

# Healthy Helensville

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

## Kids Kitchen Club a success!

The inaugural Kids Kitchen Club was held during January's South Kaipara Harvest Market at Te Whare Oranga ō Parakai, and introduced children to the skill of sushi making. The two sushi sessions were a huge success, with all 21 places fully booked in advance. The excited children were instructed by Keryn Reardon, Te Whare Oranga ō Parakai's new Kitchen Manager. Keryn's ethos is that food doesn't need to be complicated or time intensive, it just needs to be fresh, which she says is a great message to be teaching children of the community.

"It is so great to have so many of our kids having fun at our Kids Kitchen Club" she says. "If we can get them interested and finding out what is in our food and how easy it is to have good food, then we can put them on the road to make good choices in the future."

The next Kids Kitchen Club is 'Pizza Pizza' so come and roll, toss and spin your own flavours using fresh local produce! Suitable for children aged 3 years and over, it will be held during the next Harvest Market on the 28 February in the Ruru Room at 10.00am and 11.30am. The cost is \$5 per child and places are limited to ten children. Contact Keryn on [kitchen@thrivekaipara.org.nz](mailto:kitchen@thrivekaipara.org.nz) or (09) 420 9983.

### Children play safely thanks to the Helensville Lions Club

The children who visit Te Whare Oranga ō Parakai can now play safely on the grassed area outside the Kidd Room. Thanks to the work of the Helensville Lions Club, who kindly relocated and installed a recycled fence from the Helensville Women & Family Centre.

## Te Whare Oranga ō Parakai wants to hear from you!

It's hard to believe that it's only been a year since Te Whare Oranga ō Parakai opened its doors to the communities of South Kaipara. Collaboration with the community is at the heart of Te Whare Oranga ō Parakai – and the staff, the Steering Group, and the Helensville District Health Trust Board are keen to know what the community thinks about the centre and what it offers.

During the South Kaipara Harvest Market on Sunday 27 March, there will be the opportunity to provide feedback. Comments may also be emailed to [info@thrivekaipara.org.nz](mailto:info@thrivekaipara.org.nz) during the week 21 March to 4 April, or dropped into the centre.