions, please contact us.

When:

Second Monday of each month

Meeting time: 6–7:30pm

Facilitator:

Kimberley

Cost: FREE

Dates for 2023:

- Monday Feb 13th
- Monday Mar 13th
- Monday April 10th
- Monday May 15th
- Monday Jun 12th
- Monday Jul 10th
- Monday Aug 14th
- Monday Sep 11th
- Monday Oct 9th

Enrolment not necessary; just turn up

Contact:

0273274466 or

kimberley@bignell.co.nz

Self Esteem for Women

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.

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.

Friday morning workshops

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

Time: 9:45am–12 noon
Cost: \$2

Facilitator: Naomi Millaine

Crèche is provided for pre-school children 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 evening workshops

Time: 6:30pm–8:30pm
Cost: \$5
Booking: You don't need to book; just turn up
Facilitator: Diana Rickman

Tuesday evenings in 2023

24 Jan	Respecting Self and others
31 Jan	Striving for pure motives
07 Feb	Putting yourself in neutral
14 Feb	Having the courage to be imperfect
21 Feb	Developing courage
28 Feb	Willpower
07 Mar	Anger as a strength
14 Mar	Acknowledging Self
21 Mar	Developing self-knowledge
28 Mar	Self love
04 Apr	Acknowledging self
11 Apr	Enhancing self in terms of awareness
18 Apr	Acceptance and use of strengths
02 May	Positive thought and talk
09 May	Messages about self
16 May	Accepting responsibilities for self
23 May	Coming to grips with feelings
30 May	Talking about ourselves
06 Jun	Beliefs about self
13 Jun	Expressing pride in self

Friday mornings in 2023

27 Jan	Self love
03 Feb	Acknowledging self
10 Feb	Enhancing self in terms of awareness
17 Feb	Acceptance and use of strengths
24 Feb	Positive thought and talk
03 Mar	Messages about self
10 Mar	Accepting responsibilities for self
17 Mar	Coming to grips with feelings
24 Mar	Talking about ourselves
31 Mar	Beliefs about self
07 Apr	Expressing pride in self
14 Apr	Respecting Self and others
21 Apr	Striving for pure motives
28 Apr	Putting yourself in neutral
05 May	Having the courage to be imperfect
12 May	Developing courage
19 May	Willpower
26 May	Anger as a strength
02 Jun	Acknowledging Self
09 Jun	Enhancing self in terms of awareness

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	<i>Self Esteem</i>
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Wednesday

9:30am– 3:30 pm	<i>Computer lessons (by appointment)</i>
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Friday

9:45am– 12pm	<i>Self Esteem</i>
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1–2:30pm	<i>A & D Wellbeing Support Group</i>
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First Sunday of the month

1pm– 4pm	<i>Support group for women who have experienced rape or sexual abuse</i>
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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 2019. 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 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

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 or do it on our website www.lhwc.org.nz

Assertiveness for Women

Facilitator: Stephanie Brockman

Course Duration: 6 Weeks on Mondays
Dates: 27th Feb - 3rd Apr 2023

Cost: Waged \$40/low or unwaged
\$20
Time: 7-9pm

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 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.



Workshops

Painting Workshops

Tutor: Linda Wood
Cost: \$10 Unwaged/Low waged / \$20 Waged per workshop

Dates: Workshop One: Saturday 11 March 2023
Workshop Two: Saturday 13 May 2023
Workshop Two: Saturday 10 June 2023
Workshop Two: Saturday 12 August 2023
Workshop Two: Saturday 07 October 2023

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.

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 Workshops

Tutor: Michelle Barrett
Cost: \$10 per workshop

Dates: Workshop One: Sunday 26 March 2023 - KONAE *a small two-cornered basket*
Workshop Two: Sunday 28 May 2023 - KONO *a small four-cornered basket*
Workshop Two: Sunday 27 August 2023 - KONAE *a small two-cornered basket*
Workshop Two: Sunday 29 October 2023 KONO *a small four-cornered basket*

Time 10am – 4pm
Maximum 5 participants

Come along and experience making something from natural fibres in a supportive and fun environment. Attend one or as many as you like.
Learn the correct kawa (protocols) of cutting harakeke, preparing, weaving and leave with a finished product.

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

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.

Workshops

Art as Wellbeing

Join us at the Centre for creative art expression.

Tutor: Belle
Cost: Free - Just show up on a Monday
Dates: Every Monday beginning 20th February 2023
Time: 11.00am - 1.00pm

What do I bring? Yourself - Everything else 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.

Yin Yoga

What is Yin Yoga?

Yin Yoga is rooted in Eastern (Chinese and Indian) philosophy focussed on energy systems within the body. 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. They work with the energy meridians in the body to increase flexibility, improve joint mobility and connect with your body's wisdom.

Tutor: Jazz
When: Monday afternoons 1:30pm-2:30pm
Dates: Every Monday beginning 20th February 2023
Cost: Free
Maximum 8

Call: 04 920 1009 to enrol as spaces are limited

What should I bring?

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

About the instructor

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

Courses

BEing Well with anxiety and depression

Facilitator: Kay Riddler
Duration: 6 weeks on Wednesdays
Dates: 19th July - 23rd Aug 2023
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 12 maximum.

Self Esteem for Teens

Self esteem course for girls aged 13 to 17 years.

Facilitator: Naomi Millane
Course Duration: 8 Weeks on Thursdays
Date: 4th May - 22 Jun 2023
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 a counsellor experienced self defence teacher and a Mum.

Courses

Circle of Security® Parenting™

For Mothers of Pre-School Children

circleofsecurity.com

Facilitator: Kay Riddler
Duration: 8 weeks on Thursdays
Dates: 27 Apr - 15 Jun 2023
Time: 12.30-2:30pm
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 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
Duration: 6 weeks on Wednesdays
Dates: 15 Feb - 22 Mar 2023
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 Wednesdays 24

Dates: May - 28 Jun 2023

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

Questions and Answers

Question 46 – “Most Māori are happy with the status quo. Isn't it just a few radicals stirring up trouble?”

Radical is a label which tends to be pinned on anybody who challenges the status quo. Māori rights activists have useful insights into what happened in the past, what is happening now, and how our society can operate so that it acknowledges the Treaty. We tend to expect all Māori to be saying the same things, and criticise them when they express different views, forgetting that Tauīwi society is itself divided into a wide range of groups, views and beliefs depending partly on the information that is available to them, and partly on their political views.

Divisions among Māori are sometimes created by the policies of monocultural institutions, for example the way the Treaty settlements are being run. This gives Tauīwi an excuse not to try to understand the complexities of different Māori viewpoints, and sometimes is used by the government as a reason to not settle claims. But even when the 2004 Foreshore and Seabed Hīkoi to parliament showed the unity of more than 30,000 people, Māori and Tauīwi, the government still chose to ignore it.

There continues to be a lack of agreement on the status of the Treaty among non-Māori political and judicial leaders, which needs to be resolved if relationships between Māori and the Crown are to improve. For example, even the 2003 statement by Chief Justice Dame Sian Elias that "sovereignty by the British Crown was a sovereignty qualified by the Treaty" is disputed by the government.

Question 47 – “What does cultural safety mean?”

One definition of cultural safety is where safe service practitioners recognise, respect and acknowledge the rights and customs of others. It is achieved by learning about the history of Aotearoa, and by learning to recognise the tenets and beliefs that underlie the practices from our own culture.

Practicing cultural safety is about relating to someone in a way that makes them feel most comfortable, which means taking into account their cultural values and customs. The concept was developed by nurses trying to improve health outcomes for Māori by encouraging them to use health services more often.



It was found that many Māori felt uncomfortable in monocultural Pākehā clinical settings where there was no understanding of Māori ways or their beliefs about health and illness, death and dying, bodily modesty, or gender roles.

Cultural safety in nursing doesn't just mean better health for Māori, it now implies training for better nursing care for all, as the need for greater awareness of cultures grows. It also tries to raise awareness among caregivers that people may find themselves suffering effects of poverty through no fault of their own, and encourages carers to suspend unhelpful personal judgements.

Other terms in this context are cultural competence and cultural congruence.

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 March 2023.

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

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

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

Become a Member

Benefits

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

Annual cost

- Waged: \$27
- Low or unwaged: \$15
- Teenager: \$10
- Child: \$5

Payment

Cash: Pay at the Women's Centre
Online banking: Account number 03-0531-0528525-03
Reference: your name and 'join'.

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

We thank you for your support. Join us!