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## 2023 IS TRULY UNDERWAY!

Dear <<First Name>>,

We hope your year has begun smoothly, and you have been finding ways to cool off in this often hot and humid summer weather.

We have been back in the swing of things for a few weeks now and already have a number of exciting updates for you. There is a partially new operational and governance team here at the Women's Centre. Together with our longer standing colleagues, volunteers and supporters we have been working hard to keep our Centre operations running as seamlessly as possible for our visitors. Simultaneously, we are working behind the scenes to tackle the ongoing issue of finding enough funding to keep our Centre running.

On a practical level, we are currently assessing our strategy and goals, we are finalising the plans for a major upgrade of the Centre's appearance and last but not least, we have put together a number of exciting workshops and events - some of which will now be available to be attended in the evenings. Our friends of Nelson Soroptimists have organised a Quiz Night at the Granary to support the running of the Centre. Places fill quick, book now if you'd like to join!

You can find a summary of the Workshop Schedule for Term 1 below. If there are any that you are interested in signing up for, please do book in so we can ensure that they all go ahead. We will update you on all other topics with our next newsletter. Please get in touch with us if you have any questions, suggestions or would like to get involved in any way!

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## Workshops & Courses

### Employment Workshops

#### **Employment and Job Search Workshop**

***Elmarie Karg*** from *Employable*

Wed 15<sup>th</sup> & 22<sup>nd</sup> February or Wed 1<sup>st</sup> & 8<sup>th</sup> March

The purpose of this workshop is to provide participants with an effective approach to job hunting and the confidence to apply for jobs. Topics: How to find a job, write a CV, cover letter, and prepare for a job interview! Employable can assist you in the journey to employment!

### Gardening Workshops

#### **Organic Gardening & Design – Intermediate**

***Ami Kennedy***

Mon 13<sup>th</sup> & 27<sup>th</sup> February

Mon 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, & 27<sup>th</sup> March

Mon 3<sup>rd</sup> April

A practical hands-on learning opportunity that builds on the knowledge gained from the *Beginner Organic Gardening & Design* course. We will cover the topics from the beginner course in more depth, with a practical application based in a real urban garden and how to observe, look and learn constantly within your space.

#### **Organic Gardening & Design – Beginner**

***Ami Kennedy***

Tues 14<sup>th</sup> & 28<sup>th</sup> February

Tues 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> March

Tues 4<sup>th</sup> April

This course will introduce you to the basics of organic gardening, including the following topics: *soil life and compost* methods; *permaculture* principles and thinking; “*pests and diseases*”; *raised bed garden* method; *propagation*, including *seed sowing & raising, cuttings; crop rotation, companion* planting.

### Health & Wellness Workshops

#### **Holistic Nutrition**

***Morgan Spittal***

Thurs 9 March

This workshop is a focused introduction to the five essential wellness pillars: *nutrition, movement, stress reduction, sleep, and healthy relationships*. In this 1.5-

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given your individual lifestyle needs.

### **Science, Signs, & Symptoms of the Three Stages of Menopause**

***Liz van Beek***

Thurs 16<sup>th</sup> February

Join Liz Van Beek of Nature's Effusion to find out: Why we feel 'out for sorts', what our endocrine system is going through and how that is causing fatigue, achy joints, mood swings, increased weight and so much more.

### **Endocrine System & Lymphatic Drainage Techniques**

***Liz van Beek***

Tues 2<sup>nd</sup> March

Join Liz Van Beek again for her second workshop and dive a little deeper into the endocrine system. Find out why this ferris wheel of hormones affects our glands and organs. How, carrying out self-Lymphatic Drainage techniques can help us to calm down and get back with being ourselves again.

### **Using Integrated Therapies to Help Balance Menopause Symptoms**

***Liz van Beek***

Thurs 16<sup>th</sup> March

During the third workshop in this series, join Liz to discover: How and why to use Reflexology, Massage and Acupressure in our self-care routine to balance our hormones, fight fatigue, reduce mental fog and general wellbeing during our menopausal aging.

### **Stress Management**

***Lizzie Nicolson***

Tues 28<sup>th</sup> February

Managing stress can be a challenge throughout life. Lizzie will take you through a variety of tools and techniques to manage stress, with an underlying focus on essential self-care. Woven throughout the workshop will be modalities such as essential oils, NZ First Light flower essences.

### **Art & Creative Workshops**

#### **Paint a Cafe Scene in Watercolour**

***Nicole Russell***

Tues 7<sup>th</sup> March

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room. You will create two small paintings and come home with lots of information and guidelines. This workshop will be fun for the beginner and the accomplished artist.

### **Paint a Market Scene in Watercolour**

***Nicole Russell***

Tues 14<sup>th</sup> March

Learn how to approach the challenge of painting a complex and vibrant market scene with lots of colour, people, tents, children, cars, etc. The paintings are charming with a lot of energy and stories. Nicole will guide you through the challenge and make the approach easy to understand. You will create two small paintings and come home with lots of information and guidelines. This workshop will be fun for the beginner and the accomplished artist.

### **Creative Mending & Alterations for Experienced Sewers – *machine and hand-sew***

***Kazumi Yamamoto***

Tues 21<sup>st</sup> & 28<sup>th</sup> March

This course is for experienced sewers who are familiar with the basics of hand sewing and machine sewing. You can bring your own clothes or purchase garments from the op shop at NWC to mend and upcycle during the workshop. You will learn different techniques of mending and alterations to help your creations, and put these into practice.

### **Hand-sew Mending with Various Techniques for your Favourite Clothes**

***Kazumi Yamamoto***

Tues 21<sup>st</sup> March

This course is for people who have basic knowledge of hand sewing. You will learn various techniques of hand sewing such as sashiko stitching. Also learn how to mend knit wear with felt needling & darning. This is a fantastic opportunity to attend to your favourite clothes that need to be mended and share your ideas with others who enjoy being creative and fun.

### **Mending with Various Techniques Including Sashiko Stitching – *beginners***

***Kazumi Yamamoto***

Tues 28<sup>th</sup> March

You will learn the basics of hand sew mending techniques with samples including Sashiko stitching for your clothes. No sewing experience is required.

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## May Sarmiento

Thurs 23<sup>rd</sup> March

Learn the art and technique of paper letter-cutting to create a special occasion garland, and the fun of paper flower-making. Together we can make that special birthday, anniversary, and other important occasion more personal, creative, and eye-catching.

You can **find out more** or **download your own copy** of the schedule here:

[NWC Workshop Schedule - Term 1 2023](#)

## Events

### Quiz Night - Brought to you by the Nelson Soroptimists

BROUGHT TO YOU BY NELSON SOROPTIMISTS

**QUIZ** ALL PROCEEDS GO TO THE NELSON WOMEN'S CENTRE

**NIGHT!**

COME ALONG FOR A NIGHT OF FUN & LAUGHTER! RAFFLES PRIZES

**TICKETS**  
\$160 per table of 8  
Includes supper R18

SUPPER WILL BE PROVIDED & BEVERAGES ARE AVAILABLE FOR PURCHASE

**WEDNESDAY 8 MARCH 2023**  
7pm | The Granary, Founders Park  
For ticket information contact:  
nelsonwmn23@gmail.com

***A fundraiser with all proceeds going to the Nelson Women's Centre***  
Wednesday 8 March, 7pm

Come along for a night of fun and laughter. Fantastic prizes to be won!

Contact [nelsonwmn23@gmail.com](mailto:nelsonwmn23@gmail.com) to book your table.

***But get in quick, this is almost sold out!***

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Lastly, we would like to congratulate the winners from our two raffles at the Nelson Women's Centre AGM 2022

**Basket** - Anna Aarts

**Quilt** - Phillida Bunkle (seen in photo)



As always, thank you for your support of the centre. We look forward to seeing you at a workshop, event, or dropping in to the centre soon.

Arohanui,

**Nelson Women's Centre Team**



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**NELSON WOMEN'S CENTRE**  
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Workshop bookings: [office@nelsonwc.org.nz](mailto:office@nelsonwc.org.nz)

We continue to be open 5 days a week:  
9am - 2pm Mon to Thu, and 9am - 1pm Fri

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