



Kōanga (Spring)

E Pānui



Congratulations to all the mamas who completed the Healthy Babies Healthy Futures Programme in Henderson

Ngā Kaupapa e whai ake nei

(Upcoming Groups)

Oct-Dec 2018

Blockhouse Bay

Blockhouse Bay Community Centre

(524 Blockhouse Bay Road)
Fridays 19th, 26th October
2nd, 9th & 16th November

11am-1pm

Glen Innes

Te Whare Piringa

(29a Fenchurch Street)

Wednesdays 17th, 24th 31st
October, 7th & 14th November

11am-1pm

Healthy kai and inu wai provided

Child minding

Transport options available

Complete all sessions and receive \$100 Countdown voucher



What Henderson Mama's are saying about Oranga Pēpi, Oranga Anga Mua



"A highlight of HBHF for me was meeting every week and learning something new. I learnt how to feed my whanau healthily and in moderation."

"I loved this kaupapa – it had a lot of important info that I did not know."

Korero mai...



Danielle Tahuri

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This quarter...

58 Mums were introduced to Oranga Pēpi, Oranga Anga Mua

34 whanau talked to us about their health and their babies' health goals

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

37 Mums enrolled on our Community Learning Program

22 Mums learnt how to prepare and cook healthier meals, shop on a budget, read food labels and be more active

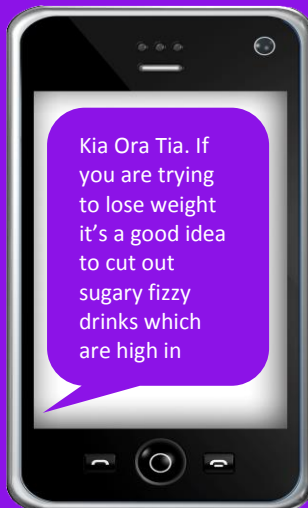
TextMATCH

Parents / Grandparents / Siblings / Whanau...

Sign up to FREE text messages around your tamaiti's health

Text Danielle with:

1. Your name
2. Your due date OR Baby's Date of birth
3. Baby's name
4. Baby's gender
5. If you want the texts in English or Te Reo Māori



Ngā tohutaka e kaingākautia ana (Our favourite recipe)

Bananaberry Muffins

Serves : 6

Prep : 5 mins

Cooking time : 15 mins

Kīnaki (Ingredients)

- 2 bananas
- 1 egg
- ½ cup water
- ½ cup oil
- 2 cups flour
- 1 tsp baking soda
- 2 ¼ tsp baking powder
- 1 cup blueberries (fresh or frozen)



Hātepe (Method)

1. Preheat oven 180° and spray muffin tins with oil
2. Mix mashed bananas, egg, water and oil in a bowl. Mix in flour, baking soda and baking powder until mostly smooth. Gently fold in blueberries
3. Spoon batter into greased muffin tray. Fill ¾ full
4. Bake for 15 mins. Cool for 10 mins then pull out of tray to finish cooling



**A BIG
Congratulations to
our 2018 Father's
Day Promotion
Winner -
Cynthia who is
expecting her first
pēpi in December**