

Māori history project underway

A significant new project to enable locals and visitors to Helensville to learn about local Māori history is underway.

It is a passion project for Helensville Zero Waste (HZW) manager Treena Gowthorpe, who is working closely with the organisation's kaumātua and cultural advisor Richard Nahi.

The project is designed as a walkway with four key discovery areas on raised land behind The Everything Shop at HZW's Mill Road site, overlooking the Kaipara River.

HZW is developing the site as "a cultural and historical site that acknowledges and celebrates the stories of tribal life in Te Awaroa."

Richard has named the project Te Hau Hono i Te Awaroa Kaipara - which translates as 'The winds we feel that bind us together in Te Awaroa Kaipara'.

He says the name acknowledges the "invisible energy and positive power of the wind. Tawhirimatea, the god of the wind, helped navigate us to these lands."

The space will combine historical storytelling, practical knowledge sharing by local iwi tribal representatives, and visual displays to "guide visitors on a journey of discovery and learning."

That journey will be divided into four main sections.

First will be Te Waharoa (The Entrance) with a carved entranceway, signage giving an overview outlining Māori settlement in the area, and a map showing the locations of Kaipara marae and some mountain and pā sites.

Visitors will next enter Te Ngahere (The Forest), where a large native log uncovered during excavation work for The Everything Shop will be displayed. An existing young kauri tree growing there will be supplemented with other native trees. Signs will identify each

species and explain their uses by Māori, such as rongōa (traditional Māori medicine).

Plans for this area include a giant checkers board, where visitors will be able to play checkers - but instead of the traditional black and white checkers pieces, one side will feature native birds and the other native fish, complete with their Māori names.

The third area will be Te Awa (The River), with a large viewing platform overlooking the Kaipara River and surrounding farmland and hills. Visitors will be able to relax on recycled bean bags, and signage will explain the river's cultural significance to Māori and how it was traditionally used by the community.

The final section will be Te Kai (The Food). A glasshouse built by Joe Ineson will grow seedlings, garden beds will be planted with traditional Māori vegetables, and a garden shed has been built for storing tools and equipment. Three recycled spa pools will be sunk in the ground and used to grow watercress. A seed bank will be established, with seeds for crops like traditional Māori potatoes available for sale, trade, or gifting.

Helensville sculptor Jeff Thompson is creating a giant corrugated iron kete around 3m wide which will be on display. Harekeke (flax) for weaving will be planted around the area.

Treena says the kete symbolises the first multi-use bag in New Zealand,



• Helensville builders Zac Watene (left) and Ariki Easton of YTP Construction working on the viewing platform, with the garden shed behind, and the glasshouse hidden at the back

aligning perfectly with Zero Waste values.

Richard Nahi, who has supported HZW for the past four years, sees the project as a valuable opportunity to share stories with people from Te Awaroa and the southern Kaipara, as well as visitors from outside our area.

"Stories and histories of early iwi connected to the land and environment will be shared, both verbally and in writing. Local marae and iwi who wish to contribute stories will be warmly welcomed," he says.

"Not everyone has the chance to visit a local marae and hear these stories."

As the project progresses, Treena and Richard will seek further guidance

from Ngāti Whātua marae and iwi to further enrich the kaupapa.

The project has been made possible by funding of \$40,000 from Rodney Local Board.

"It was great to have funding from the Local Board, who recognise the value of this project to the wider community. Fitting everything within this budget will be challenging," says Treena "[but] is achievable by using primarily recycled materials."

All the structures on the site are being built using almost entirely recycled materials by Helensville builders YTB Construction.

"The centre continues to receive support and guidance from those who

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editorial

We got so many positive comments last year after producing a special community listing issue of *Helensville News* that we are repeating it again this month. It features a comprehensive listing of clubs, sports groups and community organisations in the South Kaipara. All of these listings have been updated, and there are quite a few new ones this time, too.

Many of these organisations face similar problems - aging memberships, and difficulty attracting new members or volunteers. Community organisations in particular do a huge amount for our area, but they rely on locals to keep them running. Even if you are short on time - and who isn't these days? - I'm sure many of these organisations would be happy for even occasional help, or people they can call on in a pinch.

This should be a valuable resource for those new to the area and unaware of the wealth of things to take part in, and for longer-term residents keen to be more active in the community activity but not sure where to start. Information is as supplied and was current at the time of going to print.

- Dave Addison, Editor
dave@helensvillenews.co.nz

Community & Service Groups

■ Al Anon Family Group

Contact: Chris K.

Phone: 021 157 1692

Email: ckiwi100@gmail.com

Year Formed: 2010

Membership: Varies weekly but usually from 2 to 6 participants.

Age or Sector: Adult.

When Meet: Wednesdays at 12.30pm.

Where: Magnify Church, 118 Commercial Road.

Purpose: The Helensville Lunchtime Al Anon Family Group is a support group for family and friends who have been affected by someone else's drinking. It is an anonymous programme.

Fees/Subs: Free.

Comments: Phone Chris on the day to confirm the meeting is happening.



■ Art Centre, Helensville

Contact: Yvonne Abercrombie

Phone: 09 973 0852

Email: manager@artcentrehelensville.org.nz

Web: www.artcentrehelensville.org.nz

Year Formed: Art Kaipara 2004

Membership: 66 (Art Kaipara)

Age or Sector: All

When Meet: Board meeting monthly.

Where Meet: The Art Centre, War Memorial Hall basement.

Purpose: We are a creative community space open to everyone.

We offer classes and workshops at a low cost, providing multidisciplinary art and educational experiences at subsidised fees to make creative learning achievable to all. We also offer free groups



which provide social outlets and connections within our community. Our purpose is to collaborate with services in our area to make Helensville a bright, interactive, and lively community that people can take pride in.

Formal or Informal: Elected committee. Art Kaipara is an incorporated society.

Fees/Subs: \$20, age 16 or under \$10.

Events: Monthly exhibitions of member and group shows. The gallery is also available for rent for solo artists to hold individual exhibitions. Fees and gallery contracts are on our website. Our annual event is Arts in the Ville which is held over Labour Weekend - all artists are able to participate with open studios exhibiting their art.

Comments: The Art Centre Helensville is a central establishment neighbouring the Library. We invite all to participate as you visit both spaces, and absorb learning of all media including literature, poetry, music, and visual arts and crafts.

■ Coastguard Kaipara

Contact: President Iain Gulliford

Phone: 021 126 9736

Email: iain@coastguardkaipara.org.nz

Year Formed: 1979

Membership: 22 current crew

Age or Sector: 18 to 80 years.

When Meet: Training night, Tuesdays 7pm to 9.30pm.

Where Meet: Kaipara Marine



Rescue Centre, 85 Springs Road, Parakai.

Purpose: Marine Search and Rescue, public boating education and water safety.

Formal or Informal: Formal

Fees/Subs: Nil

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Community & Service Groups

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Charity: Yes, registered.

Comments: If you are interested in a role saving lives at sea please come down and see us on a Tuesday evening and meet the team.

We are always looking for boat and shore based crew to help us. No experience necessary and full training is given but if you have skills, maybe we can add to them.

If you would like us to come and talk about water safety, boat handling and bar crossing or anything else water related please get in touch.

■ Citizens Advice Bureau (CAB) Helensville

Contact: Rani Timoti

Phone: 09 420 7162

Email: helensville@cab.org.nz

Web: www.cab.org.nz

Year Formed: 1991

Membership: 16 volunteers

Age or Sector: All ages.

Purpose: At the CAB we try to help people to know and understand their rights and

obligations and how to use this information to get the best outcomes; provide people with the confidence and support they need to take action; and work for positive social change within communities and wider society. We provide a free and independent service to all.

Formal or Informal: CAB North Shore/Rodney board and managers meetings.

Charity: Yes

Comments: Open 10am-1pm Monday to Friday and 10am to noon Saturday at 16 Commercial Rd, Helensville. A variety of community groups book and meet at our venue including the Community Support Network (COMSUP) Group.



■ EveryKid

Contact: Josh Grimstock

Phone: 022 061 3233

Email: admin@everykid.org.nz

Web: www.everykid.org.nz

Year Formed: 2024

Age or Sector: School age children.

Purpose: To ensure underprivileged children and youth get the same opportunities in sports, art, and music by covering membership fees, uniforms and equipment.

Events: Fundraising sausage sizzles.

Charity: Yes

Comments: We work with schools to identify those in need, but parents can email us or contact their children's school if they have questions. Donations can be made via our website or Givealittle page.



■ Helensville Agricultural & Pastoral (A&P) Association

Contact: Show manager

Phone: 021 529 689

Email: info@helensvilleshow.co.nz

Web: www.helensvilleshow.co.nz

Year Formed: 1900

Membership: 95

Age or Sector: General public, any age.

Purpose: To promote the interests of agriculture and farming in the district; to administer the showgrounds venue; and running the annual Show. **Formal or Informal:** Formal structure with elected Executive Committee.

Fees/Subs: Annual membership \$40.

Events: Annual Helensville Show held on the last Saturday each February, horse treks.

Charity: Yes

Comments: The Association has hall hire available, plus key hire for horse riding on the showgrounds. Contact the office for further details.



■ Helensville Birthing Centre

Contact: Renee Blair (Manager)

Phone: 021 053 8099

Email: manager@helensvillebirthingcentre.co.nz

Web: birthcentre.co.nz

Year Formed: 2000

Age or Sector: New and expecting parents.

Purpose: We are dedicated to providing

outstanding care for new and expectant whānau. Our services include Pregnancy and Parenting classes, birthing and postnatal care, pregnancy immunizations, Lactation Consultants clinic and the Milk Café (a new parents' group running every second Friday at 1 Porter Crescent). Stay updated with the latest information by following Helensville Birthing Centre on Facebook and Instagram, or visit our website.

Events: Pregnancy & parenting classes, Milk Café, pop up immunisation days.

Charity: Yes

Comments: Helensville Birthing Centre is dedicated to offering exceptional care and support to our community, ensuring every whānau feels valued and empowered throughout their pregnancy journey. With a focus on personalised, compassionate care, we are committed to creating a welcoming environment for all new and expectant parents. To find out more, email manager Renee.



■ Helensville Community Church

Contact: Rev Dr Tienie Bekker

Phone: 022 307 7237

Email: revbekker@gmail.com

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Community & Service Groups

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Year Formed: 1888 (first Hvl Presbyterian Church)
Membership: 25
Age or Sector: All ages, everyone welcome.
When Meet: Sundays 10.30am
Where Meet: 40 Mill Road, Helensville.
Purpose: To support members of the community and the church in their emotional and spiritual wellbeing.
Formal or Informal: Informal meetings on a Sunday. Have a formal Eldership.
Events: Special events are held throughout the year and are announced at Sunday meetings.
Charity: Yes
Comments: Part of the Norwest Presbyterian Churches.

■ Helensville District Health Trust

Contact: James Scott
Phone: 022 541 7867
Email: manager@hdht.co.nz
Year Formed: 1989
Age or Sector: All ages.
Purpose: The Helensville District Health Trust is a community-owned, not-for-profit organisation dedicated to improving health and well-being in the Helensville district. Its purpose includes:
• Providing and supporting local health facilities to ensure the community has access to essential healthcare.
• Funding and supporting health initiatives that benefit residents, including mental health, elderly care, and community wellness programmes.
• Advocating for better healthcare services in the region by working with local and national health organisations.
• Ensuring financial sustainability of healthcare services through responsible management of assets and funding.
Formal or Informal: Elected Board of Trustees.
Events: Annual General Meeting.
Charity: Yes



■ Helensville Freemasons (Duke of Albany Lodge)

Contact: Tony Petrie (Secretary)
Phone: 027 837 9551
Email: dukeofalbany.lodge@freemasons.org.nz
Year Formed: 1884
Membership: 30
Age or Sector: Men aged 18 and over.
When Meet: Fourth Wednesday of each month (except December & January).
Where Meet: Masonic Centre,



Kowhai St Helensville.

Purpose: Worldwide fraternity of men interested in the betterment of themselves, their families and the community at large. The watchwords of the order are Brotherly Love, Relief and Truth.

Formal or Informal: Formal monthly meetings.
Fees/Subs: \$290 annual dues plus personal donations.

Comments: The Lodge was consecrated in Helensville in 1884. Named after Queen Victoria's youngest son, Prince Leopold, The Duke of Albany, who passed away that year. We are proud of the fact the Lodge has been meeting practically every month for the past 131 years - and still going strong!

■ Helensville Healing Rooms

Contact: Doreen Dewse
Phone: 027 855 7887
Email: mannamead@xtra.co.nz
Year Formed: 2018
Membership: 3
Age or Sector: All ages.

When Meet: First and third Saturdays of the month, 11am to midday.

Where Meet: Outside rooms, River Valley Baptist Church, Parakai

Purpose: We welcome all people, and are available to support with prayer anyone in our community who feels they need help with anything in their life that they need healed. No appointment is needed, and free of charge.

Formal or Informal: Informal.

Fees/Subs: Free.

Comments: We are a Christian-based organisation affiliated to Healing Rooms NZ. More information can be found online at: healingrooms.co.nz or healingroomsministries.com.



■ Helensville Railway Station Trust

Contact: Scott Osmond 021 0261 4495
Phone: 09 420 8961 (museum)
Email: helensvillerailwaystationtrust@gmail.com
Web: www.helensvillerail.org.nz
Year Formed: 2008
Membership: Enquire with trustees.

When Meet: Trust and committee meet monthly.

Where Meet: Helensville Railway Museum

Purpose: To preserve Helensville's historic railway station and museum, and promote the history of the station and the North Auckland railway. To promote, understand and preserve the history, heritage and intrinsic values of the Helensville railway serving the Kaipara district since 1875.

Formal or Informal: Elected trustees.

Charity: Yes, registered - CC26559.

Comments: Helensville Railway Station Trust owns and maintains the Helensville Railway Station



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building, built in 1881. It also operates the Helensville Railway Museum which features a working railway model of the Helensville railway station and environs in the mid twentieth century, plus other interesting railway displays. For museum opening times refer website. Groups welcome at other times by arrangement. Café at the railway station open Tuesday to Sunday; shops open Wednesday to Sunday.

■ Helensville Women's Institute

Contact: Verna Healy or Hilda Reaves
Phone: Verna: 021 055 0209 or 09 420 7088
Hilda: 09 420 7106

Email: v.healy9@gmail.com

Year Formed: 1931

Membership: 15

Age or Sector: All women.

When Meet: First Thursday of each month at a variety of venues.

Purpose: To encourage and support all women in their communities.

Formal or Informal: Informal

Fees/Subs: \$20 per year.

Events: Outings to interesting places and/or cafes.

Charity: Yes

Comments: Community services include knitting or crocheting for Waitakere Hospital, the dialysis unit, and rest homes; making calico dolls for Starship Hospital; supporting various charities.



■ Kaipara Memorial RSA (Inc)

Contact: Rex Keane, President

Phone: 027 293 2768

Email: kaipararsa@xtra.co.nz

Web: www.kaipararsa.co.nz

Year Formed: 1934

Membership: 200-250

Age Sector: 18 and over.

When Meet: 4pm opening, Wednesday, Thursday & Friday. Sundays 11am to 4pm.

Where Meet: RSA, 49 Commercial Rd.

Purpose: The RSA movement provides for the well-being of ex-service people and their families. The RSA opens its doors to welcome anyone who would like to join a family-friendly organisation providing a safe environment for members and families alike.

Formal or Informal: Formal, elected committee, monthly meetings.

Fees/Subs: Range to \$30.

Events: Anzac Day, Melbourne Cup Day, quiz nights, bands, dances, dinners.

Comments: Dining available from 5.03pm Wednesday, Thursday, and Friday, and 11am to 3pm on Sundays. Available for private functions on Saturdays, Ts & Cs apply. You do not need to have served in the armed forces to join.



■ Kaukapakapa Area Residents & Ratepayers Assn Inc

Contact: Marilyn Dwyer (secretary)

Phone: 027 246 0438

Email: secretary@kaukapakapa.org.nz

Year Formed: 1992

Age or Sector: All ages.

When Meet: We meet quarterly - email the secretary for dates or see our Facebook page.

Where Meet: Varies

Purpose: To serve as a communication link between our community and local board representatives. To help run community projects for the benefit of our village.

Formal or Informal: Formal committee.

Comments: KARRA involves itself in a range of projects within the community to improve the township for the residents and serves as one of the points of contact for the Local Board, seeking input on projects the community want in the area.



■ Kaukapakapa Emergency Network

Contact: Nicola Towersey

Phone: 021 129 2679

Email: nicola.towersey@aut.ac.nz

Web: Facebook: Kaukapakapa

Emergency Network

Year Formed: 2023

Where Meet: Emergency Hub, Kaukapakapa Bible Chapel, 1065 Kaipara Coast Highway, Kaukapakapa.

Purpose: Supporting local residents during emergencies with information, emergency accommodation, temporary power and food.



■ Kaukapakapa Playcentre

Phone: 027 880 5496

Email: kaukapakapa@playcentre.org.nz

Year Formed: 1976

Membership: 12 families

Age or Sector: 0-6 years.

When Meet: Tues, Wed, Fri 9am-midday.

Where Meet: Kaukapakapa Playcentre, Sinclair Park, Macky Road.

Purpose: Kaukapakapa Playcentre is a parent-led early childhood centre which offers high quality education for children in small mixed-age groups. Playcentre also offers free parenting and early childhood education for parent members. We have a well equipped centre with a strong community following.

Formal or Informal: Formal.

Fees/Subs: \$40 per term per family.

Events: Open days each term, internal events for



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Community & Service Groups

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our families, support of local events such as Kaukapakapa Christmas in the Park.

Charity: Yes

Comments: We invite you to three free visits with your child to experience play the Playcentre way. Check our Facebook page to see what we have been up to.

■ Kaukapakapa Scout Group

Contact: Graeme Hounsell
Phone: 027 462 0675
Email: ghounsell@xtra.co.nz
Year Formed: 1980
Membership: 84
Age or Sector: 5 to 18 years.



When Meet: Cubs

Mondays, Keas and Scouts Tuesdays.

Where Meet: Kaukapakapa Hall.

Purpose: Promotes youth development and life skills through adventure activities.

Formal or Informal: Formal.

Fees/Subs: \$130 per term.

Events: Regular camps and weekend activities.

Charity: Yes

■ Kindred Family Services

Phone: 09 420 7992
Email: info@kindredservices.org.nz
Web: www.kindredservices.org.nz
Age or Sector: All community.
Where: 104 Commercial Rd, Helensville. Open 9am to 3pm, Monday to Friday.



Purpose: Strengthening Families - Whakapakari i te Whānau. Building communities where individuals, family and whānau feel safe through responsive action, restoration, and the prevention of family harm. Services include: culturally responsive family harm and family violence community services; Women's Refuge services and 24/7 crisis response and support; counselling services for woman, men, and children of family harm and violence; counselling services for vulnerable children and young people experiencing abuse and harm; programmes for children and youth witnessing family violence.

Our services area is from Taupaki in the south to Glorit in the north including Kaukapakapa, South Head, Helensville, Waimauku, Muriwai, Riverhead, Kumeu, and Huapai.

Charity: Yes, registered charitable trust.

■ Lions Club of Helensville

Contact: Chris Clark
Phone: 027 646 3324
Email: helensvillelions@gmail.com

Year Formed: 1962

Membership: 25

Age or Sector: 18 and over.

When Meet: Second Monday each month except January. A friendly mix of business and social events.

Where Meet: Lions Lounge, Rautawhiri Park.

Purpose: For men and women of all ages, from all walks of life who want to make a difference to their community by donating their time and talents, while enjoying the fellowship of like minded people.

Events: Monthly Helensville Village Market, catering for officials at the Helensville A&P Show, twice yearly Book Fair.

Charity: Yes, all funds are handled by the Lions Club of Helensville Charitable Trust. Charitable Trust Number: CC 36576

Comments: There are 312 Lions Clubs in New Zealand with 8,250 members, who are part of a worldwide network of 1.4 million Lions in over 208 countries. Clubs are autonomous, the decisions made about community projects and needs are made by people at grass root level. We are a hands-on club and actively work alongside the local organisations we support. All money raised by Helensville Lions goes back into the Helensville community. Our motto is: 'We Serve'.



■ Northwest Country Inc

Contact: Danielle Hancock
Phone: 020 4002 7008
Email: manager@northwestcountry.co.nz
Year Formed: 2014

Membership: 472

Age or Sector: Business.

When Meet: Bi-monthly.

Where Meet: 103C Mill Road, Helensville.

Purpose: Your local business association to support a thriving business community.

Formal or Informal: Formal

Fees/Subs: Those within a commercial land zoning have no membership fees. Those outside our area can join as an associate member for \$300 +gst pa, or partner member for \$150 + GST pa.

Events: We have a biennial Business Awards, and regular competitions through the year. We run a range of training events for members with added networking event opportunities.

Charity: Not For Profit.

Comments: Northwest Country is here to serve the business community with whatever it needs to be at its best. We have a range of free tools and services for members including free marketing opportunities.



■ North West Emergency Business Hub

Contact: Danielle Hancock
Phone: 020 4002 7008
Email: manager@northwestcountry.co.nz
Year Formed: 2025

Age or Sector: Business.

Where: 103C Mill Road, Helensville.

Purpose: Provides a space to operate your business in an emergency. Facilities include free internet through Starlink, kitchen, bathroom, desk space, and a back-up power supply.

■ Our Village - Northwest

Contact: Kayla Clements
Phone: 022 039 2096

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Community & Service Groups

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Email: ourvillagenorthwest@gmail.com
Web: https://tinyurl.com/OurVillageNorthwest
Year Formed: 2021

Age or Sector: Every age, every stage.

When Meet: Thursdays 9.30am to 1pm.

Where Meet: St Matthews Church lounge, 60 Garfield Rd, Helensville.

Purpose: We're all about bringing people together to connect, support, and make life a little easier. Our volunteers are the heart of what we do: setting up, packing away, sorting through donations, and always pitching in to help. Behind the scenes we've got a couple of legends washing and fixing up school uniforms, cleaning cloth nappies, and saving goods from the landfill. From our Whānau Shop, where you can grab what you need without spending a fortune, to our Cloth Nappy Library helping families save money and reduce waste, we're all about looking after each other and doing our bit for the environment. Together, we're building a stronger, more connected village where everyone feels welcome.

Formal or Informal: Informal.

Fees/Subs: Anything from koha, or a snack or plate welcomed for shared kai.

Events: Community collaborations for local events with some learning opportunities also thanks to South Kaipara Good Food, Helensville Library, and other local leaders and organisations.

Charity: No.

Comments: Follow our Facebook page and group for the latest event details and updates.



help to families with babies and children under 5 years in North West Rodney, addressing the needs of parents experiencing challenging circumstances. We help with household duties, meal preparation, childcare, and can help with transport so parents can attend medical and well-being appointments.



■ Rural Women NZ (Makarau Branch)

Contact: Dianne Gray
Phone: 027 211 0300
Email: talentedgal12@outlook.com

Web: www.ruralwomennz.nz

Age or Sector: Rural women, Auckland area.

When Meet: Monthly

When Meet: Various locations

Purpose: Anything affecting women in rural communities. Strengthening, supporting and connecting people and communities.

Formal or Informal: Informal.

Fees/Subs: \$50.

Events: First aid course, cheese making course, Helensville A&P Show stand.



■ South Kaipara Landcare Inc

Contact: Ed Donald (president) or Heather Steadman (secretary)

Phone: 029 242 5262 (Ed); 022 036 6985 (Heather)

Email: sthkaiparalandcare@gmail.com

Web: southkaiparalandcare.org

Facebook: southkaiparalandcare

Year Formed: 2001

Membership: 80

Age or Sector: All

When Meet: First Wednesday each month.

Where Meet: Waioneke School.

Purpose: Our mission is to protect and improve the quality of the environment on South Head peninsula. Projects include planting and weeding days, an active pest control programme which includes loan traps, an annual roadside clean up, supporting the annual dabchick/birdcount, plus information sharing, training and field days.

Formal or Informal: Incorporated Society with committee elected at AGM.

Fees/Subs: \$15 per household for members of South Head community.

Events: Roadside Clean Up in October, Dabchick/bird count in April, planting day at Te Rau Puriri, dunes weeding in August, bittern survey.

Charity: Yes.



■ Outwest Youth Community Trust

Contact: Leigh Harland

Phone: 021 045 9895

Email: admin@outwestyouth.org.nz

Year Formed: 2010

Age or Sector: Ages 12 to 20 for youth programmes. All eligible ages for driver licensing.

Purpose: Community Trust based around youth work. Passionate youth workers support local rangatahi and whānau to belong, succeed, connect, and contribute. Driver licence assistance for all ages.

Formal or Informal: Formal trust structure with trustees that meet regularly.

Charity: Yes



■ Parent Aid North West

Contact: Suzanne

Phone: 0800 222 402

Email: hello@parentaidnorthwest.org.nz

Web: www.parentaidnorthwest.org.nz

Age or Sector: Under 5s.

Purpose: Provide free short-term practical home

• To Page 8



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P: 027 800 8081

Hours: Monday and Tuesday 9:30am to 4:30pm

Helping men to realise their potential in life and in their relationships so their families and the community benefit.



Mark Dennis

Your Rodney Local Board
 Elected Member 

"I'm Local and I'm here to help"

mark.dennis@aucklandcouncil.govt.nz

Community & Service Groups

• From Page 8

Email: southkaipara@cpnz.org.nz

Year Formed: 2008 approx

Age or Sector: Ages 18+ with current driver licence.

Purpose: To help police by being an extra set of eyes and ears when on patrol. The Community Patrol has a late model car equipped with orange flashing lights, safety equipment, and hi-viz jackets.

Volunteers can patrol any time, night or day, that suits them, on a monthly roster.

Comments: New patrol members needed now. Training provided as required.



■ South Kaipara Emergency Network

Contact: Mark Dennis

Phone: 021 135 1825

Email: mark.dennis@aucklandcouncil.govt.nz

Web: Facebook: South Kaipara Emergency Network

Year Formed: 2023

Purpose: To keep the people of the South Kaipara prepared for emergencies, and to provide support and advice.

Comments: Setup following the 2023 Auckland Anniversary floods, the South Kaipara Emergency network works with Civil Defence and Auckland Emergency Management to help our townships be better prepared for emergencies and more resilient.



■ South Kaipara Good Food

Contact: Katherine

Phone: 021 0915 7944

Email: referrals@skgf.org.nz

Web: skgf.org.nz

Year Formed: 2020

Age or Sector: All

When Meet: Kai pack registration: Tuesdays 12noon to 2pm.

Where Meet: Kai Hub, 82 Mill Road, Helensville.

Purpose: We aim to create a better-connected, sustainable, and affordable local food system as part of a comprehensive approach to enhancing our community's health and wellness by providing kai for anyone who needs food, through our programmes and initiatives: Kai Rescue, Kai Grow, Kai Learn and Mihirau Greenhouse, facilitating community and teaching gardens, hosting cooking and budgeting classes.

Formal or Informal: Formal.

Events: Kai Learn lessons, fundraisers and community collaborations.

Charity: Yes

Comments: We welcome all forms of support from funding to goods/products and Kai Rescue items to support our mission.



■ South Kaipara Men's Trust

Contact: Mike Bridgman

Phone: 027 800 8081

Email: sthkaiparamenstrust01@gmail.com

Web: www.skmt.org.nz

Year Formed: 2004

Age or Sector: All men & their families, aged 17+.

When Meet: Monday & Tuesday 9.30am to 4.30pm.

Where Meet: Men's Centre, 103c Mill Road, Helensville (upstairs in NWBA rooms, next to Real Bread Project)..



Purpose: The Men's Centre works to assist fathers to be leaders within their families. To achieve this we offer a 'listening ear' drop-in facility, we provide (and can assist with) professional referrals, and we provide various programmes.

Formal or Informal: Formal, elected Board of Trustees.

Fees/Subs: Free.

Charity: Yes

Comments: Our premises operate as a shared space with other social agencies.

■ St John Youth

• Helensville:

Contact: Carla Lang

Phone: 021 151 3667

Email: carla.lang@stjohn.org.nz

Year Formed: The Order of St John began in NZ in 1885, Helensville Youth Division formed 1988.

Membership: 25-30.

When Meet: Mondays, 5.30pm to 7pm.

Where Meet: In the training room behind the St John ambulance station, Rata St, Helensville.

• Kaukapakapa:

Contact: Caroline Thompson

Phone: 022 167 4823

Email: caroline.thompson@stjohn.org.nz

Year Formed: Kaukapakapa Youth Division formed 2017.

Membership: 35 approx.

When Meet: Tuesdays, 5.30pm to 7pm.

Where Meet: Kaukapakapa Sports and Bowling Club, 1015 Kaipara Coast Highway.

• Both:

Age or Sector: 5 to 18 years.



Helensville District Health Trust

Putting local health first • Te hau ora tua-tahi o awaroa

How Your Local Health Trust is Funded – and Why It Matters

Last month we introduced the people behind the Helensville District Health Trust. This month, we're sharing a little more about how we operate - and how the Trust is funded.



James Scott

Unlike many health organisations, the Trust doesn't receive ongoing government funding. Instead, we rely entirely on self-generated income. Most of this comes from subsidised rent paid by local health providers operating from Trust-owned facilities. By keeping rents affordable, we help ensure essential health services can remain available and accessible in South Kaipara.

The other source of income is a dividend from the Helensville Birthing Centre. As the sole shareholder, the Trust receives a portion of the Centre's profits. Every dollar goes straight back into our work supporting the well-being of our community.

We're proud to be part of a model that puts people ahead of profit. It's a quiet kind of partnership - but it's one that's helping keep health services close to home.

For more information, please contact:

James Scott, General Manager, Helensville District Health Trust
manager@hdht.org.nz

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Community & Service Groups

• From Page 6

Purpose: Development programmes for young people focus on first aid, health care, leadership and life skills, mixed with fun. They gain confidence and empathy, as well as knowledge and leadership skills. Encouraging volunteering from a young age is an important ethos in St John Youth.

Formal or Informal: Overseen by Area Committee which holds formal meetings.

Fees/Subs: \$25 joining fee, \$25 per term.

Events: Competitions, festivals, leadership training, camping weekends, Anzac Parade, community events.

Charity: Yes

Comments: Uniforms are supplied. St John is run and staffed by people passionate about serving their communities. Paid and volunteer members work side by side. They are driven by the desire to help their local communities by providing essential health-related services.

■ Te Awaroa Museum

Contact: Fiona Wilton

Phone: 09 420 7881

Email: info@museum.teawaroa.nz

Web: museum.teawaroa.nz

Year Formed: 1967

Membership: 75

Age or Sector: All ages.

When Meet: Monthly executive meetings, some member events.

Purpose: To promote, understand and preserve the history and heritage of the district.

Formal or Informal: Elected committee, formal and informal meetings.

Fees/Subs: Single \$15; couple or family \$20.

Events: Approx quarterly displays and demos; open



days, etc.

Charity: Yes

Comments: Our Mill Road website has information about Te Awaroa, its beginnings, and when and why it became Helensville. Our archive centre has extensive information for research including a large photographic collection. Te Awaroa Museum is open 10:30am - 1:30pm Monday, Tues & Wed and the last Sunday of the month; other times by arrangement. Please book groups and research visits.

■ Te Poari o Kaipātiki ki Kaipara

Contact: Guy Wishart (deputy chair)

Email: guy.wishart@aucklandcouncil.govt.nz

Purpose: A co-governance board with three members from Rodney Local Board and three members of the Kaipara Treaty Settlement entity Ngā Maunga Whakahii o Kaipara. Oversees the development, maintenance and management of Kaipātiki Reserve, Parakai.

Formal or informal: Formal.

■ The Forest Bridge Trust

Contact: Nikki Morgan

Phone: 027 470 7151

Email: nikki@theforestbridgetrust.org.nz

Web: www.theforestbridgetrust.org.nz

Year Formed: 2014

Age or Sector: Core demographic is 50+.

When Meet: Team members meet weekly online and community gathers approx monthly.

Where Meet: Various locations around the district.

Purpose: We aim to inspire, support and resource people who own, occupy or manage land, to protect and enhance ecosystems and native species through fencing native forest, controlling invasive species, revegetation for connection and restoring

waterways.

We will enable this work to grow to a landscape scale through our connection with local people, existing community conservation groups and networks. We aim to encourage a voluntary and sustainable workforce committed to protecting and enhancing our surrounding ecosystems.

Formal or Informal: NGO

Events: Many community hub events are held throughout the year.

Charity: Yes

Comments: We work with 3000 landowners across Rodney and Kaipara.



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Clubs & Interest Groups

60+

Contact: Jocelyn Read
Phone: 021 172 6547
Email: jocread@gmail.com
Year Formed: 2015 approx
Membership: Varies week to week but usually from 20 to 35 participants.
Age or Sector: Adult, age 60-plus.
When Meet: Last Thursday of each month (except December) at 10am.
Where: Magnify Church, 118 Commercial Road, downstairs around the back.
Purpose: An opportunity to meet others and make new friends in a relaxed, friendly atmosphere. All welcome.
Fees/Subs: Free (voluntary donation).
Comments: Morning tea provided. Wheelchair accessible.

Diabetes & Arthritis Support Group

Contact: Shirley Elsdon, co-ordinator
Phone: 09 420 6501
Email: mindy2@xtra.co.nz (Glenys, secretary)
Year Formed: Diabetes 2008, arthritis 2018
Membership: 22
Age or Sector: All ages
When Meet: 10am to midday, first Monday monthly (if a public holiday the following Monday).
Where Meet: At Matthew's Church, Garfield Road.
Purpose: Learning & support for diabetes and arthritis.
Formal or informal: Informal
Fees: \$4 attendance charge to cover hall hire.
Comments: We have speakers from various organisations, morning tea is supplied, and we have a trading table and raffle. We acknowledge birthdays, and have a fun socialising group.

Helensville Floral Art Club

Contact: Cushla Hawkes
Phone: 021 258 8979
Email: cushanddez80@gmail.com
Year Formed: 1978
Membership: 16
When Meet: 10am, third Thursday of each month except January.
Where Meet: Masonic Hall, Kowhai Street, Helensville.
Purpose: To share in our fun, friendship and flowers.
Formal or informal: Monthly informal
Fees/Subs: \$40 per year.
Comments: New members welcome. We do a lot of community work, such as decorating churches for Helensville's 150th anniversary, and making wreaths for the RSA for Anzac Day each year. Can provide flowers for local weddings and funerals. Members regularly enter the A&P Show. Tutors often visit for



workshops. Competitions every second month.

Helensville Knitting Group

Contact: Terry, 021 0838 7334; Glenys, 021 165 8188, or Pat, 09 420 7506
Email: glenysosborne@hotmail.com
Year Formed: 2015 approx
Membership: 15
Age or Sector: All ages and skill levels.
When Meet: Wednesdays, 10am - midday
Where Meet: St John meeting room, Rata St.
Purpose: Associated with the 'Peggy Purl in your Community'. A friendly social group whose members make blankets, jumpers and beanies for children up to 10 years, and get advice and help on private projects. The knitted garments and blankets are given to local organisations to pass on to families and children in the area who will benefit the most.

Kaipara Classic Car Club

Contact: Michelle Rauner
Phone: 021 669 560
Email: kaiparaclassiccars@gmail.com
Year Formed: 1999
Membership: 34
Age or Sector: Any age.
When Meet: Thursday after 5pm.
Where Meet: Club rooms, Swale Earthmovers, Mill Road, Helensville.
Purpose: Car club for everyone interested in classic cars, hotrods, or any type of cars. We regularly hold car runs.
Formal or Informal: Informal with a committee.
Fees/Subs: \$50 per family.
Events: Car runs.



Kaipara Music Club

Contact: Pam Arden
Phone: 021 112 5280
Email: plarden375@gmail.com
Year Formed: 2000
Membership: Approx. 15
Age or Sector: Any age, mainly adult.
When Meet: Last Friday of the month, Feb to Nov, 2pm to 5pm.
Where Meet: St Matthews Church (room at rear of church).
Purpose: Aimed at people wishing to play any musical instrument in a fun environment. Music provided. Easy to play and easy listening. Friends and family welcome to join in and listen. Afternoon tea served after each meeting.
Formal or Informal: Informal.
Fees/Subs: \$3 per meeting. Donation to church at end of year.
Events: End of year pot luck dinner. Occasionally members play together at other venues.

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Our local Harcourts The Difference office proudly contributes to the Foundation by donating a portion of every property sale we make. In addition, we run fundraising initiatives throughout the year to further support the Foundation's mission and extend our reach into the local community.

One of the many organisations supported by the Harcourts Foundation is Hospice New Zealand, providing essential palliative care and support to individuals and their families. We believe in giving back to the communities we live and work in, and through the Harcourts Foundation, we're able to make a meaningful, lasting impact.

Supporting OUR COMMUNITY

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helensville@harcourts.co.nz | helensville.harcourts.co.nz



The Difference Limited Licensed Agent REAA 2008

Clubs & Interest Groups

• From Page 10

■ Mainly Music Parakai

Contact: Naomi Crawford

Phone: 027 457 8612

Email:

naomi@ebenezer.co.nz

Year Formed: 2009

Membership: 35 families.

Age or Sector: Families with children aged 0-5 years.

When Meet: Tuesdays during school term, 9.30am to 11.30am.

Where Meet: River Valley Baptist Church, 1 Fordyce Road, Parakai.

Purpose: To enjoy music, rhyme and movement with your children for 30 minutes. Sessions designed to help the children develop skills - co-ordination, fine and large motor movements, and social interaction. The adults participate, encouraging their children to enter into the actions and singing. After the session, morning tea is served to children, then play while adults enjoy morning tea and relax time.

Formal or informal: Volunteers

Fees/Subs: Two free introductory sessions, then \$2 per family per visit.

Comments: The River Valley Toy Library opens at 11am on Tuesday mornings during school terms at the same premises. See us on Facebook.



turns hosting all the clubs for a very busy and enjoyable day.

■ River Valley Amateur Winemakers & Brewers Guild

Contact: Paul Byford

Email: rvawbg@gmail.com

Year Formed: 1985

Membership: 20-25

Age or Sector: Any age, mainly adult.

When Meet: 7.30pm, third Tuesday of the month except January.

Where Meet: At members' homes.

Purpose: Home-based brewing of wine, beer and spirits.

Formal or Informal: Formal committee.

Fees/Subs: \$20 per year.

Events: Monthly and annual competitions, brewery and winery tours, annual regional competition at Helensville A&P Show.



■ Rodney Beekeepers Club

Contact: Ian Harris

Phone: 09 427 8157 or 021 910 724

Email: ian_harris@sapienter.co.nz

Web: www.rodneybeekeepersclub.co.nz

Year Formed: 2014

Membership: 70

Age or Sector: All.

When Meet: 7.30pm, first Wednesday of each month.

Where Meet: St Matthew's Church lounge, Garfield Road, Helensville.

Purpose: To learn more about bees and become better bee keepers. To develop friendships, foster relationships between hobbyist and commercial beekeepers, and to encourage horticulturists and those interested to join.

Formal or Informal: Formal committee.

Fees/Subs: \$40 per year family membership.



Events: The club has six hives and holds field days for training purposes.

Comments: More information online.

■ South Kaipara U3A

Contact: Gloria Middleditch

Phone: 021 165 8428

Email: jandgmiddleditch@outlook.com

Year Formed: 2019

Membership: 60+

Age or Sector: Age 60+.

When Meet: First Tuesday each month from 10am to midday.

Where Meet: Catholic Church Hall, Kowhai Street, Helensville.

Purpose: Part of a wider international organisation of retired and semi-retired people who enjoy learning by sharing skills and knowledge. A general monthly meeting includes a speaker from outside U3A. Current interest groups include: Book Club, Classical Music Appreciation, Food and Wine, Gardening, MahJong and MahJong for beginners, Needles and Stitches, NZ History, Out 'n' About, Shared Reading, and TED Talks. Occasional outings to a range of destinations.

Formal or Informal: Elected committee.

Fees/Subs: \$20 annually.



■ River Valley Country Music Club

Contact: Marion Scott

Phone: 09 420 8867

Year Formed: 1986

Membership: 60 approx

Age or Sector: All ages.

When Meet: 1pm to 4pm, third Sunday of each month.

Where Meet: Lions Lounge, Rautawhiri Park.

Formal or Informal: Formal committee.

Fees/Subs: Single senior \$5, couple \$10. Single adult \$7, family \$12. Door entry \$5/\$6 non-member.

Events: Artists from clubs all over Auckland visit during the year, and we do bus trips to other clubs in the region. With four other clubs we take six-monthly



Sports & Fitness Clubs/Groups

■ Fitfam Keep Fit Classes

Contact: Tanya Corric or Heena King

Phone: 022 049 1981

Email: taniacoric6@gmail.com

Year formed: 2013

Membership: 60.

Age or Sector: All ages.

When Meet: Monday to Saturday at various times.

Where Meet: Behind Real Bread Project, Mill Road, Helensville.

Purpose: In the heart of Helensville, we are a local-run health and fitness group. Our emphasis is on maintaining a healthy, active lifestyle that allows ourselves and our whanau to benefit into the future. We run a variety of classes throughout the week in the early morning, late morning, and afternoon/evenings. We cater to all fitness abilities and aim to make your time with the Fitfam as enjoyable as possible under safe watch and guidance from our coaches.

Events: We do activities outside the gym as well like quiz nights, Tough Guy & Gal challenges, and group activities.



■ Fitness League NZ Inc

Contact: Christine Mowat

Phone: 021 260 2190

Email: r.cmowat@slingshot.co.nz

Web: www.thefitnessleague.org.nz

Year Formed: 1937 (NZ)

Membership: 25+

When Meet: Friday mornings, 10am.

Where Meet: Helensville War Memorial Hall.

Purpose: Flexercise low impact exercise to music incorporating balance and flexibility - move, dance, enjoy.

movement is life



Fees/Subs: First class free.

■ Helensville Bowling Club

Contact: Kelly Clark

Phone: Clubrooms: 09 420 8316

Email: helensvillebowls@gmail.com

Year Formed: 1912

Membership: 50+

Age or Sector: 14 years and over.

When Meet: Wednesdays & Saturdays.

Where Meet: Clubrooms, 38 Awaroa Road, Helensville.

Purpose: To encourage people to join and enjoy the game of bowls and the camaraderie of members.

Formal or Informal: Elected executive.

Fees/Subs: \$185 full; \$55 first year; \$85 second year; \$85 max collegiate; \$85 associate; \$30 social.

Events: Legends Open Triples, Womens Classic Fours, Terry Cullen Memorial, Ed Reyland Open Triples, Easter Mixed Pairs, Ross McMurdo Mens Fours, Hamilton Wilson Open Triples.



■ Helensville Golf Club

Contact: Sandy March

Phone: 09 420 5454 or 0800 420 545

Email: manager@helensvillegolf.co.nz

Web: www.helensvillegolf.co.nz

Year Formed: 1948

Membership: 735 playing, 26 social

Age or Sector: 5 to 95 years.



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Sports & Fitness Clubs/Groups

• From Page 12

When Meet: Daily.

Purpose: To provide golfing facilities of the best standard possible to all members of the community, by providing a range of course layouts for each individual's needs.

Formal or Informal: Formal, elected committee meets monthly. Registered as an incorporated society.

Fees/Subs: Depends on age and playing requirements, varies from \$200pa for under 13 year olds, through to \$1590pa for full playing adults. Adults can also have cheaper subs for



midweek or pay-to-play. A social membership is \$25 individual or \$50 for a family.

Events: Monthly Open Tournament on the first Thursday of each month which members of any club may enter. During daylight saving we hold a twilight golf evening every Friday evening for all players, even if not a club member.

Comments: Bar and café, both open to the public, plus event facilities.

■ Helensville Pony Club

Contact: Secretary

Email: helensvillepony@gmail.com

Web: www.sporty.co.nz/helensvillepc

Membership: 25

Age Sector: 5 to 25 years.

When Meet: Wednesday evening 5:30pm - 7pm during daylight saving months.

Where Meet: Helensville Showgrounds.

Purpose: Helensville Pony Club aims to provide quality coaching, certificates, friends, a supportive riding community, competitions, and training opportunities to suit all riders no matter where you fit in the spectrum of the equine riding environment. An adult ride caters to older riders of all abilities during summer months.

Formal or Informal: Formal committee structure.

Fees/Subs: \$220 per riding member, including accompanying adult.



• To Page 14

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Helensville Birthing Centre

www.birthingcentre.co.nz

Sports & Fitness Clubs

• From Page 13

Events: We hold a range of competitions throughout the season which starts with the first rally at the end of September and goes through to April. Regular ribbon and showjumping days throughout the season.

■ Helensville Rugby Club

Contact: Louise Nasmith
Email: secretary.hdrfc@gmail.com
Web: www.helensvillerugby.co.nz
Year Formed: 1970
Membership: 270
Age or Sector: All ages.
Where Meet: Helensville Rugby Club, Rautawhiri Park.
Purpose: Passionate about making rugby accessible for the local community to be involved in, our club provides a safe and friendly environment for all. We offer boys and girls ripa and tackle rugby for juniors from ages 5-13 years, as well as senior teams.
Formal or Informal: Formal committee.
Comments: See website and Facebook.



■ Helensville Tennis Club

Contact: Annette Hemeheema
Phone: 021 622 447
Email: helensvilletennis@gmail.com
Year Formed: 1914
Membership: 50+
Age or Sector: All ages.
When meet: Club nights Wednesdays 6pm to 8pm.
Where meet: Helensville Tennis Club, Rautawhiri Park.
Purpose: To be a friendly community tennis club offering a quality range of opportunities and to provide a sports facility to enhance the health and well being of the Helensville and district's community.
Formal or informal: Formal.
Fees/Subs: Senior \$250; Junior 11-17 years \$80; Junior 4-10 years \$40.
Events: Weekly coaching, Club nights, Business House Mixed doubles, Interclub, Club Champs, Social Events.



■ Kaipara Cruising & Sportfishing Club

Contact: Terry Somers (Commodore)
Phone: 09 420 8466
Email: kaiparacruises@xtra.co.nz
Year Formed: 1940
Membership: 200
Age or Sector: All ages.
When Meet: Bar open Thursday to Monday.
Where Meet: Clubrooms, 72 Mill Road, Helensville.
Purpose: To support and encourage marine use of the Kaipara Harbour.
Formal or informal: Formal, elected committee.
Fees/Subs: \$98pa family, \$75pa individual.
Events: Fishing competitions, regattas, and social events centred around the Kaipara Harbour.
Comments: Club facilities include a hard stand for boats, moorings, and a slipway.



■ Kaipara Netball Centre

Contact: Committee
Email: kaiparanetball.info@gmail.com
Age or Sector: All ages.
When Meet: Monthly committee meetings.
Where Meet: Kaipara Netball Centre, Rautawhiri Park, Helensville.
Purpose: Kaipara Netball provides winter and summer league competition and development for our community, clubs, and schools, including junior, intermediate and adult age groups.
Formal or informal: Formal, elected committee.
Fees/Subs: Please check.
Events: Juniors (Year 1-6) play on Saturdays, Intermediates (Years 7 & 8) on Friday evenings. There is a twilight summer league competition for mixed adults on Wednesday evenings.
Give it a Go Day. End of season prize giving. Workshops for coaches and managers, and umpires. Player development programme. Pre-season tournament.
Comments: Juniors and Intermediates play a 13-week season.



■ Kaipara Touch

Contact: Jamie Paraone
Email: kaipara.touch@gmail.com
Web: https://www.sporty.co.nz/kaiparatouch
Membership: 700
Age or Sector: Primary school teams and social adult



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Sports & Fitness Clubs/Groups

• From Page 14

teams.

When Meet: Friday games from 4pm to 8pm.

Where Meet: Helensville Rugby Club and Rautawhiri Park.

Purpose: Touch rugby is fun and great for fitness. School teams are organised directly by local schools and make up the junior module with games on Friday afternoons, followed by social senior touch.

Formal or Informal: Informal.

Comments: More information available on social media: Facebook and Instagram - Kaipara Touch.

■ Kaukapakapa Pony Club

Contact: Laura Bailey (Treasurer)

Email: kaukapakapaponyclub@gmail.com

Web: kaukapakapaponyclub.weebly.com

Year Formed: 1970

Membership: 20 under 25 riders, plus 23 adult riders, both sectors growing fast.

Age or Sector: All ages.

When Meet: Junior rallies meet on Tuesdays 5.30pm to 7.30pm from early September to end of March. The adult ride meets on Mondays from 6pm to 7.30pm.

Where Meet: Kaukapakapa Pony Club, Henley Road, Kaukapakapa.

Purpose: For young and old who have a passion for learning, riding & horsemanship skills, competing on their horses, socialising, and having fun with like-minded people. There is a 10-week course at the start of the season for children that don't have a pony or horse but want to learn horsemanship.

Formal or Informal: Formal structure with an elected committee and monthly meetings. Incorporated society.

Fees/Subs: \$265 per rider, includes NZ Pony Club Association levy and a key to the grounds for the season.

Adult Riders - \$120 includes key to the grounds and use of club equipment.

Events: Three ribbon days at Labour Day, Waitangi Day and Anzac Day. Practise Cross Country and Show Jumping days, inter-club Show Jumping events and many other events.

Comments: Club members get a key to the grounds which can be used anytime during the season an event is not being held. The grounds are available for outside groups.



■ Parakai Springs Aqua Aerobics

Contact: Ruth

Phone: 021 0227 7481

Year Formed: 2005

Membership: 30+ active members, not all from

Helensville.

Age or Sector: All ages.

When Meet: Monday, Wednesday, and Friday, 9am to 10am, all year except public holidays.

Where Meet: Parakai Springs, outdoor pool

Purpose: Low impact exercises to improve health and well-being.

Fees/Subs: \$2 per session, \$7 pool entry for non-cardholders.

Comments: This class commenced in 2005 and is now in its 20th year. Everyone welcome.

■ Parakai Hot Pool Stretching and Exercise Group

Contact: Chrissy Jones

Phone: 027 258 2010

Email: frech@xtra.co.nz

Year Formed: 2004 approx

Membership: Varies week to week but usually around 12 to 18 participants.

Age or Sector: Adult, no age limit.

When Meet: Tuesday mornings, 8.30am to 9.30am.

Where: Parakai Springs hot pools, Parkhurst Road, Parakai.

Purpose: The group was started over 20 years ago to help arthritis sufferers and people wanting to generally maintain or increase flexibility in lovely hot water. A full hour of movement and stretching.

Fees/Subs: \$7 pool entry and \$7 per class.

Events: Mid-year and Christmas morning teas.

Comments: It's fun and anyone can attend. Many members have been exercising for years and love it. Several married couples have participated over the years. The age group is diverse with some in their 80s exercising alongside attendees many decades younger.

Chrissy has been instructing the class since 2018 after being a participant since 2006. She attributes her own health to the hour of stretching and movement each week.

Pool noodles are provided by Parakai Springs and the group has exclusive use of the indoor pool.

■ Pickleball

Contact: Janet McLeod

Phone: 027 596 4586

Email: janmak@xtra.co.nz

Web: Facebook - South Head and Helensville Pickleball

Year Formed: 2023

Age or Sector: Adults.

When Meet: Helensville - Tuesday evenings from 5.30pm to 7.30pm in the Kaipara College gym. South Head hall - Sunday and Thursday mornings 8:30am to 11am.

Where Meet: Kaipara College gym or South Head hall.

Purpose: To play pickleball, reputedly the fastest



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HELENSVILLE NEWS - PUBLICATION INFORMATION

■ JULY 2025 deadline: Thursday, 26th June, 2025

ISSUE DUE OUT TUESDAY, July 8th, 2025

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Dave Addison

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■ Free Subscriptions to Online Edition:

Email: subscribe@helensvillenews.co.nz

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■ **Editorial:** Ph 021 178 5568.

■ **Editor & Publisher:** Dave Addison, Helensville News (2011) Ltd, 502 Fordyce Rd, RD1, Helensville 0874.

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■ **Letters to the Editor:** Should be kept to around 250 words and may be edited as space dictates.



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helensville.news

■ www.helensvillenews.co.nz

Sports & Fitness town talk

• From Page 15

growing sport worldwide. Pickleball is a cross between tennis, badminton, and table tennis played on a badminton doubles-sized court using paddles and a hollow plastic ball with holes. It's fun and easy to learn.

Fees/Subs: \$5 for a two-hour session for casual players. Enquire regarding subs.

Events: See Facebook or message Janet on 027 596 4586 to join WhatsApp group.

Comments: All welcome, no experience necessary, and all equipment supplied. Adults only please.

■ Rodney & Waitakere Mower Racing Club

Contact: Matt Mayson

Email: rawmrc.inc@gmail.com

Year Formed: 2025

Where Meet: Custom built track at Drinnan Road, Waitoki

Purpose: Low impact exercises to improve health and well-being.

Comments: To promote the sport of lawnmower racing locally, run exhibition races, and get more people on track and into this fun and cheap grass-roots motorsport.



■ CAR BOOT SALE

The next Helensville Car Boot Sale will be held on Saturday, June 14 from 8.30am to 12.30pm at 40 Commercial Road, beside the WINZ building (weather permitting). Stalls are \$15, book at FIGG, 44 Commercial Road. For more information phone Holly on 021 488 427 or email: holly@figg.co.nz.

■ HELENSVILLE VILLAGE MARKET

The next market is on Sunday, June 15 from 8.30am to 1pm at the Helensville Showgrounds. There will be live music from Mike Lea and free hair plaiting for children. Stalls will include fresh local produce and plants, artisan food and preserves, handmade crafts, gifts, collectibles, used items, plus food and coffee. Assistance dogs only please. Proceeds from a gold coin donation for parking goes to the Helensville/Kaukapakapa scouts and St John youth. For more information email: sarah@riversidecrafts.co.nz

■ A&P ASSOCIATION AGM

Helensville A&P Association will hold its AGM on Wednesday, July 9 starting at 7.30pm in the main Helensville Showgrounds building. All welcome. Nominations forms for the Show committee are available by emailing the office at: info@helensvilleshow.co.nz. Nominations must be received by 5pm on Tuesday, July 1.

Māori history project continued

• From front page

back the kaupapa (purpose) of the project like Richard," she says. "Additionally we have maintained communication with respective local tribal and community leaders regarding the project."

The project also has the backing of Te Awaroa Museum president Leigh Bosch, who will work alongside Richard to provide historical information.

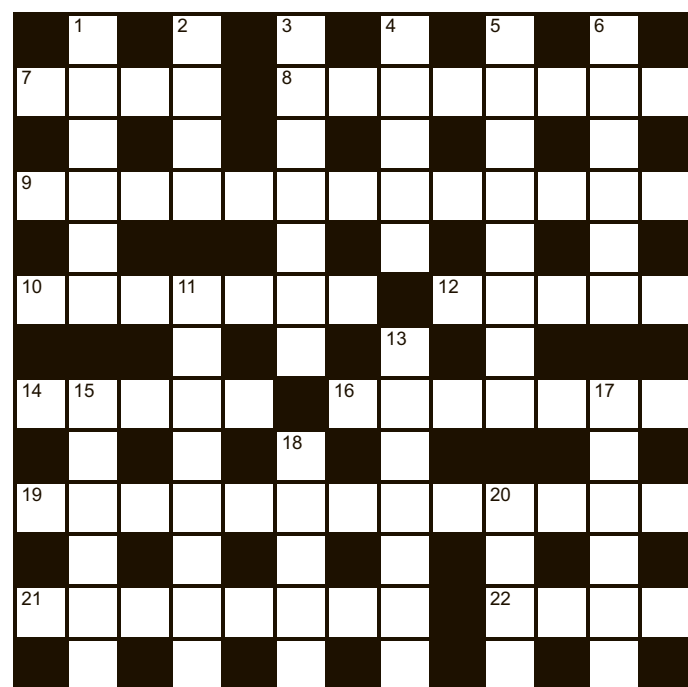
While construction of the project is set to be completed in June, an official opening won't be held

until mid-October to give the plantings time to get established. After that the walk will be open at the same times as The Everything Shop, 9am to 4pm Thursday to Sunday weekly.

Ongoing gardening and maintenance work will be supported through the sale of seeds and seedlings, and paid courses on growing vegetables and cultivating specific crops like kumara.

"These courses will be accessible to all, with a percentage of the spots offered at low or no cost to those in need," says Treena.

crossword



Across

7. Engrave with acid (4)
8. Unequal (3-5)
9. Belittle (13)
10. Husky (7)
12. Pile (5)
14. Leers (5)
16. Burnt (7)
19. Close mental application (13)
21. Army dining room (4,4)
22. Near (4)

Down

1. Odour (6)
2. Old form of you (4)
3. Politician's badge (7)
4. Divinity (5)
5. Distance across a circle (8)
6. Infected (6)
11. Cloudy (8)
13. Soon (7)
15. Dealer in foodstuffs (6)
17. Adequate (6)
18. Type of filling (5)
20. Melody (4)

May's Answers

Across: 7. Oceanic 8. Echo 9. Eggs 10. Olive oil 11. To and fro 12. Rock 14. Used 16. Rehearse 18. Irrigate 20. Root 21. Psst 22. Leisure.

Down: 1. Gorgeous 2. Season 3. Uncomfortable 4. Schizophrenia 5. Meteor 6. Thai 13. Customer 15. Dainty 17. Atrium 19. Rush.

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