

An invitation to our opening weekend

We're thrilled to announce that Te Whare Oranga ō Parakai opens to the public at the end of this month! Everyone is invited on Sunday 29 March 2015 from 10am–2pm to come along to our inaugural South Kaipara Food Revolution Harvest Market. Aside from the gastronomic delights of our true foodies market, there will be guided tours of the new building and its spaces for learning, business and health and wellbeing. Bring the family along and enjoy delicious hot food, barista coffee and live music on the day.

Positive Birthing at the Helensville Birth Centre

When I found out Helensville had a birthing centre I knew straight away that I wanted to have my first baby there. What a fantastic facility we



have, beautiful large birthing room with a birthing pool, queen sized bed and lovely aftercare rooms all with ensuite.

I had requested in my birth plan a dark quiet room and when I arrived it was just that – welcoming, warm & dark. It was 9.00pm

and I couldn't wait to get into the birthing pool that was being filled. The feeling of warmth and weightlessness was amazing and I'd highly recommend it to all mothers to be. At 11.34pm and completely drug free, I lifted my baby girl, Indiana out of the water, she was the best Father's Day gift I could ever give to my partner, Trent.

Shortly thereafter, I was transferred to my lovely spacious home away from home room. Our visitors commented on how wonderful it was. The staff were so helpful, the food was excellent and it was amazing having the support of the lactation consultants there. – Cheriene Brown

PEOPLE'S CORNER

Imelda King is the new Project Manager for Te Whare Oranga ō Parakai, coming from a role



in Community Engagement at Waitemata DHB. With a background in health and management, Imelda found she looked forward to opportunities to come to South Kaipara in her previous role and so is delighted to find employment in the area and close to her home in Huapai. You can contact Imelda at imelda@thrivekaipara.org.nz