

# Healthy Helensville

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

## Your new 'House of Wellbeing' is officially open



Jake Morgan, Imelda King and Charm Torrance. Te Whare Oranga ō Parakai's new teaching kitchen is ready for culinary action!

If you didn't make it along to Te Whare Oranga ō Parakai for the first Harvest Market last month, please make sure you pop in to see what all the fuss is about this month. Open from 9–5 Monday to Saturday, there are a variety of courses, activities, services and business opportunities available at this new forward thinking 'House of Wellbeing' for the South Kaipara community. You'll be amazed by the renovation of what was the Parakai Tavern, so do take the time to pay us a visit. And put Sunday 26 April in the diary for the next South Kaipara Harvest Market.

## Calling all budding gardeners this April!

Te Whare Oranga ō Parakai is pleased to commence its first fees free course in April 2015, NorthTec's Certificate in Sustainable Rural Development (Level 2). The programme is ideal for people who would like to learn how to make a small garden with a focus on organics and vegetable growing. Students on this programme

will plant vegetables and grow them from seed until they are ready to be picked and eaten. There is even a commercial kitchen on site so you will be able to cook and eat the produce as well. Call 021 023 06465 or email [hluschberger@northtec.ac.nz](mailto:hluschberger@northtec.ac.nz) for more information. Or visit [thrivekaipara.org.nz](http://thrivekaipara.org.nz)

### PEOPLE'S CORNER



**Rick Reid** is the new Business Manager at the Kaipara Medical Centre. Looking for a

role in which he could make a real difference, Rick brings a wealth of management and business nous – including experience from his former role as CEO of the Pacific Business Trust. He was drawn to the Kaipara Medical Centre's strategic goals and the opportunity to contribute to the Trust's vision of creating the healthiest rural community in NZ. Rick lives with his wife and 16-year-old daughter in Helensville and is looking forward to working in his home community.