

# Healthy Helensville

Our vision: To be the healthiest rural community in New Zealand

## Financial Supporters Visit Te Whare Oranga

Foundation North, formerly the ASB Community Trust, was one of the biggest donors for the renovation of the old Parakai Tavern into the upmarket community health and wellbeing centre it is today, Te Whare Oranga o Parakai.

So it was with great pleasure that the Helensville District Health Trust which runs Te Whare Oranga o Parakai hosted the Foundation North Trustees to a tour of the building at a special morning tea on May 23.

Foundation North CEO, Jennifer Gill, says it was a real thrill for the trustees who “don’t often get to see first hand where the money they have granted has been spent.”

She says the Te Whare Oranga o Parakai development is just the latest in a long and fruitful relationship with the Helensville District Health Trust.



Foundation North CEO, Jennifer Gill and Helensville District Health Trust Chairman, Erica McKenzie.

In the past it has been a major financial supporter of the Helensville Birthing Centre renovations, the building of the Kaipara Medical Centre as well as providing funding to Parent Aid Kaipara Inc., the South Kaipara Men’s Trust and the Helensville Women and Family Centre which are all based at the unique health campus in Helensville.

## Flu Fighting Juice

As winter makes its belated arrival, it’s time to give your immune system a boost with this Cold and Flu Tonic courtesy of Keryn Reardon, Kitchen Manager at Te Whare Oranga o Parakai. Keryn says don’t be put off by the ginger, garlic and chilli, as the honey and parsley will neutralise those strong flavours.

- 2 oranges, juiced
- 1 lemon, juiced
- 2 cm piece fresh ginger, chopped
- 1 clove garlic, chopped
- Small pinch of chilli (optional)
- 2 tsp manuka honey
- Handful of fresh parsley

Place all ingredients into a blender and blend till smooth. Serve immediately, ideally first thing in the morning on an empty stomach.