



Be in to win when you like our new Foodie's Facebook page!

We're thrilled to announce our Facebook page is now live for the South Kaipara Food Revolution at www.facebook.com/SouthKaiparaFoodRevolution – be sure to go along and like it and be in to win a foodie gift bag full of local goodies.

The Trust has also recently relaunched its website www.helensvillehealth.co.nz and the website for the Kaipara Medical Centre www.kaiparamedicalcentre.co.nz

Do check them out and let us know your feedback, we want to ensure our online presence is interactive and user friendly.

Healthy Helensville now monthly with new features

With so much going on, we've decided to increase our quarterly newsletter's regularity to monthly. You'll find us in the Helensville News every month now, including a new feature called the People Profile Corner. We'd like you to get to know the people behind some of the great work that is going on in our community, often on a voluntary basis.

Get your future started here!

Unitec's Bridgepoint programmes are designed to pathway you into further study and get you on track for your dream career. And from March 2015, the Level 2 Certificate in Foundation Studies will be offered at Te Whare Oranga o Parakai. Two open evenings on Tuesday 4 and Thursday 6 November from 6pm – 7.30pm will allow anyone interested to ask questions and even register. The programme also allows under 25s to study for free with transport allowances for some students who are eligible. For more info go to www.unitec.ac.nz/bringepoint-info-evening



Changes to our gardening

A fond farewell to Eve

For around 7 years now years the Trust has been fortunate enough to have Eve Issott as our wonderful gardener. Her care and attention have seen the gardens surrounding the Kaipara Medical Centre, the Helensville Birth Centre, Alison McKenzie House and the Women & Family Centre at 1 Porter Crescent flourish and grow for all the community to enjoy.

We are very sad to say goodbye to Eve as she embarks upon a well earned retirement. A new gardener will begin soon who we will introduce to you in a subsequent issue of Healthy Helensville as part of our People Profile Corner.

Welcome to Geraldine, our new Gardener

Long time Helensville resident Geraldine Mullen is the new Gardener at the Trust. Looking forward to meeting more people out and about in the community, Geraldine keen to keep up Eve's high standard of care of the Trust gardens and grounds. With a love for gardening and plants Geraldine is studying organic



horticulture part time which she hopes to use in her new position with us. She says "I love working with nature and try to encourage plant growth with natural composts rather than synthetic fertilisers, I would rather dig a weed out than spray chemicals on it and have a negative impact on our pollinating friends." Please feel free to approach Geraldine with any suggestions for the gardens as she is open to feedback.