

From the Chairman



Thank you for the feedback from my Autumn Newsletter. I have had several people tell me how good it is to know what our Health Trust is doing. There is such a lot happening at present and it is good to know you are interested to hear more.

Firstly, we were of course very concerned to see the front page coverage of the pending closure of our Meals on Wheels service in the *R & W Times*! This long standing and valued community service has provided quality hot meals to elderly residents in our rural community for more than 25 years. Meals have been delivered by a team of volunteers, that in itself is a tribute to the strength of our caring community. The funding for this service has been tenuous for some time, and we were not surprised to receive notice that in September this funding will stop. Our Manager Charm Torrance has worked closely with Waitemata Health to ensure that our current Meals on Wheels recipients continue to receive the best possible support to ensure they can continue living in their own homes. Home support services are already enjoyed by five of the seven Meals on Wheels clients. Each client has been offered very good alternatives according to their individual circumstances. This includes additional home support services to assist with meals at home if needed. Our wonderful caterer Barbara Ross has also offered to cook and supply frozen meals on a very reasonable basis. In fact this might be

popular for many other people so please let us know if you would be interested in her services! We will recognise the end of the Meals on Wheels era in Helensville with a very special afternoon tea to thank our volunteer drivers, both past and present on Tuesday August 31st. I look forward to seeing you there (invites will be sent).

In June we hosted for the first time a 'Healthy Helensville' forum. There is so much change happening in the health sector and we felt it would be an excellent opportunity to have a guest speaker to get a better understanding of what this might mean for Helensville, and how we could work together to achieve better health outcomes for our community. We had 35 representatives from health service providers / organisations working in our district. Alan Greenslade, from Waitemata Health planning spoke about the new directions of Waitemata Health and the Ministry of Health's emphasis on 'Better, sooner more convenient health'. This was a very productive information sharing session with some very interesting thinking coming out of it. We agreed Helensville is well positioned to work towards a proactive approach to health with a 'Wellbeing' Centre proposed. What a wonderful way forward. Instead of trying to fix people when they get sick or injured – we front foot our health services to ensure we work on preventative health measures! By working together we could have a leading NZ health model that will ensure we can live up to our Healthy Helensville banner? First steps include working on a directory of all our local health services which will go online on our website www.helensvillehealth.co.nz

We also want to ensure that we have a calendar online that provides a timetable for special services being delivered to Helensville.

The Birthing Centre is very busy again. On October 15th we will be celebrating its 21st birthday and the 10th anniversary of providing post natal care. This is when babies are delivered at North Shore or Waitemata and mums have the option of transferring to our very special local birthing centre for lots of TLC and support with their breast feeding. Did you know that 98 percent of our mums leave the Birthing Centre fully breastfeeding their babies? What a great start to life this provides. And on that note I hope you enjoy the special article alongside on Nana Rose who does all that knitting which we certainly need at this time of year.

Finally, we are very pleased to advise that some of our Trustees have volunteered to go on the Helensville Women & Family Centre Trust Board. I would like to acknowledge the wonderful work of the retiring Trustees Tracey Roberts, Jo Chiswell, Helen Aish, Jeanette Cummings and Oriel Heseltine. Jenny Jackson has kindly agreed to remain on the Board so this provides a transfer of their knowledge and experience. The Women & Family Centre will continue to provide its much needed counselling and support services under the very capable management of Christine Salmon and Mihi Blair. Charm Torrance will work with them to ensure they can benefit from her expertise and experience, and to enable a much closer working relationship with the Health Trust. Erica McKenzie has been elected as Chairman of this Trust.

Dianne Kidd

Nana Rose keeps the knitting needles clicking

In our last newsletter we told you about the Rural Women who so kindly supply us with woollen clothing which all our mums get to choose from whilst they are in the Centre. They are not the only ones. Up North is Nana Rose who knits the beanies that we send out to all our winter transferring mums before they have the baby. Nana Rose has been keeping us supplied during the winter months for some time now. I asked her if she minded if we thanked her in our newsletter, this was her reply.

'I wasn't too keen on telling you all



what an awesome little job I have. There will be a lot of grannies with itchy fingers who will be after my job! (Sorry you ladies,

but I intend to keep the old knitting needles clicking for a long time yet!). I knit the little pure wool beanies for Helensville Birthing Unit. Each winter baby is sent a woollen singlet and a hand knitted beanie for a warm transfer to the Unit. I think that speaks volumes for the caring staff who look after the place.'

Long may the needles click and the Helensville Birthing Unit remain a homely and happy place for mums to rest awhile after the birth of their babies.

Nana Rose