



Raumati (Summer) - Ngahuru (Autumn)

E Pānui



HURŌ! CONGRATULATIONS

to all māmā and pāpā who completed the Healthy Babies
Healthy Futures Programme in Rānui and Bayswater



*He waka
eke noa*



*Poipoia
te
kākano,
kia
puawai*

*We're all
in this
together*



*Nurture
the seed
and it
will
blossom*



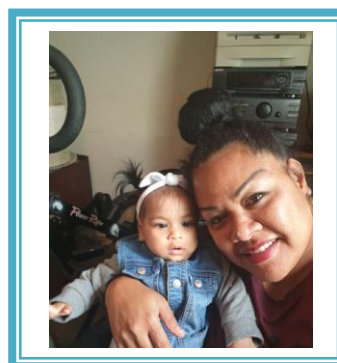
COVID-19: Wellbeing at Alert Level 4

*How to look after your mental health and
wellbeing during Alert Level 4*

- Whether you are in your physical isolation 'bubble' at home, or working to deliver an essential service, you are helping to save lives.
- It's important to take care of yourself – and that means your mind as well as your body.
- Remember your feelings are completely normal – it's understandable to feel sad, distressed, worried, confused, anxious or angry during this crisis

CONGRATULATIONS TO OUR \$250 VOUCHER WINNER:

Sunema Pulepule



*"Thank you so much.
I am very happy for
winning the prize
thanks alot.
God Blessed and
Protected All of us
from the
Coronavirus. Stay
Safe and God Be
with us and All our
families."*

Sunema Pulepule

This quarter...

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

55 māmā and 1 pāpā enrolled onto our Community Learning Programmes

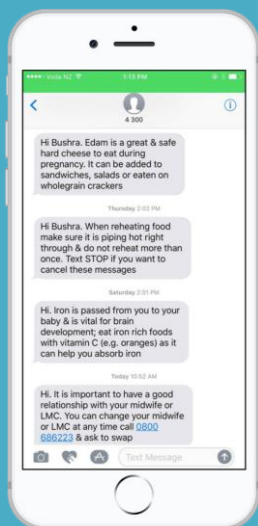
TextMATCH

Sign up to free text messages around the health and wellbeing of yourself and pēpi/baby

Available to parents, grandparents, siblings and whānau/family members of pēpi/baby.

Please provide:

1. Your name
2. Your due date OR baby's date of birth
3. Baby's name
4. Baby's gender
5. Choose to have text messages in English or Te Reo Māori



Tā māua tino kai

Our favourite food

Kīnaki/Ingredients

- 1 tbsp oil
- 4 lamb shoulder chops, fat trimmed
- 2 onions, chopped
- 3 carrots, chopped
- 1 kumara, chopped
- 2 potatoes, chopped
- 1 tbsp vinegar
- 4 cups watercress or puha

Tohutohu tao kai/Cooking instructions

- Heat oil in a large pot
- Add meat and brown on each side
- Add onions and carrots and continue to cook
- Add remaining ingredients except watercress
- Cover with cold water and bring to the boil
- Skim fat off the surface occasionally
- Reduce heat and simmer for 2 hours until meat is tender and vegetables are cooked
- Add watercress/puha just before the end of cooking.

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As we enter into new ways of delivery, **free** programmes are now available to māmā and pāpā residing in Central Auckland, West Auckland and the North Shore **ONLINE!**

If you are interested in learning about Being Healthy for You & Baby, Making Healthy Food Choices, Shopping Smarter and more, **click the following link NOW to enrol:**

<https://se.buzzchannelgroup.com/?u=2714928412ae412c85f6bec31fca6ee2>

If you have any pātai/questions or are in need of a chat, please call:

Cherill Rave

0226579234

Cherrill.rave@healthwest.co.nz



Krystal Worters

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