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It's all happening at the Nelson Women's Centre

Dear <<First Name>>,

Things have been busy here at the centre...

Our **Term 1 workshops** are well underway. You can find the schedule for the remaining workshops this term below.

A friendly reminder to please book in if you would like to attend a workshop. Bookings and pre-payment is how we ensure that workshops are able to go ahead, and that we are able to continue to offer a diverse range of workshops and courses to our wonderful community.

On that note, if you have workshop that you would like to see provided, or one that you would like to deliver yourself, hit reply to this email and let us know.

We are pleased to announce that the upcoming **Quiz Night**, kindly organised by the Nelson Soroptimists, has been fully booked out. We can't wait to join you for a fun night of knowledge and laughter.

If you missed out, do be in touch with the Nelson Soroptimists team in case there are any cancellations. You can find the details lower down in this email.

Please do make a note of Wednesday 8 March, as it is **International Women's Day!** In celebration, we would like to invite you to a **special lunch**.

Together we unveil the re-naming of our rooms, in honour of some notable and inspiring wāhine of Aotearoa New Zealand. These names were chosen by the women who come through our centre. More details can be found below.

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Lastly, we are pleased to announce that after countless hours of planning and coordination from many individuals, you will see some improvements happening around the centre, both inside and out. Our landscaping project will kick off soon, a new dishwasher is due to arrive, as well as a new table and chairs.

These are all things that will make a huge difference to the women who spend time at the centre. We would like to acknowledge the people, organisations, and businesses that have made this possible - thank you!

Wishing you and wonderful weekend, and we hope to see you soon.

Ngā mihi nui from the Nelson Women's Centre team x

Workshops & Courses

Employment Workshops

Employment and Job Search Workshop

Elmarie Karg from Employable

Wed 8th 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!

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-hour interactive workshop I will share evidence-based knowledge that is simple and easy to absorb. You will take away habits and goals that are simple and realistic given your individual lifestyle needs.

Using Integrated Therapies to Help Balance Menopause Symptoms

Liz van Beek

Thurs 16th March

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hormones, fight fatigue, reduce mental fog and general wellbeing during our menopausal aging.

Stress Management

Lizzie Nicolson

Thurs 30th March - ***new date & time***

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 7th March

Learn how can you approach the challenge of painting guest, waiters, tables & chairs, plates, etc.? Nicole will explain step by step the secret of painting people in a 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 14th 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 21st & 28th 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

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Hand-sew Mending with Various Techniques for your Favourite Clothes

Kazumi Yamamoto

Tues 21st 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 28th March

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

Special Occasion Paper Decoration Making

May Sarmiento

Thurs 23rd 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

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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

Events

International Women's Day Lunch

Refreshments, food, amazing raffles, and the re-naming of our rooms

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You're invited to an
 International Women's Day
Lunch

Wednesday 8 March, 12:30pm @
 Nelson Women's Centre

Refreshments
Light bites
Room Re-naming
Raffles
 & a celebration of women



2023 Theme
Embrace Equity

Please RSVP
 546 7986
 office@nelsonwc.org.nz

Please RSVP to 546 7986
 or office@nelsonwc.org.nz
 so we can get an idea of
 numbers.



[view this email in your browser](#)



NELSON WOMEN'S CENTRE
 TE WHARE ĀWHINA MŌ NGĀ WĀHINE PUAWAI

44 Trafalgar St. Nelson 7010

Ph: (03) 546 7986 | Social work & Counselling Ph: (03) 546 8441

General inquiries: manager@nelsonwc.org.nz

Workshop bookings: 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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