

the **Westerly**

FREE monthly community magazine for Massey to Hobsonville Point

B O S T O N

- Property market report
- Home & garden
- Community notices
- Food & beverage

I ♥ **Boston Café**

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Editorial contributions are free from cost. Advertising starts at \$100 plus gst for a business card size.
Contact John Williamson on 021 028 54178 or jbw51red@googlemail.com April 2024



Greetings

What do we think of animals? After 1492 when Europeans reached the Americas, the Indigenous Americans' relationships with animals influenced European attitudes. The indigenous view was that all beings are interconnected, while Europeans saw animals "as creatures to be penned and farmed". Similarly, the Māori worldview sees a link between everything living and non-living. Whakapapa describe these connections and tell the story of how people, the landscape, plants and animals came into being. Relationships between humans and animals that emerged from these meetings of different peoples planted the seeds of many of today's ethical and environmental challenges – from colonial wealth and the dispossession of indigenous peoples to the modern meat industry.

Europeans introduced horses and large attack dogs to the Americas, as well as cows, sheep, pigs, and chickens that were cultivated in large-scale livestock husbandry, which dispossessed the peoples of their lands. Indigenous cultures exported parrots and monkeys and the notion of cherished household pets to Europe. More important, perhaps, indigenous attitudes regarding the relationships between humans and the natural world influenced European philosophies, paving the way for both zoological science and the modern pet. For more details search "Marcy Norton" at nature.com

Welcome to April's issue of the Westerly. Once more we bring you a full range of topics to enjoy. Find out what enterprises the local Community Trusts are offering, to support different groups. Read about the tips the Citizens Advice Bureau has for new young adults. Do you enjoy trumpet music? We have our own trumpet star in Massey, who has recently released his second album which is featured in the on-board entertainment on Air New Zealand International flights. Do you have a problem with food going off before you get round to eating it? There are strategies to apply to reduce the risk of wastage. Want ideas for activities for children during the school holidays? There are several to choose from. Are you aware of the role of our Community Constable?

As usual we have our regular topics, with Graham's property column, suggestions around housing and maintenance, pets, food and health, and articles from our area columnists. If you have an enterprise you would like to share with the local communities, please get in touch. Be sure to check out the advertisers and please let them know that you have read about them in the Westerly.

All best wishes for a good April.

John, Editor



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People & Places

Boston Café

In the heart of Westgate, nestled within the bustling community, lies a gem that has been radiating warmth and flavour for the past year - Boston Cafe. What started as a humble endeavour has now blossomed into a thriving hub where locals and visitors alike gather to savour top-notch cuisine, unwind with a drink, and soak in the inviting atmosphere. Celebrating its one-year anniversary, Boston Cafe has unveiled exciting additions and upgrades that have further cemented its place as a beloved destination.

One of the most notable transformations at Boston Cafe is the introduction of a state-of-the-art pizza oven and an expanded menu featuring delectable burgers. Head Chef Lee and his talented team have crafted a menu that caters to diverse palates, ensuring there's something to tantalise every taste bud. From artisanal pizzas with perfectly blistered crusts to juicy, mouthwatering burgers piled high with gourmet toppings, each dish is a testament to Chef Lee's culinary prowess and dedication to quality.

In response to the growing demand for libations, Boston Cafe has

obtained a coveted liquor licence, allowing patrons to indulge in a carefully curated selection of beer, wine, and cocktails. Whether you're craving a crisp craft beer, a velvety glass of red wine, or a refreshing signature cocktail, the bar is stocked with options to complement any meal or occasion.

Embracing the spirit of inclusivity, Boston Cafe has always been a place where everyone feels at home - including four-legged companions. With a pet-friendly policy and a newly expanded outdoor seating area, guests can now enjoy their dining experience alongside their furry friends, basking in the sunshine and fresh air.



Boston Cafe isn't just a place to grab a bite; it's also a versatile venue equipped to handle events and private functions of all sizes. Whether you're planning a birthday celebration, a corporate gathering, or a special milestone event, the dedicated team at Boston Cafe will work tirelessly to ensure every detail is executed flawlessly, leaving you free to enjoy the occasion.

At the heart of Boston Cafe's success is its unwavering commitment to providing exemplary service. Head Barista Davey and her team are masters of their craft, serving up expertly brewed Allpress coffee with a smile. Whether you're popping in for your morning caffeine fix or winding down with an espresso after dinner, you can count on Davey and her team to deliver a consistently exceptional experience. With its chic decor, laid-back ambiance, and vibrant energy, Boston Cafe exudes trendiness and charm in equal measure. Whether you're seeking a cozy corner to catch up with friends, a stylish spot for a date night, or a lively atmosphere to enjoy live music and events, Boston Cafe delivers on all fronts.

Boston Cafe in Westgate has become more than just a place to grab a meal - it's a vibrant community hub where culinary delights, refreshing libations, and warm hospitality converge. With its recent upgrades and unwavering dedication to excellence, Boston Cafe is a destination worth visiting time and time again. So why not join the throngs of satisfied patrons and experience the magic of Boston Cafe for yourself? Whether you're a local looking for your new favourite haunt or a visitor passing through, one thing's for sure - Boston Cafe will leave you coming back for more.

Boston Café, 7 Northside Drive, Westgate.

Visit <https://sites.google.com/bostoncafe.co.nz/bostoncafe/>, drop in at 7 Northside Drive, Westgate or phone 09 948 3111.

BOSTON CAFE



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Community News

Discoverers

How does the teaching of Jesus address the serious issues threatening the wellbeing of the world and its people today? Jesus had significant insights about;

- Healing broken relationships between people.
- Accepting and respecting people who are different to us.
- Being peacemakers.
- Challenging the powers of domination and control.
- Affirming the rights and needs of the poor and disadvantaged.

At its meeting on Sunday 28th April, Discoverers informal church will engage with these relevant teachings of Jesus.

Discoverers meets in the Baffin lounge, Headquarters building 214 Buckley Avenue, Hobsonville Point on the fourth Sunday of each month from 3-30pm to 4-30pm.

For further information contact Barry Jones - Phone 022 068 3873, Email beejaynz05@gmail.com Facebook "Discoverers Hobsonville Point."



Guided tours to FRANCE with 2 French/kiwi locals

Boutique Tours France: amazing, guided tours for small groups (max. 8 people) to France.

"A Taste of Provence" 14-day guided tour 30 May - 12 June 2024. Join us and visit the South of France - 14 days of culture, shopping, food, wine, and experiences in beautiful Provence. Tour starts in Avignon, stay a week in a gorgeous French Farmhouse with swimming pool and private in-house French chef, and explore the beautiful villages of Lourmarin, Menerbes, L'Isle-sur-la-Sorgue, Roussillon, Gordes and St Remy de Provence to name a few. "From Normandy to Brittany" 14-day guided tour 14 - 27 June and 29 Aug - 11 Sept.

This tour offers history, culture, and breathtaking landscapes and



iconic destinations. Join us on this unforgettable journey from the historic D-Day beaches of Normandy to the rugged coast of Brittany, where history, culture, and natural wonders come together in a delightful and exclusive tour.

We visit picturesque villages like Honfleur, St Malo, and Mont St Michel. Admire the medieval Bayeux Tapestry, visit Omaha Landing beaches. Enjoy the Pink Granite Coast in Brittany and dream away in Pont Aven. Few spaces left on both tours www.boutiquetoursfrance.co.nz.

Hobsonville Let's Reconnect

"Hobsonville Let's Reconnect" is being facilitated again by Hobsonville Community Trust and runs through to June 2024. Last year 28 gatherings were held by Hobsonville residents with almost 700 residents attending. A number of gatherings have already been held this summer with many new friendships and connections formed.




\$100 local food vouchers are available to streets, laneways or blocks in the Hobsonville area that want to get together for a neighbours' gathering. Super easy and great way to connect with your neighbours and embrace community. Minimum of 10 households (although a \$50 voucher available for between 5-10 households). More info at hobsonville.org.nz/connect

SeniorNet

Last month we ran a successful new members meeting where we had a lot of interest from public wanting to join our happy band. They were welcomed by our committee and were explained what the club was all about. We had a stand at the recent Kumeu



show where we spoke to a lot of people who said they were afraid of using phones and computers because of scammers etc. We explained that is why they need to come to SeniorNet to learn of the safety issues. Brian is in the middle of his course on mobile phones and Nigel did a course about Shopping safely on the web. Why don't you come along and see what we are all about. Please feel free to come along on the first Wednesday of the month at 10 am at



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In Brief Updates

Playhouse Theatre Inc.

Playhouse Theatre Inc. is excited to present *The Anniversary*, a black comedy that will make you appreciate your own mother a little bit more! *The Anniversary* will be performed at the historic Glen Eden Playhouse Theatre 13th - 27th April.

The central character in *The Anniversary* is Mum, played by Dorren Kemeys, who gives new meaning to the phrase "possessive mother". One of theatre's most monstrous creations, Mum controls her family like a cruel puppeteer - and there are plenty of strings attached to her affection.

Her three grown-up sons are still dominated by their scalpel-tongued, deviously manipulative mother, both in their daily business and personal lives. Every year she manages to get them to come home on the anniversary of her wedding to the husband she despised, and who has now passed away.

As they gather for the celebration, two of three sons have something important to tell Mum. Terry, the middle son who is played by Oliver Pownall, wants to leave the family business to emigrate to Canada with his wife, played by Heather Maday. Tom, the youngest and Mum's clear favourite, played by Lim Wilkinson, wants to marry the latest in a long line of girlfriends, Shirley, who is played by Hannah Pronk. Their problem is to muster the bravery needed to tell her the news, because Mum is used to getting her own way and is willing to resort to the most despicable means and tricks to try to keep them close to her. Add the eldest son Henry (Leroy Clarke) into the mix with his own secrets and the family is set to explode.

What follows is a night where Mum does what she does best, makes everyone's life a misery.

The Anniversary is being directed by Terry Rutledge who is



well known in the local theatre scene, and with such a talented and experienced cast and Director, the play is sure to be hugely entertaining.

What: The Tael Solutions Ltd season of *The Anniversary* by Bill Macilwraith

Where: The Playhouse Theatre, Glen Eden

When: 13th - 27th April 2024

Book at Eventfinda or www.playhousetheatreinc.com.

Juggling debt? A quick guide to debt consolidation

Managing multiple debt repayments can be challenging and stressful. Debt consolidation offers a potential solution to this problem. Let's explore what it is and how it works.

Debt consolidation involves combining all or most of your credit facilities into a single loan with one repayment.

There are several benefits to consider:

1. **Simplified Finances:** Debt consolidation streamlines your finances by merging smaller payments into one easily manageable amount.
2. **Potential Savings:** It can save you money if you use it to consolidate multiple high-interest payments into a single low-interest monthly payment. Additionally, keeping the loan term as short as possible is crucial.
3. **Faster Debt Repayment:** Debt consolidation can help you become debt-free faster and reduce overall interest costs if you secure a lower interest rate and maintain your current monthly payment.

However, there are downsides to be aware of. If you extend your loan term significantly compared to your current loans, you may end up paying more in interest charges in the long run. It's essential to compare the total cost of various options before making a decision.

To determine if debt consolidation is right for you, ask yourself these key questions: Do you know your current outstanding debt? How much interest will you be paying? Have you created a budget? Are you likely to accumulate additional debt while repaying your consolidation loan?

To learn more about debt consolidation, contact the team at GR Finance via info@grfinance.co.nz, www.grfinance.co.nz, or call 021 669 430.



RSA Hobsonville

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In Brief Updates

Bowel cancer – can we stop it?

Talking about your bowels and motions (poo) can be embarrassing. But it can also save your life.

New Zealand has one of the highest rates of bowel cancer in the world. With over eight patients diagnosed per day, it is the second most common cancer diagnosed in NZ, and the second most common cause of cancer death. Unfortunately, by the time it is diagnosed, over a quarter of cases are metastatic (cancer cells have spread throughout the body).

It is increasingly being diagnosed in younger people. In fact, over 30% of cases are diagnosed in people less than 60 years old.

So how can we change this?

If you notice persistent:

- Changes in what is your normal toileting habits: frequency or consistency of your bowel motions
- Abdominal (stomach) pains
- Cramping or bloating
- Blood when you pass stools

These need to be investigated and checked out.

The additional difficulty with bowel cancer is that it may have none



of these symptoms to start with. In even up to half of all cases diagnosed, people will not notice any of these issues. This is where screening can be useful – a test taken when you have no symptoms at all to check for blood in the stool that you can't see with the eye. In New Zealand, this is offered at age 60. However, I believe and support Bowel Cancer NZ's view that this should be offered a lot younger, as it is in many countries including Australia and USA where it starts at age 45.

This is because bowel cancer is a very preventable disease. Polyps (small warty outgrowths which are precursors to colon cancer) can be seen and removed during a colonoscopy. In this way, a single colonoscopy can reduce your future chance of developing bowel cancer by over 90%. A colonoscopy is a minimally invasive procedure that involves placing a thin tube with a light and camera into the bowel where any issues can be identified.

At Waitemata Endoscopy, taking this proactive approach is easy. We accept GP, specialist, and self-referrals via our website. Come to talk to us or your GP to learn more.

We can offer appointments within 7 working days by matching you with the availability of our experienced specialists.

Dr Cameron Schauer, Gastroenterologist & Endoscopist, MBChB 2013, FRACP 2020

To meet the team at Waitemata Endoscopy and explore the clinic video tours, please visit www.waitemataendoscopy.co.nz.

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Talk to your GP about a referral to the Waitemata Endoscopy Group, or you can self-refer via:

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Or call us on (09) 925 4449

// 53 Lincoln Rd, Henderson
// 212 Wairau Rd, Wairau Valley



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Dr Cameron Schauer
Gastroenterologist & Endoscopist

a joint venture with Southern Cross Healthcare

In Brief Updates

Buzz and the Team at House of Travel Hobsonville, 225 Hobsonville Point Road (Cnr Hobsonville Point Rd and De Havilland Rd) Hobsonville. Hobsonville@hot.co.nz 09 416 0700

Retail store and gastro pub recognised in awards

The West Auckland Licensing Trusts (The Trusts) is thrilled to earn top accolades for its retail store, Liquorland Hobsonville, and gastro pub, iTi, Titirangi.

Liquorland Hobsonville last night [March 20] won the prestigious Franchise of the Year award at the Foodstuffs Liquorland conference. The Hobsonville Rd outlet warded off competition against nearly 200 stores to take the podium.

iTi Drinks & Bites Garden has been recognised as one of the top gastro bars in the country by the Hospitality Association of New Zealand. The eatery in Titirangi Rd is now a finalist in the equally prestigious New Zealand's Estrella Damm Top 50 Gastro Pubs.

CEO of The Trusts, Allan Pollard, says this accolade is a testament to



the team's commitment to delivering exceptional experiences and a fantastic slice of West Auckland hospitality.

Liquorland Hobsonville's award proves to be great recognition for the outstanding work of The Trusts' retail teams, Pollard says.

Liquorland Hobsonville and iTi have gained magnificent achievements, he says. "They are recognition of the great work being done by The Trusts' retail and hospitality teams. West Auckland should be very proud of its community-owned licensing Trusts and the national recognition we are receiving from our industry peers. It is certainly very humbling for me to now hear industry experts looking to West Auckland for ideas and inspiration for both hospitality and retail."

Holiday events at Te Manawa

Our holiday programme at Te Manawa runs from Saturday 13th to Sunday 28th April and the theme is "Under the Sea".

We will have a couple of craft mornings, a marble run and Lego morning, as well as a morning and afternoon session for a Kahoot! quiz.

We will also have our regular Friday Family movies and another scavenger hunt throughout the holidays.



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In Brief Updates

Additionally, there will be a couple of activities especially for children aged 10 and over, including VR sessions.

Further information, including days and times for events will be in our What's On brochure for April. Te Manawa 11 Kohuhu Lane, Westgate.

Free entertainment at NorthWest Shopping Centre

Get crafty these school holidays with FREE weekday craft workshops 11am to 2pm at NorthWest Shopping Centre.

In week one of the holidays on Monday and Tuesday kids will make hanging bead decorations, and Wednesday to Friday they'll make Little Clay Monsters.

In week two, kids will make pencil toppers Monday and Tuesday, and recycled necklaces Wednesday to Friday.

Free weekday craft workshops 11am-2pm and 1pm-4pm on ANZAC Day. Find the entertainment directly in front of Customer Services.

For more info visit northwestshoppingcentre.co.nz

NorthWest Shopping Centre, Gunton Drive, Westgate.



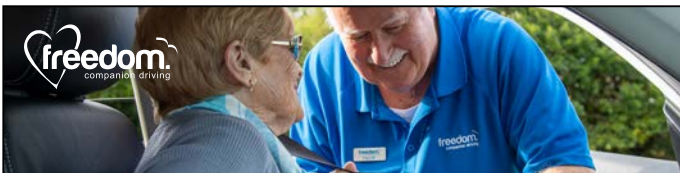
Freedom Drivers Hobsonville

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Getting out and about and doing the things you have always done is an important part of keeping independent. Freedom Drivers Hobsonville, owned by long-time local Paul Miller, offers a safe, trustworthy and caring service that is about a lot more than just transport.

"We love to support the local community and our service is designed





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"Travelling with Freedom is like riding with a trusted friend or family and you'll build a relationship with a very small team of drivers who you will get to know and trust," he adds.

Freedom prices are competitive and comparable to (and often less) than other options or standard taxi services. Our service is highly personalised with a convenient pick up and drop off at your door. We always escort you to the car and to your destination and we always go 'the extra mile'. We take Total Mobility cards (TM) and we are ACC Registered Vendors. Our drivers are fully licensed, and NZ Police checked for your protection.

Our service is pre-booked and pre-quoted. To find out more please give Paul a ring or a text on 021 321 869 or email hobsonville@freedomdrivers.co.nz.

Netsafe

Netsafe has launched a practical guide for safeguarding whanau - showcasing common tactics used in romance scams and providing advice for families who are worried for loved ones to have the difficult conversations needed to help them.

A romance scam is when a scammer pretends to be in a relationship with someone online to scam them out of money. They do this through email, social media, dating websites and other websites and apps. Usually these scammers are pretending to be someone they're not, using photos and identities of people they've found online. Romance scams have led people to lose substantial amounts of money - ranging from a few hundred dollars, through to millions of dollars. It can be difficult to understand how this can happen, but it's important to remember that these scammers (very often from overseas) spend a lot of time and energy building a relationship online and can make the relationship seem very real.

Features to look out for include confessions of love within a short time of meeting online; personal troubles that can be solved with money; requests for money; being hesitant about meeting or making a video call; needing money so they can meet you in



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 LIVING NARRATIVES



In Brief Updates

person. Many of these scams are professional operations and these people are very good at their job, so the important thing is not to feel embarrassed and to reach out for advice. For more details or help, visit [netsafe.co.nz](https://www.netsafe.co.nz) and search "romance scams".

Scott Point School enjoy cycle skill training

Walking, biking and scootering to school is encouraged at Scott Point School and with the opening of the pedestrian access through the sustainable park, numbers who are participating in these activities has increased, meaning there is less car traffic around the school.



To encourage more children to walk, ride or scooter to school the Year 5 & 6 learners at Scott Point School have had training from the "Harbour Sport Bike Ready" qualified instructors to teach them basic bicycle skills and safety while biking on our local roads and cycleways.

Harbour Sport's 'Cycle Skills Training' programme is delivered in

line with the New Zealand Transport Agency for Year 5&6 and Year 7&8 children in our area. Last year more than 1174 students were involved in the programme with some learning to ride a bike for the first time and others adding more confidence to their current cycling skills. Scott Point School learners have been lucky to have been involved in the programme in 2023 and 2024 and hope to be able to do it again next year.

Safety Net

The Safety Net is a community driven, grass roots solution to youth homelessness. Massey Community Trust believes that communities have the capacity to hold and heal their own, and they're putting the scaffolding in place to facilitate exactly that.

Put simply, the programme places rangatahi in need into the homes of (vetted and trained) community members.

The aim is early prevention: reducing the risk of long-term homelessness and mitigating the potential trauma.



Tired, achy legs? It could be varicose veins.

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*A brief 20-minute chat and visual assessment of the legs to determine if a full consultation and mapping is required.

In Brief Updates

All of the young people who have been supported through the Safety Net since 2022 have been supported into stable housing options and have experienced benefits such as staying engaged with school or employment, maintaining connections, and improved mental health.

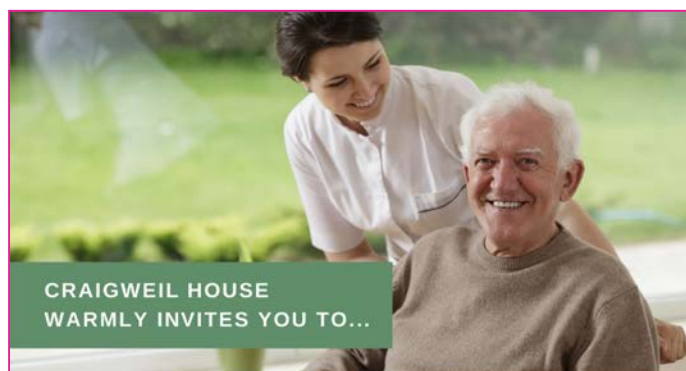
One 17-year old needed the Safety Net following a relationship breakdown with her mother. At risk of sleeping rough, she was welcomed by a host whānau within 24 hours of referral. During her stay she was supported to access the Youth Payment, connected with a local GP, and retained friendships. After moving into a more permanent boarding arrangement, she shared that being in a positive environment made her feel safe and empowered to overcome challenges in her life.

If you have a spare room in your house, would like to know more about the Safety Net and what it means to be a Host Home, then contact the Safety Net Coordinator Josh by email joshua@masseycommunitytrust.org.

Community Constable

Hi my name is Shay Tapusoa. I'm the Community Constable for the Whenuapai, Hobsonville and Massey area. I'm a "born and bred" West Aucklander having lived here most of my life. I started with the organisation straight out of High School and have worked in various "office" roles with the Police including Recruitment, HR and File Management. In 2018 I decided to join the team in blue and became a Sworn Police Officer.

I love my job. I've always had an interest in working for the NZ Police and this role in particular has been great for getting involved in the



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community.

I have received commendations with a Commissioners Award for Leadership, I work in projects to advocate for parents in Police, been involved in multiple Police advertisements against Drink Driving, Police Recruitment and for our online reporting number 105.

In the role of a Community Constable we cover a wide variety of jobs including but not limited to, neighbour disputes, trespasses, local events, festivals, protests, kindergarten visits, crime prevention work, road patrols, youth work etc.

Advice on useful contacts to call if you have any concerns are:

111: Emergency. Crime happening NOW

105: Crime Reporting - already happened

*555: Traffic Offences - from your cell phone

The main point to remember is that crime cannot thrive when we have a community that cares.

Massey trumpet player, does what he does

John McGough, entertainer and trumpet player has been entertaining all over New Zealand, as well as many parts of the world. His unique brand of music mixed with vocals and DJ sounds has been heard in pubs and clubs for over forty years. John has released his second solo album entitled "Doin' What I Do". While it's a selection of classic covers the album also features an original track entitled Ruze Vida, named after a street in Massey. Selected tracks from the album are on most streaming platforms, but to hear the album in its entirety you need to either fly on an International Air New Zealand flight, as it was selected on their on-board entertainment selection, or purchase a copy from John. For details email johnm@trumpetguy.co.nz



John has been successful on the competition stage at both New Zealand and World Championships, but bringing joy through entertaining is his true career passion. Sports clubs have also used the services of John. Waitemata Rugby Club have had him play the "Last Post" at their Anzac ceremonies before their premiers games and he is the official trumpeter at Ellerslie Racecourse heralding in the horses in front of thousands of racing fans over the last seven

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In Brief Updates

years.

You can see more of John at www.trumpetguy.co.nz.

Brickworks

Theatre professionals Lauren Jackson and Natascha Diaz opened Brickworks Drama School in Te Atatū Peninsula in 2016, to provide their kids and their friends with local drama classes.

Today, Brickworks students enjoy term-time classes; holiday workshops; perform in original plays; and have even filmed a Christmas movie.

In week one of the April school holidays (Mon 15 April - Fri 19 April), Brickworks is running fun and friendly drama workshops for 6 to 14-year olds. These are held at The Chapel, Te Atatū Peninsula with the kind support of the Creative Communities Scheme. Each workshop is a self-contained day with its own theme, finishing with a showcase at the end of each day for friends and whānau.

Brickworks tutors are qualified theatre practitioners who focus on building kindness and confidence in their students, so they can learn new skills and let their creativity shine.

For more information, go to www.brickworksdrama.com or email brickworksdrama@gmail.com.



registered tyre fitter / seller. From there the tyres will be recycled or repurposed. The goal is for 90% of tyres to be kept away from landfill and dumping sites.

The funding model is different from what you may be used to. Instead of paying a disposal fee on old tyres, a Tyre Stewardship Fee is charged on all new tyres at the time of purchase. This is being charged from 1 March 2024.

Fees start from \$6.65 + GST for a standard passenger tyre, but will vary depending on the type of tyre, eg for motorbike, truck or tractors tyres. Your retailer will be able to let you know the correct fee when you buy your tyres.

To find out more, visit www.tyrewise.co.nz/.

For advice and help on choosing the correct tyre, or for a free tyre check, visit the team at Bridgestone Kumeu or Westgate. You can find us at 1 Cellar Court, Westgate 09 833 8555, or 43 Main Road, Kumeu 09 412 9111.

Gently Loved Markets

Gently Loved Markets is back in Hobsonville Point for Gently Loved Markets Just Kids! on Saturday 20th of April from 10am until 1pm at The Sunderland Lounge - Te Rere. Free entry.

With a range of stalls selling preloved baby to kids' clothes, toys, accessories, nursery items and more. There will be a wide range of prices at the market so it's great for everyone's budget. Grab cash, a bite to eat from Mahia the Baker, a coffee from Luna's Traveling Cottage, your favourite fabric bag and come have a preloved treasure hunt with us. All stalls are within the hall so the event will go ahead no matter the weather.

This market day is fully booked for stall holders, to go on the waitlist or to be notified about upcoming market days contact Donna



A new era for tyre recycling

Currently only 40% of the 6.5 million tyres Kiwis use to keep us moving every year are recycled, repurposed or used as tyre derived fuel. The rest end up stockpiled, dumped, or in landfill.

A new scheme is being run by Tyrewise to collect and process all tyres. From 1 September all tyres can be disposed of for free at a

Massey High School
OPEN NIGHT
10 JUNE 2024
SESSION 1: 3.30PM - 5.30PM
SESSION 2: 6.30PM - 8.30PM
BOTH SESSIONS ARE THE SAME
PRESENTATION/TOUR.

In Brief Updates

Buchanan on gentlylovedmarkets@gmail.com

Gently Loved Markets hold different of styles of market's - from everything preloved, Curvy (size 16+ / XL+), Teens (8-16 year olds) and a Flea Market. Keep an eye on their Facebook and Instagram for the market day announcements @gentlylovedmarketsnz.

STIHL SHOP

A big congrats to the team at STIHL SHOP Kumeu who were awarded STIHL New Zealand's "Outstanding Marketing Achievement Award 2023" at their national dealer conference last month. This is an impressive fifth time our local Kumeu store has received this award! "We're ecstatic to be recognised for our efforts", says Rae Deakin from STIHL SHOP Kumeu. "We're a smaller store within the group, so to continually impress the head office of such a reputable brand like STIHL is a real honour". All STIHL SHOP stores are individually owned and operated and it is up to each store to stamp their own mark on their local marketing plan, which the Kumeu team does with a focus on community involvement, safety education and social media. Well done, Craig, Margaret and the team at STIHL SHOP Kumeu!



Whiffy

Welcome to our fragrance Store whiffy, our store is a sanctuary for scent enthusiasts, offering a lavish assortment of premium fragrances sourced from around the globe. Immerse yourself in the opulent world of Arabian and French perfumery, where every scent is crafted with precision and passion to evoke unparalleled sensory experiences.

At our store, we take pride in curating a diverse collection of distinctive fragrances that cater to every preference and occasion. From the timeless elegance of French perfumes to the exotic allure of Arabian scents, each bottle in our inventory tells a unique olfactory story, inviting you on a journey of exploration and self-expression.

To make your fragrance journey even more delightful, we are pleased to offer complimentary shipping on all orders over \$100. Whether you're treating yourself to a new signature scent or searching for the perfect gift for a loved one, our seamless shipping service ensures that your fragrant treasures arrive safely and swiftly at your doorstep.



Indulge your senses, elevate your mood, and express your individuality with our luxurious fragrances. Step into our world of olfactory splendor and let your scent story unfold.

Tai Chi Hobsonville

Yang style Tai Chi began as an internal, graceful, yet highly effective martial art. Today it is one of the most popular and widely practised forms of tai chi in the world. It is a low-impact exercise that can help you reduce stress, increase strength, flexibility, balance and coordination. Yang style Tai Chi is more than just a physical exercise and is also a way of cultivating your mind, body, and spirit. It is suitable for people of all ages and fitness levels.



Tai Chi Hobsonville has Yang Style sessions on Tuesday mornings and Wednesday evenings. They provide a friendly and supportive atmosphere, and welcome beginners as well as experienced practitioners. Their instructor has many years of experience and holds a ranking with the International Yang Family Tai Chi Chuan Association.

Join Tai Chi Hobsonville and discover the benefits of this ancient Chinese art for yourself. Contact Peter at 021 274 6736 or Admin@Taichi-Hobsonville.nz

Vital role of Hospice Op Shops

In the past year, Hospice West Auckland has cared for 778 patients and their families, providing comfort and dignity for those facing end of life. Our organisation is partially funded by Te Whatu Ora (approximately 60%), and we rely on revenue raised through our Hospice Op Shops, donations and fundraising to raise the additional funds required to provide our services for free to the West Auckland community.

Our newest Hospice shop is here in the heart of Kumeu at 46 Main Road. With ample parking, it's quick and easy to drop off your donations of preloved goods. We also offer a free pick up service for



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In Brief Updates

large items such as furniture and bulk lots (phone 0508 4 HOSPICE / 0508 446 7742 to arrange). For shoppers, our store offers a myriad of treasures at bargain prices. With new stock constantly arriving, the Kumeu Hospice Shop is fast becoming a new favourite destination for op shoppers. Bring in some items to donate, buy some bargains, and know that you are supporting a great cause by helping Hospice to continue providing vital services for free to West Aucklanders in need.

North West winner in transport priorities

By Cameron Brewer – MP for Upper Harbour.

Over 100 hundred locals joined Cameron Brewer and his team for the official opening of his electorate office on Hobsonville Road on 22 Marcg. Police Minister Mark Mitchell cut the ribbon and MPs Chris Penk, Greg Fleming and Paulo Garcia were in attendance, as was former North Shore City mayor George Wood, and councillors Shane Henderson and Ken Turner.



The draft Government Policy Statement (GPS) on Land Transport was recently released.

Priority projects include the North West Rapid Transit Corridor (dedicated busway up SH16) and the North West Alternative State Highway (Kumeu bypass).

The draft GPS also commits up to \$2.3 billion for public transport services and \$2.1 billion for public transport infrastructure over the next three years.

The Coalition is also reintroducing the successful Roads of National Significance (RoNS) programme, with 15 projects identified, and there will be significant increases to road maintenance funding.

Potholes have become increasingly apparent on our roads in the past five years, with billions proposed to address potholes on state highways and local roads in the coming years.

What's more, we will not be continuing with a blanket approach to speed limits. Instead, there will be a focused approach on improving road safety by building safer infrastructure, investing in safer drivers, and requiring safer vehicles.

We will also look at different ways of funding and delivering major transport investments. This will likely include Public Private Partnerships (PPPs) and the increased use of tolling.

Keep in touch with your views on local transport needs, with my electorate office now open at 102c Hobsonville Road – next to Midpoint café. To make an appointment, please email us on upperharbouroffice@parliament.govt.nz

Authorised by Cameron Brewer, Parliament Buildings, Wellington.

Boiling water can reduce the microplastics in drinking water

Microplastics – tiny particles in the air, water, and soil – are increasingly found in drinking water and food supplies throughout the world. Recent research has shown that boiling and filtering hard tap water can remove up to 90% of microplastics (and up to 25% for soft water). Researchers used a simple filter such as a coffee filter. Microplastics have been shown to upset the human gut microbiome, the bugs in our guts that influence many aspects of our health and may be associated with the rise in obesity. They have even been found in fatty deposits in arteries, increasing the risk of heart disease. Microplastics are created by the breakdown of plastic bags and fleece clothing into tiny particles. They have been used in certain cosmetics such as cleansers and toothpastes for the past 50 years, and soon afterwards they were found polluting the sea. They are



Cameron Brewer MP for Upper Harbour

☎ (09) 416 3249

✉ UpperHarbourOffice@parliament.govt.nz

📍 102c Hobsonville Rd

📘 [CameronBrewerUpperHarbour](https://www.facebook.com/CameronBrewerUpperHarbour)



Authorised by Cameron Brewer, Parliament Buildings, Wgtn.



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found throughout our bodies, and we drink them every time we get water from a tap, so boiling and filtering the water we drink may help us to reduce the microplastics we consume.

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Massey goes green with Ecofest this month

Discover edible weeds and try a 'wild weed' smoothie, join in for a morning of Autumn gardening projects; learn the ins and outs of Bokashi fermentation; join forces to get rid of moth plants and be in to win! These are just a few of the many inspiring and sustainable garden-themed activities happening during this year's EcoFest.

On now until Sunday 14 April, the Auckland-wide EcoFest 2024 programme still has loads of events, activities, installations and workshops coming up for people of all ages and at any stage of their sustainability journey.

Whether you're a seasoned green thumb or new to growing, come along to one of the many gardening workshops happening in your neighbourhood. Find out which edible weeds are actually superfoods at the Ways with Weeds Discovery Tour in Massey, you'll even get the chance to taste test a shot of 'wild weed' smoothie!



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Pop in to the Community Garden Open Day to learn something new at one of the

mini-workshops and demonstrations, or pick up some seedlings at the plant sale for your own green space.

Get a team together and help stop the spread of the highly invasive moth plant in your neighbourhood by entering the Henderson-Massey Moth Plant Competition. There are over \$1,000 worth of prizes for teams collecting pods and removing vines, and individuals designing posters.

West Aucklanders already know and love EcoFest, which has run in their area for more than a decade now. In 2023, organisers EcoMatters Environment Trust joined forces with Kaipātiki Project, Beautification Trust and Waiheke Resources Trust to take the festival regionwide. Find out more at www.ecofest.org.nz

Craigweil House

In a heartwarming display of community spirit and engagement, residents at Craigweil House have embarked on an exciting month filled with diverse activities, bringing joy and camaraderie to all.

The highlight of the month was a rejuvenating bus trip to the beach where residents soaked up the sun and enjoyed the sound of crashing waves.

Adding to the excitement, residents indulged in a movie and ice cream afternoon, creating a cozy atmosphere filled with cinematic delights and delectable desserts.

Pet therapy sessions brought smiles and warmth to the hearts of the residents. Interacting with furry friends provided comfort, companionship, and a welcome distraction from the routine of daily life, enhancing overall well-being and emotional fulfilment.

As the month unfolds, residents eagerly anticipate more adventures and opportunities for connection, embracing each moment with enthusiasm and appreciation.

We welcome and thank Baobao, our new activities Coordinator, who brings lots of energy and enthusiasm into her new role.

If you would like to inquire about Craigweil House for your loved one, please get in touch. We are a boutique rural facility with personalised compassionate support and care for rest home, hospital, and secure dementia levels of care - 09 420 8277.



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Safer Communities



Smoke alarms are vital devices in home safety, often overlooked but crucial for early detection of fires. They provide essential warnings, allowing occupants to evacuate safely, and minimizing injuries and loss of life. Operating around the clock, they offer constant surveillance, ensuring protection even when we are asleep. In addition to saving lives, smoke alarms help prevent property damage by enabling prompt intervention in small fires

and limiting their spread. Smoke alarms serve as indispensable guardians, emphasizing the importance of investing in and maintaining these devices for safety and preparedness.

Daylight savings is a common date utilised to stress the importance of ensuring that the batteries in your smoke alarms are working effectively by replacing them.

Spare a thought for neighbours and family members that may struggle with the physical capability to remove these alarms to replace the batteries and offer assistance where you can.

Specialised smoke alarms for anyone that is hard of hearing are also available.

At Fire and Emergency New Zealand, we work with partner agencies to make recommendations on this specialised equipment to support people who are Deaf or hard of hearing to have early warning in case of smoke or fire in their home. These partner agencies also have options for applying for funding for the recommended equipment on behalf of the resident. Contact one of the 4 organisations below for advice as to the most appropriate options available for you to consider and to find out more about how to arrange a free assessment of your home for HAT smoke alarm equipment:

Deaf Aotearoa New Zealand

Your Way Kia Roha

Blind Low Vision NZ

Kāinga Ora Homes and Communities

Free home fire safety visit

If you, or someone you know, needs support with general home fire safety advice and/or advice on smoke alarms you can request a free home fire safety check using this online form or call 0800 NZ FIRE (0800 693 473).



Jamie Shaw

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

Phone 09 810 9251

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dpanz.org.nz/lifejacket-hub

Property

Property market report

Property market report

Some economists expect the housing market to remain flatish in the first half of this year then pick up in the second half.

Expectation of price growth is tempered by mortgage interest costs, living costs and loan value restrictions.

High mortgage rates and stretched affordability are restraining demand, essentially nullifying the demographic and policy tailwinds blowing in the market's favour.

Against this backdrop, the market is struggling to absorb a flood of new listings. Unsold inventory is at a seven year high.

There is much conjecture about new home supply, immigration demand and the return of investors to the market that will certainly add sugar to the latte conversations.

Loan rates are outlined.

ANZ Floating 8.64% 1 year 7.84% 3 year 7.25% 5 year 7.34%

ASB Floating 8.64% 1 year 7.29% 3 year 6.65% 5 year 6.55%

BNZ Floating 8.69% 1 year 7.84% 3 year 7.25% 5 year 7.15%

Kiwibank Floating 8.50% 1 year 8.25% 3 year 7.55% 5 year 7.45%

TSB Floating 9.44% 1 year 8.04% 3 year 7.45% 5 year 7.39%

Westpac Floating 8.64% 1 year 7.89% 3 year 7.25% 5 year 6.99%

I have included a letter received from the Reserve Bank that may help clarify their position:

Thank you for your email to Governor Adrian Orr.



the rentshop

Mike James

Managing Director

☎ 021 413 660

✉ mike.james@therentshop.co.nz

The Rent Shop Hobsonville Ltd
PO Box 317118
Hobsonville
Auckland 0664

www.therentshop.co.nz



Scan me to view our listings & apply online.

As you may have seen, last week the Monetary Policy Committee agreed to hold the Official Cash Rate (OCR) at 5.50%. As the MPC said in its media release:

The Committee remains confident that the current level of the OCR is restricting demand. However, a sustained decline in capacity pressures in the New Zealand economy is required to ensure that headline inflation returns to the 1 to 3 percent target. The OCR needs to remain at a restrictive level for a sustained period of time to ensure this occurs.

The Committee is not explicit about when the Official Cash Rate may change up or down, but our projections suggest that any cut to the OCR may be later in 2025. This assumes that inflation continues to fall as expected, to the 2 percent midpoint later next year.

The Committee's top priority is to control inflation- the MPC does not target house prices when it raises or lowers interest rates. We aim to slow down overall demand in the economy to better match the ability- the capacity- of businesses to supply the goods and services people want. Households are probably less willing to accept large price increases and more likely to shop around, so businesses are less able to increase prices. This helps keep inflation near target.

Monetary policy is working, with the economy slowing and inflation falling. However, the rising cost of living still needs to be brought under control. Annual inflation is 4.7% and our target is 1 to 3%, with a focus on the 2% midpoint.

As we have said before, high inflation is a thief in your wallet- it is like a wage cut and a tax on your savings. Low and steady inflation gives people and businesses greater confidence to invest and tends to lead to steady growth and more jobs over time.

Monetary policy is a blunt tool. It is calibrated to the economy as a whole, rather than towards certain sectors of the economy. As a result, while monetary policy can improve outcomes for New Zealanders in aggregate, there may be those that benefit more from certain policies settings than others. We term these differing effects on parts of society 'distributional effects'.

We acknowledge your concerns about the Auckland property market.

In fact, there is a requirement for the MPC to seek to understand the effects of monetary policy decisions on the sustainability of house prices.

In the MPS statement, the Committee noted that that annual house price inflation remains modest. There is heightened uncertainty around the outlook for house prices. This reflects continued restrictive interest rates, the scale of decline in residential investment, and the net economic effects of currently strong net immigration.

The MPS also noted the reintroduction of interest deductibility and the easing of the bright-line rule are two policy changes that shift incentives for purchasing and building housing.

Stats NZ Property Transfer Statistics show annual about 37,000 transfers in Auckland in calendar 2023, down from almost 41,000

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Property

the previous year and a recent high of 53,700 in 2021. Sales are below levels seen pre-Covid, of about 40,000 a year.

In short, the Official Cash Rate will remain at 5.5% for a sustained period to ensure that inflation is low and stable. We do not target house prices, nor property sales volumes, but the MPC must and does understand the effect of its decisions on sustainable house prices.

Let's look at the sales:

Hobsonville	\$582,500 to \$1,800,000
Massey	\$600,000 to \$2,134,000
Swanson	\$710,000 to \$1,795,000
West Harbour	\$855,000 to \$2,100,000
Westgate	\$935,600 to \$1,100,000

If you are looking to achieve a great result for the sale of your property please contact me today for a free pre-sale property checklist and appraisal that will provide a starting point in your decision-making. After 18 years working with buyers and sellers, I have a depth of knowledge and experience to share with you. No cost, no obligation, just some honest feedback. Call me, Graham McIntyre AREINZ directly at 0800 900 700, via text at 027 632 0421, or through email at graham.mcintyre@mikepero.com. Mike Pero Real Estate Kumeu/ Hobsonville. Licensed REAA2008.

Who stays in the family home if we separate?

Who gets to stay in the house if we separate?

As a general rule where there is a dispute the law would see minor children of the relationship staying in the house with the person they naturally turn to for their day-to-day needs. Where there is no agreement, one remedy is to apply for an Occupation Order and the Judge will decide who should stay in the home.

If you are at loggerheads but do not want to apply to Court, Family Dispute Resolution provides a mediator to help resolve issues around children.

If you are renting the Court can make orders vesting the tenancy agreement in one party. If it is a trust owned property the Courts



also have avenues where there can be shown to be a right similar to a tenancy to live there.

Who has to pay the mortgage?

As a general rule, the one who stays is responsible for the outgoings. However, if both your names are on the mortgage you are both responsible to ensure payments are made and so you both have a stake in agreeing how outgoings are covered. If the party who stays in the home has young children and can't afford to cover the mortgage, spousal maintenance may be an option. If one party continues to pay the mortgage but lives elsewhere, unless it is maintenance, they may be entitled to compensation upon division.

If you are in this situation, you may be able to put the mortgage on an interest only or mortgage holiday while you work through the division of property.

Can my ex-partner sell the house out from under me?

Eventually, probably, but not quickly, and not without taking things like minor children's interests into account.

Do I need a formal agreement to divide up the house?

Relationship Property includes important assets and debts. Those trying to do without or DIY their agreements may end up with an agreement that is not in line with current law and is susceptible to future challenges. The bank may also require a formal agreement if you are buying your partner out.

Is division always 50/50?

Equal sharing of the family home is a key component established by The Property (Relationships) Act 1976. However, exceptions to equal sharing include s13 (extraordinary circumstances) and s15 which rebalances lower earnings caused by roles assumed during the relationship, and relationships of less than 3 years.

Where to find further information:

This article contains general information which is not a substitute for legal advice so if you are separating or wanting to understand what will happen if you do, protect your interests by seeking early legal advice. You can also listen to the burning questions episode

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Te Atatu Peninsula

Property

of Divorce Café. Or call: Stuart Henderson, Nicole Dore or Taina Henderson in the family law team at Henderson Reeves on 09 281 3723.

Leap into autumn

As the vibrant colours of autumn emerge, signaling the transition from the warmth of summer to the chill of winter, it's essential for landlords to embrace proactive home maintenance for their rental properties. Autumn offers a prime opportunity to undertake necessary upkeep tasks that fortify properties against the challenges posed by the impending winter months. At The Rent Shop Hobsonville, we recognise the significance of seasonal maintenance and are dedicated to facilitating a smooth transition for property owners. While the prospect of home maintenance may seem overwhelming, our experienced team is here to provide guidance and support every step of the way.



Gutter Cleaning: While the sight of autumn leaves falling may be picturesque, it can present a practical challenge when it comes to gutter maintenance. Leaves and debris can accumulate, leading to clogged gutters and potential water damage. Our extensive network of professional tradespeople specialises in gutter cleaning, ensuring that your property's drainage system remains unimpeded, safeguarding against water-related issues.

House Wash: A comprehensive house wash is essential for removing dirt, dust, and grime from your property's exterior surfaces. This not only enhances the aesthetic appeal of your property but also preserves the integrity of the paintwork and prevents the growth of mould. Our recommended annual house wash regimen ensures

that your property maintains its pristine appearance while also contributing to its long-term durability.

Roof Care: Your property's roof serves as its first line of defence against the elements year round. Regular roof treatments and inspections are critical to maintaining its structural integrity. Our obligation-free roof checks provide peace of mind, ensuring that your property is prepared to withstand any weather conditions that winter may bring.

Garden Maintenance: As autumn sets in and cooler temperatures prevail, proactive garden maintenance becomes paramount. Pruning back trees and tidying up the garden not only enhances the aesthetic appeal of your property but also reduces the risk of damage during inclement weather. Our proactive approach to garden maintenance protects both your property and its surroundings, ensuring a welcoming outdoor environment for tenants.

Interior Comfort: Compliance with Healthy Homes Heating Standards is essential to ensuring the comfort and well-being of your tenants throughout the year. Our team is committed to meeting and exceeding these standards, prioritising tenant satisfaction and retention.

Additionally, implementing measures such as window and door insulation through weather-stripping enhances energy efficiency, reducing costs for both landlords and tenants while maximising comfort.

At The Rent Shop Hobsonville, we pride ourselves on our commitment to maintaining high standards of property upkeep and tenant satisfaction. With our team of experienced property management experts, we bring years of professional experience to the table. Whether you're a seasoned landlord or new to property investment, we're here to transform your property ownership experience. Get to know us and discover how we can help you navigate the complexities of property management with confidence.

Mike.james@therentshop.co.nz.

Are you buying an uninsurable property?

The Law Society is warning some property buyers are losing their deposits after unknowingly entering agreements on flood-damaged houses.

There has been an increase of people entering into legally binding Sales and Purchase contracts, only to find their bank will no longer give them the mortgage, because the house is uninsurable. This could be because an owner received insurance money but may not have actually used the money to fix their house.

Home buyers should therefore be warned about unknowingly

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4a Shamrock Drive Kumeu, Auckland

Property

entering into agreements to purchase flood-damaged properties in regions affected by last year's storms and cyclone.

Therefore, buyers are advised to investigate the availability of insurance cover with their insurer before committing to an agreement. If you are looking to buy or sell a property and are wanting more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Probate – what is it and why is it needed?

By Elyse Crowther of ClearStone Legal

A loved one passing away is a difficult and stressful time, and often the process that follows can be overwhelming and confusing. If that person had a Will and has assets worth over \$15,000.00, then you will need to apply to the High Court for probate. Probate means "to prove", and essentially is the process of proving the Will before the Court. Probate is required before the assets of the estate can be called in.

The Executor/s named in the Will are the



parties who need to apply for probate. A Solicitor can prepare the required documents which include an application, an affidavit by the Executor/s and the probate itself. There are very specific requirements for these documents, and the original Will and certified copy of the death certificate are required to prepare them. The Executors will need to swear or affirm the affidavit with the Solicitor before they can be sent to the Court.

Additional documents will be required if any of the Executors want to renounce their role, or if the original Will has been lost or looks like it may have been tampered with – for example a staple being removed, or marks left by a paper clip.

Once received by the Court there can be delays in processing, currently we are seeing up to four months for a probate application to be reviewed and often the Court comes back asking for changes or more documents. Once probate is received, the Executors will be able to deal with the estate assets, including calling in Kiwisaver funds, insurance policies, transferring property and obtaining funds from the deceased bank accounts.

Distribution of the estate can take place six months after probate is received, so when you factor in the Courts processing time it can be a lengthy process. If the assets of the estate are less than \$15,000, probate is not required. If the deceased did not have a Will, then a similar process is required, but instead of probate you must apply for letters of administration.

Whatever the position, we can guide you through the process. When you are ready, give us a call on 09 973 5102 or make a time to come and see us at either our Kumeu or Te Atatu office.

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Area Property Stats

Every month Mike Pero Real Estate Hobsonville assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential transactions that have occurred.

To receive the full summary simply email the word "full statistics" to hobsonville@mikepero.com.

SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$	SUBURB	CV \$	LAND AREA	FLOOR AREA	SALE PRICE \$
HOBSONVILLE	1,030,000	439M2	130M2	950,000		890,000	171M2	95M2	808,000
	1,200,000	108M2	193M2	1,092,000		1,100,000	626M2	90M2	788,888
	1,805,000	618M2	191M2	1,800,000		850,000	495M2	98M2	888,000
	1,375,000	201M2	186M2	1,300,000		1,050,000	951M2	94M2	760,000
	1,260,000	181M2	183M2	1,203,500		1,100,000	630M2	110M2	926,000
	905,000	162M2	82M2	827,000		920,000	358M2	150M2	870,000
	1,075,000	137M2	166M2	989,000		1,200,000	520M2	143M2	955,000
	1,550,000	325M2	225M2	1,378,000		890,000	145M2	100M2	855,000
	1,250,000	252M2	183M2	1,225,000		830,000	353M2	84M2	807,000
	1,260,000	614M2	260M2	1,220,000		830,000	141M2	140M2	980,000
	1,420,000	261M2	203M2	1,271,000		1,325,000	651M2	240M2	1,310,000
	1,180,000	165M2	173M2	1,280,000		1,075,000	651M2	175M2	1,061,000
	1,470,000	297M2	226M2	1,398,000		870,000	350M2	121M2	845,000
	1,530,000	416M2	189M2	1,550,000		1,475,000	741M2	240M2	1,250,000
	1,025,000	151M2	111M2	980,000		1,505,000	1012M2	100M2	1,587,500
	1,025,000	151M2	111M2	1,020,000		1,100,000	784M2	150M2	1,015,000
	1,155,000	233M2	162M2	1,122,553		750,000	72M2	76M2	740,000
	790,000	85MN2	70M2	800,000		970,000	588M2	100M2	600,000
	810,000	93M2	95M2	820,000		1,250,000	809M2	147M2	930,000
	1,375,000	207M2	232M2	1,389,000		1,090,000	620M2	80M2	806,250
	1,105,000	146M2	111M2	960,000	SWANSON	1,000,000	775M2	178M2	950,000
	900,000	115M2	101M2	900,000		1,675,000	600M2	333M2	1,795,000
	1,050,000	95M2	161M2	970,000		820,000	506M2	151M2	828,000
	1,365,000	187M2	182M2	1,240,000		805,000	157M2	78M2	762,000
MASSEY	910,000	215M2	92M2	850,000		1,155,000	350M2	180M2	1,143,000
	2,100,000	2932M2	293M2	2,134,800	WEST HARBOUR	860,000	76M2	130M2	855,000
	870,000	497M2	80M2	765,000		1,850,000	966M2	300M2	1,650,000
	1,050,000	410M2	90M2	818,500		1,200,000	657M2	90M2	1,140,000
	1,130,000	600M2	93M2	875,000		1,125,000	770M2	180M2	1,000,000
	990,000	559M2	130M2	825,000		1,500,000	639M2	220M2	1,425,000

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.

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Graham McIntyre
Brand & Territory Owner
027 632 0421

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Hot Property



Beautifully appointed – motivated owners relocating

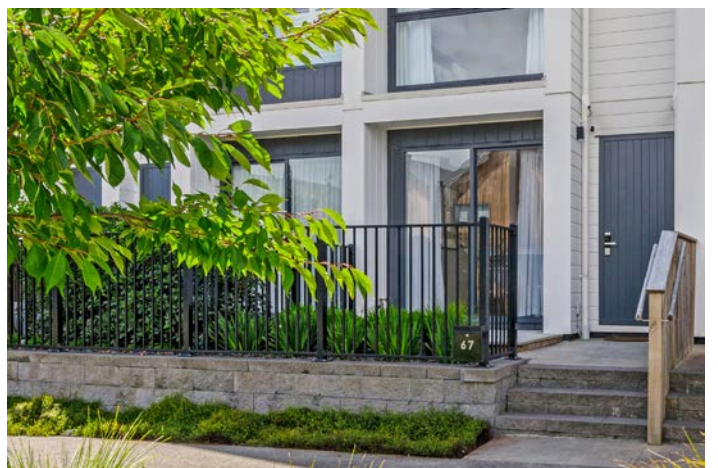
Westgate's newest housing offering delivers an easy living environment with walkways, cycleways and extensive plantings. An elegant and tranquil suburban living environment, off a quiet road and laneway, offering the very best of modern, lock-and-leave living over two levels.

This is a near new Universal Home with time left on it's master build warranty offering peace of mind. The home is fabulously lock-and-leave with modern and easy interior. A delightful and simple entertainers' kitchen, dining and living environment with laundry, guest w/c tucked away. Alfresco access to fully fenced patio and all weather turf area.

All bedrooms and bathroom upstairs ensuring a quiet zone for sleeping. Beautifully presented and ready for its new owners.

Dedicated off street parking, patio, peace and quiet all on offer here and so close to North West Mall, Transport Hub, Schools and walking reserves. Make 2024 your year and get into this spectacular

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entry level real estate offering.

The CV on this property is \$890,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

For more information on this property call Graham McIntyre on 027 632 0421 or graham.mcintyre@mikepero.com - Mike Pero Real Estate Ltd Licensed REAA (2008).



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By Negotiation

147 Wiseley Road, West Harbour

By Negotiation
Viewing by appointment

Nestled in the heart of West Harbour, just minutes from the ferry, this much loved family home provides the perfect balance of views, sunshine and convenience. This brick and weatherboard home set over three levels provides an excellent stage for the whole family to perform at their best, offering ample storage space for all the family and their toys and tools. Double garage, formal entrance and storage rooms downstairs lead up to an entertainer's kitchen, separate cosy living area and decking on the first floor. This leads through to dining, decking, and formal lounge with expansive views of the harbour and the city skyline. Floor one also has a bedroom, laundry and bath room with access to the fully fenced back yard, providing a safe place for children and pets to play. Up to the next level you'll find two generous bedrooms, commanding views and a shared ensuite.

www.mikepero.com/RX3857660



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Set on a large 700sqm footprint, a short walk from shops and transport hub. On offer is a traditional 1970's bungalow with standalone garage enjoying gentle sloping north facing land. Generous sunshine through the open plan kitchen, dining, lounge onto North West decking looking over to Henderson and the Waitakere Ranges. Three bedrooms and bathroom off the central hallway and a separate laundry by the back door. This is a great no-nonsense starter that will give you years of enjoyment, adding your own style and planting your orchard. Don't delay, they don't stay on market for long. For additional documents and viewing contact me today.



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027 632 0421
graham.mcintyre@
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TAUPAKI'S HOME - CHARACTER PLUS ON THREE LOTS

3 1 1

By Negotiation

9 Taupaki Road, Taupaki

By Negotiation
Viewing by appointment

Taupaki, a village of families and a community rich in history offering excellent primary school, reserve and playground, rural aspect and community hall. Being sold with three lots being Lot 24, Lot 25 and Lot 26 the property delivers an enviable 4816 sqm footprint with grassy glades, outbuildings, carport, sheds that all compliment the homestead. Built through the 1980's this character bungalow is a fabulous mix of blended history and kiwi ingenuity all seamlessly merged to deliver a home where every part of the whole is interesting, thought provoking and unique. It is a home that lives well, with closed woodburner and open plan kitchen dining which opens to North facing decking and covered porch area. All bedrooms off the central hallway. Two loo's and laundry compliments this offering.



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LIFESTYLE-URBAN BLEND - GOOD LIFE ON ALMOST 1/2 ACRE 4 2 2 2 By Negotiation

29 Sunny Crescent, Huapai

By Negotiation
Viewing by appointment

Seldom found this is an outstanding mini-lifestyler in an urban setting, offering the best of urban and lifestyle living. Offering the good life in so many ways, the home has been meticulously crafted to deliver functionality and beautiful form. Clad in Hinuera split face, kiln fired stone, it offers a special exclusive style that merges seamlessly decking and patio entertaining. Extensive sliders deliver the outside in, enjoying open plan lounge-dining and kitchen-cozy meeting the dynamic needs of family living. Hardwood flooring that takes your breath away. All bedrooms, bathroom and laundry off a central corridor. Master, ensuite and walk in wardrobe also enjoys slider access to north facing decking. Smart and sustainable services with solar hot water, wet back, ventilation and heat transfer systems, uncompromised insulation, and significant loft storage space which could see further development.

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Home & Garden

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Protect your home against surges

Something most people don't think about in their homes is surge protection. During the recent Cyclone Dovi there were a lot of houses in the area without power and we had customers who unfortunately experienced surges and now have issues with some of their devices. A power surge is an increase in the amount of voltage flowing through electrical devices that exceeds the standard voltage level of 240 volts. Surges can be caused by many things such as high-powered devices, bad wiring, or a problem with your incoming supply.



While a surge of power may not break your electronics immediately, it can put extra strain on various components, wearing them down over time. Power surges can heat up wires and components in your electronics, similar to a light bulb filament, and cause them to burn out.

A power surge means that there is an increased level of voltage in the lines beyond the usual designated level of electricity. This excess voltage causes an arc of electrical current which creates heat and surge protection is designed to reduce the effects of these power surges, protecting your electronics.

A surge protector guards against the damage that sudden power surges can cause. It works by pulling the current from one outlet and passing it through to the devices you have plugged into the surge protector.

Surge protection is installed directly at your home's switchboard to provide protection to all of your appliances, and also to the electronics that are hard wired.

Give the team at Blackout Electric a call and we'll talk you through the options best suited to your home.

Ever experienced swollen or water damaged kitchen cabinetry?

Have you ever heard of HPL plywood? Chances are you may not have, even when you have been renovating your kitchen, bathroom or laundry. At Natural Timber Creations, we are proud to have been using HPL Plywood, since it became available in NZ around 15 years ago, as standard product in all our cabinetry interiors.

Why do we use this? Because it is superior - stronger, more durable and most importantly, is not as affected by moisture as other standard products are on the market, in wet areas of the home. In fact, it was designed specifically for the wet area cabinetry found in a home or business. This means that your new kitchen or bathroom will last far longer than otherwise - and is better value for money in the long term.

Sadly, many Kiwi outfits still use medium density fibreboard (MDF) or particle board as standard product in their cabinetry interiors, even when technology has moved way on and there are more






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appropriate options available. It's hard to retrofit a cabinet once it has exploded.

Both products look very similar when new, but as time passes, European HPL plywood will outperform other products in appearance, durability and quality, every time.

We're happy to discuss and show you the benefits of HPL plywood - a core value and belief of Natural Timber Creations; and one we stand by.

Take a look at our website: www.naturaltimbercreations.co.nz or contact Paul Marley on 021 111 9637.

April kitchen garden

April brings shorter days but they are often still warm, so this month is ideal for tidying up and nourishing the garden ready for winter crops. While it still fairly mild, watch out for the transition to winter in the air.

Sow green crops of lupin and mustard in any empty spaces of your vegetable garden for digging into the soil for green manure.

Harvest the last of summer crops.

Remove all finished vegetable plants from the garden; put them in the compost bin rather than digging into the soil.

Prepare for winter crops by adding compost and sheep pellets to the top layer of soil.

Sow seeds: beetroot, broccoli, broad beans, cabbage, carrots,

onions, radish, spinach, silverbeet. Transplant to the garden as the weather warms and when they are showing at least two sets of true leaves.

Broad beans can be planted directly into the soil, stagger the sowing for a continuous harvest.

Plant seedlings: broccoli, brussels sprouts, cabbage, cauliflower, celery, leeks, lettuce, silverbeet and spinach.

Garlic and shallots can be planted in warmer regions.

Get a last crop of peas in before winter, in warmer areas you can also get away with snow peas.

Dust your cauliflowers, broccoli and brussels sprouts with Derris Dust to protect them from white butterfly and diamond back moth.

Protect seedlings from slugs and snails, scatter bait around each plant.

Mitre 10 MEGA Westgate & Henderson

Whenuapai Floral and Garden Circle

Margaret welcomed several new members at our second meeting for the year. Welfare of absent members was followed by discussion of upcoming bus trips. Planned trip for March is to the Crown Lynn Museum and then West Lynn Gardens for picnic lunch followed by a visit to Touch of the Tropics Garden Centre. Despite valiant efforts

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Home & Garden

to find one, no guest speaker was available, however member Margaret gave us an account of her trip with her daughter which included a journey on the Trans Alpine Express, an experience much enjoyed by the pair. The formal part of our programme finished early which allowed greater time for social interaction over afternoon tea.

A timely reminder from myself, who found one of these lurking among a climber right beside our house. It was set up nicely with its root deep into the ground beside our drainpipe. Beware of the invader, commonly called Moth Vine, which at this time of year has many small innocuous flowers which develop into large seed pods, not unlike Choko in appearance. The pods contain roughly a thousand seeds each which will disperse to wherever the wind takes them. Wear gloves when dealing with this nasty as the milk like sap is toxic. Dispose of the pods carefully, either wrapped in a bag in your rubbish or in special weed bins.

If you would like to know more about our Club, and wish to join us, please phone Judy Garrity on 09 833 5592. Meetings are held at 1 p.m. at 41 Waimarie Road, Whenuapai Village, on the second Thursday of the month with trips on the fourth Thursday. Entry fee is \$4 with another dollar per raffle ticket.

Until next time, Happy Gardening from Mary Anne Clark.

Autumn for your lawn

I do bang on a bit about long lush lawns, but autumn is the perfect time to start lifting the mowing height of your lawn mower, especially in sheltered and shaded areas. You ought to be leaving at least 50mm (5cm) of leaf blade on your lawn, even up to 60 - 70mm (6-7cm) in shady areas. To be specific this offers a larger leaf surface area for your lawns for photosynthesis, that's how it feeds itself, and is key for its general wellbeing. To be blunt - the typical kiwi way of cutting very low all year can starve your lawn as the days shorten and cloud cover increases. While keeping that additional length will also be valuable when winter arrives, as the grass leaves have a tendency to end up less frost affected with just the very tips dying off, leaving

green growth underneath and a stronger spring recovery.

Getting the SOIL pH Correct

And to be a bit more technical, pre-winter is a good time to check your soil pH. Out of balance pH levels not only affect the way your lawn looks, but will also reduce the impact of fertilising your lawns. The ideal lawn pH level is 6.5, which is a bit acidic. If you do need to adjust a low soil pH, you can use sulfate of ammonia, which will work to correct alkaline soils.

Improve Your Lawn Before Winter

You should always apply a decent slow release fertiliser to your lawn before winter arrives. This is probably the most important feed you will give your grass all year, and Easter weekend is usually a good time to schedule it. Give your grass a decent feed with a NPK fertiliser, so that your grass has the capacity to create that sound matt of leaf development I often talk about, it'll help keep out those winter weeds, and build the solid roots to battle the winter coolness.

Gary Turton, Jim's Mowing - 0800 454 654 JimsMowing.co.nz.

Laser Plumbing and Roofing Whenuapai

The year is certainly flying by. Here we are in autumn already, which means winter is on its way. This is an ideal time of the year to start thinking about making sure your property is ready for the coming months. We have put together a check list to help you maintain a healthy home.



Dripping & leaking taps - check all the taps in your house (inside and outside).

Running & leaking toilets - check that your toilet is flushing properly and listen for a 'running water' sound.

Drains - check for slow running water into shower drains, basins, and any outside drainage.

Hot Water Cylinders - check your HWC for any surface drips or leakages. This can go easily unnoticed if hot water cylinders are in a cupboard.

Gutters - check your gutters are clear of leaves and debris to prevent water build up. Overflowing gutters can cause roof leaks.

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We are open five days a week from 7:30am - 4:30pm and are conveniently located at Unit 4, 3 Northside Drive, Westgate. For more information, visit our website www.whenuapai.laserplumbing.co.nz.

Autumn in the Kumeu community garden

After the heat of February it's good for the soil to be getting a bit of rain. The mulch given to us by Wyatt Landscape Supplies Waimauku will help to keep the moisture in the ground. We've also been building our own compost, layering dry and wet vegetation to get warmth and air flow, breaking down old plants to grow new ones. That's the cycle of life happening in our garden.

It's time to harvest the last of summer's veges - tomatoes, cucumbers, chillies and late summer fruit, as well as the summer herbs that are soon going to flower and seed. Come along and fossick among the greenery and find ripe fruit sweetened by the long summer sun. Some species including sunflowers, and the local birds - pukeko and kingfisher



included, are into their second production of the season, making the most of the last summer days.

We have yummy hearty winter veges to come. We are sowing and planting beetroot, spinach, winter salad greens, cauliflowers and broccoli and cabbage. Join us on the fourth Saturday of the month from 9-10ish (April 27, May 25).

Celebrating 50 Years

Your support and loyalty mean the world to us.

Half a century ago, KPL's humble beginnings began from a garden shed on the backroads of Kumeu. Today, we celebrate not just the passage of time, but the unwavering commitment of everyone who has been part of this journey. To our loyal customers, past and present, we want to extend our deepest gratitude and to our staff, past and present, without you all we would not be here today. The road has had its highs and had its lows, but a well worth journey to travel. We will continue to learn, grow and serve our community. Thank you for being part of our journey, a toast to the next 50 years.

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Pets

Cat lovers we need your help

The NZ Cat Foundation has a sanctuary based in Huapai which houses over 150 cats. We offer safe sanctuary for older, disadvantaged and un-homeable rescue cats where they can live out their lives in safety and comfort. We need regular volunteers to help with routine chores so our cats can enjoy happy, healthy, safe lives. We are looking for volunteers who are mature, have a sense of responsibility, are good team players and dedicated animal lovers. Helping at the sanctuary is a popular way to fulfil community service hours for Duke of Edinburgh, St John's, Scouts, Guides, church, university, animal sciences studies, etc. We are happy to sign off on your hours and provide any needed verification of your service. We rely heavily on volunteers on a daily basis and desperately need more.



Financial and food donations are also urgently needed to cover vet and other costs associated with our sanctuary. The NZ Cat Foundation also supports community Trap-Neuter-Return programmes and helps feed and care for many cats living in the community. Please visit our website for more information on volunteering and how to donate at www.thenzcatfoundation.org.nz. You can also email - volunteers: volunteer@thenzcatfoundation.org.nz donations: info@thenzcatfoundation.org.nz.

Pet Patch

A Tail-Wagging Start: Basic Training Tips for New Puppy Pawents from Pet Patch

Welcoming a new puppy into your home is a heartwarming experience, but it comes with the responsibility of laying the groundwork for a well-behaved and happy furry family member. Basic training techniques are the building blocks for a strong bond and a harmonious relationship with your playful pup.



Start with essential commands such as "sit," "stay," and "come." Use positive reinforcement, like treats and cheerful praise, to reward good behaviour and reinforce positive habits. Consistency is

vital; practice commands in different settings to help your puppy generalize their understanding.

Leash training is a key aspect of early education. Introduce the leash gradually, letting your puppy get used to its presence before attempting walks. Encourage loose leash walking by stopping when they pull and moving forward when the leash is slack, teaching them that pulling leads to a pause in the adventure.

Remember, patience and persistence are your allies. Each puppy learns at their own pace, and positive reinforcement creates a lasting bond. By investing time in basic training, you're not just teaching commands - you're setting the stage for a lifetime of tail-wagging companionship and joy.

That guilty look on your dog's face

The "guilty" look on a dog's face is a complex and often misunderstood behaviour. Many dog owners have observed their dogs appearing guilty after doing something wrong, such as chewing up a shoe or getting into the trash. However, it's important to understand that this behaviour is not actually an indication of guilt or remorse.



Instead, the "guilty" look is a response to the owner's behaviour and body language. Dogs are incredibly attuned to human emotions and can pick up on cues like tone of voice and body language. When a dog sees that their owner is angry or upset, they may lower their head, avoid eye contact, or exhibit other submissive behaviours.

This response is known as appeasement behaviour and is a way for dogs to diffuse tension and avoid conflict. When a dog sees that their owner is upset, they may display this behaviour in an attempt to calm the situation and avoid punishment.

However, it's important to note that the dog's behaviour is not actually an indication of guilt or understanding of right and wrong. Dogs don't have the ability to understand moral concepts such as guilt or shame. They are simply responding to their owner's behaviour and body language.

So, a dog may not be guilty, but look guilty, and vice versa.

In fact, punishing a dog for exhibiting the "guilty" look can be counterproductive and damaging to the relationship between the

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Pets

owner and dog. Instead, it's best to focus on positive reinforcement and training to help prevent unwanted behaviours in the first place.

So, while the "guilty" look on a dog's face may appear to be an indication of guilt or remorse, it's actually a response to the owner's behaviour and body language. Understanding this behaviour can help improve the relationship between owner and dog, and lead to more effective training and positive reinforcement.

Much love from all the team at K9 Heaven
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Food & Beverages

How to solve our food waste problem? Love Food Hate Waste says just eat it!

Being a proficient cook extends beyond merely following recipes; it encompasses maximising ingredients, minimising food waste, and innovating with leftovers. With a myriad of culinary tips and tricks available at our fingertips, it has never been easier to reduce food waste and save money.

Despite the tools we now have access to the top two reasons for food waste in New Zealand are Kiwis not eating their food before it goes off or before the 'Best Before' and 'Use By' dates. Using these insights, Love Food Hate Waste has launched a solution so good it sticks.

Launching this month, Love Food Hate Waste NZ has created a reusable Eat Me sticker designed to help Kiwis see and eat their food before it goes off. Acting as a visual prompt, the reusable sticker should be placed on a shelf in the fridge, freezer and pantry to remind people about the food that needs to be used up. Supporting a high-impact and easy-to-adopt behaviour the reusable sticker also encourages meal planning by identifying the food that needs to be cooked, helps distinguish between older and newer versions of the same product and also acts as a communication tool to let other family members know what they can eat or take away to work or school.

Pulling together some of the best ways to use up the odds and ends from the Eat Me First shelf in the kitchen and tips to save money on food, Love Food Hate Waste's Juno Scott-Kelly shares her strategies.

Produce Preservation - Efficiently storing produce is pivotal in preventing spoilage. Ensure vegetables have ample space in the crisper, allowing air circulation to stop rot. While most vegetables thrive in the open plastic bags they come packaged in (with holes punched for ventilation), there are exceptions. Onions and potatoes, for instance, prefer dark, dry environments away from others and each other.

If you are looking for ways to extend the lifespan of lettuce and cucumbers, you can wrap them in paper towels before refrigeration. Similarly, lightly rinse and refrigerate herbs, or store them in water



like bouquets to maintain freshness.

Meat and Seafood Savvy - Optimise meat and seafood scraps by crafting flavourful stocks. Utilise poultry, beef, or ham bones, as well as shrimp or crab shells, to cook up rich broths ideal for soups or rice..

Give leftover meat new life in savoury pies or tacos. The options are endless.

Dairy Diversions - Harness the potential of sour milk by incorporating it into pancake batter or baked goods that call for buttermilk. Save the odd bits of parmesan and pecorino rinds by popping them in the freezer and using them at a later date by adding to stocks or soups, enhancing their savoury profile.

Create creamy salad dressings or flavourful spreads by mashing leftover blue cheese with olive oil, elevating dishes with its bold taste.

Bread Innovations - Revitalise stale bread into versatile bread crumbs or croutons, enriching dishes with their crunchy texture. You can also transform aging bread into French toast or bread pudding.

Crush leftover nuts to garnish salads or roasted vegetables, infusing them with nutty goodness and enhancing their visual appeal.

General Storage Strategies - Implement an "Eat Me First" Shelf in the refrigerator, dedicated to perishable items nearing expiration or items that need to be used up. Regularly assess its contents to prioritise consumption, reducing the likelihood of forgotten food going bad and ending up in the bin.

www.lovefoodhatewaste.co.nz/home/get-involved/

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Blend Art Café

Exciting news - hot off the press

Our crazy and fun-loving Amy sweet talked her partner Carl to buy a second-hand caravan to convert into a mobile food trailer and guess what?

Yes, you guessed it!

She got her way and now Blend goes 'road'.

After several months of afterhours hard work, Carl, Amy and their family have been making happen and very soon it will be completed. Another crazy idea becomes reality, as if Amy hasn't already got enough to do.

On the 6th & 7th of April, Blend will be at their very first event 'Go Green Expo - the sustainable lifestyle show at Eventfinda Stadium, Northshore. We can expect around 10,000 people to be able to buy a selection of Blends offerings.

So not only can we do events in store we can now come to you



for all types of events. Weddings, birthdays, parties and corporate events.

Be quick! Two weekends in April have already gone.

You can book emailing blendnewzealand@gmail.com for all inquiries.

See you on the road!

The Riverhead

The Riverhead - one of the Top 50 Gastropubs in New Zealand, and right on your doorstep.

We recently entered the New Zealand Gastropub Awards and have made it into the Top 50. We now go through to the regional finals and hope to be crowned the winner for Auckland.

If you haven't visited us before, we are New Zealand's oldest riverside tavern located in Riverhead. We have three unique venues here: The Landing Restaurant, The Portage Bar, and The Boat House Wedding and Events Centre.

Enjoy a family get together in The Landing with stunning views of the water - kids are most welcome and they eat for free Monday-Thursday (conditions apply).

Next door is our Portage Bar, the perfect spot for a catch up with friends. The bar offers typical pub fare with a modern twist.

And through the white gates is The Boat House - the perfect spot for weddings and private celebrations.

Visit our website for more details or pop in:

www.theriverhead.co.nz

33 York Terrace, Riverhead



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Health & Beauty

Ask Dr Heather

What is the best treatment for acne?

Anon, Kumeu.

Acne is a frustrating beast. It can rear its ugly face at all ages and can fluctuate at different stages of our lives. Back in the infomercial days of acne skincare, many of us will remember the "miraculous" treatments all the popstars used that seemingly served to only irritate our skin, without any real solution (sorry Beibs).



Several types of acne exist, all relating to different stages of hair follicle blockage and inflammation. These stages are referred to as Comedonal Acne (red spots and blackheads), Acne Vulgaris (pimples and blackheads), and Nodulocystic Acne (angry red pimples and sores). Often an array of these features co-exist, and are further categorised as mild, moderate and severe.

Treating hormonal imbalances, tweaking medications, restricting the use of occlusive cosmetic products and reducing intake of dairy and high GI foods can all help as a starting point to minimising acne. Cleansing the face twice daily with a pH-balanced cleanser, ideally containing salicylic acid is the next step, followed by use of topical Retinol (Vitamin A). The latter is famous for not only controlling acne, but also sports marvelous anti-ageing effects, plumping skin and evening pigmentation. Hardy versions of retinol are available on prescription.

Chemical peels and micro needling can also help settle the skin; however, need to be done on skin without active infection present. Failing that, oral medication such as doxycycline and isotretinoin (Roaccutane) are an option to really help things clear. Like any oral medication, these must be prescribed by a Doctor and monitored

closely to ensure safety and adequate response.

As acne clears and scars emerge, these too can be minimised by treatments such as chemical peels and micro needling. As complex as acne can be, advancements in skincare, topical and oral medications have thankfully altered the course of how we can treat this problem. Goodbye pizza face, hello smoothness.

Dr Heather Anderson is a Cosmetic Medicine and Urgent Care Doctor who practises in her own clinic at ALLOR Cosmetic Medicine in Whenuapai. If you have a question for Dr Heather you'd like answered anonymously in the magazine, please email askdrheather@allor.co.nz.

Embracing plant-based eating for menopause wellness

What started as a hippy lifestyle choice has now evolved into a mainstream lifestyle choice celebrated by millions worldwide. Beyond its ethical and environmental merits, the plant-based movement is increasingly recognised for its significant health benefits, particularly concerning hormonal well-being, making it an appealing option for individuals navigating menopause.



In recent years, scientific studies have underscored the positive impact of plant-based diets on hormonal health. Research reveals that a well-structured plant-based diet can effectively regulate hormone levels, enhance insulin sensitivity, and mitigate the risk of hormonal disorders such as polycystic ovary syndrome (PCOS) and endometriosis. These diets, characterised by lower saturated fat content and higher levels of fiber, phytochemicals, and antioxidants, play a pivotal role in fostering hormonal balance.

Here are some ways in which plant-based eating can specifically benefit hormonal health during menopause:

Plant Oestrogens: Certain plant-based foods like soy, flaxseeds, and legumes contain phytoestrogens, compounds structurally akin to estrogen. These substances mimic estrogen in the body, aiding in the regulation of estrogen levels and alleviating symptoms associated with hormonal fluctuations, such as hot flashes and mood swings.

Anti-Inflammatory Properties: Plant-based diets abound in anti-inflammatory compounds like omega-3 fatty acids and antioxidants.

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Chronic inflammation can disturb hormone synthesis and contribute to imbalances. By curbing inflammation, plant-based diets effectively support hormonal health, emphasising the importance of consuming a diverse array of colorful plant foods.

Gut Health: A thriving gut microbiome is indispensable for hormonal balance. Plant-based diets, particularly those abundant in fiber, foster the proliferation of beneficial gut bacteria. These bacteria aid in hormone metabolism and facilitate their proper elimination from the body, thereby promoting hormonal harmony.

Weight Management: Plant-based diets are naturally lower in calories and rich in fibre, facilitating weight management—an essential aspect of hormonal equilibrium. Excess body fat can trigger inflammation, disrupt hormone production, and lead to imbalances, making weight control crucial for overall well-being.

One of the simplest ways to get more plants into your diet is to have a competition with yourself and your family to see if you can get 30 plants or more into your diet every week - this isn't just about veggies and fruit it includes grains, legumes, nuts, seeds, herbs and spices. Have fun with this.

If you want to know more about introducing menopause friendly foods into your diet OR if you want to teach Menopause Friendly cooking as part of your current business then contact me admin@sarah-brenchley.com for more information or go to my website sarah-brenchley.com/links and keep an eye out for my next Menochef cooking classes.

I am a Menochef (R) Licensed Champion with the organisation Menopause Experts Group.

Hobsonville Hearing

Hobsonville Hearing is the first permanent audiology practice in the Hobsonville area and is locally owned and operated by audiologist Abby Johnson. We offer all audiology services including ear wax removal using micro suction, hearing tests for adults and children, hearing aid reviews, workplace testing and custom ear plugs. We are an independent audiology clinic; we supply and service all leading hearing aid manufacturers and our prices are fair and transparent.



We are committed to providing you with exceptional care and support for your hearing health journey. Our clinic is founded on three core values that define who we are and how we serve our community:

Patient-Centred Care - Your well-being is our top priority. We believe

in listening to your unique needs and concerns, ensuring that your journey towards better hearing is tailored just for you. We're here to partner with you every step of the way.

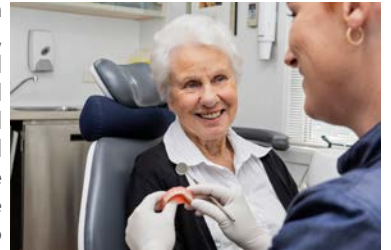
Clinical Excellence - Our experienced audiologist is dedicated to staying at the forefront of audiological advancements. We strive for excellence in every aspect of our practice, guaranteeing that you receive the highest standard of care and the most effective solutions.

Community Engagement and Trust - We're not just a clinic; we're your neighbours. We actively engage with and support our community. Our commitment to transparency and ethical conduct ensures that you can trust us to care for your hearing health needs.

Phone 09 930 9880, email info@hobsonvillehearing.co.nz to make an appointment.

Cleaning and Repairing Dentures

Quality dentures are custom crafted to be as lifelike, comfortable and functional as possible to be an ideal substitute for your natural teeth. Unlike your natural teeth, though, dentures are made of strong, durable plastic and therefore need to be treated quite differently. As experienced denture technicians, here are our top tips for cleaning and repairing dentures.



What is the best way to clean and store dentures?

Always clean dentures with a nonabrasive denture paste and soft toothbrush. Although dentures are made from specially durable plastic it is not as strong as teeth enamel. Regular toothpaste can be abrasive and contain materials which can scratch the plastic. Gently brush every surface of the denture. Store your dentures in a water-based cleaning solution overnight.

Can yellowing or stained dentures be whitened?

Dentures can't be whitened using the same methods or products as natural teeth because they are made of plastic. Your dentist can recommend appropriate denture-cleaning products which will safely remove most stains. They can also use in-clinic specialised treatments to carefully remove stubborn or in-depth stains without causing damage.

Can I glue broken dentures back together?

Trying to repair broken dentures by fixing them yourself is a bad idea! Adhesives like superglue can be toxic. Using DIY denture



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repair kits will not give you a good result as the bite of the dentures will be compromised, making chewing difficult and causing pain and irritation by unevenly wearing on your gums. All too often we see patients who have tried to fix their broken denture at home with disastrous results. If you have had to do a quick, temporary fix yourself, do make sure you follow up with an appointment to your dentist or denture technician for a permanent repair.

Why do dentures have to be stored in water or denture solution?

They are made from an acrylic material that needs moisture to retain their shape. When you are wearing them, the saliva in your mouth keeps them moist. But when you take them out at night it's essential to store them in water or denture solution so they don't dry out, losing their shape and becoming brittle and uncomfortable to wear.

Fraser Dental, 1 Wiseley Rd, Hobsonville, 09 416 5050, www.fraserdental.co.nz.

Nutrient support needed for common medicines

Achieving Optimal Health

No-one takes medicines to feel worse. But sometimes the side effects of medicines can make us feel worse. This may be a necessary trade-off you have to make, but sometimes, medicine side effects are avoidable. For example, some medicines have fewer side effects if taken with the right nutrients. Plus, some medicines will actually work better when taken with the right balancing nutrients too.

This area of nutrition medicine is relatively new and specialised. This is where a good Nutrition Medicine Pharmacist can help. Here are some common examples:

- Iron should be taken with vitamin C to improve absorption of iron.
- Epilepsy medicines should be taken with B vitamins, to improve the tiredness that can go with these medicines.

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• Oral contraceptives should be taken with zinc, magnesium, vitamin C and a probiotic to ensure optimal health.

• Statin cholesterol medicines should be taken with co-enzyme Q10 and vitamin K2 to reduce the chances of low energy, muscle pains, and heart attacks and strokes.

Statins are one of the most common medicines prescribed. They are usually prescribed to lower cholesterol and reduce the risk of having a heart attack. Statins work by blocking an enzyme that makes cholesterol. The trouble is the enzyme also makes some useful stuff in the body like vitamin K2 and co-enzyme Q10. So, while statins reduce cholesterol, they also reduce vitamin K2 and CoQ10 (potentially causing side effects).

Vitamin K2 is important to keep calcium out of arteries where it can cause blockages leading to heart attacks. It puts the calcium into cells where it can increase energy and strengthen bones. Healthier and more energetic!

Co-Enzyme Q10 is needed for your body to produce energy. When levels get low, you will feel tired. If your levels get super low, your muscles can start to break down leading to aches and pains.

It is no surprise that possible side effects of statin cholesterol medicines are to increase calcification in arteries and to cause tiredness and muscle pains. It is not rocket science to know that taking extra doses of vitamin K2 and co-enzyme Q10 will reduce these side effects. Supplementing your statin with vitamin K2 and CoQ10 is like having your cake and eating it too. In other words, you get all the benefits of taking a statin medicine with much less risk of side effects. Boom! Healthier you.

To chat about the best nutrients to ensure optimal health and wellness, pop into Massey Unichem Pharmacy. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

Who is that masked man?

Have you wondered how many things we do every day in our daily lives that are totally altruistic and truly has an impact on those around us? I'm talking about those acts of selflessness and social consciousness that affects those people who enter our personal space, including our loved ones, our colleagues, our friends, and even those we serve?

Driving safely on the road is one. Not pouring sewage from our campervans into the sea is another. Picking up our doggy's poop is a definite yes.

Mask wearing should be considered as well as it protects others



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from us and us from others.

For some reason, mask wearing stirs up a big debate, despite abundant research showing that masks do reduce transmission of respiratory pathogens. The Japanese have a good social culture of wearing a mask on public transport just in case they are harbouring a cold and don't want to spread it around.

Wearing a mask in a place where there is likely to be transmission of respiratory pathogens is probably a good thing to do, especially if you have other illnesses like diabetes, heart or lung disease. Most of my patients caught COVID from crowded supermarkets, healthcare facilities, gyms and public gatherings.

If masks did not work, why would surgeons wear them while they peer into your insides to remove that inflamed appendix?

Having lived through and practised successfully (and without collateral harm or getting sick) through 2 SARS pandemics (the 2003 first SARS outbreak was predominantly in Asia and I was quarantined a month for that), I continue to wear a mask in my clinic and my daily life.

This despite knowing that the mask wearing for extended periods of time (especially the N95 ones) could have an impact on my oxygen saturation and led to me losing my crowning glory and becoming almost bald on the top of my head (or is it simply the stress, who knows?)

Recently I caught a cold and wearing a mask at work protects my patients from my germs as well as me from catching a secondary infection from someone and falling more ill than I am unable to continue my daily work.

So who is that masked man? Someone who cares. About others as well as themselves.

Dr Frederick Goh - Royal Heights Shopping Centre Tel: 09 393 6313 www.rhdoctors.nz

Hobsonville Chiropractic Centre

Looking to expand the wellness campaign within your business? Hobsonville Chiropractic Centre is eager to discuss health, posture, and chiropractic with our community. We are offering FREE health talks to local businesses who wish to expand their staff wellness campaign.

Contact us via email at admin@hobbycc.co.nz to find out more or to book a health talk.

Hobsonville Chiropractic Centre, 295 Hobsonville Road, Phone 09 416 7589. Open late nights and Saturday mornings.



Website: hobbycc.co.nz

Facebook: Hobsonville Chiropractic Centre

Instagram: @hobsonville_chiropractic

Your mind does exactly what it thinks you want

The mind does exactly what it thinks you want and what it believes is in your best interest. So how does the mind know what you want? It listens to the words you think and say. What you tell your mind it feeds back to you.

If you say you LOVE something, then your mind will think that is in your best interest. If you say you HATE something, then your mind believes that is NOT in your best interest. It will motivate you to do things you love and help you avoid things you hate. If you say you love chocolate and ice-cream and hate exercise then you have a higher chance of being an overeater and overweight as I was.

It also responds to words like ALWAYS, NEVER, ONLY. Listen to what you attach to those words as your mind responds like they are direct instructions just like a computer does. I always eat too much (so you do), I can never get fit (so you don't), I can never lose weight (so you don't), I've always been big (so you are), I'm only worthwhile if I am a certain weight (so you feel bad about yourself when not that weight).

You need to tell your mind what you want using present tense - I am slim, fit and healthy, I can achieve my goals, I love exercising and



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PWR Fit Studios

PWR Fit Studios is having a Nutrition event with Renee Diment and you are invited. "Eating Well, Living Better: A Practical Guide to Nutrition and Life"

In today's fast-paced world, finding the perfect balance between eating healthily and enjoying life's pleasures can seem like an unattainable goal. That's why I have designed a seminar that demystifies nutrition basics while embracing the reality that food is also about joy, culture, and celebration. Our seminar, "Eating Well, Living Better: A Practical Guide to Nutrition and Life" promises an engaging, insightful, and practical approach to nutrition that respects both your health goals and your love for life's delicious moments.

What You Will Learn:

The Basics Done Right: Understand the foundational elements of nutrition. I'll cover what your body truly needs from proteins, carbs, fats, vitamins, and minerals to function at its best.

• Practical Meal Planning: Learn how to create balanced meals that



fuel your body and delight your taste buds. I'll share tips for busy schedules, eating out, and incorporating flexibility into your diet.

- Mindful Eating, Joyful Living: Discover the art of enjoying food without guilt. My seminar will guide you through the principles of mindful eating and how to listen to your body's cues.
- Navigating Challenges: Strategies for dealing with social pressures, diet trends, and the overwhelming world of nutritional information. Learn how to make choices that are right for you.

Who Should Attend: This seminar is perfect for anyone looking to improve their nutritional knowledge, find a sustainable approach to eating well, or simply seeking inspiration to revitalize their relationship with food. Whether you're a nutrition novice or looking to refine your approach, there's something here for you.

To book visit www.Pwrfitstudios.Com or type in the link below: www.momence.com/s/100443815

Hobsonville Optometrists

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3 common causes of neck pain

Neck pain is common and most of us will suffer from it at some point. Although there a lot of different causes of neck pain, I wanted to share with you 3 of the more common causes we see in practice.

1. Mechanical neck pain. This type of discomfort often arises from improper movement or sustained poor posture, leading to spinal and muscle strain and discomfort.
2. Arthritic neck pain. Joint wear and tear is a common culprit, causing pain, swelling and sometimes the 'grinding' type sensation during neck movements.
3. Disc-related neck pain. Issues with spinal discs, especially a disc bulge, can result in sharp, shooting pain down the arm and numbness or weakness in the hands.

If you are struggling with neck pain, or want to find out more, check out our recent videos on our blog, www.elevatechiropractic.co.nz/

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blog. Elevate Chiropractic is located in Greenhithe.

AI for your eyes

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- Position of the spectacle lenses relative to your eyes, different for every frame. The curvature and shape of the frame dictates the distance the lenses are from your eyes, and the angle at which they will sit in front of your face. That's why Anna sits you in front of the special sensor screen to measure up your new frame for progressive lenses.

But this is just while you are sitting still. Environmental and lifestyle factors are trickier to optimise. Imagine how eye movements vary between computer users, drivers and sportspersons. Leading lens companies are fitting out test wearers with AI-connected sensors on their spectacles and the data gathered in 'real life' wear is collated and crunched by AI. The number of potential interactions between the above factors, for one single individual, is in excess of 40,000. Without AI the task would be impossible. The newest lens designs are already reflecting the study outcomes and are proving a hit with wearers. Perhaps one day your eye examination will include a test run with AI goggles to fully customise your lenses.

For Eyes is in the Kumeu Shopping Village: Matthew and Molly Whittington and Anna O'Hare. Ph 09 412 8172.



Mindset and Solutions

Going back to work after the holiday period seems a real struggle for some. During time off many of us find our stress, anxiety and worrying issues start to re-surface, returning to work, ignoring them and hoping things will improve won't resolve the issues. Resolving these issues for good before they start to have a dramatic impact on your life is easy with Mindset & Solutions.

I moved to New Zealand in 2016, with more than 25 years working in private practice I established myself as one of the UK's leading experts in dealing with Sleep, Stress and Anxiety issues along with a variety of additional symptoms often associated with these conditions. I work with the full spectrum of clinical presentations, ranging from mild to severe, working with individuals, couples, children, and families.

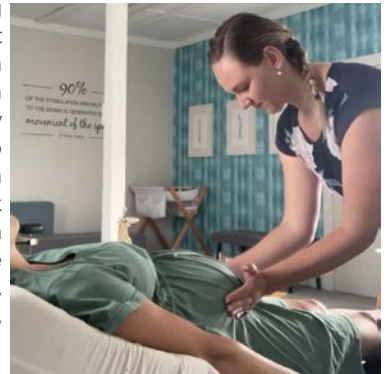
No two clients are the same, so I created a unique, synergistic blend of disciplines and bespoke programmes for each client. One size does not fit all, no one therapy works, and no two clients are the same. Therefore, no two programmes should be the same. It's this unique approach which I attribute to my success. I have an impressive and proven track record in delivering and achieving positive results, quickly and effectively where other programmes have failed.

My down to earth, easy going and friendly personality makes the sessions not only affective but also enjoyable. To find out about the initial consultation and the 6 session programme.

Amanda-Jane Sopp 027 733 2012 - www.mindsetandsolutions.co.uk, email aj@mindsetandsolutions.co.uk. Level 1, 49 Main Road, Kumeu, Auckland.

Chiropractic for a better pregnancy and birth

Live Chiropractic is presenting a FREE health talk all about supporting your body through pregnancy. This event is open to all people in the community that are pregnant, hoping to soon get pregnant or health professionals that work with pregnant clients. 7pm Wednesday 17th April at Live Chiropractic - 306a Main Road, Huapai- next to the Art Centre, Nibbles will be provided.



It is now more commonly known that chiropractic is a safe & effective way to manage the back aches involved with growing a baby. But did you know research also shows chiropractic care can help relax pelvic floor muscles and improve the control over these muscles. The combination of ensuring optimal pelvic alignment alongside improving pelvic floor control sets mums who go to a chiropractor up for a much faster & easier natural birthing experience. In fact, research shows seeing a chiropractor through your pregnancy reduces labour times by 25% in first time Mums and 31% in those who have given birth before compared to women who do not receive chiropractic care.

It makes sense to support your body through the monumental changes that occur during pregnancy, so if you or someone you know are pregnant why not see a chiropractor or come along to our upcoming health talk to find out more.

Appointment bookings and general enquires can be made online: www.livechiropractic.co.nz



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Are you ready to go on a journey to your past?

Some people in our lives touch our hearts from the moment we first met them. It maybe their energy, their personality, but it is something that makes you gravitate to them, it's like you have known them but just don't know from where. It's like the saying "A brother from another mother" or "A sister from another mother". It's that immediate bond, a lifelong bond. Personally, I met a dear friend of mine while doing a healing course in Las Vegas many years ago, she was hosting it and picked me up at the airport, we were both strangers but from the moment we met, we became very close and with her family, it really was "a sister from another mother". The connection we have, is like we have known each other from the past. Have you had a similar experience and met someone and felt you have met them before?



When we travel to a special place or have a desire to visit a new place or country, have you ever felt you've been there? Have you watched something on tv or read something in a book or magazine and it seems familiar? Maybe you have been there before, but in another life time.

Have you ever said to yourself, why has this happened to me? Why did this person do this to me? Maybe it is past karma. Are you curious to learn more? Maybe a trip down memory lane is in order, so you can go back into your past.

If you have an issue that's holding you back whether it be an illness, a fear, or an ache somewhere, maybe it due to something that has happened in the past. Are you ready to open up and explore this?

It is possible to go back in time under hypnosis. You can go back to another time and place through a Past Life Regression. Not only can you go back in time under hypnosis, you are given the opportunity to heal various aspects of that time, that may be affecting your current life in order for your future to be healed.

Astramana™ Healing Services, International Past Life Regression Facilitator Jason Mackenzie has conducted various Past Life Regression sessions over the years, taking people on journeys to different times and places such as a soldier in the army, a small village in Asia, royalty in Europe. Your journey into your past is unique to you, are you ready to go down Memory Lane, with a Past Life Regression session? Don't delay, book your Past Life Regression session now with Jason.

Visit our website: www.astramana.com, www.astramana.co.nz or email us at astramana@gmail.com or call us on 021 0277 0836 with any questions or to book yourself a journey back in time. We are available for tarot readings, Reiki, and other classes.

The West gets \$1 million through new charitable funding model

The Trusts are distributing \$1 million into The West through a new charitable funding model set to help address inequity.

The entity comprising the Portage and Waitākere Licensing Trusts opens the Your West Support Fund and the Your West Innovation Fund on 18 March 2024. Under the framework, the funding will back projects and organisations that can contribute towards long-term positive change in The West.

The grants focus on initiatives that support or are led by communities experiencing inequity in The Trusts' region. The goal is to enable everyone to reach the starting line to lead a good life in The West. This means having the ability to participate, to access opportunities, resources, networks, and supports, that enable people to do well on their own terms.

The development of the funding model has been based on research that surveyed more than 200 charities and community groups throughout The West, as well as supporting data from other sources.

Respondents were asked to identify the biggest issues or trends that will affect communities living in the region over the next 20 years.

More than a quarter of those surveyed (27%) saw social issues or trends having the biggest impact on the community in the future, followed by economic factors (21%) and the environment (17%).

The Elected Members listened to this feedback and developed a strategy that responded to the information.

Funding Information

Members of the community can apply for their share of \$750,000 through Your West Support Fund. The Trusts has set aside one-off grants to support community initiatives associated with key focus areas. This can include support for project, operating or capital costs.

The debut Your West Innovation Fund will see community groups



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applying for their share of \$250,000. This fund is designed to support investment in initiatives aligned with key focus areas and having a high potential for impact. This could include investment in seed funding, testing of small-scale innovations, co-design, social enterprises, and evaluation.

Applications for both funds will close on 15 April 2024.

The forthcoming funding round will centre on:

- Improving the lives of young people
- Connected, resilient and thriving communities

Sustainable environments

- Partnering with Māori and/or supporting Pacific communities (Applicants aligning with this focus area must be a kaupapa Māori or a Pacific-led organisation)

Priority will be given to initiatives that support or are led by communities experiencing inequity in the region, including but not limited to:

- Māori
- Pacific
- MELAA (Middle Eastern, Latin American and African)
- Refugee-background
- Avondale, Ōwairaka, Henderson, Massey and Rānui

Precedence will also be given to initiatives that:

- Contribute to positive, long-term impact
- Involve collaboration
- Contribute to increased connection and inclusion

CEO of The Trusts, Allan Pollard, says respondents were eager to see investment in rangatahi through youth-led support programmes and the rejuvenation of areas with a high presence of youth. Evidence shows that socio-economic deprivation and other inequities are experienced more by young people and by Māori, Pacific, and diverse ethnic groups, he says.

Pollard says unsurprisingly respondents at the coal face of community need said economic factors would continue to be a significant issue for the area over the next two decades.

"Families are struggling and finding it hard to make ends meet and with living costs continuing to rise even middle-class families were reaching out for support.

"In addition to economic factors, climate change and kaitiakitanga (guardianship of the sky, land, and sea) were key concerns for the majority of respondents," he says.

"Respondents were eager for our organisation to support local initiatives to help support ecosystems and restore biodiversity, reduce emissions and waste, mitigate climate change and educate those in the community on how to live more sustainably."

The research shows clearly there is significant social, economic and environmental need in the West Auckland area. "Based on

this evidence, The Trusts have developed key focus areas that will support community where the most impact can be made."

Learn more about the new funding strategy and priorities.

Three reasons why you should use a budget in your SME business

You may be thinking that budgets are only used in big companies. Used well, the benefits of budgets can also be enjoyed by SME businesses.

Here are three reasons why you should use a budget in your business.

Test the financial impact of planned changes in your business

An annual review of your business plan at the start of a financial year may identify a number of changes you want to make in your business. It may be another staff member, increasing your prices, adding or deleting a product line, or perhaps a new location. Pricing these changes into a budget lets you see whether or not the change will increase the profitability or value of the business.

Test the financial impact of the planned changes before they are made so that adjustments can be made.

You also need to take into account increased costs. That may be supplier costs, employee costs, or overhead costs such as rent and insurance. Understand the impact on your business before it happens.

Be careful of making it an exercise of how much gets allocated to each activity or cost. Use it an opportunity to decide if that activity or cost is still required.

Recognise any cashflow holes throughout the year - Seasonal variability, holiday periods, and tax obligations can create variations in your cashflow throughout the year. Remember when creating your budget to take into account non-P&L transactions (eg loan payments, tax payments, owner drawings). By looking at your budget by month (or even by week/day) you can identify any periods where cashflow may be tight or negative.

This allows you to make changes to the business, or to arrange short term financing.

Measure your progress - How do you know if you have been successful unless you have something to measure against?

A person training for a running race will measure themselves against both their previous times, and against the time they are trying to achieve to be competitive. If they are not achieving their desired time, they will make adjustments to either their technique or training

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regime.

It is no different for businesses.

Measuring your progress against your budget allows you to recognise if you are reaching your goals or lagging behind. If you are not achieving your goals, you can easily see in what part of the business requires adjustment.

Get help - If numbers are not your thing and the thought of creating a budget feels overwhelming, get help. Talk to your trusted business advisor who can guide you through the process.

Ann Gibbard is a Business Consultant with Oxygen8 Consulting. For help with growing your business or improving its profitability, preparing your business for sale, or for a free Business Diagnostic, contact Ann at ann@oxygen8.co.nz or 021 682 014.

Adulting can be hard when you're new to it - Citizens Advice Bureau can help

Attention all rangatahi! We know that becoming an adult means facing lots of new challenges, and it's good to have somewhere to go when you have a question or need some advice.

That's where we come in. Citizens Advice Bureau can give you information and advice and connect you with any specialist services you may need. We help you understand what your rights are, and we can support you with your next steps.

It doesn't matter what the issue is - whether it's about employment, flatting, buying a car, getting your ID sorted, or understanding your insurance - we're here to help you.

And guess what? Our service is free. It's also confidential and non-judgmental.

You can contact us through our freephone number 0800 367 222, pop in to see us at Te Manawa 11 Kohuhu Lane Northwest (no appointment needed) or visit our website at cab.org.nz to chat with us online or email us.

We have over 2,000 CAB volunteers around Aotearoa delivering our service of information and advice to the public. This means when you come to us for help, you get to speak with a real person if you want to.

You don't have to be a New Zealand citizen or resident to get help from us. We're here for everyone.

No matter who you are; if you need help and don't know who to ask - ask us.

We're also a great place for people to volunteer and make a difference

in the community. If you love helping people, then volunteering with the CAB could be just the thing for you. As a CAB volunteer, you would receive awesome training, gain valuable experience, boost your CV, and get to work alongside dedicated volunteers of all ages, learning and making a positive impact together.

Hono mai. Come and be a part of the CAB/.

If you want advice or to become part of team phone 09 833 5775 or email us massey@cab.org.nz We would love to hear from you.

Changes to the Health and Safety Act

Earlier last year the previous Labour government quietly passed into law significant changes to: Part 3 - Worker engagement, participation, and representation of the Health and Safety at Work Act - 2015 and introduced amendments to the Health and Safety at Work (Adventure Activities) Amendment Regulations 2023.

For small to medium sized NZ companies these could have a significant impact on the way they run their businesses.

The Health and Safety at Work (Health and Safety Representatives and Committees) Amendment Act 2023 ("Amendment") was passed and came into effect in June 2023. In this newsletter we examine the changes imposed by the Amendment and the possible implications for PCBUs.

Part 3 - Worker engagement changes:

The Health and Safety at Work (Health and Safety Representatives and Committees) Amendment Act 2023 has now passed into law, bringing changes aimed at increasing access to worker engagement, participation, and representation. The changes update the regulations and remove previous thresholds that limited this access.

Before Amendment

Before the Amendment was passed, organisations ("PCBUs") were able to decline a request from workers to initiate an election for health and safety representative(s), if it had fewer than 20 workers and it was not in a designated high-risk sector or industry.

Further, PCBUs were also able to decline a request to establish a health and safety committee:

- if it was not in a designated high-risk sector or industry and had fewer than 20 workers, or
- if it was satisfied that their existing worker participation practices at the workplace sufficiently meet the legal requirements.

After Amendment

This Amendment now requires all PCBUs:

- to initiate elections for health and safety representative(s), if



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requested by any worker who carries out work for the PCBU; and

- to establish a health and safety committee at a workplace, if requested by a health and safety representative, or by 5 or more workers at the workplace.

The Amendment also introduces a timeframe for establishing a health and safety committee as soon as practicable after receiving the request.

1. Who can make a request for a Health & Safety Committee (HSC)?
Health and safety committees Section 66 (1). The following people can request that a PCBU establish an HSC for part or all of the business or undertaking:

- o a Health and Safety Representative (HSR) for a work group at that workplace, or
- o 5 or more workers at that workplace.

2. When must PCBUs establish an HSC?

Health and safety committees Section 66 (2). A PCBU must establish an HSC as soon as practicable after receiving a request as described in Section 9.1 of these guidelines. The HSC can be for part or all of the workplace.

3. A PCBU can decide to set up an HSC Health and safety committees Section 66 (3)

A PCBU can set up an HSC before receiving a request. The HSC can be for part or all of the workplace.

This Bill mostly affects small businesses (those with fewer than 20 workers) that are not in a designated high-risk sector or industry, as the Amendment will limit their choices on how they manage the health and safety participation practices in their organisation. Further, the Amendment could add to the compliance and training costs that they incur.

If a PCBU does not comply with their obligation to initiate the election of health and safety representative(s) or to establish a health and safety committee, they could be liable to a fine not exceeding \$5,000.00 for an individual and up to \$25,000 for an organisation upon conviction.

The new Coalition Government has indicated that it will review the Health and Safety at Work Act - 2015 to make employees as well as employers (PCBU'S) accountable and fairer for everyone. We will wait and see.

In our next issue we will cover the Health and Safety at Work (Adventure Activities) Amendment Regulations 2023.

If you have any concerns around this topic or other Health & Safety matters, contact John Riddell, seculo4@seculo.co.nz or check out www.seculo.co.nz.

Parts of the information in this newsletter has been derived from guidance documents published by WorkSafe NZ which are available at www.worksafe.govt.nz and parts of the Health and Safety at Work Act - 2015.

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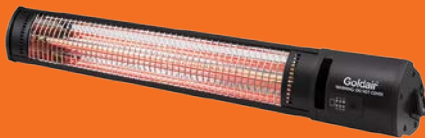


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