

## Introducing Te Whare Oranga ō Parakai

Earlier this year the former Parakai Tavern was generously gifted by the Parakai Licensing Trust to the Helensville District Health Trust. We are very excited about creating a sustainable and valuable resource for the local Parakai and Helensville community and wider South Kaipara region as a whole.

The new name for the ex-Tavern building will be Te Whare Oranga ō Parakai, which translates as 'The House of Wellbeing'.

In 2014 the building will open in its new capacity, with plans underway for spaces for fitness, art, education, drop in support for the elderly and parents with young children. There are also plans underway for a South Kaipara Growers Collective where fresh produce from around the region will be gathered and distributed for the community. The recently launched Helensville + Parakai Farmers' Markets will tie into the Collective eventually. If you haven't attended one already, be sure to get along to Te Whare Oranga ō Parakai on a Saturday between 9am–2pm. to sample this wonderful new weekly Farmers' Market.

The Helensville District Health Trust are very excited to have Unitec involved in the Te Whare Oranga ō Parakai facility. As the largest Institute of Technology in New Zealand, Unitec are committed to helping their students get great jobs and this project gives Unitec the opportunity to get their students involved in making a contribution to the community. We are currently in discussions with Unitec's Architecture faculty around a new design and renovation for the Te Whare Oranga ō Parakai building. This is a wonderful opportunity for our local community – and the Trust feels very privileged to be working alongside some of New Zealand's top architectural and landscaping talent via Unitec's landscape architecture faculty.

### Your new event + meeting space

The Te Whare Oranga ō Parakai building has been cleaned and tidied and is available for events and meetings. To enquire about hiring or using the space, please contact: [parakai@helensvillehealth.co.nz](mailto:parakai@helensvillehealth.co.nz)



Local chef and business owner Peter Brennan serves a young Farmers' Market customer.

### Kaipara Medical Centre welcomes Dr Nicole Badie

We welcome a new GP to the Kaipara Medical Centre this month! Dr Nicole Badie has just arrived from Boston, USA to join our team in providing best practise medical care to our community. With a particular interest in public health, Nicole's experience will be a valuable asset to our growing team of Doctors and Nurses.

### Women and Family Centre attendance at special Government House event

On Thursday 17 October four team members from the Helensville Women & Family Centre attended a very special 'Celebrate New Zealand Women' Reception at Government House. Hosted by their Excellencies The Governor-General, Lieutenant General The Right Honourable Sir Jerry Mateparae and Lady Jainine Mateparae, event attendees included women making a difference in business, politics, community service and

the arts. The Governor General praised all those invited for their desire to contribute and make change for the better in our society. He spoke of the 120th anniversary of women's suffrage in New Zealand and the progress made since 1893 for women and New Zealand as a whole. His speech closed with a wish for all invited, "May you all continue to be true to yourselves as we all, women and men, continue to make our society a better one for those that follow after us." We congratulate our Women & Family Centre team for their hard work and are thrilled that they have been recognised in this way for all that they do in our community.



Helensville Women + Family Centre team attending Government House event: Christine Salmon, Mihi Shaw, Tracey Roberts, Jenny Jackson.

### Strengthening Families

The Helensville Women & Family Centre (HWFC) has been successful in securing the Strengthening Families Contract for our community. Aligned with other services already offered by the HWFC. Strengthening Families will work for families by helping to sort our life's challenges when they become too much to cope with. By bringing together different agencies that can help, the service will assist families and whanau with a range of concerns including the following:

- finding a warm, comfortable home for your family or whanau
- worries about your child's health or behavior
- making ends meet
- your child not doing well at school
- coping with stress at home

For more information or a referral form, please contact the HWFC on 09 420 7992 or email [sreferrals@hwfc.co.nz](mailto:sreferrals@hwfc.co.nz) or pick up a consent + referral form from the HWFC at 1 Porter Crescent, Helensville.