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Looking toward Term 2

Kia ora <<First Name>>,

As we wind up Term 1 of 2023 we would like to take a moment to, not only wish you an enjoyable Easter weekend, but **thank you** for the support, engagement, and generosity over the past few months.

It has been truly wonderful to see people arriving eager and departing happily from the many workshops. It has been heart-warming to witness the support and generosity toward the centre and toward each other. And it has been inspiring to hear the ideas, commitment, and dedication to the future of the centre, and the support of women and non-binary in Whakatū Nelson.

Looking forward toward **Term 2**, we have many things going on here at the Nelson Women's Centre - workshops, our landscaping project, a working bee and more.

You can read more about them below. And as always, do hit reply and let us know your thoughts.

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

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

Landscaping

Those of you who have been into the centre in the last few weeks will have seen a flurry of activity with the landscaping project finally underway. The fence is due to be completed in the next couple of weeks. You can see the difference already in the street front visibility, and can just imagine the impact once the paint has gone on.

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Working Bee

At some point in the next two months we would like to hold a working bee in order to paint two of our external rooms – The Kate Sheppard Room and The Jacinda Ardern Room – and to treat our decking. If you would be interested in helping out, please hit reply to this email and let us know.

Seeking Governance Support

New Year, New Purpose - Governance Convenor - Nelson Women's Centre

We are looking for a brilliant person to join us as our Convenor (volunteer role) on the Governance team where we work together with the Manager of the centre to help set and lead the strategic direction of the Nelson Women's Center. This role presents a unique opportunity to continue developing the significant work the Centre does in the community.

You will be a strong, collaborative leader, who is highly motivated and able to manage competing strategic priorities. Ideally with an understanding of Te Tiriti o Waitangi, you will continue to support the Centre to be a friendly and welcoming hub for women, trans women and non-binary people in the Whakatū/Nelson Tasman area.

The role of Governance is to:

1. Guide the strategic direction of the organisation.

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4. Employ staff including the Women's Centre Co-ordinator delegating to and sharing employment responsibilities with her
5. Assist with fundraising for the organisation.

As Convenor the role is to:

- Set the GC Agenda in consultation with the Manager
- Chair Governance meetings and conduct the meetings in accordance with the agenda
- Encourage and allow contribution by all members of the Governance, all issues are given due consideration until decisions are reached and appropriately recorded.
- Where there is dissention, decide whether it is appropriate to postpone an item or seek further advice or information
- In the event of an equality of votes shall have a casting vote.
- Sign previous minutes as an agreed record
- Be responsible for the Governing Collective and its effective function.
- Instigate and supervise annual review of appraisal of the Board's achievements
- Oversee the delegation of authority to the Manager and to nominated sub-committees
- Be the spokesperson of Governance Collective at the AGM and at external meetings as required
- Regularly review progress with the Manager on important initiatives and significant issues facing the Centre

You will be joining a welcoming, supportive and diverse Governance team. We are open to discussing job sharing (Co-Convenor) for the right candidate/s.

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

Workshops Term 2

Self-Management Workshops

Ergonomics – Have I been sitting wrong?

Thi Hoàng

Friday 28 April – 6:00pm

Is there a right way or wrong way to sit? How about lifting and carrying things? How can I improve my posture? All these questions, and more, will be answered with experienced physiotherapist, Thi Hoàng. Take the time to invest in your body's wellbeing and longevity.

Build Your Financial Resilience

Lisa Dyer from Nelson Budget Services

Tuesday 16 May – 10:00am

This workshop is aimed at supporting and encouraging women who are managing their money independently. Come along a talk with other women in similar circumstances. As we discuss ideas, strategies and share our knowledge, we empower each other to feel confident, resilient, and hopeful for the future.

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Nelson Women's Centre

Tuesday 13 June – 10:00am, or

Tuesday 20 June – 5:15pm

With so much happening, we all know that emergencies can happen anytime, anywhere.

Together we will work through the steps to be prepared. You will walk away with the resources to create your own emergency response plan. We will cover the physical and psychological effects of emergencies, how and what to prepare, and tips on what to do before, during, and after an emergency.

Gardening Workshops**Organic Gardening & Design – Intermediate****Ami Kennedy**

Mon 1, 8, 15, 22, 29 May, 12 June – 10:00am

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 2, 9, 16, 23, 30 May, 2 June – 5:15pm

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**Find Your Yes – Foundational Consent****Tuia Marama**

Thurs 27 April – 5:15pm

This workshop is for anyone who wants to build safety within themselves for deeper connections and a more fulfilling life. Learn through simple yet powerful interactive exercises where you get to communicate your boundaries and open to receive within those boundaries.

The workshop is fully clothed, and everything is optional.

When you know how to say no, you are empowering your yes.

Personal Growth through Psychodrama**Ali Watersong**

Two options available:

Live Life to the Full – a weekly personal growth group for women

Thurs 4, 11, 18, 25 May – 10:00am

Life in Action – an evening personal growth group for women

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Live a rich and fulfilling life by building your capacity and developing your ability to respond effectively to old situations and new challenges. Gain a deeper self-awareness and understand yourself better by learning what motivates your behaviour, empower yourself and discover new ways to act in the here-and-now. Overcome obstacles and challenges in living your life with freedom, vitality, and authenticity.

We will use psychodrama to explore themes relevant to you and the group. Psychodrama is an enlivening action group method where you can gain new perspectives and insights by setting out scenes from your life using things and other people. It will assist you to develop your spontaneity and creativity in all areas of your life.

Art & Creative Workshops

Fabric Dyeing Techniques with Susanne from Unique Threads

Susanne Williamson

Learn the art of different fabric dyeing techniques with experienced fabric artist, Susanne Williamson. Each session will cover a different dyeing technique, from Shibori to textured pole wrapping.

Book one session, or multiple

Happy Feet

Wed 17 May – 9:30am

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

Fold - Clamp - Dye

Wed 24 May – 9:30am

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.

Resist Stitching

Wed 31 May – 9:30am

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. Fabric will be dyed in a vat dye bath.

Textured Pole Wrapping

Wed 7 June – 9:30am

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.

Wrap It Up

Wed 14 June – 9:30am

Fabric Manipulation using string, rubber bands, and small objects to resist the fabric in more

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

Kazumi Yamamoto

Wed 3 & 10 May – 10:00am

Book one session, or both

These sessions are 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. At each session, you will learn different techniques of mending and alterations to help your creation. Share your ideas with others who love to sew and develop a clear design of what to do with your own projects.

Basic Sewing for Beginners

Kazumi Yamamoto

Tues 2. 16. 23. 30 May, 6 June – 10:00am

These sessions are for people who are absolute beginners or have a little experience of sewing. Sessions cover the basics of sewing both hand-sew & machine sewing. You will get basic knowledge about tools, materials & techniques to help you working with fabrics. You will make a simple sewing project to apply your new skill at each session.

Book one session, or multiple

Session 1: You will learn the basics of sewing about sewing tools and fabrics. You will also learn the basics of hand-stitching and then make a simple project using basic stitching.

Session 2: You will learn basic embroidery stitching including sashiko stitching & appliqués. You will make a simple project to apply the stitching.

Session 3: You will learn about machine sewing and basic machine stitching. You will make a simple project with the basic machine stitching.

Session 4: You will learn the basics of sewing for mending & alterations, such as how to shorten the length of your skirt or pants and mending techniques.

Session 5: You will learn more sewing techniques which are not covered in the previous four sessions. You will make a simple project to use all skills that you have learned through the course.



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NELSON WOMEN'S CENTRE
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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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