

Healthy Helensville

Our vision: To be the healthiest rural community in New Zealand



Harvest market a hit

We're pleased to let you know that our first two South Kaipara Food Revolution Harvest Markets have gone incredibly well at Te Whare Oranga. If you haven't made it along yet, put the last Sunday of each month from 10am–1pm in the diary (next one Sunday 31 May). With hundreds of locals and 'out of towners' attending, our Harvest Market is restricted to food and food related goods only. A great way to spend a Sunday morning with friends or whanau, come down to Parakai and enjoy barista coffee, hot food, local musicians and more.

Winter Warmers cooking classes this month

Get along to the South Kaipara's new food revolution hub in Parakai and learn some fabulous family friendly recipes with Adrienne and Lisa this month. At just \$70 for two 1.5 hour cooking classes, this is an opportunity to increase your cooking prowess and wow your family and friends with some delicious staple dishes this winter. \$35 deposit upon registering for the classes, limited places of just 8 per class. Thursday 7 May + Thursday 14 May, with two start times to choose from: 10.30am or 12.30pm. The first class will be on 'Pizzas and Passatas' and the second on 'Soups & Broths (complete with scrumptious dumplings and noodles)'. Register your interest or book by emailing adriannej@xtra.co.nz.

PEOPLE'S CORNER



Marie Hogan,
Post Natal
Staff Nurse
and Lactation
Consultant.
Since 2005
Marie has cared

for and assisted thousands of new parents and their precious newborns at the Helensville Birthing Centre. The Birthing Centre's outstanding leadership is just one of the reasons she loves what she does. Four years ago she completed the 1000 hours of breastfeeding support necessary to apply to sit her International Board Certified Lactation Consultant exams. She along with two other Lactation Consultants at the Birth Centre (Claire and Debbie) hold regular breastfeeding support groups and coffee mornings in the district.