



Auckland  
**Women's  
Centre**

Auckland Women's Centre

**Gossip**

**Contact us**

4 Warnock St  
Grey Lynn  
Ph 376 3227  
info@womens.org.nz  
PO Box 78 271  
Grey Lynn  
www.awc.org.nz

**Centre hours**

Monday to Friday  
9am - 4pm

**Library also open**

Saturday 11am -  
1.30pm

**Thanks**

To the South Auckland  
Charitable Trust for  
funding Gossip and  
our community  
education brochure.

# New Teen Parent Position

The big news at the Centre is that, together with the Bethany Centre, we successfully tendered for a contract to provide services to teen parents. We already work extensively with teen parents, including providing a support group, a resource book (also available on line at [www.youngparent.org.nz](http://www.youngparent.org.nz)), and encouraging teen parents to parent positively. Research has found that teen parents who receive adequate support

are more likely to achieve positive outcomes for themselves and their children.

Currently we are interviewing for a Teen Parent Service



Coordinator and will introduce her

to the community at our next Teen Parent Agency Network meeting on the 24 May.

## Craft Grannies

We recently established an alternative arts and crafts group for young women, *Craft Grannies*. The ethos of the group is fundamentally DIY and women are encouraged to either bring projects they are currently working on, or make use of the back-up supplies and ideas provided to get everyone started.

empowering and positive exercise for all women. *Craft Grannies* provides a forum for young women to explore a wider range of art media, including fabric stencilling, patch making, sketching, zine making, painting, jewellery and bead making, stencil art and screen printing, as well as traditional crafts.

*Craft Grannies* is inspired by the contemporary Stitch 'n' Bitch revolution, instigated by Debbie Stoller when she began reclaiming the art form of knitting and encouraged others to turn it into an

From May, *Craft Grannies* will meet on the second and fourth Wednesdays of every month. New crafters and experts alike are welcome! Please contact Shelley at the Women's Centre for more details.

## Women's Library—open every Saturday lunchtime

The library has hundreds of new books including *Alma Mater* by Rita Mae Brown, *When Madeline was Young* by Jane Hamilton, *A Short History of Tractors in the Ukraine* by Marina Lewycka, *Half of a Yellow Sun* by Chimamanda Ngozi Adichie, *Get a Life* by Andrea Molloy, *Regarding the Pain of Others* by Susan Sontag and many other gems.

you. A year's subscription is \$5 for beneficiaries and between \$10 and \$20 for those not on a benefit.

You do not have to belong to the Centre to join the library. Books are issued for four weeks, and there is a library returns box in the alcove on the porch if you return books after hours.

If you are wanting a particular book, ring 376 3227 to check if it is available. If it is out, when returned we can hold it for

As well as being open during the week the library is also open every Saturday from 11am–1.30pm.

**Staff** Young Women's Advocate: Shelley, [youngwomen@womens.org.nz](mailto:youngwomen@womens.org.nz). Projects Coordinator: Annalise, [youngparent@womens.org.nz](mailto:youngparent@womens.org.nz). Administrator: Elizabeth, [admin@womens.org.nz](mailto:admin@womens.org.nz). Centre Coordinator: Leonie, [akcentre@womens.org.nz](mailto:akcentre@womens.org.nz). Frontline and Programmes: Amelia, [library@womens.org.nz](mailto:library@womens.org.nz).

**Collective** Abigail Vogt, Alison Greenaway, Anna Witten-Sage, Annalise Myers, Cristy Trewartha, Donna Nuttall, Leonie Morris, Paulette Benton-Greig, Sarah Greenaway, Shelley Fraser

# At the Auckland Women's Centre.

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## Information and Resources

The Centre has a great deal of information about services, programmes and activities offered in the community. We also have contact details for women-friendly doctors, lawyers, natural health practitioners and counsellors. Lesbian activities, events and services are advertised and the *Tamaki Makaurau Lesbian Newsletter* is available.

## Counselling

Low cost one-to-one counselling is available at the Centre. All counsellors are professionally trained and supervised. They use a sliding scale of \$30 to \$80 for fees and cater for a diverse range of issues. Please ring the Centre for an appointment.

## Health Services

In conjunction with WONS: Nursing, Education & Health Promotion Services, we have now extended our smear tests and breast examinations service to include full consultations on women's health issues, such as menopause and PMS. Appointments available at the Centre on Friday mornings once a month. Next available dates are: 18 May, 8 June and 20 July.

## Massage

Available for beneficiaries and other women on low incomes on Mondays between 9.30am and 1.30pm, for an hour long session. Cost is \$25 for beneficiaries and \$40 for non-beneficiaries, with a discount available if finances are a problem.

## Courses and Groups

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New this term is a course supporting women to examine the meaning of their midlife — **Midlife, Menopause and Reawakening**. Topics such as menopause, relationships, health and life purpose will be covered in ways that are well researched and experientially approached, and delivered with humour. The tutor, Wende Jowsey, has taught this course and similar ones extensively in New Zealand and overseas.

We are very pleased to offer again, after an absence of nearly two years, our popular **creative writing class**, Turn up the Volume, tutored by Emma Farry. Previous participants described Emma's course as "focussed", "sensitive" and "encouraging" and often continue meeting after the course is completed.

## Free Separation Packs

If you are a parent separating from your partner and are looking for information, drop into the Centre to collect a free separation pack. Each pack includes information on the free programme "Parenting Through Separation" (ph 0800 211 211 to find your nearest provider). Also in the pack is a DVD entitled *Kids talk about Separation*. Leaflets explain the Family Court system, parenting agreements, and counselling. Also included are guides for children and teenagers about the Family Court. If you are unable to drop by the Centre, ring us, and we will post you a pack.

## Board Games Nights

Dust off those board games and bring 'em on down for an evening of board games. Meet new people of all ages, make new friends and have a bit of fun. This group meets on the first and third Wednesday each month, 7.30pm—9.30pm, fee \$2.



## Book Club

A place for women looking for good literature and good conversation. This group meets monthly, on the third Sunday of every month, 4.00pm—6.00pm, no charge. Call 376 3227 for book titles.

Another excellent course available this term is **Reclaiming My Self** tutored by Bernarda Sheppard. In this course you will discover who you are and where you come from and create new ways of being by learning new skills, understandings and ways of communicating.

Also on offer are our ever-popular **Walking Back to Happiness, Coming Out, Mothering Alone, Building a New Life After Separation and self-defence for 13-15 year olds and for women**. Our yoga and stretch classes are "pay-as-you go" so you can attend a class when it suits.

For details of our community education programme go to our website [www.awc.org.nz](http://www.awc.org.nz) or ring 376 3227.

# International Women's Day March for Rape Justice

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## ***Speech by Auckland Women's Centre, Coordinator, Leonie Morris given to the International Women's Day March***

Kia ora koutou katoa

It is great to see so many people motivated to demand justice for women and an end to sexual violence. No doubt the latest evidence of how difficult it is to get a rape conviction is what draws you here tonight. The fact is that conviction rates for sexual assault are so low in this country that we are without effective penalties for rape.

Rapists are not deterred by the expectation of being held accountable and women miss out on justice and resolution. Our criminal justice system must be changed if we are to stop sexual violence.

On International Women's Day – a day dedicated to the elimination of violence against women - we call for a full investigation into our criminal justice system. We need to ask the hard questions:

Why do so few rape victims use the criminal justice system?

Why is the conviction rate for sexual assault so much lower than other criminal offending?

How do our laws and systems effectively benefit offenders?

Why is it that the rape victim's credibility is always the primary event in a rape trial?

Those are hard questions for our justice system to ask itself. They go to the core of our legal system. And yet, the sheer numbers of rape survivors in our society, and the degree of outrage evident right now, are ample proof that the current system is unacceptable.

We need to look at how we interpret consent. As it stands now all the accused has to do is argue that she wanted it. That's if he says anything at all. Yet our victims, having already been disempowered, have to justify their actions and defend their reputation.

Sexual abuse is all about not being heard and not being believed. It thrives on silence and on minimisation. And here it is – in this latest trial of Rickards, Schollum and Shipley - a classic example of his word pitched against her word; her character

against his authority; a dominant culture against her reality. Clear evidence that the adversarial nature of our justice system sets up a contest that fails to deliver justice, fairness or resolution. She and not he is on trial.

We need to look at how we can ensure that victims are protected and that rapists are held accountable.

As it stands now, all we can be sure of is the likelihood that he'll get away with it. That's if it goes to court at all. Yet women speak out, despite all this.

The women's community hears the voices of women every day: telling us how they have been hurt, of how long the hurt lasts; how it has affected so much of their lives and their families lives, how they want to heal and how they plan to heal.

We all need to work to make our society a safe place to speak out.

Let's end the silence and ask the hard questions.

Right now, we have a clear opportunity to make a commitment to improving the systems and structures that are there to protect us from rape and violence.



This Government has shown interest in improving the situation for rape victims. Let them know what you would like them to do. Visit your MP. Write to the Minister of Women's Affairs. Write to the Minister of Justice

Talk about these issues with your family, your community and your children. Talk within your communities so that we don't minimise and silence the realities of sexual violence.

On International Women's Day and every other day, join with us to stop sexual violence and make our world a safer place for women.

## WELL WOMEN'S CLINIC

### Free

Cervical smear tests for women:

?Who are due for a smear test and are

Community Service Card holders

?Who have not had a test in five years.

### Advice

On managing periods, PMS, menopause,  
stress and incontinence using natural

remedies, diet and lifestyle

Consultations \$45 (½ hour)

Clinics once a month at Auckland

Women's Centre, Ph: 376 3227

and all Auckland areas

For more information

phone 523 0263



**Nursing, Education and  
Health Promotion Services**

## Women, Food and Beauty

Do you measure your worth by the shape of your body? Are our cultural standards for thinness giving you an eating problem?

Wednesday, 9<sup>th</sup> May, 7.00-8:30 pm.

Auckland Women's Centre

Participants will join in a guided fantasy and discussion to explore how the concepts of fat, thin, ideal weight and diet affect one's relationship to food, body and self.

**Come and join us**  
Sliding scale \$10-20

**Judy Lightstone, PhD**, is a registered psychologist and a psychotherapist who has specialised in working with women's eating and body image issues since her training from 1984 to 1989 at the Women's Therapy Centre Institute in New York City, co-founded by Susie Orbach. She has been training psychotherapists in this approach for the past 21 years.

For more information call (09) 835 1929

## Supersexualise Me!

Ros Gill from the Gender Institute at the London School of Economics spoke at the University of Auckland recently as a guest of the Psychology Department, on the nature of contemporary sexualisation in advertising.

Below is the abstract from the paper she delivered. Her full paper, a very interesting and accessible read, is available on our website - [www.awc.org.nz](http://www.awc.org.nz) under "hot topics".

### The midriff generation

*In the world of advertising and marketing, a new concept has recently emerged: midriff. Midriff is the word used to describe a young generation of women who were brought up against the backdrop of feminist successes, with a musical soundtrack made up of the Spice Girls, Christina Aguilera and Britney Spears. The midriffs are so named because of their style preference for wearing low-hung jeans, short tight T-shirts, with an exposed pierced belly button. However, the term is also increasingly used as a verb: to midriff is to sell to women by wrapping old sexual stereotypes and clichés in a new discourse of empowerment. To midriff is to present sexual objectification as an active choice: it says, essentially, 'I like being a sex object, it makes me feel powerful and in control', etc.*

*This paper explores this shift towards 'midriffing' in some detail. It argues that advertising imagery is increasingly sexualised, but that the sexualisation of women's bodies needs to be understood as linked to two other key changes. First, the redefinition of femininity as a bodily characteristic. Second, the shift in the regime of representation away from presenting women as passive sex objects towards presenting them as active, empowered sexual subjects. In other words, the paper argues that a highly specific mode of sexualisation is in operation, that is quite different from sexualisation in earlier moments.*

### Free Skills Workshops for Women on the DPD

Life is attitude, enhancing your employability,  
managing your money, clarifying your career path  
entrepreneurship and ethics

The Bethany Centre  
35 Dryden St, Grey Lynn  
Thursday 3rd and Friday 4th May, 9am-3.30pm

Book before 27 April —ph 921 9999 x 6327 or txt 021 545 334

Organised by AUT students passionate about sharing the skills and knowledge learned at university to give back to the Auckland community