

# Healthy Helensville

Our vision: The best possible health services for people in South Kaipara

## High tea for breast cancer

The Helensville District Health Trust is hosting a high tea on the eve of Breast Cancer Awareness month to highlight the issue that claims 600 lives a year in New Zealand.

Guests will hear from a range of inspiring speakers, including cancer survivors, family of those who have lost

a loved one and experts in the field about the latest technologies for detection, treatment and recovery.

The event at Te Whare Oranga ō Parakai is 1pm-4pm, Sunday 30 September. Tickets are \$35 or \$200 for a table of six. RSVP to Amy Wood, email: [events@hdht.co.nz](mailto:events@hdht.co.nz) or **09 420 9983**.

## Nurturing learning



The Helensville Birthing Centre's Coffee Group for parents and littlies will enjoy a talk on Wednesday 19 September by guest speaker Miriam Jones, on how to nurture

learning and encourage a child's sense of well-being.

Miriam Jones is a registered early childhood teacher and has over 20 years experience working with young children and their families including as a home based educator, a preschool teacher and raising her own four children.

The coffee group is held regularly every second Wednesday 10:30am – 12:30pm at Te Whare Oranga ō Parakai.

## Cooking up a winner

The monthly Kids' Kitchen Cooking Classes at Te Whare Oranga ō Parakai remain as popular as ever with last month's class a sellout.

Pizza is on the menu at the next class on Sunday 9 September. And the following month, there'll be a special school holiday Kids' Kitchen on Tuesday 2 October. Bookings are a must so secure your spot now by emailing Chef Keryn on [kitchen@hdht.co.nz](mailto:kitchen@hdht.co.nz).

