

Parakai Community Enterprises Hub

The keys of the Helensville District Health Trust's newest asset have now been handed over and first steps taken to turn the ex-tavern into a thriving community enterprises hub. A small steering group is currently gathering up ideas and names of folk who would like to be involved in future activities at the Hub.

All activities need to provide positive benefits to the people in the Parakai and wider South Kaipara communities, and they need to be sustainable. Ideas put forward and currently being considered include:

- a community kitchen for training and preparing food like jams and pickles for markets
- a distribution point for a community farming scheme
- fitness activities
- the 'home' for a green dollar scheme
- a hub for bringing older and younger people together for learning and social benefits

The steering group also agrees that activities undertaken are not only healthy and sustainable but do not undermine local business and commercial activity in Helensville or Parakai.

The venue was recently blessed for its new life and purpose by Ngāti Whātua Nga Rima o Kaipara Kaumatua, Glen Wilcox, and has also held its first community event. The South Kaipara Community Wellbeing Forum held the first of three brain-storming and planning



Members of the South Kaipara community at the blessing.

workshops at the Hub on Tuesday 16 July. There are two more sessions to follow, on 20 August and 17 September. Cissy Rock, Community Development Officer, Auckland Council, is the facilitator. Please feel free to come along and meet other people who are keen to be part of developing and growing our community.

Contact parakai@helensvillehealth.co.nz, or Angie on (09) 420 7878 if you have ideas to share or would like to be involved.

UPDATE FROM THE BIRTHING CENTRE

Birthing Centre continues to please

Helensville Birthing Centre continues to be a popular place for women and their families to stay following the birth of a new baby. Over the last year more than 350 women and their babies have stayed for rest, recovery and breastfeeding support. The birthing centre is staffed by qualified midwives or nurses, all with a passion for women and children's health. Although women and their families come to the centre from all over Auckland, local families in the South Kaipara community are always given priority. Booking forms can be obtained from your midwife, by phoning (09) 420 7878 or through the birthing centre website: www.birthcentre.co.nz

Below are examples of the sort of feedback regularly received:

'Thank you so much for the care and attention we received during our stay. You really helped us transition from a couple to a family.'

'We can't thank you enough for the amazing experience we had there. It's such a fantastic facility and as first time parents it was invaluable for us. Each and every staff member was so helpful.'

'The kindness, care, love, support, food, surroundings and peacefulness here is amazing.'

Community Development Fund

The HDHT is delighted to be the fund holder for the community development fund awarded to the South Kaipara community by the Department of Internal Affairs. The focus of this three year scheme is on local economic development. A process for moving forward with this exciting project is currently being formulated. Our next newsletter will provide more details.

Mihi moves on



On 28 June, the Helensville Women & Family Centre (HWFC) said farewell to Mihi Shaw as Co-Manager.

Mihi has been with the HWFC for the last seven years beginning as a student on placement while completing her degree in social work. Although Mihi has talents working to support families, she displayed real skills in management and was a co-manager of the centre with Christine Salmon for three years.

Mihi has been a valued contributor to the major changes the centre has gone through. Mihi brought fresh eyes to the centre being able to see strategic connections in our community and assisting in taking the centre forward. Instigating events such as; Children's Day Out, Pamper Evening and the Christmas Drive/Hampers, which have become established, well attended and respected in our community.

Mihi leaves the HWFC in good heart – a recent move to 1 Porter Crescent, well supported contracts for services, collaborations and networks are well established in the South Kaipara community. Thank you, Mihi, for your contribution and leadership.

We wish Mihi all the best for the future and are delighted that she will be continuing to support HWFC in any way possible.