

## Learn something new

If one of your goals for 2019 is to learn something new, then check out the courses on offer locally at Te Whare Oranga ō Parakai.

Te Wānanga o Aotearoa is running free Te Ara Reo Māori evening courses, one for beginners and one for those who have the basics and want to learn more.



Last year's Te Ara Reo Maori course at Te Whare Oranga ō Parakai.

The Certificate in Money Management course is also being run by Te Wānanga o Aotearoa. Students will learn how to be more confident with their choices around money.

The Helensville Birthing Centre will be running antenatal courses throughout the year. These are held on Saturday mornings and are also free for local residents.

The Birthing Centre also hosts a popular Coffee Group every second Thursday morning for parents with babies and toddlers.

The monthly Kids' Kitchen Cooking Classes will also be back in 2019. These are usually held on Sunday mornings and are a great introduction to cooking for ages 3–12.

For more information on all these courses and others throughout the year, visit [thrivekaipara.org.nz](http://thrivekaipara.org.nz).

## Milestone year

In August this year the Helensville District Health Trust will mark its 30th anniversary. The Trust was formed in response to the impending closure of the local maternity hospital.

People with memories of the Trust and the early days of the Birthing Centre are invited to share their stories and photographs. If you'd like to contribute please contact, [communications@hdht.co.nz](mailto:communications@hdht.co.nz).



Opening of Helensville Birthing Centre in 1989.