

# Healthy Helensville

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

## Focus on breastfeeding

There are two events happening in Helensville this month that will promote the benefits of breastfeeding.

The first is the nationwide event, The Big Latch On, which sees breastfeeding women gather at registered venues and feed their babies at the same time. All local mums are invited to take part in The Big Latch On at Te Whare Oranga ō Parakai, 10am–12pm, Friday 4 August. There will be a nutritious morning tea available and lots of spot prizes up for grabs. To keep

up with the event news visit the Facebook event page, The Big Latch On Helensville.

And on August 14, the Helensville Birthing Centre is hosting a breastfeeding workshop featuring guest speaker, Catherine Watson Genna, a distinguished lactation consultant and speaker from New York. Eighty people have registered for the sold-out event, with some coming from as far away as Blenheim. Among them are lactation consultants, midwives, osteopaths and Plunket nurses.

### Same place, new address

The Helensville District Health Trust owned community centre, Te Whare Oranga ō Parakai is about to get a brand new address. The building itself isn't going anywhere, but the Rodney Local Board has agreed to give the previously

unnamed cul-de-sac off Parakai Ave a new name, Rere Place.

There has been confusion about the physical address of the centre, which was sometimes referred to as Te Moau Ave, then Parakai Ave, but will now be 5 Rere Place. Three neighbouring properties will also be re-addressed to Rere Place.



Maria Johnson and Jo Sorensen with their babies, Elea and Arie, at last year's Big Latch On in Parakai.