



In the lead up to Christmas, the Health Trust team are very busy with three major projects which will keep us well occupied over the next year and more. These projects all link together in assisting

us to meet our vision to make Helensville 'the healthiest rural community in New Zealand'. There are some great things happening around us. Thank you all for your ongoing support and enthusiasm.

– Dianne Kidd

## Ambulance Ramp

Shortly, we will be commencing the building of the new St John ambulance ramp which we hope to complete by the New Year. The fundraising for this important development has commenced, and every effort is needed to help us meet the cost of this project. The estimated cost is \$58,000 with fundraising targeted at \$25,000.

We are gathering support locally and are delighted to be the proposed recipients of the Freemason's fundraising auction this year. These auctions are always a fun event with refreshments and great company. Please join us on **Wednesday 23 November at 7.30pm** at the Masonic Lodge in Kowhai Street. If you can donate anything for auction please let us know.

Jeff Thomson has our unique screen designs underway and these will be an exciting part of the ramp. Remember that donations are tax deductible so please call us if you would like a receipt.



## Community Health and Well-being

Phase one of the proposed community gardens, being facilitated through a partnership between the Helensville



District Health Trust and Peacemakers Trust is scheduled to commence on **Friday 18 November**. Our invited guest speaker and expert is **Chris Ennis**. He will be presenting

an introductory seminar at the Council rooms (War Memorial Hall) in Commercial Road, Helensville. He will introduce us to the concept of community gardens and farms based on his 30 years of experience in this field. Check out his website [www.ceres.org.au](http://www.ceres.org.au).

This will be followed up by weekend workshops to be held at the Peacemakers Fordyce House in Fordyce Road. A number of people have registered their interest and enthusiasm for this project. The purpose of this seminar and the weekend workshops is to inform and help understand the health and wellbeing benefits of social enterprises of this kind. We are also seeking to determine what sort of model would work in our community. There is no blueprint yet, but an opportunity to develop one for our community. Please join us if you are interested for any part, or all of our weekend programme.

Details of the seminar are available from June King – phone 420 7878 or email: [jkings@helensvillehealth.co.nz](mailto:jkings@helensvillehealth.co.nz).



Claire Payn

## Baby Friendly Community Initiative

Claire Payn our lactation consultant at the Birthing Centre is leading this initiative and has been working hard to reach the stage when she can start running workshops with the groups involved. We are delighted to have signed up eight groups of professionals working in our community who will undertake a series of workshops to help them promote breastfeeding locally.

There is sound and growing evidence

internationally, that breastfeeding contributes positively to infant and maternal health and the social wellbeing of the mother, family and community. In the short term breast-feeding reduces the risk of infectious diseases and sudden infant death and lowers the risk of hospitalisation in the first year of life. Long term benefits include reduction in the risk of chronic diseases such as obesity, type 2 diabetes and cardiovascular disease.