

From the Chairman



Thursday 21st October was a night for AGMs. The Helensville District Health Trust, Helensville Birthing Centre along with the Helensville Women & Family Centre combined to share

a convivial evening listening to several excellent reports and celebrating a year of many successes and achievements. It is important to recognise the voluntary time that our Trustees give to our community. Trustees are not paid to attend meetings. The combined value of this time and expertise is huge and is evident in the wonderful facilities we enjoy in Helensville. I would like to note a vote of thanks to all the Trustees who serve on these three Trusts for their contribution over the last year. In particular, I would like to acknowledge James Laurenson and Erica McKenzie who are the respective Chairs of the Helensville Birthing Centre and Women & Family Centre.

I would also like to thank Gail Clews whose resignation was accepted with reluctance at the AGM. Gail has served as both Secretary (since 1992) and an Appointed Trustee (since 2005). Her contribution has been much valued and we will certainly miss her at our meetings.

I am pleased to welcome two new Public Trustees, Louis Keefe and John Issott. Airini Stoney has kindly agreed to stay on as our third Public Trustee. The role of our Public Trustees is important and ensures that each year, nominations can be openly received and elections held if required at our AGM.

All three Trusts are designated Charitable Trusts and therefore not for profit. This means that any surplus funds are reinvested in providing improved services and facilities in our rural community. We were very pleased to clear the mortgage on the Alison McKenzie Community House in September. It's great to know we now own this outright. You might also be interested to know that Helensville is often cited and referred to by many health professionals and experts in Auckland as a role model for community health. Our Birthing Centre



GAIL CLEWS

has been the cornerstone of our Trust and it is increasingly being recognised for its all round excellence. My sincere congratulations go to Claire Payn for all the work she did to prepare our winning entry in to the national Baby Friendly awards. What an accolade and tribute to all our staff. Do read the article on this below.

It has been good to hear that local residents in Parakai are very pleased to visit our smart offices and consulting rooms at Parakai Health. Whilst we still have capacity for some additional tenants, the rotation of doctors and nurses from the Kaipara Medical Centre, Helensville Physical Therapy, and the full time business of IRIS home support services ensure that valued and convenient services are being delivered locally.

So what can we do to improve the health of our community? The Trust is now in the process of planning a 'Wellbeing' centre. We want to work towards reducing health problems and health risks in our community. If you would like to be involved or contribute in some way to this project, or find out more about what is happening, then please let us know via our website www.helensvillehealth.co.nz

As this is my last newsletter for 2010, I wish you all a healthy and happy summer in the months ahead. Roll on the good weather!

Dianne Kidd



We won!

The Government's Baby Friendly group judged our Helensville Birthing Centre's breastfeeding and mother baby services as the best in New Zealand. The nationwide competition included international judges from UNICEF and gained us prizes to the value of \$4,000.

Our Lactation Consultant and Baby Friendly Co-ordinator Claire Payn put together our entry and has been instrumental in leading the Centre and staff through the Baby Friendly process. Claire has since been invited to talk about our wonderful Birthing Centre at a maternity conference in Australia next year. Doctors, midwives, nurses and lactation consultants from around the world will attend. Claire also runs our breastfeeding support group every second Wednesday in the Alison McKenzie Community House for our local mums to come for a cuppa, a chat and some breastfeeding information and support. Well done Claire.