

## Gifts that keep giving

The team at Te Whare Oranga ō Parakai want to give a special shout-out to the generous folk who have donated goods and services to the Helensville District Health Trust owned community centre.

Helensville Rotary Club have gifted two sturdy wooden picnic tables which Event Manager Amy Wood says will be invaluable, especially on busy market days.

Once a week local herb grower, Superb Herb, donates herbs to the Te Whare kitchen team who use it in their cooking for the Kaipara College Tuck Shop and other catering.

Amy says special thanks also goes to Kevin Anderson who volunteers to mow the lawns.

“It’s wonderful when we receive something so generously and are then able to pass that on to others by making their experience of Te Whare even better,” says Amy.

Rotary Treasurer, Jo May says this is the sort of community spirited project the club is passionate about and with the picnic tables now in place, Rotary is focussed on its next project – creating a community orchard at Parakai School.



Jo May, Rotary; Amy Wood, HDHT Event Manager and Angela Gilberd from Rotary with the new picnic tables at Te Whare Oranga ō Parakai.

## A world of food

Helensville Lions Club is another generous supporter who this year is again sponsoring Parakai School students to take part in a weekly cooking class at Te Whare Oranga ō Parakai.

Each week chef Keryn Reardon teaches students to cook dishes from a different part of the world.

Keryn Reardon says the class of eight is made up of enthusiastic students from Years 6-8 and she’s talking to other local schools about also coming on board this year.

She’d love to hear from anyone keen to sponsor the classes which are “all about educating our tamariki to make good choices about food and build a positive relationship with healthy eating.”