

YOU DON'T NEED TO BE WEALTHY, TO EAT HEALTHY

with *Wendy Kissell and Tika Tunu - Just Cook*

Have you been searching for that illusive balance of *quick and easy, cheap and cost effective, and healthy?* These sessions will get you feeling more motivated and confident to cook, even if you are keeping to a tight budget.

Book one session, or get the full value of a 4x session course

S1: Seeking variety on the plate... We will explore how to ensure we have variety on our plates - for our taste buds, our health, and our love of food.

S2: Making your money go further... Can we have value for money, as well as value for health and wellbeing?

S3: Sensational Sausages, Magic with Mince, & Finger Lickin' Chicken! Explore ways to make these cheaper meats go further with tasty, and family friendly recipes.

S4: Waste not, want not... Let's minimise waste, and maximise cost effectiveness!

DATES: Wed 2 Aug, 9 Aug, 23 Aug, 30 Aug @ 5:15pm - 7:45pm
With the option to stay after to share food and connect

COST: Free of charge

*With the support of the **New Zealand Nutrition Foundation***

NELSON WĀHINE CONNECT

with *Nelson Women's Centre*

Movement | Connection | Community

Join us for an opportunity to meet and connect over a shared activity. Walks in the community, visits to local attractions, and a chance to make connections. *Suitable for all ages and abilities.*

DATES: Every 2nd Wednesday @ 12:00pm

COST: Free of charge

*With the support of the **Nelson City Council***

CONTRIBUTE

INVINCIBLE

We are pleased to announce 'Invincible', a fundraising art exhibition planned for September. We are seeking donations of art from the community. You can find out more or express your interest here:

acn.org.nz/invincible---nelson-womens-centre

BEING A WOMAN IN...

On Suffrage day we would like to take you on a tour around the globe, from the female perspective. This is a call for your contributions - share with us *your* perspective on the current situation of women's rights in "your country".

nelsonwomenscentre.org.nz/news-events/women-s-suffrage-130-years/being-a-woman-in



CELEBRATE

CEILIDH DANCE NIGHT

The Nelson Soroptimists present a Ceilidh dance night with all proceeds going to NWC. Get your dancing shoes on and join us for a fun night. \$25 pp, more info or to book nelsonwmn23@gmail.com
Saturday 26 August @ 7pm, Victory Community Centre

TE WIKI O TE REO | MĀORI LANGUAGE WEEK

Come see us during Te Wiki o te Reo and Kōrerorero (chat) with us, and together we can āwhina (help) eachother to ako (learn) and whanake (grow).

Monday 11 - Sunday 17 September

WOMEN'S SUFFRAGE

19 September 2023 marks 130 years since women won the right to vote in elections in Aotearoa New Zealand. We will be having an open day down at the centre to acknowledge this milestone.

Tuesday 19 September

TO BOOK

office@nelsonwc.org.nz

03 546 7986

Drop in to the centre and book in person.

*Bookings & payments in advance
help us ensure our workshops go
ahead.*

TO PAY

ONLINE

Name: Nelson Women's Support Inc

Account Number: 03 1355 0736361 00

Please use your initial and last name + "WORKSHOP" as a reference.

IN PERSON We can accept cash or eftpos

Please pay at least 7 days before the workshop to secure your place.

MEMBERSHIP

For as little as \$10 a year, you can become a member of the Nelson Women's Centre. Members receive a 20% discount on workshops and your fee helps us with the running of the Centre. For more information or to sign up, come see us at the Centre or visit our website nelsonwomenscentre.org.nz/helping-nwc/membership

CANCELLATION

We are reliant on reaching minimum numbers to cover costs of running workshops.

- If you are unable to attend a workshop, please provide 7 days' notice for a full refund. This allows us to fill your space with someone else.
- Cancellations made with less than 5 days' notice are non-refundable
- If NWC is not able to reach minimum numbers by 5 days prior to the course date, NWC reserves the right to cancel the course.
- If NWC needs to cancel for any reason, you will be notified and issued a full refund.



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

WHAT'S ON?

*Term 3
2023*



*We provide and sustain an
environment that empowers wāhine
to gain **clarity**, to **connect**, to
contribute, and to **celebrate**.*

*To find out more about any of our workshops and events,
or see our facilitator bios, head to our website.*

nelsonwomenscentre.org.nz

CLARITY

PATHWAYS TO POWER

with **Kindra Douglas**

This is an 8 week guided course in exploring your sense of SELF, your strengths, your ability to reflect on your behaviours and beliefs, your power to choose and make things happen, and feel more in charge of your life – now and for the future.

DATES: 8x Mondays @ 12:45pm - 2:45pm
24 Jul, 31 Jul, 7 Aug, 14 Aug, 21 Aug, 28 Aug, 4 Sep,
11 Sep

COST: \$96 for members or \$120 for non-members

LIVING YOUR AUTHENTIC LIFE

A weekly personal growth group for women with Ali Watersong

Discover ways to live your life with more authenticity and spontaneity. Build your capacity to respond effectively to old situations or new challenges. Psychodrama is an enlivening action group method where you can gain new perspectives and insights. *No acting experience is required.*

DATES: 6x Thursdays @ 10:00am - 12:30pm
27 Jul, 3 Aug, 10 Aug, 17 Aug, 24 Aug, 31 Aug

COST: \$72 for members or \$90 for non-members

CLEARING EMOTIONAL BLOCKS

with **First light flower essences of NZ® and Lizzie Nicolson**

An intro to First Light Flower Essences of NZ®. Lizzie will share how they assist us in letting go of deep pain/trauma, and clearing emotional blocks.

DATE: Tue 8 Aug @ 1:00pm - 3:00pm
COST: \$12 for members or \$15 for non-members

CREATING THE LIFE THAT YOU LOVE

with **Lizzie Nicolson**

What if we could live our lives from a different perspective? What if what we needed, was within us all along? A deep dive, looking at the constraint of where you operate from, and turning this easily into a life you love daily.

DATE: Tue 22 Aug @ 1:00pm - 3:00pm
COST: \$12 for members or \$15 for non-members

GET EMERGENCY PREPARED

with **Nelson Women's Centre**

Come join us for a session designed to give you the resources to create your own emergency response plan.

DATES: Tues 12 Sep @ 10:00am - 11:30am **OR**
Thur 7 Sep @ 5:15pm - 6:45pm
COST: Free of charge

CAREERS & COFFEE DROP INS

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

If you are looking for work or wondering about a change, and would like some support, these sessions are for you.

DATES: 2nd Friday of every month @ 10:00am - 12:00pm
COST: Free of charge

CONNECT

HE WĀNANGA WAIATA MĀORI

with **Maria Oxnam** and **Te Mana Hā**

'Te Puāwaitanga o ngā Wāhine' - Four sessions of waiata Māori with the option to perform during the NWC Suffrage celebration. Wāhine who are new to singing are welcome, as are those with some experience. Prior knowledge of Te Reo Māori is welcomed; however, support will be given by the Kaiako to learn kupu Māori. The series of wānanga will be taught in English and reo Māori.

DATES: Fri 25 Aug, 1 Sep, 8 Sep, & 15 Sep, @ 9:30am - 12:00pm

COST: \$48 for members or \$60 for non-members

With the support of **Creative Communities NZ**
and **Arts Council Nelson**

ORGANIC GARDENING & DESIGN

with **Ami Kennedy**

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.*

Ami has a wide range of experience and this course aims to support your organic food gardening and answer your queries. It is a low-tech course that focuses on face-to-face teaching, accompanied by handouts - enjoy some time away from screens.

DATES: Tues 8 Aug, 15 Aug, 22 Aug, 29 Aug, 5 Sep, & 12 Sep @ 5:30pm-7:00pm

COST: \$72 for members or \$90 for non-members

EXPLORING MARK MAKING

with **Lynda Jessen-Tye**

Get your creative juices flowing! This session is about the process of expression and letting go of how art looks. Mark making entails leaning in to scribbling, making lines, smudges and patterns while bringing a gestural energy into the process. No experience is required. Lynda is a registered Creative Arts Therapist.

DATE: Fri 8 Sep @ 10:00am - 12:30pm
COST: \$5 for members, or \$8 for non-members

With the support of **Creative Communities NZ**
and **Arts Council Nelson**

FABRIC DYEING TECHNIQUES

with **Susanne Williamson** from **Unique Threads**

Learn the art of different fabric dyeing techniques with an experienced fabric artist. New challenges for past students are available.

Book one session, or multiple

S1: Happy Feet An introduction to Arashi Shibori, a pole wrapping technique. Learn how to dye permanent colourful stripes onto a pair of cotton socks.

S2: Fold – Clamp – Dye An introduction to Itajime Shibori. Creating geometric patterns on fabric. Learn folding techniques, how to secure the fabric using clamps and then applying colour using a vat dye bath.

S3: Resist Stitching Using a needle and thread, designs will be made by gathering stitching into tight folds. The fabric within the folds resists the dye, which can create a great variety of patterns and shapes.

S4: Textured Pole Wrapping Using PVC cylinders as the basic working tool, we will learn to wrap and manipulate fabric and secure these textured pieces onto the pole to create more complex dyed patterns.

S5: Wrap It Up Fabric Manipulation using string, rubber bands, and small objects to resist the fabric using Shibori and other "traditional" tie dye techniques.

DATES: Wed 26 Jul, 9 Aug, 16 Aug, 23 Aug, 30 Aug @ 9:30am - 12:30pm

COST: \$16 per session members or \$20 per session for non-members

BATIK FABRIC DYEING ON SILK

with **Susanne Williamson** from **Unique Threads**

Learn the art of Batik fabric dyeing on silk, over the course of two sessions. New challenges for past students are available.

This is a two session course.

S1: Batik on Silk - Cold Water Wax A product called Resistad will be used in this class. We will be using silk. The designs will be drawn using clear and coloured wax.

S2: Batik on Silk - Hand Painting Using the prepared silk fabric from session 1, the designs will be hand-painted using silk dyes. Salt technique also used and explained.

DATES: Wed 6 Sep & 13 Sep @ 9:30am - 12:30pm

COST: \$36 for members or \$46 for non-members

NWC BOOKCLUB

with **Nelson Women's Centre**

No set books, rather a different topic each month and members can choose what to read related to that topic. All are welcome.

DATES: 3rd Tuesday of each month @ 4pm

COST: Koha