

## Meals made with love

The delicious aroma of freshly made pasta sauce could be smelt wafting across the carpark at Te Whare Oranga o Parakai on a Monday in early April.

Inside, the commercial kitchen was a hive of activity as seven volunteers and the facility's Kitchen and Catering Manager Keryn Reardon, cooked up batches of meals which will be given for free to local families as they leave the Helensville Birthing Centre with their newborn.

It was the second Cookathon to be held for Te Kete Whāngai o Kaipara, the Health Trust's initiative launched at the end of last year.

The meals, including a lasagne, macaroni & cheese and a hearty vegetable soup are designed to help new families spend more time with their newborn in those precious early days at home.



Volunteer Keith Knewstubb at the recent Cookathon for Te Kete Whāngai o Kaipara.

Volunteers are always needed for our Cookathons throughout the year. If you'd like to join the team please contact Amy Wood on [events@hdht.co.nz](mailto:events@hdht.co.nz) or phone 09 420 9983.

## Mums helping mums

Another service that's proving a big help to new mothers is the Breastfeeding Peer Support group.

Last year, 17 women graduated from a 12-week course and are now available to offer support and advice to other mums on their breastfeeding journey.

Profiles of the graduates are available on the Helensville Birthing Centre website, [birthcentre.co.nz](http://birthcentre.co.nz), and there's also a closed Facebook group which has well over 200 members.

Lactation Consultant Debbie Tetlow says, "the peer supporters provide an important role supporting mums in their breastfeeding journey because there can be plenty of barriers and challenges along the way, and the right information and support is vital."