



Spring Newsletter

What's up...

Antenatal & nutrition workshop

Date: 5th to 19th Nov 2017

Time: Sunday 4-7pm

Venue: Meadowood Community Centre

Target: Chinese pregnant women and supporting family members

Postnatal support & nutrition workshop

Date: 7th to 28th Nov 2017

Time: Tuesday 10-12pm

Venue: Meadowood Community Centre

Target: Chinese mums with children under 1 year old

Give us a call...

For Chinese & English:

Fangfang Chen

09-5701188 ext 330

021-760121

hbhf@cnsst.org.nz

For Korean & Japanese:

Joanna Jensen or Maya

Park

09-5709099

Welcome to our Asian – HBHF programme

- there must something special waiting for you!

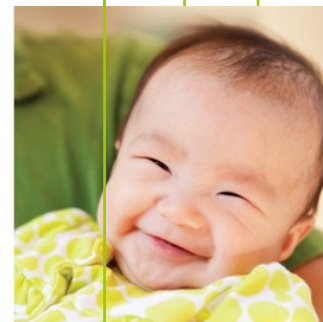
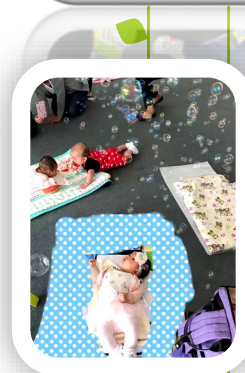
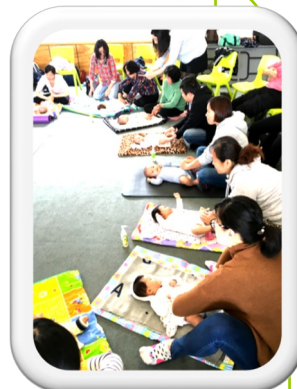
Antenatal education & nutrition class



Pregnancy yoga & nutrition class



Postnatal support and nutrition class



In Brief...

139 mums were introduced to Asian – HBHF programme

128 people joined our free **TextMATCH** service with NIHI

99 mums talked to us about their's and their babies' health goals

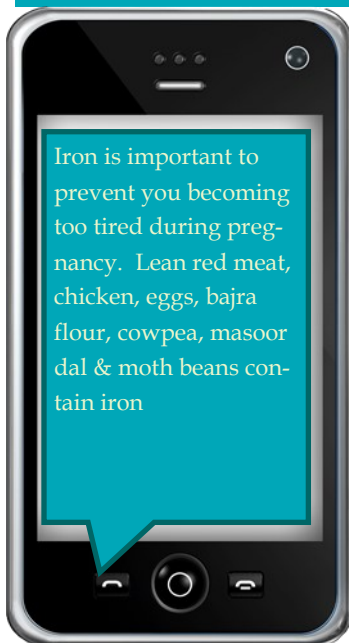
83 families enrolled on our Community Learning Programme

28 mums & **6** supporting family members learnt how to prepare and cook healthier meals, shop on a budget, read food labels and be more active

We supported **6** mums to get help from other services

Text MATCH

A free text messaging programme to support mums with info about eating well and being active



Spring recipe

Chinese stir-fry : serves 4

Ingredients:

400g lean beef schnitzel, cut into strips
1 packet hokkien noodles
1 tbsp oil
1 clove garlic, crushed
1 carrot, thinly, shredded
1 red capsicum, thinly sliced
1 tbsp low salt soy sauce
1 tbsp oyster sauce



Method:

Soak hokkien noodles in warm water for 2 minutes and drain.
Heat oil in a wok.
Fry beef and garlic until brown. Remove from wok.
Add carrot and stir-fry for 1 minute.
Add all ingredients except beef and noodles. Cook for 2 minutes.
Add beef and noodles. Stir for 1 minute.

Spring exercise—Explore Moire Park

Moire Park is one of Waitakere's hidden treasures. The area was settled in 1600 by Te Kawerau A Maki and ancestral links go back to the 14th century. Harbours and surrounding land were extensively used for fishing and camping and the collection of resources.

Take the kids Named after way has dle in the cool the sculptured through the the lushes urban area. Moire Park grounds, fly a sports fields.



for a day out at Manutewhau. the stream it follows, this walk-something for everyone. Pad-shallow water and marvel at stream bed or wind your way native bush tracks—some of remaining in the Waitakere Enjoy a picnic afterwards in while children play on the play-kite or kick a ball around on the This spectacular walkway can

be accessed from: Oriel Ave, Holmes Drive, Moire Rad, Moire Park, Allington Road, and West Harbour Drive.

HBHF education corner

During pregnancy you need more folic acid to help with the baby's development



Morning sickness can be common and can be worse when tired or hungry. Eat as well as you can, try eating regularly and choose smaller meals.

Community resources sharing

Community playgroup run by – NZ Rugby League

Art, crafts, pretend play, music books, waterplay, messy play, movement, sports and outdoor adventures.

Date: Wed & Thur from 10am to 12pm

Venue: 96 Swanson Road, Henderson



Sessions are free!