

Pasifika – spring 2019 🌃



e-newsletter

Coming up....

Community Learning Programme (CLP)

October 2019 Massey Hub, Massey

Dates: Thursdays 10th, 17th, 24th & 31st Time:10.30 am-1pm

November 2019 **Glen Innes Community** Centre

96 Line Road, Glen Innes Dates: Thursdays Nov. 21st & 28th, Dec. 5th & 12th Time: 10.30am-1pm

Tuvalu Group Ranui Community Centre

474 Swanson Road, Ranui Contact: Elena 021 026 68485 or Laine 021 025 53134

Tongan Group Avondale

Venue & Dates TBC More info. Contact Toakase 021 555 177

Give us a call...

Maria.Kumitau@thefono.org Maria Phone: 09 216 4603 Mob: 021 902 571







Cool Pasifika Greeting



Young William said in his feedback "I enjoyed attending the reading labels session but not long enough. It will be good to have after shchool sessions for us kids who are at school during the day."



















In Brief...

An update of the Pasifika HBHF activities, for this quarter July-September 2019

Our success for July 2018-June 2019

350 Pasifika mothers and supporters wanted to find out about HBHF who completed a promo form.

238 enrolled on to TextMatch and **103** completed all 6 modules of the Community Learning Programme (CLP).

Quarterly report July – September 2019

33 mothers enrolled for CLP, **20** have completed the programme.

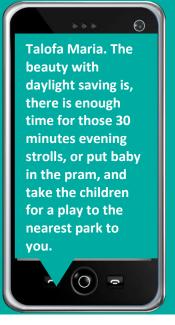
TextMatch

100 mothers including other family members registered for TextMatch.



have never won anything big like this before thanks to HBHF."

Text MATCH



Our spring recipe....



Spiced baked chicken drumsticks Serves 4

Ingredients

½ cup wholemeal flour 2 Tbsp curry powder 1 egg

¼ cup reduced-fat milk 8 chicken drumsticks, skin removed

Method

- 1. Heat oven to 200°C
- 2. Mix together the flour and curry powder
- 3. Beat together the egg and milk
- 4. Coat the chicken in the flour mixture
- 5. Dip the chicken in the egg mixture
- 6. Coat the chicken again in the flour mixture
- 7. Place the chicken on a plate or tray and cover, refrigerate for about 30 minutes. The flour coating on the chicken should look mostly wet rather than dry and floury similar to how it looked after the first coating
- Place drumsticks on a baking tray and bake for approximately 45 minutes or until the chicken is thoroughly cooked
- Serve with coleslaw and mashed potatoes or kumara, or oven-baked potato/kumara wedges, see preparation instructions on page 11

Per serve:

ENERGY SAT FAT CARBS FIBRE SODIUM
1113kJ 1.9g 7.2g 0.8g 158mg

24 CHEAP EATS COOKBOOK : Heart Foundation

Guest speaker and furactivities.



This young mother who was very isolated and very sceptical taking her son out to group settings, joined Kelston group with the support of her support worker. Before the end of the programme, she participated well in group discussions and was able to create conversations with other mothers. Watching her son smile and having fun with other children encouraged her to go out more often. "It is not all about food education but being able to smile and enjoy your time out with others she says".