

Greater Glen Eden Newsletter September 2016



Ethkick West Football Tournament

Tournament date:

Saturday 17th September 2016 at
Starling Park, Ranui

Tournament can host a
maximum of 32 teams

Teams play 7 a-side (9 people
register including subs)

Teams join either the Women's
league or the Men's league

All players who register must
currently live in West Auckland

Minimum 80% of players must identify
with the ethnic community your
team is representing

All players must be 16 years or over

Get in quick – only one team per ethnic
community can register

No charge to enter

Come and celebrate the cultural diversity
of West Auckland

The language of football can unite us all

If you'd like to register, contact Mandy
Spencer

mandy@communitywaitakere.org.nz /
phone (09) 838 7903

For more information visit

www.communitywaitakere.org.nz

New Stories of the Old West

Come learn about the history and stories
of West Auckland at one-day heritage
conference, *New Stories of the Old West*.

The event takes place Sunday 2 October,
9am – 5pm at Titirangi War Memorial
Hall, Titirangi and is hosted by the
Waitākere Ranges Local Board.

There will be a number of presentations,
displays and workshops on a variety of topics.

We will hear from people such as Naomi
Cleary, Bruce Harvey, Janet Clews and
Charlie Moore.

There will also be sessions on how to do
historical research.

The final programme will be determined in the
coming weeks. Go to the board's Facebook
page for details as they become available.

The conference is free, but registration is
required as places are limited. Register
by Friday 23 September.

To register, or for more information, email
sharon.davies@aucklandcouncil.govt.nz
or call 09 813 9150.

Waitakere City School of Dance

For Jazz, Ballet, Lyrical,
Hip Hop, Tap & Contemporary classes.

From 2 years of age to adults.

50A Glendale Road, Glen Eden. Behind
Glenora Rugby League Club. Plenty of
parking available.

Phone Natalie: 827 7142 or 021 035 4262
Email: info@dancewaitakere.co.nz

Battle of the Somme memorial concert

The Waitakere Ranges Local Board will host a free concert by the Royal Regiment of New Zealand Artillery Band to commemorate the 100th anniversary of the Battle of the Somme, one of the darkest episodes of New Zealand's participation in the First World War.

The concert takes place on Sunday 25 September, 2 – 3.30pm at the Playhouse Theatre, 15 Glendale Road, Glen Eden.

The band will play some spirited music with a brief interval. Immediately following the concert, a complimentary afternoon tea will be served next door at the Glen Eden RSA.

Tickets are limited and will be released on 15 August.

From this date, to secure your tickets email your name, number and address to CivicEvents@aucklandcouncil.govt.nz or stop by the local board office at 39 Glenmall Place, Glen Eden.

Tickets will then posted to you or you can pick them up under your name at the door on the day of the event.

‘Outside the Frame’

I'm the art facilitator of a group of IHC adults who have produced some stunning outsider paintings and ceramics.

We are having the exhibition ‘Outside the Frame’ of their work from the 17th - 25th September, at 249 Edmonton Rd, Te Atatu.

Their work will all be for sale and those interested could pick up a very well-priced piece of unique work.

All are welcome to the opening night - 16th Sept 6 pm, where there will be food, wine, and music from ‘The Mutes’ from mars (an IHC band).

Anna Crichton
P: 09 817 1169
M: 021 11 11 869

Tidy Town is coming Up

We had a great response from our community last year!
(approx 150 people helped out)

Make a note in your calendar and diaries now!

Sun 30th October 2016
10am -2pm

Meet at Glenmall Place (Look for the Blue Gazebo).

(All equipment will be provided and lunch is provided).

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Ohana Young Parents

Happening In Your Community:

Ohana Young Parents is a non-profit organisation. We reach out to many young parents in West Auckland and have been running now for nearly two years. Our course runs over ten weeks, during this period our young mothers blossom into confident individuals, well equipped with the most up to date information regarding best practices for caring and educating their young babies.

We provide parenting tools that allow individual mothers to make informed decisions and create aspirations for their own future. Part of our program includes facilitating ‘Building an awesome Whanau’. This is specifically designed and created by the ‘Parenting Place’, it looks at encouraging individuals to reflect on where they came from and what goals and parenting styles they want to adapt for their own family. We also provide first aid training and budgeting advice.

So far we have had around 80 individuals through our Ohana course, 80% of these mothers have continued on to enrol at Te Kura correspondence school completing their level 1, 2 and 3. Te Kura is extremely proud of our group and believes the successes are occurring due to the positive support they gain from us, we encourage them to aim high and succeed.

If you would like to know more about our service please contact Megan at Ohana 09 818 5062 or email info@ohana.org.nz

Kangatraining

Kangatraining is a babywearing postnatal workout focused on strengthening the muscles which can get stretched during pregnancy (especially the transverse abdominis and pelvic floor) and improving posture.

It is a low impact, full body workout and one which allows mums to be with their babies while improving their health and fitness level, as we wear our babies for most of the workout in safe baby carriers (which allow proper development of the hips, spine and appropriate head support).

Mums can start from 6 weeks post-partum or 12 weeks if they have had a C-section. Dads are welcome too; they can start classes once bubs are 6 weeks old.

Kangatraining is a low impact interval danced based program where the baby is the star!

No babysitter required and don't worry if you don't have a carrier there are loan ones available.

Check out my Facebook page for more information:

<https://www.facebook.com/Kangatraining-West-Auckland-140957426274674/?ref=bookmarks>

<https://www.facebook.com/kangatrainingnz/>

Currently I have classes Monday and Friday 1 pm at Westwave in the Recreation Centre, Wednesday and Thursday 9.30 am at the scout hall on Glendale Rd in Glen Eden, every 2nd Saturday 10 am at the Glen Eden Community and Recreation Centre and the alternate week on Sunday 10 am at Waitakere School of Dance in Glen Eden.

Sherylee Teoh
Kangatraining New Zealand Country Leader
and West Auckland Instructor
021772136



Babies Out West Brochure Reprint

Waitakere Health Link secured partial funding to support the reprint of 10,000 copies of the popular Babies Out West Brochure. This print run will be the fourth time the brochure has been updated and printed and continues to be in high demand throughout West Auckland.

The Babies Out West brochure provides information about services from pregnancy and childbirth to counselling and parenting education available in West Auckland.

We continue to receive positive feedback on this brochure:

"We find your brochure on, Babies Out West, incredibly helpful as it covers so much of what families are requiring. It is helpful for us as we have a paediatric area here in the Emergency Department, so it keeps us up to date with the latest information and available supporting services in the community. We hope this service will always be available for the families out west."

"I think it is an awesome resource and will be useful to the mothers we work with."

"Love the new 'Babies Out West' brochures, such an awesome resource!"

The bulk of the brochures are distributed through Waitakere Hospital maternity, midwives, and Plunket, but available at all health and social service organisations in the west and CABs, Libraries, GPs, kindergartens, day cares etc.

Contact Waitakere Health Link for your free copies of the Babies Out West Brochure ph 839 0512 or email info@waitakerehealthlink.org.nz

Walking Waitakere & Beyond

**Wednesday 28 September:
North Head/Mt Victoria:**

A double summit attempt!

Meet: At the Devonport Ferry Wharf (land end).

Grade: Some climbing, obviously

Registration is essential:

To register contact: Kay Lindley
Email: kaylindley@xtra.co.nz

LIFEWISE

turning lives around

3131 Great North Rd, New Lynn offers TOOLBOX PARENTING COURSES & Parenting Through Separation for TERM 4 – 2016

Building Awesome Whanau (0-12)

Topics:

- 1 – Building your family on aroha
- 2 – Parents are the roof: protecting your whanau
- 3 – The walls of the whare : boundaries to keep the good stuff in and the bad stuff out
- 4 – Keep it sweet : atmosphere is everything
- 5 – Cool korero : communication
- 6 – Outside the whare : living in the big world

Dates: Six Thursdays +/- Oct 20 to Nov 24

Time: 10am -12.15pm

Cost: Sliding scale: from gold coin donation (up to full price \$75 person/\$110 couple)
Free to foster parents and caregivers

Facilitator: Bella Wikaira

Venue: LIFEWISE Family Services
3131 Great North Rd, New Lynn

Contact: Jess Hale 818.6834

Do you, or someone you know have Type 2 Diabetes?

Looking for patients with diabetes or particularly type 2 diabetes interested in learning about healthy shopping, shopping on a budget, exploring healthier food choices and label reading. Information tour coming to Countdown Kelston and Henderson Pak N Save. It's free of charge, come along during:

Kelston :

Wednesday 7th September 10:30-11:30am

Wednesday 5th October 10:30-11:30am

Wednesday 2nd November 10:30-11:30am

For more information contact:

Nikita Deo

Dietitian- Long Term Conditions Team

| Waitemata PHO

Ph.: (09) 415 1091 ext.: 8304 | Mob: 021 811 013



The West Auckland Community is invited to meet the

WAIKEMATA DISTRICT HEALTH BOARD

ELECTION CANDIDATES

Tuesday 13th September 2015, 11:30am to 1:30pm

Activity Room 2, Kelston Community Centre, Kelston

Waitakere Health Link is providing an opportunity following our AGM for Waitemata District Health Board Election Candidates to meet the West Auckland community. Election Candidates will have two minutes each to introduce themselves followed by question and answer time.

Please send any questions you would like to ask the election candidates in advance to info@waitakerehealthlink.org.nz

Everyone Welcome

Please come along and bring your friends, family and neighbours.

Please share this information with your facebook friends, clubs, and organisations in our community.

Light refreshments provided

Waitakere Health Link is a not for profit community driven organisation funded by health providers and independent trusts. Waitakere Health Link work closely with health providers to connect health services in the Waitemata District with health consumers (patients) and distribute health information to the community and collect feedback to inform service planning.

RSVP for catering purposes by 9 Sep to info@waitakerehealthlink.org.nz

Ensuring the community voice is heard in healthcare decision making

PO BOX 21 852, HENDERSON TELEPHONE: 839 0512 WEBSITE: WWW.WAITAKEREHEALTHLINK.ORG.NZ