

October 2026

The Westerly

FREE monthly community magazine
for Massey to Hobsonville Point

- Safer communities
- Home & garden
- Health & beauty
- Property market report

Baseball Open Day
Te Kori Scott Point



Greetings

As we go forward towards an election we are confronted with so many diverse views that it is both confusing and difficult trying to make a balanced choice as to how to make the best use of a vote.

Looking at our community I am mindful of how voting might impact those elected who make decisions regarding future developments, improvements, amenities. Do I feel that our local candidates have the best interests of our area uppermost in their agendas?

The strength and purpose of a community comes from the active participation of its residents. This is a good time to think about what makes our place such a good environment to live in. How can we play our part?

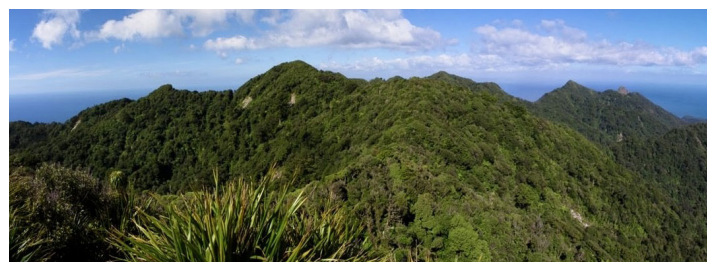
Communication with our neighbours, involvement in community events, taking advantage of the facilities we already enjoy, participating in new ventures all contribute to our area. New residents recently commented on the friendly greetings they enjoyed when exercising their dog in the park. We are an area that encourages residents to get out into our varied recreational spaces, browse the growing weekend market, and investigate the programme at Sunderland Lounge.

Public transport links have been improved with the opening of the Westgate bus station, shortly to be enhanced by the city rail links. As the weather improves, using the ferry to Auckland City adds a further dimension to travel adventures.

The largest Kmart in New Zealand has just opened in our shopping Mall, not only a useful store, well supplied with thousands of household and fashion items but also adding employment for over 200 local people. 24 hour trading 7 days a week will enable shift workers to be certain of being able to purchase what they need outside usual trading hours. It is well worth a visit.

The past years have seen the development of The Westerly into a publication full of useful information that reaches hundreds of households. The regular contributors and advertisers provide information on a wide range of topics. Our community members contribute information on clubs, pop-up events, groups, and school activities, in our vibrant area. As we go forward to our Polling Station we hope our votes will count.

John. Editor.



Advertising starts at only \$100 + GST which includes a business card, editorial and an image.

Get in touch with Gabrielle today
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COVER PHOTO: Baseball Open Day on 4 October

PRINT RUN: 12,500 copies, Treehouse Print

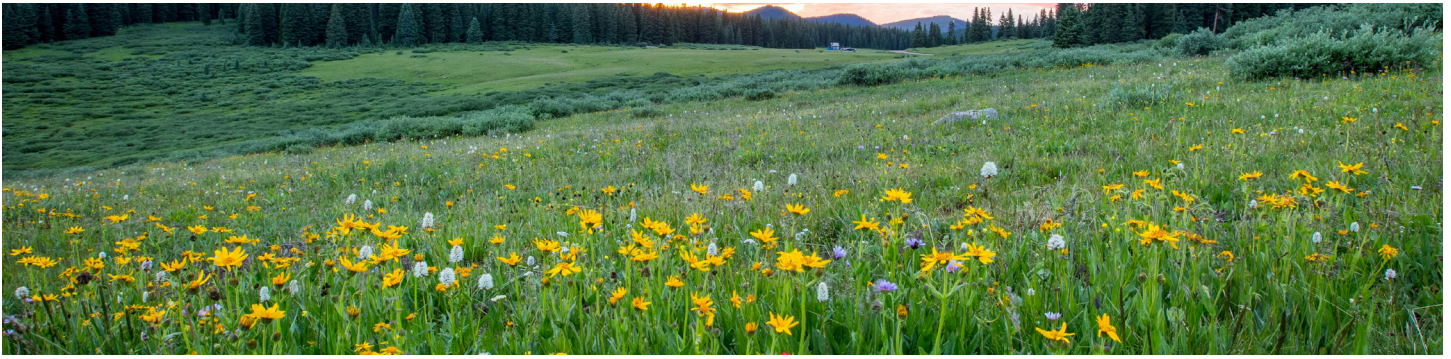
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People & Places

THEWESTERLY.CO.NZ

Baseball returns to Hobsonville



As summer approaches, our local sporting scene is readying for a busy summer at Te Kori Scott Point. For residents looking to stay active, connect with the community, or find a fantastic sport for the kids, North Shore Baseball is opening its diamond to the whole neighbourhood.



The facility in Hobsonville has rapidly established itself as a hub for baseball, offering a comprehensive suite of programmes for all ages and abilities. For the youngest in the family, the T-Ball programme on two weekday afternoons remains a firm favourite, providing a fun, supportive, and accessible introduction to the game. At the other end of the spectrum, the club continues to base their competitive Knights premier programme in Hobsonville, proving that high-level baseball has a home right here in our backyard.



There is truly something for everyone in between, with a wide range of youth and adult leagues catering to various skill levels. Perhaps the most exciting development for the coming season is the inaugural NS Queens. This women-only team marks a significant new chapter for the club, and locals can look forward to cheering them on during their home games at Te Kori Scott Point on Sunday afternoons after Knights games.

There is a Baseball Open Day on



4 October (Search “BaseballOpenDay@Hobsonville” on Facebook) but the upcoming season is slated to kick off at the end of October. Pre-season training sessions are already in full swing, so for those keen to pick up a glove, there is no time to waste. The club encourages anyone interested to secure their spot as soon as possible. Registration is open now at www.nscbaseball.co.nz - simply navigate to the “summer” menu to get started.

It’s shaping up to be an action-packed summer at Te Kori Scott Point.

Food trucks at Hobsonville Point Park



Looking for an easy night out close to home?

Grab your whānau, meet up with friends or come along and get to know your neighbours at Open Circle Food Trucks Evening at Hobsonville Point Park on 9 October 5pm - 8pm. Enjoy delicious food from a range of food trucks, relax on the grass, challenge someone to a lawn game, or simply soak up the community atmosphere.

Bring a picnic blanket, bring your appetite, and come along for a relaxed evening in the park.

Check out the poster for all the event details. We hope to see you there.



Fixing the basics and building the future



By Cameron Brewer

The Northwest of Auckland has been my home for over a decade. My kids play soccer for West Coast Rangers, eat legendary local strawberry ice-creams in the summer, and love the rural and coastal edge which is Upper Harbour.



Before being elected MP for Upper Harbour three years ago, I ran two businesses. The first as a sole trader, establishing and running a community newspaper called Inside Otago in the 1990s. The

second was a communications consultancy, which I ran for eight years, before standing for Parliament.

In between, I worked as a political press secretary in Wellington and Auckland; was chief executive of the Newmarket Business Association for over five years; an inaugural Auckland councillor for six years; and was transport chair on a local board for three years.

Since being in Government, I've chaired the Finance & Expenditure select committee and now serve as Minister of Commerce & Consumer Affairs, Minister for Small Business & Manufacturing, and Associate Minister of

Immigration.

I strongly believe I am the best placed in our community to be an effective voice and representative for Upper Harbour.

National has been delivering for Upper Harbour. Here are just two examples:

We have built many more classrooms in the past three years. National has also announced and constructed a brand-new primary school off Fred Taylor Drive, near Westgate, which will open term one next year.

We've also opened a new Westgate Bus Station as stage one of the dedicated Northwest Busway – a multi-billion-dollar project National has started and is committed to delivering.

In Government, we've been fixing the basics. On building our future, there's still more to do. At this election, I ask for your support to Party Vote National and for Cameron Brewer

Authorised by C.Brewer, cameron.brewer@national.org.nz

Images- Cameron Brewer speaking at the official opening of Kmart in Westgate, and with students from West Harbour School.

Cameron Brewer

For Upper Harbour

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Hidden injuries of everyday life



Most people think injuries come from dramatic moments like a fall, a sports tackle or a wrong move at the gym. The truth is far quieter. Many of the aches, niggles and flare ups physios see each week come from the tiny habits woven into everyday life. They are small, subtle and easy to ignore until they are not.

Take phone usage. Holding your head forward by just a few centimetres can double the load through your neck and upper back. It does not feel like much in the moment but repeating it for hours each week and the tension builds. The same happens with long drives, lifting children onto hips or sitting at a desk without support. These are not big injuries. They are micro stresses that slowly irritate tissues over time.

What makes these patterns matter is repetition. Your body adapts to whatever you do most often. If that is slouching, twisting, gripping or bracing, those muscles learn to stay switched on. Over time, they become tight, tired and less efficient. That is when people start noticing stiffness, headaches or that familiar feeling of waking up sore without a clear reason.

The good news is that small resets make a noticeable difference. Changing how you hold your phone, breaking up long sitting periods, swapping sides when carrying children or adding gentle mobility into your day can ease strain before it becomes pain. These are simple, physio backed tweaks that help your body feel more supported.

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Hobsonville Tennis Star Wins Big



By Cira Olivier

For more than two-and-a-half hours, two tennis titans slogged it out, back and forth, over and over, in the latest installment of a classic New Zealand v Australia battle.

And in the end, it was as close as it could be.

Hobsonville School's Alina Wang - the No 2 seed - eventually toppled No 1 seeded Australian Cataleya Edwina to take out the Zespri AIMS Games girls' singles title.

The Zespri AIMS Games is New Zealand's biggest school sporting tournament, hosted annually in Tauranga. It ran from September 5-11.

This year saw a record 14,506 entries from 467 schools, including 11 international schools from Australia, the Cook Islands and Fiji. The intermediate-aged athletes competed across 27 sporting codes.

Both Alina and Cataleya won four matches in the lead-up to the finals. Both were excited, but that quickly turned to nerves when they came face-to-face.

The rallies were tense and neck-and-neck. One game to Cataleya, then to Alina. Spectators on the bank were rigid, only moving slightly after each point as they relaxed, then tensed again for the next ball.

The first set tied 6-all. The crowd hushed.

Pop. Pop. Pop.

Cataleya, 13, who lives an hour North of Sydney, wins 7-6.

Hobsonville School's Alina, 12, has support from her own school, as well as from the other tennis players she's friends with from other Auckland schools.

As the sole competitor from her country, Cataleya's contingency is smaller, but she still hears her dad, aunty and grandma's periodic cheers from the court, and feels encouraged.

The crowd's focus pales to the girls', who remain composed under the heat of the midday sun, with only flickers of emotion crossing their faces.

Both, at each end of their court, turn to face the fence almost simultaneously at one point, taking deep breaths, before getting back to the game.

This time, Alina wins the set 6-4.

Now, a super tie-break: the first to 10 points.

Pop. Pop. Pop.

A strong serve here and amazing backhand there as they both dart around the court.

Alina takes home the win 11-9 to quiet cheers from the

crowd.

Tears fell as Cataleya got to her family as they wrapped her in warmth.

"She was annoying," Cataleya says with a smile and a sigh.

"She was just getting every shot. Shots that are normally winners, she was getting," she says of the strong competition.

She's loved the AIMS Games so much and is determined to come back with her sister, who will be eligible for tennis in two years.

Cataleya, whose life has revolved around tennis since she picked up a racket at 4, will also be back in New Zealand in a couple of weeks, finding out this week that she qualified for the ITF Juniors in Auckland at the end of the month.

Alina was "very nervous" before the finals and used the skipping rope to try to jump it out.

Her composure on the court was felt after the game too, and she modestly says how proud - and surprised - she is to win the tough game.

Surrounded by friends in different school uniforms, she says she's been playing for four years and trains daily.

She is excited to next play in the XP National Junior Championships at the end of the year.

"We were really nervous watching her," says her friend, Miranda Gao, 12, adding how proud she also was of her.

Alina also played mixed doubles with her twin brother, Peter, on Friday, with the siblings winning the final 7-5, 6-0 and leaving AIMS with plenty to celebrate.

Kmart opening

Kmart recently opened their largest New Zealand store in Maki Street at Westgate Town Centre. The store has created 200 new jobs in the local community, and will be open 24 hours a day. The design combines larger and more intuitive departments, improved product presentation, expanded self-service technology, and more efficient back-of-house operations. Services include Select & Collect, expanded self-service checkouts and a simpler front-of-store entry and exit.

Behind the scenes, enhanced technology and improved ways of working will help store teams operate more efficiently, supporting strong product availability and giving team members more time to assist customers. A mobile computerised robot called TORY performs multiple scans a day. It checks stock regularly to ensure that items are replenished on the stock floor, without being overfilled, minimising the return of unsold goods and avoiding that frustration of an item you are looking for being sold out.

The store manager Carlos Rowe built his career with Kmart in Queensland and has now returned to New Zealand, after working across store openings, refits and leadership roles. "I started my Kmart career on the checkouts more than a decade ago, so leading the opening of our



largest New Zealand store is something I'm incredibly proud of. We've built a strong local team and a store that's designed to make shopping easier for customers. There's been a huge amount of work behind the scenes to get to this point, and we're looking forward to welcoming the Westgate community through the doors," he says.

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Mental Health Awareness Week 2026



The Mental Health Foundation of New Zealand has announced an Awareness Week from 12 – 18 October. This year's theme, *Belonging Matters*, invites schools, workplaces, and communities across Aotearoa to focus on small, everyday moments of connection that

foster a genuine sense of inclusion and boost mental wellbeing. Grounded in the whakataukī *Ko au ko koe, ko koe ko au* - I am you, and you are me, the 2026 theme comes at a crucial time. Recent research highlights a growing challenge across Aotearoa of rising loneliness and declining trust with only 53% of New Zealanders feeling that their neighbourhood has a strong sense of community. This year's Mental Health Awareness Week champions a simple truth: nurturing a sense of belonging is one of the most powerful protective factors for our mental health.

Experiences of exclusion have a direct negative impact on wellbeing, particularly among rangatahi/young people, recent migrants, sole parents, and rainbow communities. International research shows that performing small, weekly acts of connection and kindness in local neighbourhoods significantly reduces feelings of loneliness and strengthens community bonds.

"Humans are social beings and being able to spend time with one another, connect and feel that we belong, is vital for our mental and emotional health. Connection works at many levels, whānau, friends, workplaces, schools, community, country. It is a two-way street, we need to reach out and we need to invite people in," says Shaun Robinson, Chief Executive of the MHF. Whether at school, work, or in local neighbourhoods, finding small ways to connect can make a world of difference. *Belonging Matters* because feeling connected to others reduces loneliness, strengthens self-confidence, and can provide valuable social support during hard times.

Free downloadable resources and ideas for Mental Health Awareness Week are available now at mhaw.nz

"Play It Strange" local winner



Charitable Trust "Play It Strange" has announced the winner of its 2026 National Songwriting Competition, following a record-breaking year of entries that has seen the competition reach its biggest ever level of participation. Play

It Strange runs annual national songwriting competitions for secondary school students, with finalists awarded a day in a professional recording studio to bring their original songs to life.

With more than 500 original songs submitted by rangatahi from across Aotearoa, this year's competition surpassed the previous entry record, highlighting the enduring importance of songwriting as a creative outlet for young New Zealanders.

First place was awarded to Monique Magdadaro, a Year 13 student of Hobsonville Point Secondary School for her original song, 'you you you'. Monique's music teacher, Jeni Little, says "I am so happy for her - she is such an incredible student in every respect."

Judge Gin Wigmore was so moved by the track that she has offered to work with Monique and explore a future co-writing opportunity. "I absolutely fell in love with this song and am so happy it has won. 'You You You' has a great melody, gorgeous vocal delivery, lyrical content that feels very universal and from a lived experience, AND it is super catchy. I have had it on repeat, I love it so much! I can't wait to hear this song recorded professionally in the studio, and would love to work with this artist and co-write something together."

Another competition judge, Riiki Reid, also commented "I really loved the ideas in this song. I loved these melodies, very strong verse and chorus melodies. I also love that Monique has clearly demonstrated the sonic world in which this song lives in. The melodies alone really define the structure of this song. I think she is a very strong songwriter and will go very far."



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Donna Coxon
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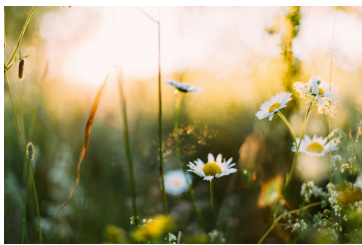
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Spring into fire safety



Spring has arrived, bringing longer days, warmer evenings and plenty of jobs to tackle around the garden. It's also a good time to give some thought to fire safety before summer arrives.

After a wet winter, it can be easy to forget how quickly things can dry out. Once the grass turns golden, garden waste starts piling up and the barbecue comes back into action, a few simple precautions can make a big difference.

Have a look around your property

Spring cleaning isn't just for inside the house. Clear away dry leaves, dead branches and other garden waste, particularly from around your home, sheds, decks and fences. Keep gutters clear and trim back vegetation that has grown close to buildings.

If you have a lifestyle property or a larger section, now is also a good time to think about how a fire could move across your property. Keeping grass and vegetation managed around buildings can help create a safer space.

And don't forget access. Make sure your driveway is clearly accessible for emergency vehicles, particularly if you live on a long or shared driveway.

Planning a burn? Think first



Garden clean-ups can leave plenty of material to get rid of, but before lighting an outdoor fire, check the current fire conditions and local rules. What may seem like a harmless little burn can become difficult to

control surprisingly quickly, particularly when there's wind.

Never leave an outdoor fire unattended and always make sure you have the means to put it out properly.

If conditions aren't right, consider other options for disposing of garden waste rather than taking the risk.

Time to dust off the barbecue

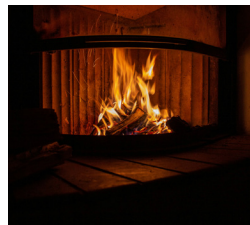


There's nothing quite like the first spring barbecue. Before firing it up, give it a good clean and check that the gas bottle, hose and connections are in good condition.

Keep the barbecue well away from buildings, fences, trees and anything else that could catch alight. And, as tempting

as it is to wander off while the sausages are cooking, never leave a barbecue unattended.

Give the fireplace a spring check



If you've been using a wood burner through winter, spring is a good time to make sure everything is clean and in good condition. Have chimneys and flues checked as recommended, and make sure ash is completely cool before disposing of it.

Never put hot ash into a plastic rubbish bin or somewhere it could ignite surrounding material.

Be careful with batteries



More and more homes have rechargeable batteries, from power tools and garden equipment to e-bikes and scooters. Damaged or poorly maintained batteries can present a fire risk.

Use the correct charger, don't charge damaged batteries and avoid charging devices on beds, couches or other soft surfaces. If something looks damaged, swollen or unusually hot, stop using it.

Check your smoke alarms



While you're doing the spring clean, take a minute to test your smoke alarms. Make sure they are working properly and that everyone in the household knows what to do if they sound.

It's also worth talking through your escape plan. Make sure everyone knows two ways out where possible, and choose a meeting point outside the house.

For families, this can be a great time to involve the kids. Ask them what they would do if they heard the alarm and practise getting outside safely.

A little preparation goes a long way

Fire safety doesn't have to be complicated. A few simple jobs around the property now can help protect your home, your family, your animals and your neighbours when summer arrives.

So enjoy the longer evenings, get stuck into the garden and make the most of spring – just keep fire safety on the list of things to do.



Graham McIntyre

g r a h a m . m c i n t y r e @
fireandemergency.nz

or 027 632 0421.

Chief Fire Officer -
Waitakere Fire Brigade.

Community News

Five signs it's time to replace your old dentures

Dentures are designed to restore comfort, function and confidence—but they don't last forever. As your mouth changes and your dentures wear, small problems can gradually become bigger ones.

Here are five signs it may be time for a new set:

1. They keep slipping

If your dentures move when you eat or speak, or you're increasingly relying on adhesive, the fit may have changed.

2. They're uncomfortable

Dentures shouldn't be something you simply learn to tolerate. Recurring sore spots, irritated gums and tenderness can all signal that your dentures are putting pressure on areas they shouldn't. While an adjustment or relining may sometimes help, persistent discomfort deserves professional attention rather than being accepted as part of wearing dentures.

3. Eating or speaking has become harder

If you've developed a new lisp, noticed a whistling sound when you speak, or find yourself avoiding foods that were once easy to eat, changes in your dentures could be responsible. Wear, movement or changes in your bite can affect the way your dentures support your mouth.

4. They're visibly worn

Dentures endure a lot of daily use. Over the years, teeth can become visibly worn, while the acrylic base may develop cracks, chips or other damage. Worn denture teeth can also affect your bite and chewing efficiency.

5. They're getting old

Even well-maintained dentures eventually wear out. Changes in your mouth over the years can also affect how well they fit.

Don't wait for them to fail

If your dentures no longer feel comfortable, secure or natural, it's worth having them professionally assessed. An adjustment, relining or replacement could help restore the comfort and confidence you've been missing. Call through to the amazing team at DT Denture Clinic for a free consultation 09-4165072

What should we feed our dogs?



With so many choices available, deciding what to feed our dogs can be confusing. Raw, home-cooked, wet and dry foods all have their supporters, but the most important question is not simply "raw or processed?"—it is whether the

diet is nutritionally complete, balanced, palatable and suitable for your dog's individual needs.

Raw feeding can be appealing because it uses fresh, minimally processed ingredients and many dogs love the taste. Some owners report improvements in coat condition, stools and overall wellbeing. However, raw meat can carry harmful bacteria such as Salmonella and Campylobacter, creating risks for both pets and people. Homemade raw diets can also be deficient or excessive in important nutrients, while bones may cause dental fractures, constipation or intestinal obstruction.

Quality commercial foods have the advantage of being carefully formulated to provide consistent nutrition. They

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are convenient, easy to portion and store, and there is considerably less risk of bacterial contamination. Wet food can also provide additional moisture, while dry food is convenient and can be useful for maintaining dental hygiene when specifically designed for that purpose.

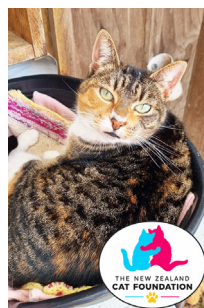
Home-cooked diets can be an excellent choice for some dogs, particularly those with specific nutritional or medical needs, but they should ideally be formulated by a veterinary nutrition professional rather than simply consisting of meat, rice and vegetables.

So, what do we recommend? For most dogs, our first choice is a reputable, nutritionally complete commercial diet appropriate for their life stage and individual needs. Raw or home-cooked food can be considered, but it needs careful nutritional planning and food-safety precautions. Ultimately, the best diet is the one that your dog is able to digest well, maintains an ideal body weight and provides complete nutrition throughout their life.

Gary Duggal - Huapai Vet Clinic

Cat lovers - we need your help!

The NZ Cat Foundation operates a sanctuary in Huapai that is home to more than 150 rescued cats. Our sanctuary provides a safe, lifelong haven for older,



disadvantaged, and unhomeable cats, allowing them to live out their lives in comfort, security, and with the care they deserve.

Volunteers play a vital role in helping us maintain the sanctuary and ensure our cats enjoy happy, healthy lives. We are always looking for reliable and compassionate volunteers who are responsible, work well as part of a team, and have a genuine love of animals.

Volunteering at the sanctuary is also an excellent way to complete community service requirements for programmes such as the Duke of Edinburgh Award, St John, Scouts, Guides, church groups, university placements, animal science studies, and more. We are happy to verify and sign off volunteer hours as required.

As a charity, we rely heavily on the support of volunteers and urgently need more people to join our team.

We also gratefully welcome financial donations and contributions of cat food to help cover veterinary expenses and the ongoing costs of caring for our sanctuary residents. In addition, The NZ Cat Foundation supports community Trap-Neuter-Return (TNR) programmes and assists with feeding and caring for vulnerable cats living in the community.

To learn more about volunteering or making a donation, please visit our website at www.thenzcatfoundation.org.nz.



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Community News

Auckland Folk Festival 2027 lineup



Auckland Folk Festival announces a huge, globe-spanning lineup for its 2027 festival, running from Friday, 29 January to Monday, 1 February at the Kumeu Showgrounds.

Aotearoa's largest Folk festival is back for 2027 with an incredible lineup of musicians from Aotearoa and around the world. An annual destination for families and friends for over 50 years, the three-day spectacular, held over Auckland Anniversary Weekend, is a chance to step out of the hustle and bustle of daily life and step into a world of music, dance, food, workshop and camping fun for the whole family. Take your pick from five stages, under cover with marquees (including a dedicated kids' stage).

Festival Programme & Artist Coordinator, Emily Roughton, says, "2027 is going to be a magnificent celebration of our creative community! There is a place for everyone, and space for young and old to enjoy a wonderful blend of

tradition and discovery."

Headlining the festival this year is Ny Oh. Fresh off touring with Harry Styles and taking home Best Folk Album at the 2026 Aotearoa Music Awards. Also joining the top of the bill is Yurt Party, the beloved Christchurch-based street party band known for turning festival crowds into one big dance floor.

From across the Tasman, the festival welcomes three exciting Australian acts. Apolline, The Inadequates and The Borough! Representing Ireland is four-piece Tulua, and Ghanaian musician Yaw Asumadu, brings his WOMAD-honed sound to the festival stages.

Returning for the 2027 Festival, via Nashville, is Cy Winstanley, and US singer-songwriter Jeff Davis. Award-winning folk songwriter Nicola Mitchell (Waikato/Tainui Ngāti Maniapoto) will present a set with her acoustic trio, alongside Auckland-based soul-food singer-songwriter dân dân. Plus Hinekoia Tomlinson (Ngāti Hine, Whakatōhea, Ngāti Awa), returns to run her much loved waiata workshops.

The much loved, dedicated Kids Stage is in good hands once again this year, with returning favourite Cy Winstanley's alter ego Simon Stanley and the talented Niccolo Piccolo.

With much more to be announced.

More info & Earlybird tickets are now on sale, until Dec 31st. from: www.aucklandfolkfestival.co.nz and Moshtix. Day passes and full weekend passes are available.

What's happening at Kumeu SeniorNet?



Exploring practical skills for everyday life.

While we love helping our members get comfortable with the absolute basics of their devices, Kumeu SeniorNet also dives into practical, everyday tools

that make modern life much easier and more enjoyable. We don't just teach technology for the sake of it; we teach things that have a real, positive impact on your day-to-day routine.

For instance, our most recent workshop focused heavily on mastering communication apps like WhatsApp and Messenger. Attendees walked away knowing how to securely message their circles, share life's moments, and block unwanted spam. In future sessions, we plan to look at other highly practical topics—such as how to organise digital photos so they don't get lost, how to search the internet safely to avoid scams, and how to use handy everyday features like calendars and reminders.

We constantly tailor our club activities around what our members actually want and need to use their phones or computers for. If you are curious to see what we are learning next, or if you have a specific tech issue you've been dying to solve, join us for our main meeting. We meet at 10:00 am on the first Wednesday of the month at St. Chad's Church in Huapai.

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EcoTreats NZ is also supporting Sea Cleaners, with 5% of the commission from every sale donated to support their work helping protect New Zealand's oceans and waterways.

Whether you're looking for branded giveaways, event treats, promotional products or something a little different, EcoTreats offers a delicious way to get your message out there while making a more thoughtful packaging choice.

But it doesn't stop at lollies. If you're looking for other sustainable gift ideas, there are plenty of thoughtful options available through Keepsake, helping businesses find more environmentally conscious choices for corporate gifts, campaigns and special occasions.

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Community News

Davis Funeral Care



As many will be aware “Dying Matters Week” took place during the week of 7 September, and this year saw numerous events throughout the country, all aimed at encouraging people to openly talk about and start planning for their future. Yes, that bit, “what are my wishes for when I die”.

I had the opportunity to attend a number of events across the city, including an open discussion with patients facing end of life

discussions, a wonderful evening event at the beautiful Eden Garden hosted by Auckland Philharmonia, who between amazing performances of movements from Mendelsohn and Bach provided an opportunity for a panel discussion focusing on financial planning, wills and estate planning and funeral farewell planning.

For the Davis team, we were delighted to have the opportunity to stand side by side with our partner, Hospice West Auckland, to bring to life an Interactive Community Artwork event; a creative and engaging initiative, going well beyond the usual seminars and talk, instead providing shoppers at the Northwest Shopping Centre the opportunity to express artistically and through messages, their wishes of what they was to do before they die. A simple and fun activity, providing a soft

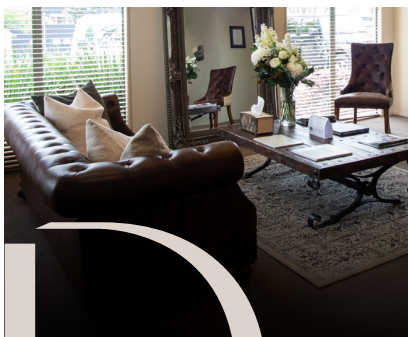
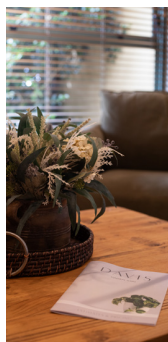
introduction to a topic that many people find hard to broach, and which further allowed people to learn more about Hospice West Auckland, and that fact that it is so much more than that place you go to die, and further that it is okay to seek free-of-charge, no obligation advice from a funeral director.

Older or younger, sick or healthy, religious or not, and regardless of culture, whilst we should not be fixated on death, we must equally recognise that death is a certainty. It is after all a part of life. As a funeral director myself, it is my belief that everyone should have the right to die with dignity, to die at peace in the knowledge that their wishes are known and will be honoured, and that the unnecessary stress that those that they are leaving behind will be lessened through clear and careful planning.

Of course, end-of-life planning goes beyond the immediate practicalities of what to do with yourself when you die, it is also about your estate planning. Hospice West Auckland provides an invaluable service to patients and their families every day of every year and as a totally free service. We openly encourage people to support the ongoing work of Hospice West Auckland, whether through donation or support of the Hospice shops, or even a bequeathment in your will.

All it takes is one conversation. We invite you to drop in for a coffee and have a chat with one of the friendly Davis team, or feel free to email us at mike@davisfunerals.co.nz.

– Mike Powell – Davis Funeral Care General Manager



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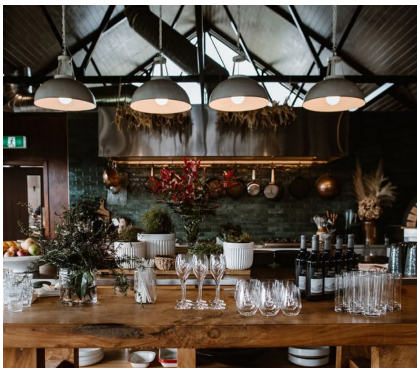


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Good from Scratch



As we start to near the end of the year we still have a few dates left in December for end of year functions before Xmas . We offer a range of different options to suit your Booking ,email Bee at info@goodfromscratch.co.nz for more

details and enquiries we would love to host you!

Spring has certainly sprung on the Farm with beautiful blossoms that the Tuis in particular are enjoying ! The potatoes we planted a few weeks ago are already starting to show their foliage ready for classes we have available to book and in time for Xmas.

Some of the last remaining classes we have for the year are dates as follows

Saturday October 17th " Taste of the Farm "

Saturday October 24th " Farm Experience "

Saturday October 31st " Smoke Fire Class "

Wednesday November 25th " Bread Class with Cam and Boyd "

We also have our Farm Shop on Saturday the 7th of November and Supper Club dinners . Do keep a look out on our website and Social pages www.goodfromscratch.co.nz



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Spring Into Something Delicious



Spring has arrived, and it's the perfect time to freshen up your food and drink routine. As the days get longer and warmer, it's out with the heavy winter meals and in with lighter, brighter flavours.

Load up on colour. Spring produce is bursting with goodness, so add plenty of fresh greens, berries, tomatoes, asparagus, peas and herbs to your plate. A colourful

meal is not only good for you – it looks fantastic too!

Bring back the salad. Forget boring bowls of lettuce. Try adding roasted vegetables, grains, fresh herbs, nuts, feta or grilled chicken. A good dressing can turn a simple salad into the star of the meal.

Get fruity with drinks. Swap some of those winter hot chocolates for refreshing homemade drinks. Try sparkling water with fresh lemon, lime, mint or berries. For something special, make a fruity iced tea and serve it over plenty of ice.

Eat outside. Spring is your excuse to dust off the outdoor table. Even a simple lunch tastes better in the sunshine!

And finally, keep it local. Visit your local farmers' market, bakery, café or food producer and see what seasonal treats are on offer. You never know – your new favourite spring flavour might be just around the corner.

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Everything you need to know about property

Property Hub

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Property Hub



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ENQUIRIES / FEEDBACK / ADVERTISING:
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COVER PHOTO: GJ Gardner Rodney West
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Property Hub:

Old Highland Estate - 5 Dysart Lane, Kumeu

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Nestled in an idyllic rural setting, Dysart Lane presents an exclusive boutique development featuring four premium 1 hectare (approx. 2.5-acre) flat plots. Designed for those who seek space, privacy and refined living, each parcel offers gentle contours and sweeping views, providing the ideal canvas to construct your exceptional forever home.

Tailored house and land packages

To make your build process completely effortless, Orange Black Developments has partnered with G.J. Gardner Homes to offer exclusive house and land packages tailored specifically to these sites. Combined with easy-build terrain designed to maximise natural light and outdoor living, you can move forward with complete confidence in both site functionality and master-crafted design.

The Northwest lifestyle

Dysart Lane seamlessly bridges peaceful rural seclusion with convenient urban connectivity. Positioned with easy access to major commuting corridors, this location serves as your gateway to the very best of the Northwest. Spend your weekends exploring iconic black-sand surf beaches, esteemed forest trails, championship golf courses, horse-riding tracks and award-winning local vineyards, all just minutes from your front door.



About Orange Black Developments

With over 30 years of hands-on construction and land creation experience, Orange Black Developments specialises in crafting distinctive neighbourhoods that blend artistry with practical functionality. Transitioning from master builders to land developers gives us a unique technical understanding of construction from the ground up. Through proactive project management, transparent communication and meticulous attention to detail, we ensure every development is executed with precision, delivering exceptional quality on time, every time.

Upcoming Open Day

Date: Saturday, 17th October

Time: 1-2pm

Location: 5 Dysart Lane Site Entry

Join us on-site to walk the sections, review site plans and discuss tailored house and land packages with representatives from both Orange Black Developments and G.J. Gardner Homes.

Contact our team today to register your interest or request an advance information pack.

Property News

Buy with confidence



The value of a builders report

By Elyse Crowther, Senior Registered Legal Executive

Buying a property is exciting, but it's also one of the biggest financial commitments most people will ever make. Before you go unconditional, it's important to understand exactly what you're buying.

A builder's report can help identify issues that may not be obvious when you're walking through an

open home. Moisture problems, structural concerns, roofing defects, drainage issues, borer, rot, or signs of deferred maintenance can all be costly surprises if they're discovered after settlement.

Knowing about these issues before you commit gives you options. You may be able to negotiate repairs, request a price reduction, budget for future work, or decide that the property isn't the right fit for you.

Builder's reports aren't just for older homes either. We've seen buyers assume that a newly built property will be problem-free, only to discover defects after settlement. Even where a property has a Code Compliance Certificate, a builder's report may identify incomplete work, workmanship issues, or maintenance concerns that are worth investigating further.

In one recent matter, a client discovered significant flooring defects in a newly built home after settlement. While warranties and repair processes were available, dealing with the issue still created stress, delays, and uncertainty that may have been identified earlier through a pre-purchase inspection.

A builder's report is a relatively small investment compared with the cost of buying a property. It is a simple due diligence step that can help you avoid expensive surprises and make an informed decision with confidence.

If you're thinking about buying a property and have questions about the process, the team at ClearStone Legal is happy to help.

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North-West Auckland property market



The North-West Auckland property market is heading into spring with a sense of stability, as buyers and sellers continue to adjust to a more measured market.

Across Kumeū, Huapai, Whenuapai, Hobsonville, Westgate and surrounding areas, buyers are taking their time and looking carefully at value, quality

and location. Rather than the urgency seen during the property boom, there is now greater choice and more opportunity to compare homes before making a decision.

Current September figures show a median estimated value of around \$1.27 million in Kumeū, with values down 1.8 per cent over the past year. In Whenuapai, the median estimated value is approximately \$1.2 million, with annual growth down 0.8 per cent. These figures reflect a market that is relatively steady, rather than experiencing significant price movements.

Kumeū and Huapai continue to attract buyers seeking a combination of lifestyle, space and access to Auckland. Larger properties, lifestyle blocks and semi-rural sections remain appealing, particularly to families looking for more room while maintaining connections to the city.

Further towards Hobsonville, Whenuapai and Westgate, ongoing residential development continues to change the area, bringing new homes, amenities and infrastructure. The growing communities are attracting families and buyers looking for modern housing within an expanding part of Auckland.

For sellers, realistic pricing and presentation remain important. With buyers having more choice, properties

need to stand out and meet current expectations. For buyers, the slower pace provides more time to research, compare properties and consider long-term value.

Conditions can vary considerably between suburbs, property types and individual streets, so local market knowledge remains valuable.

As spring progresses, the North-West appears to be settling into a more balanced property environment. While the rapid growth of previous years has eased, the region's combination of lifestyle appeal, ongoing development and strong community growth continues to shape its property story.

Thinking about selling this spring? If you're considering putting your North-West Auckland property on the market, contact Graham McIntyre for a confidential conversation about your plans, current market conditions and how to prepare your property for sale.

Graham McIntyre - 027 632 0421

graham.mcintyre@hobsonville.co.nz

Country Living Realty Limited T/A Raine & Horne Kumeu-Hobsonville. Licensed REAA (2008)

Disclaimer: Market information is general in nature and should not be relied upon as a property valuation or financial advice. Information current as at September 2026.



Raine & Horne.

Graham McIntyre

Licensed Agent
Kumeu | Hobsonville

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Property News

Thinking about subdividing your property?



With land becoming more valuable across New Zealand, many homeowners are considering whether they can make better use of their section – whether that's creating an extra lot for the family, building a new home, or unlocking the value of their land.

Can your property be subdivided?

It depends on factors such as:

– Property size and zoning

- Council planning rules
- Access and driveways
- Water, wastewater, stormwater and power connections
- Flooding, soil conditions or other land constraints
- The location of existing buildings

A good first step is to speak with a surveyor, who can assess whether subdivision is possible and identify any potential challenges. We can also refer you to surveyors we regularly work with.

What does the process involve?

A typical subdivision may include:

- Assessing feasibility
- Obtaining council resource consent
- Completing required works, such as services, driveways or drainage
- Preparing legal documents and easements, and obtaining any bank consents
- Applying for new titles through Land Information New Zealand (LINZ)

What does it cost?

Costs vary, but may include surveyor, council, legal,

infrastructure, LINZ and accounting or tax advice fees. It's important to budget carefully and allow for unexpected costs.

How long will it take?

Even a straightforward subdivision will usually take six months or longer, depending on the property and council requirements.

Is it worth it?

Subdivision can create space for family, unlock value from unused land or provide future development opportunities. However, every property is different.

Thinking about subdividing your property? Talk to Jennifer Edmonds at Smith and Partners early in the process to understand the legal requirements and what you'll need to consider – jennifer.edwards@smithpartners.co.nz or phone 09 837 6889.

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Hot water cylinder theft



A warning for West Auckland property owners

Most landlords probably don't give their hot water cylinder a second thought.

But right now, this is something West Auckland property owners should be aware of.

We have been informed by local Police officers that there has been a lot of hot-water-system theft happening in the area at

the moment, including an incident involving a vacant property that we manage.

Unfortunately, this type of theft can cause far more damage than simply losing the hot water system.

When a cylinder or external hot-water system is removed, pipes can be cut or disconnected, potentially allowing water to run into the property. This can result in serious flooding and damage to flooring, walls, cabinetry and other parts of the home.

What can landlords do?

If you own an investment property, particularly one that is vacant between tenants, it's worth taking a few simple precautions.

Check how accessible your hot water system is

If it is outside and easily accessible from the street or a neighbouring property, consider whether additional security could be added.

Consider protective security

A suitable cage or enclosure may make an external system more difficult to access and remove.

Keep records

Take photos and record the make, model and serial number of your system. These details can be useful if the system is ever stolen.

Think about security around vacant properties

Good lighting, cameras, alarms and regular visits can all help deter opportunistic theft.

Check your insurance

It's worth speaking with your insurer to make sure you understand what your policy covers in relation to theft and any resulting water damage.

The damage can be much bigger than the theft

The cost of replacing a hot-water system is one thing.

The potential damage caused by water running through a property can be a completely different level of expense.

This is why prevention is so important, particularly when a property is vacant and there is no tenant there to notice

a problem quickly.

At West Auckland Property Management, we believe good property management is about being proactive and keeping an eye on the things that could potentially affect your investment.

If you own a property with an external hot-water system, now is a good time to check how secure it is.

And if your property is going to be vacant, talk to your Property Manager and insurer about additional security measures that may be appropriate.

West Auckland proud. Personally invested.

This is general information only. We recommend speaking with your insurer, Police and a suitably qualified tradesperson about the security requirements for your individual property.

West Auckland Property Management

2 Clark Road, Hobsonville | 327 Main Road, Kumeu.

09 832 0832



Sarah Ball
Property Manager
office@wapm.co.nz



Donna Coxon
Property Manager
info@wapm.co.nz

Area Property Stats

Every month Raine & Horne Kumeu assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential and Lifestyle transactions that have occurred. To receive the full summary simply email the word "full statistics" to office@kumeu.rh.co.nz. This service is free from cost.

SUBURB	STREET	CV	BED	FLOOR AREA m2	LAND AREA m2	SALE PRICE
Helensville						
	Miro Street	\$810000	2		0	\$810000
	Manuka Grove	\$1400000	3	196	1.3	\$1450000
Hobsonville						
	Makete Crescent	\$1175000	4	151	0.0323	\$1199000
	Wiseley Road	\$1500000	4	300	0.0683	\$1450000
	Landing Path Drive		0		0	\$678000
	Onekiritea Road		4	138	0.0257	\$1250000
	Pukeko Road	\$2250000	5		0.0386	\$1850000
	Boundary Road		0	97	0	\$1450000
	Bomb Point Drive	\$1450000	5	216	0.0302	\$1370000
	Rangihina Road		2	80	0	\$695000
Huapai-Kumeu						
	Blatina Drive	\$1225000	4	165	0.089	\$1070000
	Trigg Road	\$1150000	4	130	0.0964	\$1395000
Massey						
	Holmes Drive South	\$840000	4		0.0359	\$810000
	Tatyana Place		3	200	0.0609	\$1073000
	Lowtherhurst Road		3	130	0.0381	\$762000
	Alidade Place	\$970000	3	80	0.063	\$787000
Riverhead						
	Elliot Street	\$1450000	4	212	0.0608	\$1345000
	Kaipara Portage Road			0	0.0637	\$750000
	Ridge Road	\$2125000	3		2.67	\$950000
Waimauku						
	Hamilton Road	\$1875000	7		1	\$2025000
	Muriwai Road	\$1450000	3		2.63	\$1450000
West Harbour						
	Cyril Crescent	\$780000	3	80	0	\$696000
	Kerlin Crescent	\$925000	2		0	\$850000
	Hobsonville Road	\$730000	2	89	0.0105	\$680000
Westgate						
	Pukewhero Rise		3	105	0.0121	\$750000
	Rush Creek Drive	\$1125000	3	139	0.0464	\$1080000
	Oma Hoiho Place	\$790000	3		0.013	\$750000
	Toetoe Street		4		0	\$920700
	Fred Taylor Drive		0		0.0175	\$395000
	Fred Taylor Drive		0		0	\$395000
	Fred Taylor Drive		0		0	\$395000
	Fred Taylor Drive		0		0.0203	\$395000
	Westgate Drive		4		0.0152	\$793000
Whenuapai						
	Totara Road	\$1025000	4	192	0.0198	\$1055000

SUBURB	STREET	CV	BED	FLOOR AREA m2	LAND AREA m2	SALE PRICE
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DISCLAIMER: These sales figures have been provided by a third party and although all care is taken to ensure the information is accurate some figures could have been mis-interpreted on compilation. Furthermore these figures are recent sales over the past 30 days from all agents in the area.

Graham McIntyre on **027 632 0421**

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Raine & Horne Kumeu also provide statistical data FREE from cost to purchasers and sellers wanting more information to make an informed decision. Phone me today for a FREE summary of a property and surrounding sales, at no cost and no questions asked. Graham McIntyre 027 632 0421 *Available for a limited time. Conditions apply.

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Property News

October Rental Market Report



West Auckland Property Management

A Competitive Rental Market with Increased Choice for Tenants

As we move into October, the West Auckland rental market continues to provide tenants with a

good level of choice, with a healthy volume of properties currently available.

With increased rental stock, tenants have more opportunities to compare properties based on location, presentation, weekly rent, amenities and suitability for their individual circumstances. As a result, we are seeing some properties take longer to secure the right tenant.

For landlords, this highlights the importance of ensuring a property is competitively positioned, well presented and marketed effectively. Understanding the current market and responding to tenant demand is an important part of achieving a successful rental outcome.

Families Planning Ahead for 2027

We are also beginning to see families looking further ahead to the 2027 school year.

School zoning can be an important consideration for families when choosing their next rental property, particularly for those planning around the next school intake. This can influence both the location tenants are looking at and the timeframe in which they need to secure a property.

For landlords, understanding who the likely tenant market is for your property and what factors are important to them can assist in positioning the property appropriately.

Property Security Alert: Hot Water Cylinders

We have also been made aware of an increase in hot water cylinders being stolen from vacant properties across West Auckland.

Local Police have advised that there have been a number

of incidents occurring in the area, including properties that are vacant or between tenancies. We have also experienced this issue with a vacant property under our management.

Vacant properties can be particularly vulnerable, so we encourage property owners to consider appropriate security measures while their property is unoccupied. Regular inspections, secure access points and ensuring the property does not appear vacant can all form part of a wider property security plan.

At West Auckland Property Management, we continue to keep a close eye on properties between tenancies and communicate with our owners should we identify any concerns.

If you own a rental property that is currently vacant, we recommend taking the opportunity to review its security and ensure appropriate measures are in place.

What We Are Seeing

At West Auckland Property Management, we continue to closely monitor enquiry levels, viewing attendance, applicant numbers and feedback from prospective tenants.

Where a property is taking longer to rent, regular communication with our owners is essential. We discuss market feedback and, where appropriate, consider whether changes to pricing, presentation or marketing strategy may assist in attracting suitable tenants.

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Residential rental property advice that's timely, accurate, and measured, to ensure your property gets the attention required. It's a process that builds on 25 years of success and succession.

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Our focus remains on finding the right tenant for each property while working to protect our owners' investment and achieve a sustainable rental return.

Introducing Donna Coxon

We are pleased to welcome Donna Coxon to the West Auckland Property Management team.

Donna is a valued new addition to our growing team, and we are delighted to have her join us.

At WAPM, we place a strong emphasis on relationships, communication and providing a genuinely personal service to our owners and tenants. As our team continues to grow, we remain committed to maintaining the high level of service and individual attention that our clients expect from us.

Please join us in welcoming Donna to West Auckland Property Management.

West Auckland Proud. Personally Invested.

As a locally owned and relationship-focused property management business, we understand that every property and every tenancy is different.

Our role is not simply to manage a property. It is to communicate, provide sound guidance, respond proactively and work alongside our owners to protect their investment.

If you are considering a change in property management, reviewing your current rental strategy or simply wanting an up-to-date understanding of the West Auckland rental market, our team would be happy to have a conversation.

West Auckland Property Management 09 832 0832

Family-owned.

Relationship-focused.

Personally invested.

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Tenant of the month

Home is so much more than four walls—it's a place where memories are made, families grow, and life happens.

At West Auckland Property Management, we truly appreciate the wonderful tenants who take pride in their homes, communicate openly, and treat each property with the same care they would their own.

Each month, we'll be celebrating one special tenant who embodies what a great tenancy is all about.

Congratulations to our September Tenant of the Month Linda!

As a small thank you, you'll receive a certificate and a gift voucher as a token of our appreciation.

Thank you for being such an important part of our West Auckland Property Management family. We appreciate you and everything you do to make your house a home. 🏡

West Auckland proud. Personally invested.



Sarah Ball
Senior Property Relationship Manager



Country Living Realty (Hobsonville) Limited
ta West Auckland Property Management

027 499 8415
office@wapm.co.nz
wapm.co.nz
2 Clark Road
Hobsonville, Auckland



Donna Coxon
Senior Property Relationship Manager



Country Living Realty (Hobsonville) Limited
ta West Auckland Property Management

022 090 1416
info@wapm.co.nz
wapm.co.nz
2 Clark Road
Hobsonville, Auckland





9 Maple Lane, Huapai

Lock-Up and-Leave Lifestyle - Bring the Toys

When downsizing doesn't mean giving up the cars, tools and toys you've collected over the years, welcome to 9 Maple Lane, Huapai.

Set privately in a leafy pocket of Huapai, well back from the road and surrounded by owner occupied, quality homes, this beautifully maintained 243m² GJ Gardner single-level residence offers the space, security and

ease that makes downsizing genuinely enjoyable.

Key features to enhance your life:

Triple-car internal-access garage - fully carpeted, with attic storage and plenty of room for classic cars, tools, bikes, hobbies and toys. Expansive off-street parking - space for the extra vehicle, boat, trailer or motorhome when required. Airy open-plan living - a beautifully proportioned kitchen, dining and living environment



designed for relaxed everyday living and effortless entertaining.

Sunny westerly courtyard and covered alfresco – the perfect place to enjoy afternoon sun, entertain friends or simply unwind at the end of the day.

Leafy, private 724m² setting – mature landscaping and a position well off the road create a genuine sense of sanctuary.

Pet-friendly peace and quiet – a calmer environment for smaller dogs and cats, away from the noise and traffic of busier urban streets.

Four bedrooms, including a luxurious master suite – plenty of flexibility for guests, hobbies or visiting family.

Quietly tucked away in Huapai, this is a rare opportunity to simplify your life without selling your life's work. Available today.

Please note: The property has been photographed with staging furniture for marketing purposes. The furniture and furnishings are not included in the sale and may be removed prior to open homes. The property may therefore be vacant when viewed.





Featuring

- 4 Bedroom
- 2 Bathroom
- 2 Living rooms
- 3 Garage + 6 off street
- Floor area 243 sqm
- Land area 724 sqm
- Freehold
- Price by Negotiation

For more information on this property call:

Glenn Savery on 027 599 8415

or

Graham McIntyre - 027 632 0421

graham.mcintyre@hobsonville.rh.co.nz

Country Living Realty Limited T/A Raine and Horne Kumeu
- Hobsonville. Licensed REAA (2008).

Property News



9 Maple Lane, Huapai



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Property News



1/19 Lilburn Crescent, Massey

Standalone home, quiet and sunny with carport

A quiet and private, standalone home offering exclusive space, sunshine and easy living. Tucked away, truly peaceful, yet minutes from schools, transport and shopping, with exceptional affordability and low operating costs..

The perfect home for the first home buyer or savvy investor.

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Glenn Savery on 027 599 8415

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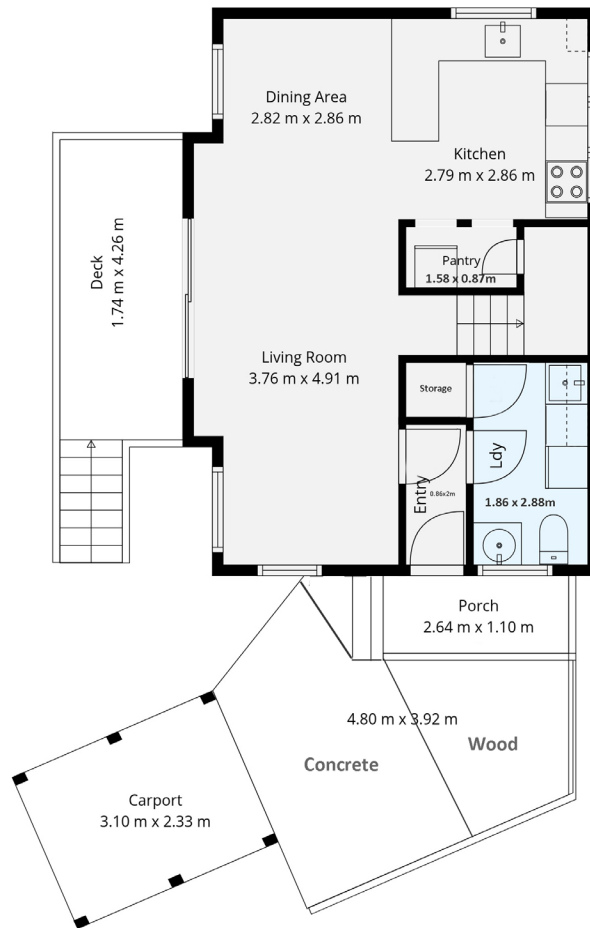
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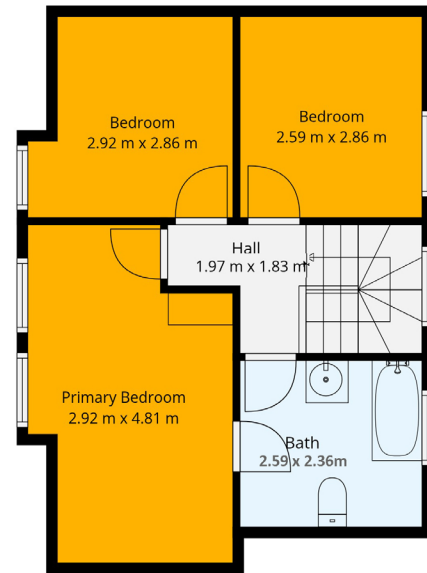
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1/19 Lilburn Crescent



1st Floor



2nd Floor

Raine & Horne

Disclaimer - For Visual Purposes Only. We Measure Internal Spaces Which Exclude Wall Thickness. Measurements Should Be Verified By Viewer.



Featuring:

- 3 Bedroom
- 1 Bathroom + guest toilet downstairs
- North-west facing, capturing wonderful natural light and sunshine
- Fully fenced, private with easy-care lawn and plantings
- Carport plus additional off-street parking
- Low council rates with no body corporate, no laneway, no resident or ratepayer fees
- Price by Negotiation



Property News

Spring is here, refresh your home



As we head into spring, it's a great time to give your home a good check after the wet winter months. A few simple things can make a big difference to keeping your home warm, dry and looking its best.

Let the fresh air in

Open windows and doors when you can to help air the home out and reduce moisture. Good ventilation is one of the easiest ways to help prevent condensation and mould.

Keep bathrooms and kitchens ventilated

Use your extractor fans when showering or cooking and leave them running for a little while afterwards. Remember to keep them clean and free from dust too.

Keep on top of mould

If you notice small amounts of mould starting to appear, don't leave it until it gets worse. Clean it promptly using an appropriate mould cleaner and let us know if you notice a recurring or larger issue.

Give the outside some attention

Keep gardens tidy and make sure plants, weeds and trees aren't growing against the house. Clear leaves and debris from areas around the property and let us know if you notice anything that could cause a problem.

Check your gutters and drains

If you notice overflowing gutters, slow drains or water not draining away properly, please let your property manager know. Don't wait until you have a major blockage or leak.

Make the most of the warmer weather

Spring is also a great time to wash windows, clean window tracks, check for cobwebs and give those areas that may have been neglected over winter a good clean.

And remember – tell us about maintenance issues early.

We would much rather know about a small issue before it becomes a big one. Whether it's a dripping tap, leaking gutter, damp area, blocked drain or something simply not working as it should, communication is key.

At West Auckland Property Management, we're here to help you look after your home. We're all human, and we understand things happen – just let us know so we can work with you to get things sorted.

Look after your home, and it will look after you.

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2 Clark Road, Hobsonville | 327 Main Road, Kumeu.



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Home & Garden

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At Rebicon Ltd, we believe quality building is about more than simply getting the job done, it's about workmanship you can rely on for years to come.

With over 30 years of industry experience, our licensed and insured team provides professional building services throughout Auckland, specialising in renovations, extensions, alterations and repairs. From transforming a single room to undertaking larger projects, we approach every job with the same attention to detail, care and commitment to a quality finish.

As a family-run building company, we pride ourselves on reliability, honest communication, transparency and experienced craftsmanship from start to finish. We work closely with our clients to understand their vision, provide practical solutions and deliver work we're proud to put the Rebicon name behind.

Whether you're planning to renovate, extend, improve or repair your property, you can trust the experienced team at Rebicon to bring nothing but excellent work to every stage of your project.

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Home & Garden

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Many locals know STIHL SHOP as the go-to experts for chainsaws, line trimmers, blowers and all things STIHL. But did you know they're also your neighbourhood specialists in ride-on lawnmower sales, service and repairs?

As premium dealers for trusted brands such as Cub Cadet, Walker and Gravely (Masport), the teams at STIHL SHOP Kumeu & Westgate have matched hundreds of ride-ons with proud Norwest property owners. When you purchase your ride-on through either store, you'll receive FREE delivery, an introductory lesson, and your first service FREE.

Not sure which model suits your land? No problem. Contact Craig for a FREE, no-obligation site appraisal or demonstration. He'll visit your property, assess your terrain, and recommend the most suitable machine for your section – and your budget.

Already own a ride-on? STIHL SHOP Kumeu & Westgate have expert technicians and a fully equipped workshop ready to keep your machine in top condition. Their dedicated pickup and delivery service removes the hassle of transporting your mower for servicing.

Pop in and see the friendly teams at STIHL SHOP Kumeu & Westgate for unbeatable deals, expert advice, and the very best service in ride-on lawnmowers.

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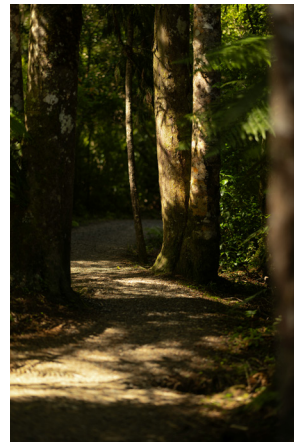
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Waimauku Garden Club



This August, members of our garden club boarded our bus for a fantastic trip to the Arataki Visitor Centre in the stunning Waitakere Ranges. It was a great opportunity to catch up, connect with nature. It started with a nice cuppa and treats. Once refreshed we gathered for an interesting educational talk by local experts. We heard about the history of the regional park and the vital conservational work being done, the ongoing fight against kauri dieback disease.

Following the talk we enjoyed browsing the lovely gift shop. We finished by going outside for a short walk through the surrounding native bush. It was a nice time of friendship and fresh air. Then heading into Titirangi township, our next stop was the historic Lopell House where we also had an interesting talk on the history of the building. We spent time exploring the art centre admiring the current exhibition. To wrap a wonderful day we gathered at a local cafe for a delicious lunch before heading home.

Looking ahead to September we venture to Eden Garden and the Stardome, you are welcome to come and join us.

Feel free to contact any of our committee: Ann (0210357406), Gail (021344070), Maree (0274963006), Moira (027489154), Monique (021646220), Sandi (0273184514)

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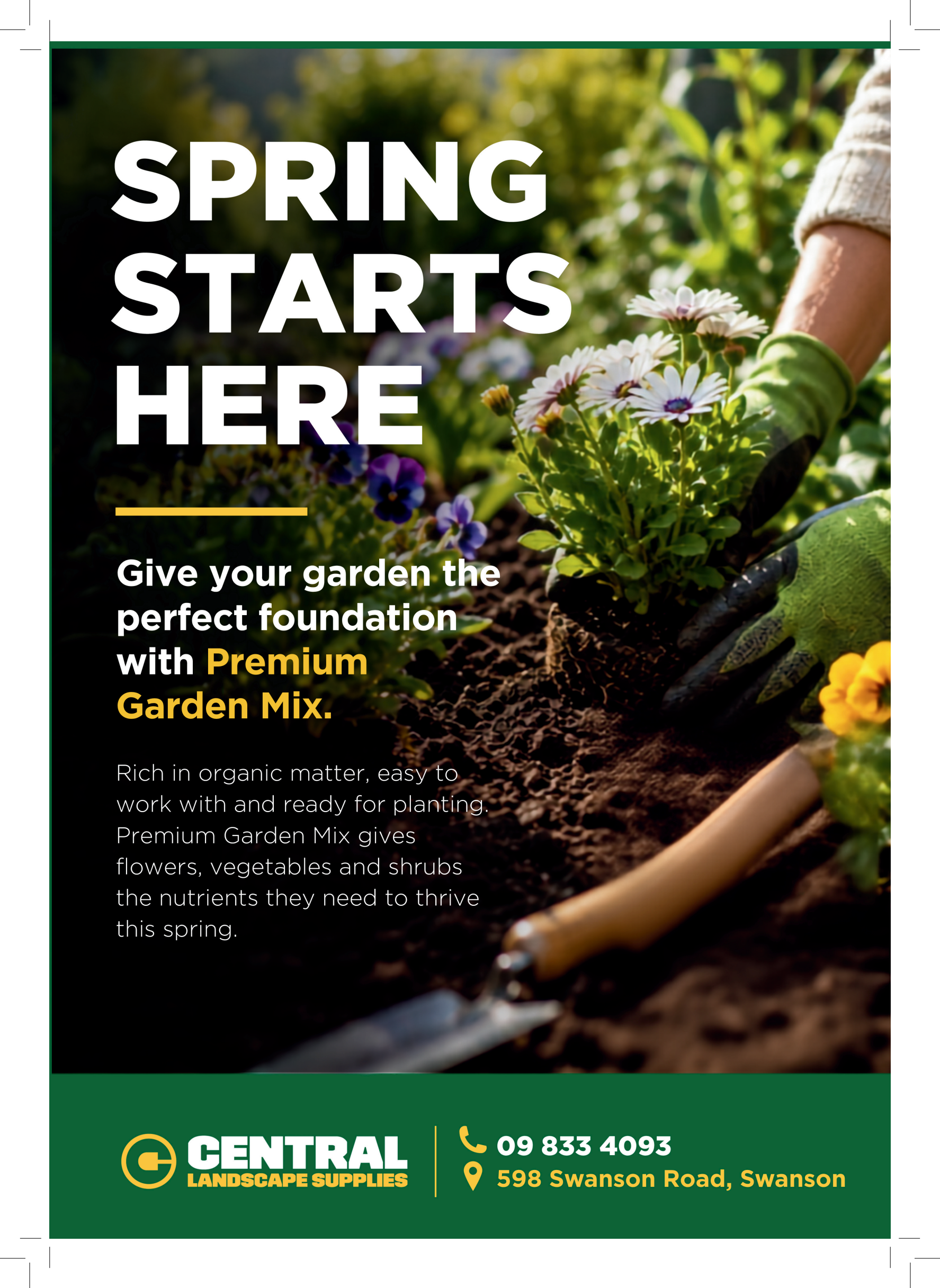
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Home & Garden

Council septic inspections

Know What You're Paying For

If your septic system is due for its Council inspection, it can be tempting to choose the cheapest price you see advertised. However, not all septic inspections offer the same level of service, so it pays to ask exactly what is included.

Be mindful of advertising that may give the impression certain services are included when they aren't. For example, photos of CCTV cameras, hydro jetting equipment or vacuum trucks don't necessarily mean those services form part of the inspection.

At Drain Ninjas, our Council septic inspections are \$195 + GST, which includes completing the inspection and submitting the required report directly to Council.

But we don't simply open the lid and tick a box. We inspect the system, check sludge and solids levels, clean accessible filters, check the disposal field for pooling or drainage issues, and flush/check field drainage where required.

If we identify something that needs attention, we can also provide a quote for the repairs to be completed by our certified drain layers. And if your septic tank needs emptying, we operate our own vacuum trucks, meaning we can take care of that too.

That's the advantage of using a full-service drainage company. From the Council inspection, through to septic cleaning, maintenance, repairs and drainage work, we can manage the job from start to finish rather than referring you elsewhere.

A proper inspection can identify small problems before they become costly failures.

So before choosing based on price alone, ask: What does my septic inspection actually include?

Drain Ninjas – your full-circle septic and drainage team.



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Painting project?



Start with the right preparation

With summer approaching, many homeowners are thinking about freshening up their properties. Painting can make a big difference to the appearance and value of your home, but good preparation is the key to a lasting finish.

Smaller projects such as fences, decks and basic staining can often be handled by homeowners. With the right tools, suitable products and enough time, these areas can be completed to a good standard.

However, exterior surfaces such as weatherboards, wooden windows, doors, soffits and high walls usually require more experience. Old paint may need sanding, damaged timber may need repairing, and bare areas must be correctly primed. If preparation is rushed or the wrong paint system is used, the new finish may peel, blister or allow moisture to damage the timber.

You're also welcome to complete the easier areas yourself and leave only the high, difficult or hard-to-access sections to us. We're happy to work with homeowners on partial painting projects and provide advice on the best approach.

If you're planning a painting project this summer, Focus on Painting offers free quotes across Auckland.

See our work and customer reviews at facebook.com/focusonpainting.

Call or text Brad on 021 756 890, or email focusonpainting@gmail.com.

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Getting ready for self storage



Putting your belongings into storage is a lot like moving house, and the same golden rule applies: a little planning goes a long way.

Start early: Book your mover well in advance and allow for hold-ups like traffic or bad weather. Give yourself plenty of time to pack carefully – rushing is when breakages and lost items happen. It's also the perfect opportunity to sort through your things and cull anything you no longer need. Stock up on supplies before you start: Sturdy cardboard cartons, packing paper, strong sealing tape, and a permanent marker for labelling. When taping boxes, avoid stretching the tape, as it can weaken over time and let the box come apart.

Take special care with fragile and valuable items. Lamp bases pack well inside drawers or empty appliances, with shades boxed and padded with paper. Mirrors and paintings should always be wrapped in thick paper, labelled fragile, and stored standing on edge – never flat.

For electronics, use original boxes where possible and store them upright; otherwise, wrap well in bubble wrap and mark the box clearly. Fridges, freezers, and other whiteware must be fully defrosted, cleaned, dried, and drained before they go into your unit.

Please note: hazardous, illegal, stolen, flammable, explosive, environmentally harmful, perishable or living goods – or anything posing a risk to people or property – cannot be stored with us. This includes lithium-ion batteries or items containing them.

A little preparation now saves a lot of hassle later, and ensures your possessions come out of storage in the same condition they went in.

At Country Lane Storage, we're always happy to help you prepare for your move. Come see us in Kumeu – we'll help you get it right. Ph Elizabeth for your storage needs on 0274 995 471.



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Home & Garden

El Nino is coming – are you ready?

With El Niño conditions increasing the risk of a hotter and drier summer, now is the time to think about your water supply. Don't wait until the tanks are running low. Add extra water storage now and make the most of the rain while you can.

Water Tanks from 300L – 31,000L Supply & installation taken care of by KPL. Whether you need extra tank storage, a new pump, filtration or general outdoor plumbing, KPL can help keep your property prepared for the months ahead. Tank supply & installation, tank and gutter cleaning, maintenance, pumps & pressure systems.

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Whenuapai Floral & Garden Circle

September 2026

More than forty members attended the recent meeting at the Village Hall and were welcomed back after the winter break. For what may be the first time ever in nearly forty years, no ill members were reported, whether because we are all in reasonable health, or a case of no reports being passed on, who knows. Details were shared of forthcoming trips including a visit to Jack Hobbs' garden, which should prove popular.

Our guest speaker was Belinda Hope of Remuera who began growing dahlias and found she loved them so much that she dug up ALL her lawn to grow many more! She now has a mini dahlia flower farm. The Pom Pom dahlias (sometimes spelled pompon) are distinguished by their miniature, globe-shaped blooms with petals that curve inward to form a dense, ball-like flower head, typically less than 2 inches (5 cm) in diameter. This variety is her favourite as she believes the blooms last the longest with all their beautiful shaded petals.

Belinda now has around 600 different dahlia plants and enjoys photographing her flowers in all their glorious hues. She has entered competitions as well and has a website called Belinda's Bloomers. Her hobby has turned into a business which she loves. Propagating the plants by both tuber, which produces a cloned plant, and by seed, which gives a new and different plant, has increased her stock manifold.

If you would like to know more about our Club, and wish to join us, please phone Judy Garrity on 8335592. Meetings are held at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of the month with trips usually on the fourth Thursday. Entry fee is \$4 with another dollar per raffle ticket.

Until next time,

Happy gardening from Mary Anne Clark



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We can also source a range of exotic hardwoods and leading composite decking brands, including TimberTech, BiForm, and Eva-Last, direct from suppliers upon request. In addition, Western ITM responsibly sources hardwood decking timbers from New Zealand's leading suppliers and producers. Plus, our stores stock a complete range of accessories, fixings, and timber products to help you get the job done right.

Need a hand getting started? We have a handy How-To Guide available in-store and online that covers all the steps to help you with planning and building your deck, including some useful information on planning and building consents.

Or perhaps it's time to give your existing deck a little bit of TLC or a safety check? How are the stairs, rails and balustrades holding up? Western ITM also stocks a range of maintenance products, including 30 Seconds Outdoor Cleaner, Spray & Walk Away, and the Watty! Forestwood range of deck and timber cleaners and decking oil stains, to help keep your deck looking its best. Talk to the team at Western ITM today. We'll see you right when it comes to getting your deck sorted in time to enjoy all summer long. Don't have a builder lined up? No problem. We can put you in touch with a trusted local professional. **Contact Us-** Kumeu: 09 412 8148- Whenuapai: 09 416 8164. Email: info@westernitm.co.nz Website: westernitm.co.nz. Or visit us in-store today- Proudly local. Proudly West.

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Young Learners

Chasing rainbows: a journey of wonder, colour and discovery

Have you ever tried to catch a rainbow?

For young children, a rainbow is so much more than a beautiful splash of colour in the sky. It is a mystery, a scientific wonder, an invitation to create and a reason to stop, look and say, "Wow!"

Rainbows have been inspiring lots of curiosity and excitement in our early childhood environment. Children have been wondering where rainbows come from, whether they can catch one, what colours they can see and whether they can make their own.



Can we make a rainbow?

Our rainbow investigations have turned into little science experiments. Using sunlight, water, bubbles, paint, mirrors and crystals, children have been exploring what happens when light meets water and different surfaces.

Children have chased rainbows around our Booties indoor and outdoor area, reached out to touch them and tried to stand right in the middle of one. Of course, catching a rainbow is tricky—but the excitement of trying is part of the magic!

Our rainbow discoveries have also inspired lots of creative experiences. Blocks with coloured centers and bottles of different shapes filled with different coloured water along window sills, and pictures stuck on the



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Young Learners



windows, have been creating beautiful patterns when the sunlight shines through.

We have ribbons and strips of colourful fabric, and love to watch them dance and swirl as we shake, twirl and play peek-a-boo with them.

Painting offers great opportunities for exploration. Instead of simply painting a traditional rainbow, children can experiment with colour

mixing, sponges, rollers, natural materials and our favourite tool, our hands. What happens when red and yellow meet? Can we make a new colour? What happens when we add more water?

We have also created rainbow mobiles, collages from natural materials, rainbow weaving, colourful playdough creations and rainbow constructions using blocks, loose parts and recycled materials throughout the centre.

Our rainbow journey can even continue at the kai table! Children can explore a "rainbow on a plate" using colourful fruits and vegetables. Red tomato, orange kumara, yellow bananas, green kiwifruit, blueberries and purple cauliflower provide opportunities to talk about colour, taste, texture, smell and healthy food choices.

Perhaps the most important part of our rainbow exploration is not finding all the answers. It is encouraging children to wonder.

"Where did it go?"

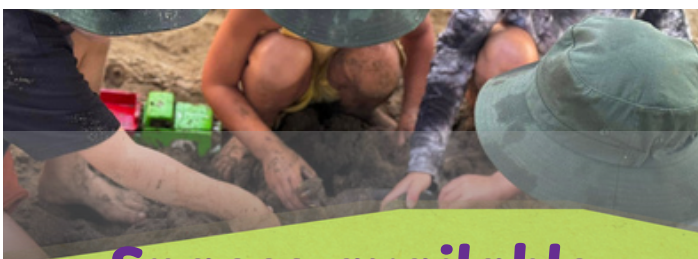
"What colours can I see?"

"Can I catch it?"

"How can we make more?"

These questions are the beginning of scientific thinking. They encourage children to predict, investigate, experiment, notice changes and share their ideas. A rainbow can become a science experiment, a painting, a construction, a story, a song, a delicious snack or an outdoor adventure.

Sometimes, the best thing we can do is simply pause together, look up at the sky and experience that wonderful feeling of awe and excitement. Because childhood is full of rainbows—and sometimes the greatest discoveries happen when we simply stop to wonder, "What if?"



Spaces available

Discover the Kaitiaki Kindergarten difference



Phone: 09 411 8890

Little Light for Little Learners



At Little Light Educare in Kumeu, we believe every child is capable, curious and full of potential.

Our approach is guided by Te Whāriki and inspired by the philosophies of Reggio Emilia and Emmi Pikler. We see children as active participants in their own learning, with their ideas, interests and unique ways of expressing themselves

valued and respected.

We believe childhood should be unhurried, joyful and full of discovery. Through play, meaningful relationships and hands-on exploration, children are encouraged to explore, investigate, create and develop confidence and independence at their own pace.

Our calm, thoughtfully designed environment is an important part of the learning experience. Natural materials, open-ended resources and inviting indoor and outdoor spaces encourage children to explore, imagine, problem-solve and connect with nature.

Most importantly, we see learning as a partnership with families. We strive to create a place where every child and whānau feels a genuine sense of belonging, connection and community.

If you are looking for an early learning centre where your child will be known, respected and encouraged to shine, we would love to meet you.

Come and visit Little Light Educare at 7 Wookey Lane, Kumeu. Meet our team, explore our learning environment and discover what makes our community special.

Little Light Educare – where little minds shine.

LITTLE LIGHT EDUCARE

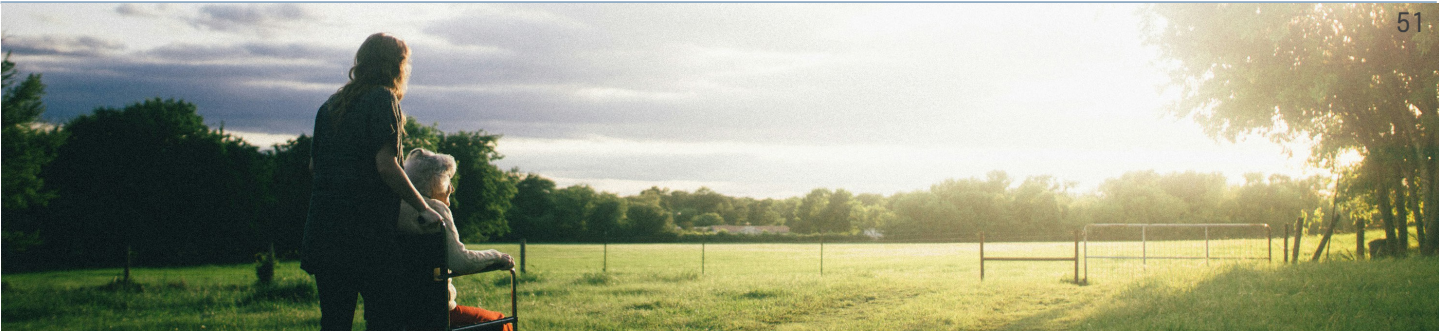


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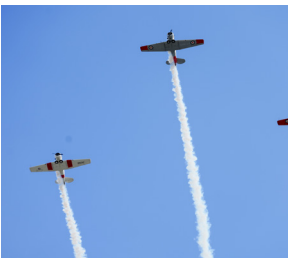
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Aged care

Warbirds flyover Keith Park Village in tribute to wartime hero



Residents, families and visitors gathered at Keith Park Village in Hobsonville to honour the legacy of the village's namesake, Sir Keith Park, ahead of Battle of Britain Day which was on 15 September.

The special commemoration celebrated the life and contribution of the New Zealander whose leadership of RAF fighter defences played a pivotal role during the Battle of Britain, while giving residents an opportunity to connect with the history behind their village's name.

A highlight of the day was a flyover by three NZ Warbirds Harvard aircraft. Residents and guests watched as the aircraft swept across the sky three times before breaking into applause following the tribute.

Across the village, visitors also enjoyed displays of vintage cars and motorcycles from the Patriots Defence Force Motorcycle Club. A coffee cart and ice cream cart helped create a lively atmosphere, with residents enjoying the chance to share stories and memories with family members and visitors.

"It brought history to life," said a Keith Park Village resident. "Watching the aircraft overhead and seeing so many people come together to remember Sir Keith made it a very special day."

The event was made even more meaningful by the attendance of Sir Keith's great-nephew, Brian Park, who helped organise the commemoration and remains passionate about preserving his great-uncle's legacy. Members of the wider Park family also attended, alongside Sharon Corban, daughter of fellow Ryman namesake Miriam Corban.

For many residents, the occasion offered a deeper connection to the story behind their village and the man whose name it proudly bears.

Keith Park Village Manager Kim Dawon said the event was a fitting tribute to a remarkable New Zealander.

"Seeing residents, families and visitors come together

to honour Sir Keith's legacy was incredibly special," she said. "The flyover and displays created a memorable experience, while also giving people the opportunity to reflect on an important chapter of New Zealand's history."

Distance families: Books connect distance families



Saturday 10 October is NZ Bookshop Day. Bookshops don't just sell books. They put stories into people's hands – and stories have a remarkable ability to connect families who aren't necessarily in the same place.

I regularly hear from grandparents who read to their distance grandchildren by directing an iPad camera onto the book and reading along. Others buy two copies of a special children's book – one for the grandchild overseas and one to keep in New Zealand. I have done both.

Here is one successful – and funny – reading out loud story from 'Being a Distance Grandparent':

"Once, my American-based daughter was trying to potty train her two-year-old. We convinced him to sit on the potty outside on the deck and she propped up the phone. I read a storybook with my phone camera focused on each page. Miraculously, he sat still, didn't interfere with his mother's phone and produced the goods. It was a red-letter day to be a distance grandmother."

I have given dozens of New Zealand-authored children's books to my family. Betty Gilderdale's 'The Little Yellow Digger' series achieved cult status with my American grandsons. A subsequent visit was dominated by "must-see" stops at building sites and roadworks – anywhere there was a yellow digger.

And of course, everyone loves Lynley Dodd's 'Hairy Maclary' series.

Aged Care

Even the adults join in. Ben Brown and Helen Taylor's 'Pukeko Counts to 10' made an appearance at a Vancouver World Cup game when my American-based son personalised his All Whites supporter T-shirt with "Pukeko Count 10". Apologies to No. 10, Sarpreet Singh.

So, on Saturday 10 October, if you happen to be passing a local independent bookshop, perhaps go inside. Ask the bookseller which books might help you connect with someone you love.

Helen Ellis is a Hobsonville Point researcher, anthropologist and veteran of Distance Parenting & Grandparenting. Helen is the Founder of DistanceFamilies.com and author of 'Being a Distance Grandparent', 'Being a Distance Son or Daughter' and her latest edition, 'Being a Distance Grandchild'.

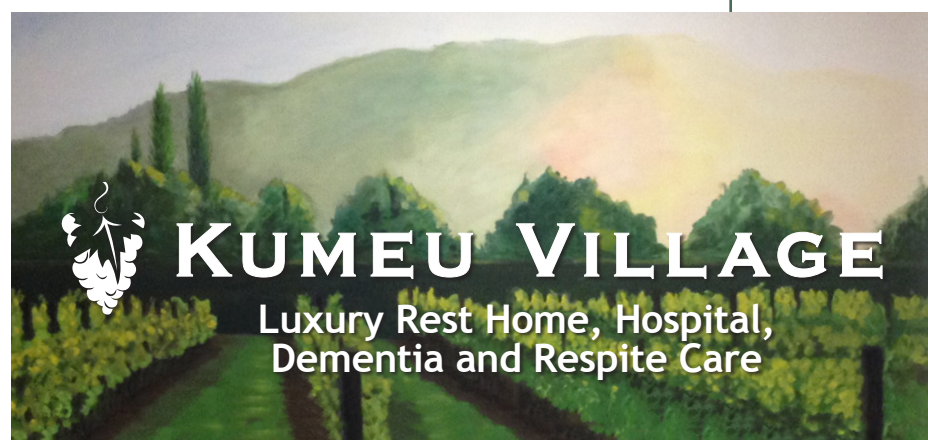
Welcome to the family at Kumeu Village

Picking the right care for someone you love is a big decision, and it is completely personal. It is all about finding a spot where they can feel safe, respected, and 100% at home. Tucked away in our gorgeous local wine country, Kumeu Village gives you that total peace of mind. We are a relaxed, pet-friendly, family-first community



where our residents get to enjoy their independence, stay comfortable, and feel like they truly belong.

We know that health and lifestyle needs change as time goes on. That is why we offer a continuous journey of high-quality, friendly care that covers everything from rest home and hospital support to specialised dementia care. This means your loved one gets steady, professional backing from the same familiar faces in a place they already know and trust.



Nestled in the heart of Kumeu wine country, overlooking Kumeu River Winery and surrounded by picturesque grounds, Kumeu Village is a rest home with a difference. We don't just care for our residents - we're on a mission to provide a true home, rich with experiences and companionship. Kumeu Village is a vibrant community where our residents can live active and varied lives with autonomy and dignity.

Weekly Activities include...

- Singalong Tuesdays - Live music
- Fish & Chip Fridays followed by Happy Hour - Live music
- High Tea Sundays - Live music
- BINGO fun
- Church Service every third Thursday
- Van trips and armchair travel

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On top of high clinical standards, we put a lot of heart into keeping our community happy and connected. Life here is built around staying active and having fun. Our beautiful, leafy grounds are perfect for a quiet stroll, while our lounges and shared spaces are always buzzing with chats, laughs, and genuine connection. We keep things lively and supportive so everyone can hold onto their dignity and enjoy great company every single day.

We would love to show you around and let you feel the vibe for yourself. To make sure we can give you our full, undivided attention, we ask that you book a time to come in for a chat and a look around. That way, a member of our team will be completely free to answer your questions and chat through the best options for your family. Get in touch today to set up your visit by calling 09 412 9112 or dropping us an email at info@kumeuvillage.co.nz.

Capturing the moment: world photography day at Craigweil House

World Photography Day was a wonderful opportunity at Craigweil House to celebrate the joy of capturing memories, sharing stories and, of course, having a little fun in front of the camera.

Residents and staff embraced the occasion with a colourful photo session filled with playful props, quirky hats and plenty of laughter. From a fearless pirate captain complete with a dramatic sword to a lucky leprechaun spreading smiles, everyone enjoyed stepping into character and creating memorable moments together.

Our team joined in the fun too, making sure every resident had the chance to shine in front of the camera. The smiles captured throughout the day were a beautiful reminder that some of life's happiest moments come from simply spending time together.

Photography is about more than taking a picture. It preserves treasured memories, sparks conversations and tells the stories that make our community so special. These snapshots perfectly captured the warmth, friendship and wonderful personalities that make Craigweil House feel like home.

At Craigweil House, creating meaningful experiences

and lasting memories is part of everyday life. Whether celebrating special occasions or heading out on community outings, there is always something to look forward to.

If you are looking for a warm, welcoming place for yourself or a loved one, we invite you to come and see Craigweil House for yourself. We'd love to show you around. Phone 09 420 8277.



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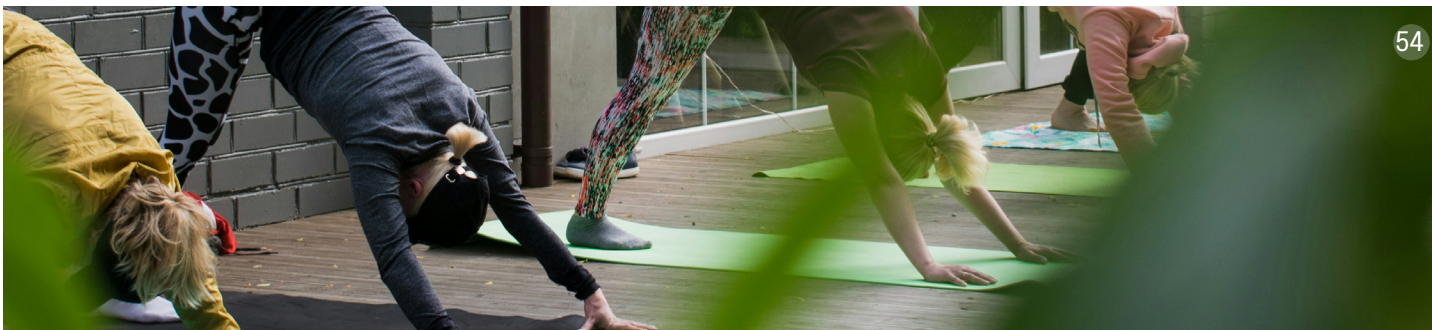


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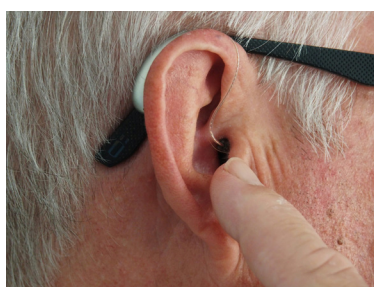
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Ask Dr. Heather



"Someone told me that once you start having Botox®, you can't stop. Is this true?"

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temporarily paralyses muscles that crease the skin and having it once does not mean you have signed up for a lifetime of treatments. A good analogy is colouring your roots. While you keep colouring them, you become used to seeing your hair without greys, but if you stop, the colour grows out and your natural hair reappears. Having coloured it hasn't somehow created more grey hair underneath, just as pausing Botox® treatments does not accelerate your normal background ageing.

The funny part is that once we get used to seeing something look smoother, we often notice when it returns. Just as those first grey roots can seem obvious after years of colouring your hair, lines can seem more noticeable when Botox® wears off.

So when people say, "Once you start, you can't stop", what they usually mean is that they like the way they look with regular treatments. Wanting to continue Botox® is different from needing it to continue and you should be wary of injectors who tell you to keep going at all costs as it will likely be a marketing ploy to keep you having regular treatments with them.

You can have Botox® once, have it occasionally, or stop altogether. Cosmetic treatments should always remain



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Dr. Heather Anderson is a Cosmetic and Emergency Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai and features in the All or Nothing Podcast where she discusses self-worth and other aspects of cosmetic medicine (available on Spotify, Youtube and iHeartRadio). If you have a question you would like answered anonymously, email askdrheather@allor.co.nz

Effortless hair - made simple



Great hair doesn't have to mean spending hours in front of the mirror. At Zash Hair, we believe the key to effortless, beautiful hair is understanding what works for you – your hair type, lifestyle, face shape and personal style.

Our 45-minute styling consultation is designed to give you practical, personalised tips that you can easily recreate at home. Whether you want to master soft, natural waves, create volume and movement, achieve a sleek finish, or simply make your everyday hair look more polished, we'll show you how.

During your consultation, we'll take the time to understand your current routine, talk through what you love about your hair and identify any areas you find challenging. Our stylists can then recommend techniques, tools and products that suit your hair and make styling feel simple rather than overwhelming.

You'll leave with a better understanding of how to work with your natural texture, plus easy styling tricks designed around your everyday routine. We can show you how to prep your hair, where to apply product, how to use your styling tools effectively and the little finishing touches that make all the difference.

Think of it as your personal hair lesson – practical, relaxed and completely tailored to you.

Book your 45-minute consultation at Zash Hair and discover how a few expert styling tips can transform your everyday hair into effortlessly beautiful hair

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Brisk Start for New Optometrist



Optometrist Sushmita joined Matthew, Molly and Anna at For Eyes in August and is already making a strong impression on patients and colleagues alike. In her first month, she identified three retinal tears, along with a case of central serous retinopathy and a corneal scratch – a reminder that a routine eye examination can uncover

much more than changes in vision.

"It's definitely keeping me on my toes!" she says. After taking a year away from optometry to welcome a new baby, she is now excited to be back doing what she loves, and is impressed that her clinical skills have already been given such a work out.

"From such a lovely, supportive team and wonderful patients to seeing an interesting variety of ocular pathology, it's certainly been an exciting first month," she says.

The access to fantastic clinical technology, a supportive team and a welcoming community of patients has given Sushmita a tremendous welcome back into optometry and just one month into her new role, she says she couldn't have asked for a better start.

"I'm feeling incredibly grateful to be here and excited for what's ahead."

Sushmita is now welcoming both new and longstanding patients from the local community.

To book an appointment with Sushmita, Molly or Matthew at For Eyes in the Kumeu Shopping Village, phone 094228172

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Health & Beauty

Treating Hair Loss Early



Hair loss is one of those things people often put off seeking help for.

"I didn't know what could be done."

"I thought it would settle down."

"I thought I had more time."

The difficulty is that, with many common forms of hair loss, the earlier we intervene, the more hair there is to preserve, and the better the outcomes we can often achieve. This is true for both men and women. In practice, people frequently present later than we would have liked.

Hair loss can have many causes, including genetic pattern hair loss, hormonal changes, nutritional deficiencies, illness, stress, inflammatory scalp conditions and some medications.

That means the first step is not simply choosing a shampoo or supplement. It is working out what type of hair loss is occurring and whether there is an underlying cause that needs addressing.

At Restore, Dr Cherie completes our hair-loss consultations. We assess the pattern and progression of hair loss, examine the scalp, review medical history and, where appropriate, arrange further investigations.

For common pattern hair loss, treatment usually involves prescription medications aimed at slowing further loss and supporting regrowth. Depending on the individual, we may also recommend microneedling, exosomes or LED therapy alongside medical treatment.

Hair restoration is gradual. The aim is to slow progression, preserve and strengthen existing hair, and improve density over time. In pattern hair loss, hairs gradually become finer and shorter as follicles miniaturise. Once this process becomes advanced, the potential for meaningful regrowth becomes much more limited.

The best time to seek advice is at the first sign of thinning, a widening part, increased shedding or a changing hairline.

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Osteopathy for all



Freya Scollay is a registered human and animal osteopath and founder of Symmetry in Motion. Working with humans, horses, hounds and animals of many kinds, Freya combines scientific knowledge, extensive practical experience and an intuitive understanding of the living body.

Osteopathy recognises that the body functions as an interconnected whole. Muscles, joints, fascia, circulation and the nervous system influence one another. When one area becomes restricted, injured or strained, compensations can develop elsewhere. Freya gently identifies these patterns and supports each individual's natural capacity for healing, movement and balance.

Whether treating a person, horse or dog, Freya begins with careful observation. Posture, movement, breathing, behaviour and subtle changes in expression provide valuable information. Hands-on assessment then helps her understand how the tissues are moving, where tension is held and how the whole body is adapting.

Freya is particularly known for treating complex and sensitive cases, including persistent or unexplained pain, injury recovery, restricted mobility, behavioural changes, reduced performance, and rehabilitation before or after surgery.

Her treatments are gentle, individualised and respectful of the nervous system. She places strong emphasis on avoiding the fight-or-flight response. When a person or animal feels safe, the body can relax, participate in treatment and become more receptive to change.

Animals communicate throughout a session through their breathing, posture, movement and expression. Freya uses these responses to guide the pace and direction of treatment rather than imposing techniques upon the body. Her knowledge of human and animal biomechanics also helps her understand the connection between animals and the people who ride, handle and care for them.

At the heart of Freya's work is a simple philosophy: every living body deserves to be heard. Through gentle osteopathy, thoughtful movement and respectful connection, she helps humans and animals move towards greater comfort, confidence and wellbeing in daily life.. Thank you, Freya Scollay

Humans - Horses - Hounds

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Freya Scollay

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freya@symmetryinmotion.nz
www.symmetryinmotion.nz

Waitakere Grey Power association



Waitakere Grey Power Association held its AGM in June with the election of Vincent Naidu as President, Wendy Noordam as Vice President, Gayleen Maurice as Secretary, Val Gardiner as Treasurer and Membership Secretary. The meeting thanked Mate Marinovich and Owen Frewin for their service as President and

Treasurer.

Advocacy is our core purpose and there have been notable media statements by Grey Power:

- New guidance to GPs on the role of cognitive testing in senior driving licence renewal
- Rising social housing need among older New Zealanders as growing number of older people seek social housing
- Grey Power welcomes aged care reform plan to strengthen home-based care, improve support for family carers and the aged-care workforce.
- Auckland Council's policy for the postponement of rates payments. Grey Power recommends anyone considering rates postponement speak with a financial advisor prior to committing to this process.

It has been a challenging year for residents and elderly as they face the daily pressures of cost of living. Grey Power has a vital role to play in ensuring the voices of the elderly older and advocating effectively for them in a changing environment.

We welcome new members and office volunteers - do drop in at our fortnightly 2nd and 4th Wednesday coffee chat session at 10.00am at The Alderman café or at our office from 9.30am to 12.00noon from Monday to Friday at

Te Atatu South Community Centre, 247 Edmonton Road.

Please note Advance Voting for 2026 election commences on Monday 26 October with Election Day being Saturday 7 November. Polling booths for Advance Voting and on Election Day will be publicly advertised in due course.

Our contact number is 09 838 5207 and email address is waitakgp@xtra.co.nz

Vincent Naidu. President - Waitakere Grey Power Association

Halloween fun is happening at NorthWest



Saturday 31 October. 1.00pm - 4.00pm

Get into the spirit at NorthWest with FREE face painting this Halloween. From creepy creatures to cute characters, there's a fun look waiting for everyone - perfect before heading out trick-or-treating. Find the Face Painting station in Centre Court, right in front of

Customer Services.

And don't miss FREE balloon magic on Labour Day from 11.30am to 1.30pm - colourful, playful creations to make your visit extra fun.

For more family fun coming up, visit northwestshoppingcentre.co.nz.

Hon Cameron Brewer MP for Upper Harbour

✉ UpperHarbourOffice@parliament.govt.nz

☎ (09) 416 3249

📍 15/102c Hobsonville Rd, 0618

Stay in touch!



Funded by the Parliamentary Service. Authorised by C Brewer, Parliament Buildings, Wgtn.



Celebrating creativity in Hobsonville Point

This October, ArtPoint is bringing the Hobsonville Point community together for two special events celebrating creativity, connection and local talent.

The inaugural ArtPoint Art Market takes place on Thursday 22 October, from 4–9pm at Catalina Bay Farmers Market. Free and open to all ages, the market will showcase a mix of work from local artists and makers, including fine art, ceramics, woodwork, literature, cards, gifts and creative products for children.

The Art Market is an opportunity to meet local creatives, discover something unique and support the artists and makers who help make our community vibrant. Visitors can also enjoy food trucks, live local music and, weather permitting, an astronomical photography experience with a telescope.

ArtPoint is also proud to support Hobsonville Point Secondary School's annual visual arts showcase on Tuesday 20 October, from 5–7.30pm. The showcase celebrates the creativity and achievements of our young local artists.

As part of the evening, ArtPoint is partnering with HPSS and Squiggle to offer a free, hands-on Making Space workshop. Participants of all ages can experiment with dots, lines and marks, contributing to a collaborative artwork. No artistic experience is needed – just curiosity and a willingness to make something.

Together, these events celebrate creativity at every level, from emerging student artists to established local

makers.

Come along, meet your creative neighbours, support local talent, enjoy good kai and good times.

More information at artpoint.co.nz



Businesses must now have an effective Health and Safety culture with an ever-increasing personal liability for Business Owners, Managers, and exposure for Company Directors, Trustees, and members of Governing Entities.

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What's happening at Te Manawa during October

Our preschool programmes will be resuming after school holidays end from the 12th of October, so be ready to wiggle, giggle, and dive into stories together!

Wriggle & Rhyme

Tuesdays at 10:30am (term time only)

Perfect for our tiniest humans (up to 18 months) – active movement using songs and rhymes, with time for caregivers to catch up afterwards.

Rhymetime

Wednesdays at 10.30am (term time only)

For little ones aged 18 months to 3 years (but all ages are welcome to join the fun!) – with songs, finger rhymes and books.

Storytime

Fridays at 10.30am (term time only)

A magical session for tamariki aged 3 to 5 years – stories, imagination, and adventure await!

Come along, bring a friend, and make it part of your weekly routine.

Digital Drop-In

Mondays 10:30–12pm

Need help with your personal device? Drop in to our sessions with a tech query for one-on-one digital coaching. Our tech-passionate librarians will be available to help you with some quick fixes and digital basics.

So, bring your device, ask some questions, and upgrade your confidence in day-to-day technology!

BrainCharge

First Tuesday of the month 11:30am–12:30pm

Specially created for adults, BrainCharge is all about boosting brain health, building connections and supporting mental wellbeing. Our sessions are packed with fun, engaging activities that get you moving, thinking, and feeling good.

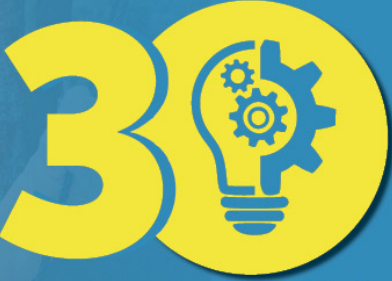
Home Book Delivery

Our delivery service caters to people who are unable to visit a library due to mobility, access, or other special circumstances. Volunteers collect library items and deliver them to your home.

If you or one of your whānau are vulnerable people in need of reading material or entertainment but are unable to visit the library, we can help! To request a home delivery, phone 09 377 0209.



5 ways we support

30 

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Kia ora from Anna Atkinson



Chair of the Upper Harbour Local Board

Planning is underway for two significant new parks in Whenuapai at 161 Brigham Creek Road and 4 Spedding Road / 92 and 94A Trig Road. Together, these sites cover more than 26 hectares and will provide exciting opportunities for recreation and community use. Community feedback is an important part of the masterplanning process. Share your views online until 5 October 2026 at [akhaveyoursay.aucklandcouncil.govt.nz](https://www.akhaveyoursay.aucklandcouncil.govt.nz).

Closer to home, Te Kori Scott Point continues to grow in popularity. Booked sportsfield use is increasing steadily, and smaller additions such as the pump track and football goals are proving to be a real success. Planning continues for future improvements, including hard courts and a playground, and there will be opportunities for the community to help prioritise these projects.

I was disappointed to see the condition of some planting areas over winter, with dead trees and empty garden beds. However, recent visits have shown encouraging improvements, with many trees replaced and new groundcovers planted. One of the park's greatest needs remains shade.

In Hobsonville, our maintenance teams have been busy taking over landscaping previously managed by developers. This transition can take time, as checks are needed to ensure assets meet required standards before becoming a cost to ratepayers.

I am also pleased to see ongoing discussions between Auckland Council and Government on Fast Track developments, with a focus on ensuring that growth pays for growth. It is important that developers contribute fairly to the infrastructure needed to support new communities.

If you would like to get in touch, please email me at anna.atkinson@aucklandcouncil.govt.nz.

As spring arrives, I hope you take time to enjoy our beautiful local area. Thank you to everyone who contributes to making Upper Harbour such a great place to live.



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Beware Auckland parking QR scams



We've been made aware of fraudulent QR code stickers being placed on parking meters across Auckland.

These QR codes direct users to a website that appears legitimate, asking for details such as parking duration and licence plate information before prompting them for payment.

While they may look genuine, these QR codes are not

associated with Auckland Transport and are designed to scam people paying for parking.

Auckland Transport never uses QR codes on parking machines or for parking payments, so skip the QR codes to stay safe.

Stay safe by using the AT Park app or a credit/debit card. You can pay for on-street parking and parking in AT car parks using a credit or debit card at the nearest parking machine or through the AT Park app.

We're working to remove these stickers as soon as they're identified. If you spot one, please let us know where it's located so we can investigate and remove it.

Getting help in the AI era



There are a number of reasons why people want to speak with a CAB volunteer instead of just going online to look for an answer. CAB volunteers provide in-person support. The number of face-to-face public services in Aotearoa continues to decline, but people still often want to speak with

someone when they're facing an issue. In the past year, CAB volunteers responded to over 94,000 face-to-face enquiries and over 106,000 over-the-phone enquiries from people in communities around Aotearoa.

There are many reasons why the person-to-person service CAB volunteers provide continues to be important despite technologies like AI. A human has the ability to pick up on non-verbal cues and know what questions to ask to get to the heart of an issue, they have the ability to navigate the complexities of a person's unique situation, and they can help them with things that can only be done in real life like filling out hard copy forms or

making a phone call on their behalf. Our volunteers are also a lifeline for people who are digitally excluded due to poverty, disability, literacy, language or other reasons.

Get in touch with your local CAB if you would consider being a CAB volunteer. We give people training, mentoring and other supports to help them deliver our service to the public. As a CAB volunteer, you get to work for a much-loved organisation and with a team of people who have come together to give back to the community. It's a special organisation to be a part of.

If you have a question on anything, or think you may be interested in joining the friendly team at CAB Massey visit us at Te Manawa 11 Kohuhu Lane, Westgate, phone us on 09 833 5775 or email us at enquiries.massey@cab.org.nz

Discoverers: informal Church Hobsonville Point



Discoverers informal church continues to grow. We have been delighted to welcome members in August and September as we focus on Christian faith which is relevant in today's world. We have an informal format of faith, food, fun and friendship with a strong focus on community needs.

In August we looked at what it means to live out the gospel in our own time and place. We visited the homeless community at Merge Café, attended an evening hosted by Connected Neighbourhoods Trust and local iwi, Te Kawerau ā Maki. We explored themes of "Lived Community" in the Gospels.

In September we began our focus on the Season of Creation with a Spring Pantry Service where we shared items for the local foodbank and began a study series linking faith and the climate crisis. In October we'll explore the parables and teaching of Jesus that continue to speak to today's world.

Discoverers informal church meets on the 2nd and 4th Sunday each month at the Headquarters, 214 Buckley Terrace Hobsonville Point from 3-30pm to 4-30pm. All are welcome.

For further details please contact Richard Small.

Email richard.sm@methodist.org.nz or phone 021 385-748.

Have a Health & Safety Plan?



A health and safety system and plan are essential because they protect people, strengthen business performance, and ensure legal compliance. A clear system outlines how hazards are identified, risks assessed, and controls implemented, making safety a routine part of daily operations rather than an afterthought.

A well-designed plan ensures employers meet their primary duty of care under the Health and Safety at Work Act 2015, which requires businesses to keep workers and others safe "so far as is reasonably practicable." Without a structured approach, organisations risk overlooking critical hazards, failing to train staff properly, or responding poorly to incidents.

Beyond compliance, a health and safety system improves workplace culture. When workers are engaged, trained, and encouraged to report risks, safety becomes a shared responsibility. This boosts morale, reduces turnover, and increases productivity because people feel valued and protected. A strong safety culture also encourages learning from incidents and near misses, helping teams continuously improve and prevent repeat events. business.govt.nz/business.govt.nz. Keeping your business healthy and safe.

A safety plan also prepares a workplace for emergencies. Having first aid resources, emergency procedures, and continuity plans ensures the business can respond quickly and effectively, reducing harm and downtime.

Financially, a robust system reduces costs associated with injuries, legal penalties, lost productivity, and reputational damage. Businesses with poor safety records face significant consequences, including fines and long-term harm to their brand.

In short, a health and safety system and plan are vital because they keep people safe, fulfil legal obligations, build a positive workplace culture, reduce risk, and support long-term business sustainability.

Securo has a number of plans from 6 hours through to 30 hours that come with myself as consultant, that you can lean on for advice, guidance and support. You can change the commitment each year based on what's going on in your business.

Contact John Riddell, email securo4@securo.co.nz or check out www.securo.co.nz for further information.

Waitakere Forest & Bird 2026 Lecture Series



Thursday 15th October 7.30 pm. Ben Potter - Insights into the ecology of the North Island tree flora

Ben Potter will discuss his previous PhD research from the School of Biological Sciences at the University of Auckland. This will include broad and brief overviews of studies in biodiversity monitoring (using environmental DNA techniques), community assembly (with a specific look at communities on Hauturu-o-Toi/Little Barrier Island), species co-occurrence (focusing on *Pseudopanax*) and phylogeography (focusing on the North Island forest tree flora). Come along for an evening of discussing and admiring native New Zealand trees.

There will be time afterwards to ask Ben questions over a cup of coffee and to mix and mingle with like minded people. Venue: Ranui Community Centre 474 Swanson Rd, Ranui. Non members welcome, free but koha appreciated to cover hall hire. For further information ph Liz 0274 762732 lizanstey@hotmail.com

Sarah Ball
Senior Property Relationship Manager



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Authorised by Rob Salmond, 2 Gilmer Terrace, Wellington.



Why household financial protection matters

Insurance Protects More Than One Person

When someone experiences a serious illness or injury, the effects often extend beyond the individual involved.

Partners, children, and other family members may need to adjust routines, take on additional responsibilities, or make changes to work commitments. This can create both practical and financial challenges for the household.

A Partner May Need to Do More

Recovery often requires support. A partner may need to attend appointments, care for children, manage household tasks, or reduce their own work hours to help.

While this support is often given willingly, it can place pressure on both time and income.

Household Expenses Continue

Even during illness or injury, regular costs generally remain. Mortgage or rent payments, food, utilities, insurance premiums, school costs, and other commitments still need to be met.

At the same time, income may reduce if one person cannot work or if a partner takes time away from employment.

Additional Costs Can Arise

Unexpected expenses may also occur, including travel to medical appointments, specialist consultations, childcare, home assistance, or other support services.

These costs can add further pressure when finances are already under strain.

Planning Ahead Matters

Personal insurance is often viewed as protection for the insured person, but its benefits can extend to the wider household. Depending on the type of cover, insurance may provide financial support when illness, injury,

disability, loss of income, or death occurs.

The right cover will depend on factors such as income, debts, dependants, savings, and existing benefits. A financial adviser can help assess these needs and explain how different types of insurance may work together.

Insurance cannot prevent life's unexpected events, but it can help reduce financial pressure when they occur.

Daniel Garbers - Director/Financial Adviser

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*Reflects the lowest available price at time of publication. Availability and pricing subject to change.



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