

Healthy Helensville

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

Start them young

Raising a generation of young people who love to cook and eat good healthy food is one of the goals of the passionate kitchen team at Te Whare Oranga ō Parakai, the community hub owned and operated by the Helensville District Health Trust.

From as early as 3 years old, children are able to join in the monthly Kids' Kitchen Cooking Class which is about hands-on learning and exploring tastes and foods they may not have tried yet.

During school terms, Year 5–6 primary school children have been taking part in an “Around The World” cooking class. Each weekly lesson focuses on the food and culture from a particular country.

“It’s about teaching our tamariki to

make good choices about food,” says Kitchen Manager, Keryn Reardon.

And the healthy food focus doesn’t end at primary school. The Te Whare Oranga kitchen team also operate the Tuck Shop at Kaipara College – fuelling teenage bodies and minds with healthy, affordable food.

Chef Keryn says she hopes to add adult cooking classes at Te Whare in the coming months.



Keryn Reardon and Parakai School pupils getting hands-on with culinary skills.

Building underway

Work will be underway this month in reconfiguring the Kaipara Medical Centre’s public spaces to make for a more user-friendly reception and waiting area as well as the addition of a new dispensary for prescriptions.

The dispensary will be operated by Unichem Pharmacy and will mean patients have the ability to have their prescription filled at the time of their doctor’s visit.

Centre Business Manager Richard Reid says, “we apologise in advance for any inconvenience caused while the work is carried out, but we’re looking forward to having the new and improved space completed ahead of the busy winter months.”