

the Westerly

FREE monthly community magazine for Massey to Hobsonville Point



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

Neon Night Run for Pink Shirt Day

Circulation is 10,000 print copies.

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

May 2024



Greetings

Silence is golden, and is good for the soul, but sounds shape our world in invisible yet significant ways. We live in a world alive with good noises. We really need to appreciate and listen to the sounds around us, to broaden and deepen our appreciation of the humans, animals, rocks, and trees simultaneously broadcasting across the whole spectrum of what surrounds us.

Sounds are special and there are infinite variations creating a unique range of awareness. The crackling of a campfire. The scratch, hiss, and pop of a vinyl record. The first glug of wine as it is poured from a bottle. There is a beauty in everyday sounds, the ringing of a bell, the buzz of a bee, or the "earworm" songs that get stuck in our heads, thunderstorms, blackbirds, whales, music, haiku, pollution, climate change, even silence. There are even marvellous miraculous sounds we may never get the chance to hear, like a sonic boom or the quiet, rustling sound of the Northern Lights. To stimulate an enjoyment of sounds, find "A Book of Noises" by Caspar Henderson (available through Auckland libraries).

As there is a variety of noises, so there are many issues covered in this issue of the Westerly, so please look through the pages to find the topics that resonate with you. Just a small article you read now could have a long-term impact on what you do. We are creatures of habit, but did you know that people make toothbrushing mistakes? Have you remembered that Mother's Day is on 12 May? Local eateries can help you celebrate. The following week is Hospice Awareness Week, an important service when needed.

The community has celebrated the great achievements of kids doing combat courses and a triathlon. Admire the artwork of a young artist. Could fish oils help your kid's artwork? How wonderful is henna artistry? See the celebration of a school's multicultural diversity. Read about the experiences of some members of the community when in the military. As usual our regular features of property, home and garden, health, and pets are here to enjoy as well as the views of our area columnists.

This is your local community magazine. Don't be shy. If you have an activity or enterprise you would like to share, please get in touch.

Best wishes for the month of May.

John, Editor



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COVER PHOTO: Teams at Neon Night Run - Photo credit: Leo Kwon

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People & Places

Lighting Up The Night



The return of EBRC's Neon Night Run for Pink Shirt Day

Bomb Point is set to be illuminated by vibrant pink and bright neon Friday 17 May with the much-anticipated return of the 5km Neon Night Run, a FREE fun run that aims to celebrate Pink Shirt Day and the great community spirit of Hobsonville. Following the resounding success of last year's event, organisers the Early Bird Run Crew (a community run club) are urging people to go the extra mile once more for an evening of energetic fun.

Participants are encouraged to unleash their creativity - think pink or funky neon, pink-themed fancy dress is also encouraged - don't hold back! There'll be plenty neon bits handed out at the start to help people shine bright and hype-man Jason from Running Events will set the mood, ensuring spirits are high before he sets runners and walkers off on the 5km loop through Bomb Point. With marshals offering enthusiastic support along the route and some fun and funky lighting along the way, it promises to be quite a sight!

The fun won't stop post-run, and with the start/finish being outside Little Creatures it's not far to go for some refreshment. With food trucks also being arranged for the evening plus Siamese Doll and Fabric within easy reach, the organisers are confident the Neon Night Run promises will be an unmissable evening of fun and community spirit.

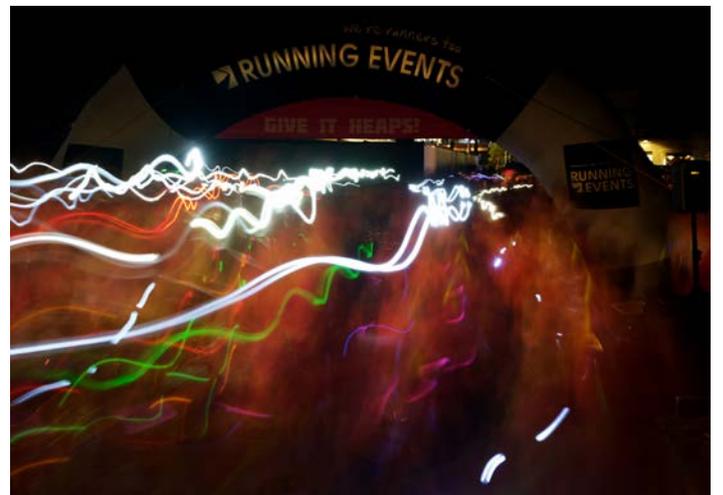
In addition to the on-course excitement, local businesses have stepped up to offer some great prizes. Along with lots of spot prizes, prizes will be given for various categories, including best dressed and the top three runners. Details of these coveted prizes will be announced on social media channels and the official website in the lead-up to the event.

More than just a night of fun and fitness, the Neon Night Run also aims to support the Mental Health Foundation of New Zealand, who themselves are entering a team and will have a stand. Participants are encouraged to make a donation via the official link on the event website, with all proceeds contributing to their invaluable work.

Official web page: earlybirdrun.org/pink-shirt-day

The event is once again sponsored by Hobsonville Community Trust and Hobsonville Point Residents Society

Photo credit: Leo Kwon.



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Community News

Introducing Doodlewear's kitchen canvas artist tea towels

Discover a new way to showcase art in your home with Doodlewear's exclusive Kitchen Canvas Artist Tea Towel Collection.

Elevate your kitchen decor with our 100% cotton tea towels featuring the stunning works of amazing New Zealand artists. Each towel is a masterpiece in itself, like the Strawberry Jam Crown Lynn Nautilus Vase tea towel by Anna Mollekin, meticulously created to bring artistry into your everyday life.



Printed on demand with care and love in New Zealand, our towels offer more than just functionality; they're a statement of style and sophistication. Embrace sustainability by using them as creative gift-wrap alternatives, infusing your presents with a unique touch.

Shop now and transform your kitchen into a gallery of culinary inspiration with Doodlewear's exquisite collection. Explore our online shop today at www.doodlewear.co.nz and connect with us on Facebook www.facebook.com/doodlewear.nz to discover the perfect blend of artistry and functionality for your home.

Waitakere Greypower Association

Waitakere Greypower Association had a well-attended General Members meeting on Wednesday 20th March 2024 at the Te Atatu South Community Centre. Our guest speaker was Sheree Tiatia, ASB Bank Community Banker, talking about bank account fraud which cost \$200 million nationwide in the past year. A lively question and answer session followed. Councillors Share Henderson and Ken Turner talked about submissions to the Auckland Council draft 2024/25 Budget and the Ten-Year Plan. A lively question and answer session followed. Our Zone Two Greypower Northern Region Meeting will be held on Wednesday 22nd May 2024 hosted by Auckland Greypower Association at a venue to be advised.

President Mate Marinovich has been nominated for the position of Greypower Federation National President, to be elected at the Greypower Federation Annual General Meeting at the Brentwood Hotel in Kilbirnie, Wellington from 20-22 June 2024. Our current Greypower Federation National President, Jan Pentecost resigned as National President Greypower Federation. Meanwhile our Office is busy with membership subscription payments from Monday to Friday 9.00am until 12.00pm. Our office is situated at the rear of the Te Atatu South Community Centre, 247 Edmonton Rd, Te Atatu South.

Discoverers Hobsonville Point

Our attitudes towards those who are different from us are shaped in part by the attitudes we were picked up from our parents. Our fear of those who are different from us may arise because we have not engaged with them personally. Our negativity towards those who are different from us may be reinforced by the attitudes of others who use social media to spread disrespect for people whose ethnicity, religion or sexual orientation is different from theirs.



On Sunday 26th May, Discoverers informal church will be exploring how the teachings of Jesus help us to be accepting of others and more tolerant towards those who are different from us. Discoverers informal church meets in the Baffin lounge, Headquarters building 214 Buckley Avenue, Hobsonville Point on the 4th Sunday of each month from 3-30pm to 4-30pm. For further information contact Barry Jones - Phone 022 068 38732, Email beejaynz05@gmail.com Facebook "Discoverers Hobsonville Point."

Scott Point School cultural celebration

Scott Point School recently celebrated all the cultures at the school by holding a cultural celebration evening. It was attended by families and friends who were able to enjoy the many cultural performances on display. The evening was a wonderful way to show off the many talents of the children and the school and also show how diverse and multi-cultural our community is.



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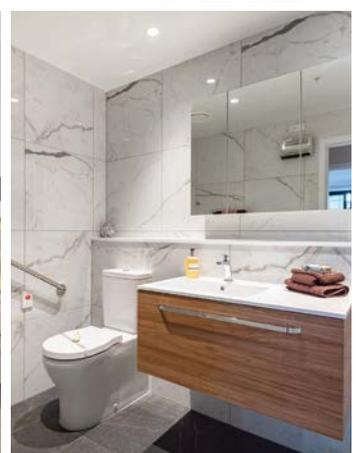
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In Brief Updates

TOUGH KID 2024 – Local leaders developing local kids

On the 21st March 2024 Mitre 10 MEGA Westgate & Henderson partnered with the Royal New Zealand Air Force and hosted the TOUGH KID 2024 at the Whenuapai Air Base.

The event has been well over a year in the making, having had to cancel original plans to run the event in March 2023 but were cancelled due to the 2023 New Zealand floods and Cyclone Gabrielle.

We managed to pick an amazing day of beautiful weather and the team from Mitre 10 MEGA Westgate & Henderson along with the talented staff of the RNZAF put all our planning together and prepared to bring on to the air base hundreds of school kids that registered for the event.

We had fifteen schools all from all over the West Auckland district participate in the event bringing hundreds of kids, teachers, and parents to have a go at Tough Kid 2024.

TOUGH KID is a super fun child-friendly military style combat course which we run in age groups for kids school years 3 to 6 (age 6 to 10 year olds), the kids ran, walked and crawled their way across the gruelling course over a distance of 1-1.5km set up by the RNZAF, through the mud, long grass, plenty of water to contend with and obstacles that were both challenging and fun, and at the end of the course everyone received a goody bag full of really cool stuff kindly donated by the Mitre 10 amazing suppliers, the RNZAF and Mitre 10 MEGA Westgate & Henderson.

During the day the RNZAF surprised everyone by landing the NH90 Helicopter on the field for all to see, then the Kiwi Blue parachute



team gave us an air borne demonstration and an Airforce Hercules did a flyover and gave everyone a thrill. The RNZAF also had a range of military vehicles and equipment for the children to explore and interact with. These included a little airplane, communication truck and a fire engine. This provided a wonderful educational opportunity for the children when they were not completing the challenge.

More FM and Mai FM were also on-site handing out treats and running an exciting Pass N Play game to win fabulous prizes.

The Tough Kid Challenge is getting more and more popular every year and is great for growing confidence in our children as well as fabulous memories that last a lifetime.

Mitre 10 MEGA Westgate and Henderson would like to thank the Royal New Zealand Air Force for helping bring this amazing activity together and we can't wait to it again.

Big thanks to all the Mitre 10 valued suppliers and partners for all their support:

Rnzaf, Esko Safety, Agrippa Paint, Firth, Daltons, Bahco, Resene, Bostik, Smits Group, Selleys, Otter, Elite Medical, Prestige Loos, Media Works, More Fm, Mai FM & many more...

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Flippin' Fun parties are great value too. We don't clip the ticket on food. As a party host, you get to bring what you want for your guests, both children and parents.

You get a whopping two and a half hours in your own party space as well. You don't have to send parents away to have them come back at pick-up time. It's your space so have a good catch up with friends and family over a coffee.

Our party planners will help you prepare a memorable event so on the day, you can kick back, relax, and let the party guests have a flipping good time on the tramps.

So give you child the best gift of all- an awesome Flippin' fun party. It's hassle-free and easy.

RSA Hobsonville

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Coeliac disease – what to look out for

Coeliac disease is a common illness where the body's immune system attacks the gut after eating gluten containing foods. Gluten is a protein that is found in three types of grain: Wheat, barley, and rye. The condition affects 1% of the population. The risk is even higher if you have one or more family members affected - 10-20%. However, 70% of cases remain undiagnosed and Coeliac is being increasingly found in older patients - 25% of cases are diagnosed after the age of 60.

The reason why it can go undiagnosed is because the symptoms are highly variable, and some people have minimal or no symptoms.

The symptoms include:

- Diarrhoea
- Bloating
- Abdominal pain



- Weight loss
- Fatigue
- Poor concentration.

So, if your symptoms are very mild why would you worry about it? Studies have shown undiagnosed coeliac disease has been linked with many health problems, including easily broken bones, infertility, a low blood count, and certain cancers.

Luckily, making the diagnosis is usually straightforward. The first step is a blood test for coeliac antibodies. If these come back positive, confirmation is recommended in adult patients with a biopsy from your small intestine. This is done via a Gastroscopy (a quick, minimally invasive camera test where a small tube is inserted through the mouth, gullet, stomach and first part of the small bowel). Importantly, patients need to keep eating gluten to get an accurate blood test and biopsy result.

Treatment is also easy - a gluten free diet. The vast majority of patients get improvement in symptoms a few weeks to months after starting a gluten free diet, and more than 90% have achieved complete gut healing within a few years. Being seen by a dietitian is crucial as many foods that you would not suspect contain gluten, and accidental exposure is very common. A session with a dietitian can greatly reduce the chance of this happening.

At Waitemata Endoscopy, we accept referrals from GP's, other specialists, and self-referrals. We can offer appointments within 7 days by matching you with the availability of our experienced specialists and can guide you through the process of diagnosis and treatment of Coeliac disease, including linking you with our dietitian.

So, if you are concerned you may have Coeliac disease, have a chat

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*Terms and conditions apply. Visit our website for further details.



Dr Carl Freyer
Gastroenterologist & Endoscopist

a joint venture with Southern Cross Healthcare

In Brief Updates

to your GP or come and see us. To meet the team at Waitemata Endoscopy, visit www.waitemataendoscopy.co.nz

Dr Carl Freyer (BSc, MBBS, FRACP)

Gastroenterologist and Endoscopist

Government focused on targets and delivery

By Cameron Brewer

The Government has announced nine new targets to focus our entire public service on delivering better outcomes for Kiwis.

1. Shorter stays in emergency departments: 95 per cent of patients to be admitted, discharged, or transferred from an emergency department within six hours.
2. Shorter wait times for (elective) treatment: 95 per cent of people wait less than four months for elective treatment.
3. Reduced child and youth offending: 15 per cent reduction in the total number of children and young people with serious and persistent offending behaviour.
4. Reduced violent crime: 20,000 fewer people who are victims of an assault, robbery, or sexual assault.
5. Fewer people on the Jobseeker Support Benefit: 50,000 fewer people on Jobseeker Support Benefit.
6. Increased student attendance: 80 per cent of students are present for more than 90 per cent of the term.
7. More students at expected curriculum levels: 80 per cent of Year 8 students at or above the expected curriculum level for their age in reading, writing and maths by December 2030.
8. Fewer people in emergency housing: 75 per cent reduction of households in emergency housing.
9. Reduced net greenhouse gas emissions: On track to meet New Zealand's 2050 net zero climate change targets, with total net



emissions of no more than 290 megatonnes from 2022 to 2025 and 305 megatonnes from 2026 to 2030.

We're here to do what is needed to rebuild our economy, reduce crime, shorten healthcare wait times and improve educational achievement. That's what Kiwis voted for and that's what they deserve.

Email my electorate office at 102c Hobsonville Road at upperharbouroffice.govt.nz

Cameron Brewer is the MP for Upper Harbour.

Keith Park Retirement

With Hobsonville being a former air force base, it is no surprise that a fair number of residents moving into Keith Park Retirement Village have an air force background.

Take Gisborne native John Schollum, who signed up to the force aged 16 to train as a radio operator.

However, with a debilitating stutter, it was a challenging role to pick – that is until the boys from his flight, or dormitory, stepped in.

"They decided to thump me on the arm every time I stuttered.

"Some weeks I could hardly lift my arms as they were black and blue, however I gradually started to stutter less and less, and my confidence increased."

He later worked as an airborne communicator (AEop), spending several years on the Orion before moving to the Bristol Freighter with work throughout the Pacific and South East Asia.

A later role back in New Zealand was Ops Officer at Whenuapai Base Operations which involved liaising between squadrons, bases, air traffic control and the Met offices to arrange flights through local and international air spaces.

"The skills I learnt in the Air Force as well as gaining the confidence to get on and do stuff enabled me to go on and work at Air New Zealand and later in an Area School in Northland assisting senior students to seek employment."



Cameron Brewer MP for Upper Harbour

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



Authorised by Cameron Brewer, Parliament Buildings, Wgtn.



In Brief Updates

Fellow resident Jenny Hodges was returning home to Edgecumbe after just finishing her air force training when she found herself in a life or death situation aboard the Wahine ferry when it sank in Wellington Harbour during a horrific storm.

She says the training proved 'really helpful' when assisting the ferry stewards in getting a number of older people over the side.

"They needed help and our training really stood us in good stead. We learnt to work together and help out when needed."

Her mother, a Māori warden in Edgecumbe, contacted Wellington Māori wardens to try and track her daughter down.

"All of a sudden these three ladies arrived and said 'Are you alright? Good, we'll tell your mum!'"

Jenny puts her survival down to 'luck and intuition' and says she never suffered any after-effects.

Her air force career ended when her new air force husband was posted to Singapore.

"Back then there had never been any serving airwomen on overseas postings.

"But it wasn't a problem. My son Nathan was born over there a year later so it was the start of something new anyway," she says.

Not all the ex-military at Keith Park Village are air force of course. John Santos enjoyed eight years in the Royal New Zealand Navy and was told he was the first Tongan to join.

He says he never felt there was anything special about that however.

"There was a Samoan and Niuean matelot who joined before me. I was just another sailor trying to fit in," he says.

In fact he was included with the Māori sailors, even wearing piupiu and performing in Māori concert parties.

Memorable experiences included taking the Governor General Bernard Ferguson on an island cruise aboard HMNZS Royalist and a special last minute leave was granted so he could spend an emotional few hours with aunties, uncles, cousins and even his beloved old horse Tough Guy.

Another was taking a Hercules to England to pick up HMNZS Blackpool and bringing it back via the Suez Canal and a heartbreaking mission to recover the crew of a cargo ship MV Maranui whilst serving on HMNZS Lachlan.

John is incredibly proud of his eight years serving in the Navy: "I loved the camaraderie, and the friends I made are still some of my closest friends today."

Upper Harbour Local Board

Message from Anna Atkinson, Chair of the Upper Harbour Local Board

Thank you to everyone who submitted on the Auckland Council Long Term Plan (LTP), we are currently analysing the data. In May the Local Board will give feedback to the Governing Body who will debate and discuss the LTP. They will make changes and adopt a final version in June. This LTP sets out the budget and direction for the next 10 years.

Meanwhile, the Upper Harbour Local Board members are busy

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In Brief Updates

working out next year's work programmes (which involves balancing tight budgets while also achieving the objectives we have in our Local Board Plan) and reviewing projects underway already.

By the time this goes to print the refreshed playground at Starlight Park will be open, hopefully everyone who goes there is enjoying it. We are planning on other projects in the West Harbour and Hobsonville Communities, I'll share more details in a future update.

There are many community events coming up. Stay up to date with the latest news in our area and any consultations that need your feedback; sign up for our monthly newsletter via the QR code and follow us at facebook.com/upperharbour.

At the local board we are always doing our best to promote and develop our region, but it takes a community, not just six people. Everyone is very welcome to come to any Upper Harbour Local Board business meeting. Meetings are held at the council offices (6-8 Munroe Lane) in Albany on the fourth Thursday morning of the month. Members of the public can speak for three minutes, or if you notify us in advance and are granted a deputation you can speak for ten minutes. We would love to see you there, and really appreciate your views. Please don't hesitate to reach out; Anna Atkinson email: anna.atkinson@aucklandcouncil.govt.nz.

Hospice Awareness Week

Weaving a network of care around people facing end-of-life.

At any given time, there are more than 250 families in our community who are under the care of Hospice West Auckland, each with their own unique needs. When Corrie's husband Brian was referred to Hospice, it reaffirmed everything she knew about the specialist palliative care service - and so much more. "It was the sheer breadth of service that Hospice provided that was incredible for us," says Corrie. "Every single person from Hospice was knowledgeable, supportive, caring, helpful in a day-to-day way, and importantly took the time to talk to me. They told us what to expect and what not to expect. They explained how the dying process was likely to play out, and that was very helpful." Corrie and Brian discovered the many forms of wrap-around care Hospice could provide, including counselling, music therapy, massage therapy, spiritual care and caregiver support sessions. "I felt so supported, which meant that Brian felt so supported," says Corrie.

Regardless of the unique needs of each of our patients and whānau, Hospice West Auckland has solutions - but each year we need to



raise over \$4 million in essential community fundraising in order to continue providing our services for free. This Hospice Awareness Week (13th - 19th May), we need your help to continue weaving a network of care around Westies facing end-of-life. Please donate at www.hwa.org.nz/donate to make a real difference.

Mother's Day Market Paint and Pamper - Sunday 12th May

Looking for the perfect Mother's Day activity? Look no further! Our market is hosting a day dedicated to all the amazing mums out there!

We'll be set up and ready for you to create a special masterpiece for mum. Kids of all ages are welcome. Plus we have the opportunity for you to win a hamper for your mum full of lots of amazing goodies.

Any purchase from now puts you in the draw!

Come on down where you can shop for some unique presents, flowers, baked goods, chocolates, fresh food & gifts galore, as well as lots of gourmet food options, whether you want to cook yourself, or have all the hard work done for you we have you covered and we'd love to see you there.

Catalina Bay Farmers Market - email farmersmarket@catalinabay.co.nz for more information.



New classes available

The Massey Birdwood Settlers Association is pleased to announce that two new classes are available in the hall for West Auckland residents to enjoy.

The first is Boxslim classes, held weekly from 6 PM to 7 PM, on Thursday nights.

Boxslim classes are followed by Kung Fu, with instructor See Wong starting at 7 PM.

The other new class is Baby Sensory Groups, held on a Saturday morning. The next class is on May 25th.



Paul Miller

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In Brief Updates

Babies absorb the sights, smells, sounds, tastes, and textures around them as soon as they're born. Not only can you start providing rich sensory experiences for your newborn right away – exploring the world together can be a sweet, simple way for the two of you to bond.

To contact See Wong from Kung Fu email wongsee@gmail.com. For Boxslim classes email boxslimfitness@gmail.com. For the baby sensory classes you can email waitakerenz@babysensory.com. If you are wanting a great venue to hold you're activity then contact John Riddell masseybirdwood@gmail.com.

Te Kori Scott Point

In an update on Te Kori Scott Point, Auckland Council has announced that, thanks to good weather, the planned earthworks have been completed, preparing the platforms for three future sports fields. The paths providing links to Scott Point School and Keith Park Retirement Village are well-used and popular, and the path on the southern park boundary is complete. Trees and garden areas are becoming well-established. The baseball diamond backstop fence and artificial surface are finished. There



has been a delay in the installation of water and power to the park, holding up the sowing of the first two sports fields. The final section of Joshua Carder Drive at the end of Willowherb Lane is completed by the roundabout on the corner of Joshua Carder Drive and Craig's Way. During the autumn and winter months work will begin along the park's boundaries on Squadron Drive and Clark Road. To receive the quarterly newsletters about Te Kori, email scottpoint@aucklandcouncil.govt.nz

Photo credit: Auckland Council.

Local artist paints a special work

When young local artist Muriwai Nicholls was approached by Visionwest Community Trust for a special project, she leapt at the opportunity.

Visionwest were opening Whare Hiwa, their latest project aimed at addressing youth homelessness in West Auckland and Muriwai was asked to create a distinctive artwork that would convey something



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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

of the project's special nature.

Whare Hiwa provides Kaupapa Māori designed housing support for 18- to 22-year-old wāhine who are experiencing homelessness or facing housing insecurity. Live-in supervision is provided, and youth mentors work alongside wāhine to help them achieve goals relating to self-confidence, stability and employment.

Muriwai's artwork features three young wāhine, one Māori, one Pasifika and one Pākeha. Muriwai explains, "Before creating the painting, I did a lot of research so that I could be sure of presenting each wāhine in their own specific way.

"The Māori wāhine is wearing a green korowai with a tāniko pattern which represents the weaving together of community; in the same way, Whare Hiwa seeks to develop community. The Pasifika wāhine is wearing a puletasi or puletaha in vibrant orange and yellow, colours that symbolise the bravery and the inner strength of the wāhine who move into Whare Hiwa. The flower in her hair symbolises new beginnings and protection because Whare Hiwa is a place of shelter for these wāhine. It is in her right ear to show that she is not married. Lastly, the Pākeha wāhine is wearing a brown shirt to symbolise groundedness and comfort because Whare Hiwa will be a place of stability and safety for all wāhine who live there.

"In the picture, the wāhine are all looking in different directions while remaining close. This symbolises the closeness of the young women as they are different people, but all look out for one another."

All accommodation spaces at Whare Hiwa are now taken. The project works alongside My Whare, Visionwest's second youth housing project which involves placing state of the art one-bedroom studios on residential properties to house young people who have had a challenging start.

Photo: Muriwai with her father Jeremy and Debbie Griffiths, Visionwest's Community Connector Team Leader.

May events at Te Manawa

Wednesday May 8: 11am in the children's area on Level 1

NZ Music Month Pre-school Rhyme Time

Join us for popular NZ pre-school music. Jump, dance, and clap along to old and new favourites. Suitable for children aged 2-5 years.

Thursday May 16: 12.30 pm in the children's area on Level 1
Rutherford College Concert Band

Come enjoy a performance from Te Atatu Peninsula's award-winning Rutherford College Concert Band, with over 45 students.



They will entertain you with renditions of music ranging from newly composed repertoire to popular movie themes by John Williams.

Thursday May 23: 6.3-7.30pm on Level 3

Marian Burns and the Marina View Choir & Ukulele group.

NZ Music Month Extravaganza with Marian Burns, her Ukulele group and Marina View School Choir, 6.30-7.30pm, but get here early to secure a seat.

Health and wellbeing of the cleaning industry

Over the course of our lives, people spend about a third of their time in the workplace. Recognizing this significant portion of time spent, many organisations and industries recognise that actively supporting the health and wellbeing of their workforce is a critical element in growing employee engagement, enhancing performance, and promoting retention.



Our essential workers - predominantly lower-paying and physically demanding roles - are often overlooked despite the toll the job has on their health and wellbeing. In particular, people working in the cleaning industry work in physically demanding jobs, coupled with exposure to various chemicals and repetitive tasks. Alongside the physical nature of the job, the often-solitary nature of cleaning work can contribute to feelings of isolation, adding to mental strain. A lack of recognition and appreciation further exacerbates the challenges, leading to inadequate support systems across the industry.

To better understand the needs and aspirations of people working in the cleaning sector, Healthy Families Waitākere hosted several workshops with cleaners from across West Auckland. A comprehensive toolkit is currently being developed, with six focus areas. Healthy Families Waitākere Governmental Systems Lead, Caitlin MacColl, explains.

"Throughout the workshop series, having a centralised hub for information and guidance was identified as a clear need. After some exploration and theming, the toolkit is being crafted to include a tuakana teina buddy system, so people have a clear way to connect with one another. A feedback circuit is being designed so insights and information can be readily shared across the workforce and with management. Understanding their employment rights and providing opportunities for professional development was also



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highlighted - all which will be provided in the toolkit."

The drafted toolkit was presented to the National Cleaners Collective, which included representatives from the National Public Health Service, Worksafe, Ringa Hora, AUT and professional cleaning companies. The draft was well received, and further feedback will be weaved through the toolkit. The collective aim to have the toolkit finalised in the coming months.

Healthy Families Waitākere is part of the National Cleaning Service Sector Collective led by Auckland Regional Public Health, where organisations work towards employee-centred initiatives around health, wellbeing and professional development.

Henna

Henna artistry is more than just a form of body decoration; it's a cultural expression that bridges generations and geographies. My journey with henna began in the vibrant landscapes of Fiji, where the rich traditions of my community were painted in the intricate patterns that adorned our hands and feet during festivals and weddings. As a child, I was mesmerised by the delicate designs, each line and dot a testament to our heritage.



I started practising henna design early, guided by the skilled hands of my brother. The warm, tropical air of Fiji was often filled with the earthy scent of henna paste during Eid festival/weddings and other cultural celebrations. The whole process was meditative, and with each application, I felt a deeper connection to my roots.

When my husband and I moved to New Zealand, I carried the warmth of Fiji with me through my henna art. The transition to a new country brought challenges, but henna became my bridge between the old and the new. In New Zealand's mosaic of cultures, my henna designs

found a new canvas. They became a conversation starter, a way to share stories of Fiji and connect with others through the universal language of art especially during festive seasons. My love for henna has only grown stronger with time. It's a link to my past and a path to new beginnings. As I continue to create and share my designs, I'm reminded that henna, much like life, is fleeting yet beautiful, a temporary imprint that leaves a lasting impression. I am available for cancer celebrations, baby showers or any type of celebration. My Facebook page is Ayahz Corner. Ayesha Rafiq 027 391 2891.

House of Travel Hobsonville

Our season of informative travel evenings continued with European Coach tours and River cruise night hosted by our good mates at Hobsonville Bowling Club. Follow us on Facebook for all the latest upcoming event information.

What our clients are saying.....

Buzz and his team have a wealth of knowledge and experience. They're very welcoming and friendly, too. We're new to Hobsonville and are delighted to find such a great HoT agency down the road.

Buzz has already sorted our holiday and cruise requirements, and is very prompt at answering emails and queries. We're happy travellers indeed!

Ellie listened to what we needed and made excellent suggestions and provided options we wouldn't have thought of. So much easier than trying to do it all myself.

Having Namrata helping was the icing on the cake, couldn't fault anything, she went the extra mile, 10/10

House of Travel Hobsonville rocks! Sam Pritchard is an absolute star who helped me plan travel for me and my partner to South America later this year. She was super helpful, fun, found us the best travel and insurance deals, and as an added bonus, she knows the best



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In Brief Updates

coffee places nearby too :) Much Thanks to Mike, Sam, and the rest of the team at House of Travel Hobsonville. I highly recommend them.

Booking with us is so easy and convenient, whether you have time to pop in and see us in-store, over the phone or in exchange of emails. We are well set up to make the process as easy as possible, no matter where you are. Some of our clients are even overseas.

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Your ideas + our knowledge = better holidays.

Please keep us in mind when planning and booking your next trip.

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

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.

Weet-Bix Kids TRYathlon

The Central East Auckland Weet-Bix Kids TRYathlon saw a record-breaking turnout in late March, with 3150 kids aged 6 to 15 participating in swimming, biking, and running challenges.



Some light showers didn't deter TRYathletes as they commenced the event with a run in lieu of the swimming leg due to the closure of Pt England Beach. Transitioning seamlessly to the cycle section, the young athletes zipped along Riverside Avenue, cheered on by supporters on the sidelines.

On the final leg of the race, TRYathletes finished the event with a final 1.5km sprint around Point England Reserve to the finish line where Black Fern Sisters Chelsea and Alana Bremner awarded TRYathletes a medal for completing the challenge.

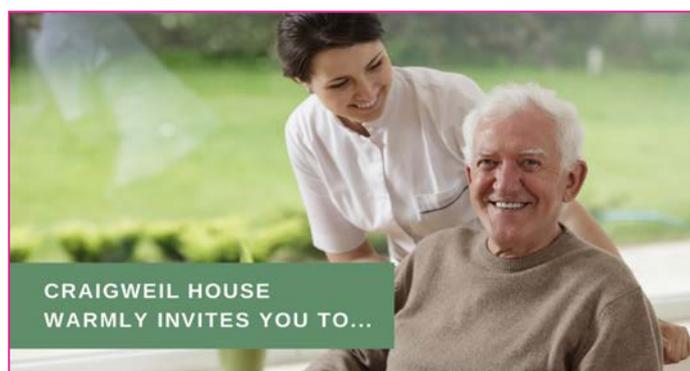
The Weet-Bix Kids TRYathlon is in its 33rd year and is the world's biggest triathlon series for kids aged under 16.

Gently Loved Markets

The Gently Loved Markets Flea Market returns to Hobsonville Point this May. Flea Market is an indoor garage sale filled with preloved treasures at significantly reduced prices. Explore stalls selling preloved clothing, accessories, books, games, homewares and more.



Gently Loved Markets Flea Market will be held on Saturday 25th May from 10am until 1pm at The Sunderland Lounge - Te Rere, Hobsonville Point. Free entry. Come have a preloved treasure hunt with us. Don't forget your fabric bag on the day.



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Time to declutter around the house? Come sell with us. Contact Donna Buchanan on gentlylovedmarkets@gmail.com to inquire about a stall.

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

Add a personal touch to your wedding with Precious Imprints

Getting married soon or know someone who is? Want to mark the occasion with something special, something unique to you and your partner?

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Pop over to my website www.preciousimprints.co.nz to view the Weddings range or email me at jo@preciousimprints.co.nz to discuss your ideas.

Powell PC

Hello, I'm Daniel from Powell PC - computer and laptop repairs. Based in Massey/Royal Heights. My journey with computers started when I was just a kid, fascinated by how they worked and driven by a desire to fix them. This passion turned into Powell PC, a place where I can share my love for technology and support our community.

Beyond just fixing and upgrading your tech, I've been able to give



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back in a meaningful way. Thanks to generous donations of old and unwanted computers from our community, I've had the privilege of fixing them up and donating them to those in need, from people right here in Massey to all the way to Tonga. This effort is something very close to my heart, it's my way of saying thank you and ensuring technology is accessible to everyone, not just those who can afford.

If you wish to get in contact, you can find me either through Facebook www.facebook.com/PowellPCNZ/ Or alternatively my website www.powellpc.co.nz/

I look forward to hearing from you.

North West Toy Library celebrates 5 years

The North West Toy Library is excited to have come a long way in the 5 years it has served the community in a sustainable way. Through sharing its collection of now 900+ educational and fun toys with children aged below 12 years old, it has been a popular service for families. As a registered non-for-profit charity, it is solely run by a small group of volunteers and funds itself through membership fees, hireage of party packs and community grants. It has an impressive selection of toys, both new and donated. Earlier last year, it moved from its 4 year residence in Westgate to the West Harbour Tennis Club on Picasso Drive.



"We would like to thank the generosity of the West Harbour Tennis Club for meeting us when we needed a new home. We are now in plans for how we can make this a more permanent and accessible location for our members." said Sarah Andrews, long-time serving committee member and librarian. The toy library is open during school terms on Wednesdays, Fridays and Saturdays 9am - 11am and every other Sunday from 2-4pm. You can view the range of toys on its website - www.northwest.mibase.co.nz . For more information or should you wish to join or volunteer please contact northwesttoylibrary@gmail.com or search for the "North West Toy Library" on Facebook or Instagram.



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Safer Communities



Water is a vital resource that is required to assist with nearly all of the fires we attend and being able to quickly access water is one of the first critical tasks that is considered as we approach an incident.

Why is this so important when we carry water on the fire trucks?

Depending on the truck depends on how much water it carries, the type of incident, and how well involved it is will determine how much water we may or may not require.

Whether or not we have a continuous

supply of water will also assist us in determining what strategy and tactics we can undertake to contain or extinguish the fire.

Clear visibility and access to fire hydrants allow us to quickly connect our equipment and access water. In critical situations, every second counts, and easy access to water these water sources can make a significant difference in containing a fire before it escalates further.

This is why these are painted yellow and are generally well indicated by a yellow plinth, a yellow triangle painted on the road, or a blue cat's eye in the centre of the road.

How can you assist us in ensuring we can respond to the best of our capabilities?

Any obstruction, such as parked cars or overgrown vegetation, can delay our response time, potentially allowing a fire to spread and cause more damage and putting lives at risk.

Ensuring fire hydrants are visible and unobstructed is a shared responsibility

within our community. Residents, property owners, and local authorities all play a role in maintaining clear access to these vital firefighting resources. By working together to keep hydrants clear, we enhance overall safety and resilience against fire emergencies.



Jamie Shaw

Deputy Chief Fire Officer

Waitakere Volunteer Fire Brigade

Phone 09 810 9251



Be prepared around rocks Rock-based fishing safety

Be prepared and know how to float Only go fishing off the rocks if you know how to float well. Wear a lifejacket and shoes with good grip that are designed for the water. Plus, it pays to take a flotation device that could be thrown to you.

Go fishing with a friend If something happens they can help. If you fall in stay calm, float on your back and ask them to help by throwing you the flotation device.

Be aware of the dangers Check what the tide is doing and think about how it could affect your fishing. Watch the area for a while to assess waves. Never turn your back to the sea.

Know your limits If you're in doubt of your ability or the conditions, don't go out.

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Property

Property market report

All signs are for growth in the Auckland property market based on a number of changes being made by Central Government and signals given by the Reserve Bank.

Let's break this down for you:

The median house price in Auckland is \$1,050,000, however most suburbs have a volume of stock well under this figure.

Auckland's house prices are estimated to be 8.9% below long term average value, caused by a price correction through 2022 and 2023. Over this period 22% fewer properties sold compared to the average and the average correction was down 18.1%.

Median rent values in Auckland have risen by almost 6.5% over the last 12 months, reducing the rent payment to mortgage payment gap.

Properties for sale in Auckland today are around 14,000 (average is 11,000) however we expect properties on market to drop significantly as we move into Winter and properties are sold or withdrawn, creating a smaller pool of houses for sale. This has a stabilizing effect on the market and on property prices.

Reversal of the CCFA (labours responsible lending act) often referred to as the latte act, has been put to the sword allowing more freedom for mortgage lenders to operate and create their own risk templates in which to operate without punity from Central Government.

Reversal of the 10 year brightline test (reverting to National's 2 year brightline policy). Suggested as labours capital gains tax, the re-alignment of the brightline test to 2 years removes much of the property trading restrictions while retaining a sensible policy for property flickers.

The Reserve Bank has softened its language around the official cash rate and is confident it has curbed market inflationary pressures including Government spending.

As we move through 2024 these changes will compound to allow the Auckland property market to move into a new phase of confidence and progress. The first signals are often the sold signs and the reduced 3 and 5 year interest rates, so lets take a peak:

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

ASB Floating 8.64% 1 year 7.24% 3 year 6.65% 5 year 6.39%

BNZ Floating 8.69% 1 year 7.24% 3 year 6.55% 5 year 6.55%

Kiwibank Floating 8.5% 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%

What this means for property owners in Auckland is a more confident buying public that will have greater access to funding and fewer homes on market to look at, which in turn means property prices are more likely to be firm and time on market less. All good news for sellers and the strongest signal to buyers to get in and buy before Fear Of Missing Out returns.

Let's look at the sales:

Herald Island	\$1,120,000 to \$1,420,000
Hobsonville	\$510,000 to \$1,620,000
Massey	\$521,000 to \$7,005,000
Swanson	\$740,000 to \$1,530,000
Waitakere	\$776,000
West Harbour	\$790,000 to \$3,850,000
Westgate	\$685,000 to \$910,000
Whenuapai	\$685,000 to \$1,610,000

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I don't really need a Will, do I?

By Debra Barron, Principal of ClearStone Legal

If you've ever wondered if you need a Will, then the real question you should ask yourself is do you want to have a say about how your Estate is distributed? For example, do you want to leave your property, money, Kiwisaver or your vintage vinyl collection to a friend or loved one? Who do you want to take charge of carrying out your wishes? If you have young children (or beloved pets), who will look after them?

If you don't have a Will, then distribution of your estate will occur according to the Administration Act 1969. The first \$155,000 of your Estate will be given to your partner. What's remaining will then be divided into three, with 33% going to your partner and 66% going to your children. If you don't have



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Property

any children, 66% will go to your partner and 33% will go to your parents.

If you have a Will in place, then (if required) Probate at the High Court will be applied for. The alternative is to apply for Letters of Administration which requires more steps (and of course costs) and can also result in delays and distress for family members.

Who can bring a claim against my Estate?

The Family Protection Act 1955 has built-in protection for members of your family, which means that if you wish to exclude a child (or partner) they may have a claim against your Estate for being excluded or not receiving an equal share as their siblings. It's a tricky area - as while you may wish to divide your Estate in a particular way, the law says otherwise. Sometimes this is accepted by the beneficiaries in your Will, but other times it can lead to delays and disputes between the parties.

Another type of claim is a Testamentary Promise. This is when the Will maker has made a promise to provide something to someone in their Will. If it was not provided, that person could bring a claim for a Testamentary Promise. For example, a neighbour may look after your classic car (clean and maintain it) and even take you out for a drive in it, as you can no longer drive yourself anymore. As a thank you, you may have verbally promised the neighbour that you will leave them your classic car, but you don't update your Will to provide this. Your neighbour may have a claim for a Testamentary Promise. In this case, the gift is proportionate to the service given by your neighbour.

If a claim is brought against an Estate, then the parties could agree to what's called a Deed of Family Arrangement to settle matters between themselves. However, if the parties can't agree then the other option is to file a claim in Court which will mean instructing a Barrister and engaging in litigation, which is very costly and time consuming.

Putting a straightforward Will in place or updating your Will is not as costly as you might think and it could spare your loved ones a lot of time, cost and distress down the track. If you'd like to discuss this further, feel free to give us a call on 09 972 5102 or email your enquiry to us at admin@cslegal.co.nz.

Who stays in the family home 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

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Property

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

Are you mortgage ready?

So, you or someone you know have decided that 2024 is going to be your year of owning your own home.

That's great, but if you need to borrow to buy, then it's important to understand what the banks look for in the mortgage approval process - are you mortgage ready?

Four things that will help you prepare for a successful mortgage application:

1. Check Your Credit Score.

Your credit score provides banks with valuable insights into how you manage your debts. A clean credit history increases your chances of a successful application as it demonstrates responsible borrowing behaviour.

Before applying for a home loan, obtain a copy of your credit file to check for any negative marks that could impact your application.

The most popular sites to do this are Centrix, Equifax, or ClearScore.



Maintaining a good credit score requires responsible financial habits, such as paying bills on time, keeping within your credit card limit and avoiding excessive borrowing.

2. How Is Your Bank Account Looking?

Good Account conduct is essential when applying for a home loan. The banks will want to look at the last 3 months of your bank account statements to make sure you are managing your money responsibly.

If you go into overdraft on your accounts regularly this can be seen as a negative so you will need to watch this closely. Furthermore, if you go into an unarranged overdraft on a regular basis this is a definite "red flag", so make sure you keep your accounts looking good at least 3 months prior to applying for a home loan.

3. Clear The Debt Decks.

Having outstanding short term debts, such as credit cards, BNPL (Buy Now Pay Later) or personal loans, can definitely impact your borrowing eligibility.

Before applying for a home loan, it's beneficial to try and pay off any existing debts.

You could also consider consolidating multiple debts into one which can help to reduce your overall repayments.

Prioritise paying off high-interest debt first to minimise your ongoing interest charges which will help to free up more funds to pay down your other debt or boost your deposit.

4. Talk to a Mortgage Adviser Upfront

The best time to involve a Mortgage Adviser is the moment you decide that you are going to buy your own home.

A Mortgage Adviser can assess your financial situation upfront and highlight the things you need to clean up or concentrate on first, which will save you a lot of time and hassle.

To get Mortgage Ready, Stephen Massey - Loan Market, call 021 711 444 or check out my website loanmarket.co.nz/stephen-massey

Deciding on the right type of property ownership

When individuals are considering co-owning property, it is important for them to understand the forms of property ownership available to them. The two most distinct forms of ownership are joint owners and tenants-in-common.

One significant difference between these two forms of ownership lies in the right of survivorship. In joint ownership, the right of survivorship means that the surviving owner(s) automatically inherit the deceased owner's share. In contrast, tenants-in-common do not have this automatic transfer of ownership. Instead, each owner's

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Property

share is treated as a distinct asset in their estate that can be passed on as expressed in their will. When individuals are considering co-owning property, understanding these differences is crucial, as they can have significant implications for estate planning, property distribution, and ownership arrangements.

For individuals owning property as tenants-in-common, it is recommended they have a property sharing agreement to safeguard their interests and responsibilities. Whether it is a residential home, a vacation property, or an investment asset, such agreements outline the rights and obligations of each party involved. This can include things such as ownership percentages, financial contributions, maintenance responsibilities, and dispute resolution mechanisms. Each party's financial investment should be clearly outlined, including initial contributions and ongoing expenses such as mortgage payments, taxes, and maintenance costs. Moreover, addressing potential scenarios like the sale of the property, one party wanting to buy out the other's share, or the death of a co-owner is crucial for clarity and peace of mind.

Seeking legal advice is highly recommended to ensure the agreement is enforceable and adequately protects all parties involved. It can also help individuals choose the most suitable form of ownership based on their circumstances and preferences. If you would like more information on this or any other legal issues you can contact Kemp Barristers & Solicitors at info@kempsolicitors.co.nz or 09 412 6000.

Importance of pre-settlement inspections for investments

Investing in a new build property can be an exciting venture for landlords, offering the allure of modern amenities and reduced maintenance. However, before finalizing the purchase of such an investment, conducting a pre-settlement inspection is crucial.



At The Rent Shop Hobsonville, we understand the significance of this process in ensuring our investor clients make informed decisions and protect their interests.

A pre-settlement inspection is a thorough evaluation of the property conducted shortly before the settlement occurs. Our qualified builder from the Property Services division carries out this assessment and provides a detailed report with photos. This report can be forwarded by our client to the property developer. Additionally, it is shared with the client's property manager, who can

perform a follow-up check during the initial routine inspection after the tenants have moved in. Here's why these inspections are crucial for investors buying new build properties for rental purposes:

Identifying Defects and Issues. Newly constructed properties can sometimes have defects or incomplete work that may not be immediately apparent. A pre-settlement inspection allows us to thoroughly examine the property for any such issues. This includes checking for structural defects, faulty installations, or unfinished work that needs to be rectified before settlement.

Ensuring Quality Standards. By conducting inspections prior to settlement, we can ensure that the property meets the expected quality standards promised by the developer. This includes verifying the functionality of appliances, fixtures, and other amenities essential for rental purposes. Any discrepancies can be addressed with the developer or builder before the property changes hands.

Client Peace of Mind. For our investor clients, conducting pre-settlement inspections provides peace of mind. They can proceed with the property purchase confidently, knowing that they are well-informed about its condition and have taken necessary steps to protect their investment.

Planning for Tenant Occupancy. By finalising any necessary repairs or adjustments pre-settlement, we can streamline the process of preparing the property for tenant occupancy. This minimises delays between settlement and rental commencement, allowing our clients to start generating rental income sooner.

In conclusion, pre-settlement inspections play a critical role in safeguarding the interests of investors purchasing new build properties as rentals. As property managers, we prioritise these inspections to ensure that our clients' investments are protected and positioned for success in the rental market. By addressing any issues upfront and verifying quality standards, we contribute to a smoother transition from property purchase to rental management, ultimately benefiting both landlords and tenants.

If you would like to know more about our pre-settlement inspections or property management services available, please feel free to contact us 021 RENT4U mike.james@therentshop.co.nz.

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rent shop

**Mike
James**

Managing Director

📞 021 413 660

✉ mike.james@therentshop.co.nz



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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 \$
Herald Island	1,845,000	834M2	232M2	1,420,000		780,000	112M2	76M2	778,500
	990,000	812M2	92M2	1,120,000		900,000	174M2	95M2	830,000
HOBSONVILLE	860,000	129M2	80M2	810,000		780,000	189M2	61M2	880,000
	1,300,000	189M2	194M2	1,249,000		870,000	215M2	75M2	795,000
	925,000	84M2	146M2	950,000		910,000	210M2	91M2	855,000
	910,000	99M2	92M2	815,000		1,150,000	513M2	158M2	499,000
	1,100,000	95M2	160M2	950,000		1,425,000	984M2	103M2	835,000
	1,675,000	466M2	275M2	1,620,000		820,000	339M2	147M2	849,000
	1,300,000	201M2	176M2	1,215,000		880,000	208M2	96M2	850,000
	1,650,000	797M2	170M2	1,310,000		1,950,000	4375M2	256M2	1,730,000
	935,000	129M2	98M2	875,000		1,325,000	500M2	175M2	1,165,000
	1,340,000	202M2	186M2	1,200,000		1,075,000	511M2	190M2	1,005,000
	1,000,000	88M2	196M2	1,360,000		750,000	72M2	76M2	740,000
	1,235,000	497M2	170M2	1,168,000		1,200,000	701M2	120M2	941,500
	1,215,000	154M2	160M2	1,245,000		1,300,000	809M2	130M2	964,300
	1,715,000	369M2	285M2	1,760,000		960,000	374M2	130M2	920,000
	750,000	97M2	42M2	625,000		1,350,000	781M2	250M2	1,179,000
	1,125,000	95M2	183M2	1,020,000		910,000	93M2	124M2	820,000
	1,340,000	200M2	210M2	1,252,000		1,150,000	675M2	140M2	980,000
	1,250,000	234M2	171M2	1,320,000		950,000	894M2	112M2	860,000
	1,155,000	233M2	162M2	1,122,553		820,000	92M2	91M2	695,000
	1,210,000	229M2	162M2	1,155,000	WEST HARBOUR	1,100,000	824M2	90M2	1,056,000
	1,155,000	193M2	162M2	1,120,000		1,050,000	388M2	118M2	810,000
MASSEY	890,000	171M2	95M2	806,000		1,840,000	886M2	320M2	1,650,000
	1,050,000	607M2	130M2	875,500		1,830,000	730M2	290M2	1,700,000
	890,000	445M2	100M2	850,000		1,075,000	213M2	177M2	1,050,000
	1,250,000	814M2	170M2	1,410,000		1,270,000	653M2	100M2	1,100,000
	900,000	535M2	87M2	760,000		1,425,000	891M2	170M2	1,300,000
	14,850,000	4.2HA	260M2	7,005,000		870,000	72M2	136M2	856,000
	880,000	109M2	124M2	770,000		1,125,000	612M2	200M2	1,550,000

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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Brand & Territory Owner
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Hot Property



Near new, lock up and leave with water view

This near new GJ Gardner build with Master Build Warranty provides an excellent opportunity to jump on the property ladder with lock-up and leave options, public transport at the gate and convenience shopping a short stroll away.

A beautifully presented two bedroom home with bathroom and guest toilet, alfresco to patio and small grassed lawn.

An outstanding option for a discerning buyer looking for pedigree and performance.

The home offers a fabulous lock up and leave design being set up for low maintenance and easy care with a simple earth tone colour pallet and separation between living/entertaining and sleeping being achieved without compromise.

Good upgrades, and a pleasant view over the water to the city, this home is one that will be on top of your watch list.

Priced at offers over \$695,000

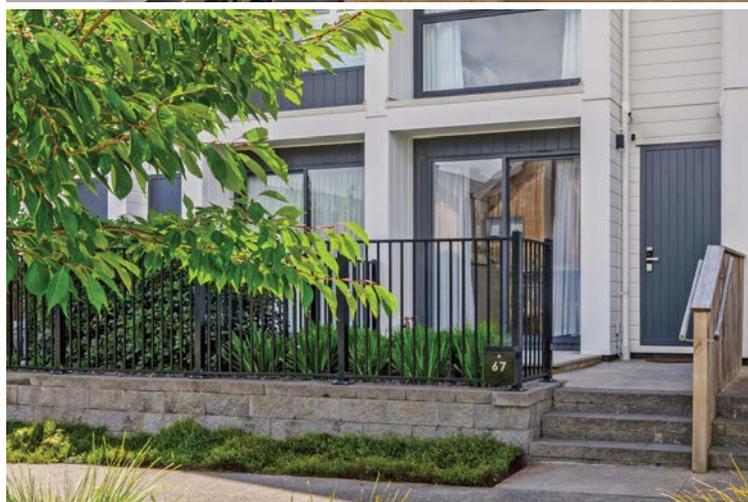
Don't dilly-dally, great homes like this don't last. Financing options available via Mike Pero Mortgages.

Hot Property



The CV on this property is \$720,000. 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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Central's Tips

May 2024



The fruit and vegetable garden

- **Remove diseased fruit** and fallen leaves from beneath the fruit trees to avoid spores carrying over to next year's crop
- **Keen to grow asparagus?** Mark out a decent area and add lots of compost and sheep pellets to the bed. Asparagus corms are available in June
- **A robust herb to grow is rosemary**, which brightens the edible area with blue flowers in winter and can be trained as an attractive hedge
- **Plant winter marigolds** (calendulas) amongst the winter crops. Flowering over winter, they brighten the vegetable patch and they're edible
- **Feijoas are ready to eat** when they drop to the ground. Too many? Share them around the neighbourhood
- **Seeking a hardy tree**, with fruit and autumn colour? Persimmon trees make excellent specimens with large leaves that turn orange around the same time as the fruit matures

The rest of the garden

- **Time to re-plant the pots:** use fresh potting mix and make a stunning winter display of polyanthus, primula and cyclamen. Tip - add a few tulip bulbs in for extra interest into spring
- **Camellia hedges** do well in Auckland soils. Early flowering sasanqua varieties make the best hedges
- **Autumn foliage colours** are at their peak now, allowing you to identify trees that you'd like to plant in your own garden. Check where they're growing - many of the more beautiful trees need some shelter from wind
- **Grasses**, particularly NZ native grasses and the Australian lomandras have become very popular in NZ gardens. When they become scrappy-looking rake out the dead bits, so they have room to regenerate
- **A layer of gypsum** over the lawn helps the drainage through the wetter part of the year
- **One of the favourite NZ plants** for dry shade is the arthropodium (renga renga lily). One way of keeping it looking good through winter is to remove any old or rust coloured leaves and put lots of snail bait around

Project for May

JakMat apologises to mud lovers everywhere

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Winter is only one month away and at Laser Plumbing & Roofing Whenuapai we have an incredible team of experienced plumbers, roofers and drainlayers who can help you keep your home healthy this winter. Here are Laser Whenuapai's top tips to prevent leaks, avoid excess water loss and excessive bills to ensure you maintain a healthy home.

Gutters - Check your gutters are clear from leaves and debris to prevent water build up and overflowing that could lead to roof leaks.



Drains - Check for slow running water into shower drains, basins and outside drainage also.

Hot water cylinders - Check your HWC for surface drips and leakage. Especially in cupboards where this can easily go unnoticed.

Dripping and leaking taps - Check all taps inside and outside to make sure they aren't dripping.

Running and leaking toilets - Check your toilet is flushing properly and make sure there isn't a 'running water' sound.

If you have any of these issues one of our experienced team would be happy to help, so give us a call today on 09 417 0110 or email whenuapai@laserplumbing.co.nz to get your home ready for winter. We are open 5 days a week from 7:30am-4:30pm and located at Unit 4, 3 Northside Drive, Westgate. For more information, visit our website www.whenuapai.laserplumbing.co.nz

We are also excited to share that we offer a Supergold card discount. Just let us know you have a Supergold card when you book in your plumbing job, and we will give you 20% off your first hour of plumbing labour.

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Always Electrical Ltd is a small friendly, family-owned electrical company focusing on reliability, customer satisfaction, and going over and above on every job no matter how large or small.

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Always Electrical Ltd - as found on Facebook 021 046 3847.

That early winter chill knocking at your door?

Autumn is here and winter is on its way. Are you prepared? Now would be a great time to start thinking about installing a new fireplace or checking your existing fireplace is up to standard. A wood burner is the perfect way to stay warm and keep your house dry this winter.

Supply, installation, consent all taken care of by us.

Let us do your dirty work.

Drains and gutters overflowing? Autumn is the prime time for leaves to land on your roof and fall into your gutter and block them. Blocked gutters can cause water ingress in your ceiling, roof leaks, and gutter drooping. Book in today for gutter and drain cleaning to ensure your gutters and downpipes do not get blocked up. This will also ensure you are collecting sufficient rainwater and not letting it go to waste. Does your rainwater collection system have a flush



out point for maintenance? Flush out points are great for regular maintenance to clear and flush out debris and other obstructions that might be causing your gutters to block.

KPL 09 412 9108 - 156 Main Road Kumeu.

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Getting your property ready for winter

Ahh, it's autumn. Those long warm days and bursts of rain - quite pleasant and just what we needed for good healthy lawns and gardens too. It's a favourite time of year to be out on the lawns or in the gardens. The sun is shining, the birds are singing and it's pleasantly warm but not super-hot.



Now is a great time to get your lawns and gardens ready for winter. The growth has been strong over the last wee while, so while the temperature is moderate it's a good time to tidy up things like overgrown lawns, weeds in the gardens or hedges that need trimming. By doing it now they should stay looking good for a nice long time.

Being autumn it's also a good time for a pre-winter fertilise to boost the lawn before temperatures drop. This will help it stay healthy and looking good well into winter and help keep the weeds out too. It's a good time too for a weed spray to tidy up the pavers and paths. Also remember how slippery your back path or wooden deck got last

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WATER RATES ARE GOING UP

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Home & Garden

winter? Think about preparing your paths or wooden decks for the winter ahead – get rid of that dangerous slippery dark mould now before it becomes like ice to walk on – there are several products you can use or even a waterblast will do the trick.

The changing season also sees the leaves changing colour and falling. They look spectacular but can be a nuisance, so collecting leaves and clearing the gutters before the winter rains come are important tasks too. Maybe you want to install some gutter protection to keep the leaves out. There are a range of products out there – some not so good that actually make the problem worse and others that are terrific – easy to install, let water continue to flow and most leaves just blow away.

Gary Turton, Franchisor - Jim's Mowing

'Cut Above the West' – Stihl Shop Westgate

Who is your local West Auckland garden maintenance guy or gal who cuts your grass, does your edges or hedges and keeps your property looking great?

Where are these good, reliable, garden heroes?

Let's celebrate them.

We know at times running your own small business can have its challenges, so we've created the "STIHL SHOP Westgate 'Cut Above the West' Award" as our way to shout out to and reward those garden maintenance companies in our area who are doing it well -

HELP US FIND WEST AUCKLAND'S BEST GARDEN MAINTENANCE CONTRACTOR!



Impressive edges, lush lawns, laser level hedging, clockwork reliability? WHAT MAKES YOUR CONTRACTOR A CUT ABOVE THE REST?

Nominate your local contractor for the:
**STIHL SHOP WESTGATE
'CUT ABOVE THE WEST' AWARD 2024**
NOMINATIONS CLOSE 31 MAY 2024



**STIHL SHOP
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But we need your help to find them

They could be your regular lawnmowing guy/gal, or a team you've used for a one-off garden job – any small garden maintenance business in the West Auckland area who has impressed you. We want you to share all the stories, help us promote their business and find the winner of the very first "STIHL SHOP Westgate 'Cut Above the West' Award"

As well as bragging rights, the winner will receive a generous bundle of essentials for any garden maintenance contractor – safety gear, accessories, STIHL branded merch, refreshments, treats AND store credit at STIHL SHOP Westgate... and of course, the coveted title of the "Cut Above the West Contractor 2024".

How to nominate:

The nomination process is simple, just comment below tagging in your garden hero's name (or company Facebook page). Short stories, examples, pics will all help our esteemed judges determine our winner, as well as the amount of nominations/tags received – so spread the word and get your nominee tagged as many times as possible for everyone to see.

Nominations close on 31 May 2024 and our finalists will be invited to attend an in-store awards event where our winner will be announced.

Make sure you follow our Facebook page to stay up to date with our awards process and other tips, tricks, giveaways and competitions.

Whenuapai Floral and Garden Circle

Margaret B (standing in for Margaret T) welcomed members at our April meeting with a slightly smaller assembly than usual due mainly to illness. Welfare of absent members was followed by a reminder that the next trip is a week earlier due to usual outing day being ANZAC Day. The fare of \$50 per person includes the midday meal.

Our guest speaker was no stranger having spoken to us before. Linda Cartwright talked passionately about plants and had brought along a few of her favourites, in the form of propagated cuttings, ready to find new homes in our member's gardens.

"Plants are a great source of medicine. According to modern history, many life-threatening diseases were cured by preparing pastes from roots, herbs, barks, and different plants' leaves. Aspirin, sandalwood, basil leaves, clove oil, and cinchona (a tree which has bark rich in quinine used to combat malaria) are a few examples of medicinal plants used even today in many pharmaceutical industries."

Apparently, kale is especially good for eye health, so be sure to eat more. Linda told us that all the people in the world plus all the animals only make up 3% of what is here on Earth while plants and

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Home & Garden

trees combine to form 85%. I found that a staggering comparison however it certainly puts us in our place in the grand scheme of things. Especially when some trees live for thousands of years.

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 usually on the fourth Thursday. Entry fee is \$4 with another dollar per raffle ticket.

Until next time, Happy Gardening from Mary Anne Clark.

May garden to kitchen

May is the month that completes the transition from the mild days of autumn to the cold of winter. The stunning colours of autumn are starting to fade as we move into the heart of winter. Many plants relish this change of season, luckily the bugs don't!



Don't give up on winter vege seedlings as they can still be planted. Garlic will be available late May so start planning your garden bed and do a final clean up in the garden. Collect fallen autumn leaves and use them for compost.

Sow green crops of lupin and mustard in any spaces you are leaving

empty for digging into the soil for green manure and refresh soil for crops by adding new compost and sheep pellets.

Plant seedlings: broccoli, cabbage, cauliflower, lettuce, Brussels sprouts, silverbeet, spinach, and onion. Don't forget to protect seedlings from the cold while they are young.

Sow seeds: spinach, cabbage, cauliflower, broccoli, Brussels sprouts, lettuce, onions, and peas. 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 your sowing for a continuous harvest. Plant parsley to replace any plants that have gone to seed and dust your cauliflowers, broccoli, and Brussels sprouts with derris dust to protect them from the white butterfly and the diamond back moth.

Cut back herbs as they become straggly and leggy, divide if necessary. Plant garlic and shallots bulbs; give them plenty of winter sun.

Tidy up old strawberry beds and prepare for new plants.

Check your citrus trees as they will be heavy with fruit, remove fruit and shorten any that are bending under the weight. Better to lose a few fruit than the whole branch.

Remove old fruit from the ground around all fruit trees to break the life cycle of bugs.

Pruning fruit trees can begin once the leaves have fallen. Grape vines can be pruned once all the leaves have fallen.

Watch out for early frosts and protect seedlings from slugs and snails.

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Have you tried the local honey that West Auckland has on offer? My honeybee hives have produced a tasty range of honey varieties from the forests of West Auckland's Waitakere Ranges and from the rural farmlands on the outskirts of town. They all have different tastes, textures, and colours, giving a real range of what West Auckland's flora has on offer. The four local varieties I have available can be purchased as a discounted bundle of 4x 500g pots for \$40. This includes: Silver-Award Winning (2022) Waitakere Forest Honey, Rewarewa, Kanuka, and West Auckland Farm and Forest Blend.



Order online or get in touch. Pickups are from Massey, or orders can be couriered to you with Post Haste. www.DonBuckHoney.co.nz. Donbuckhoney@gmail.com.

An evening with chef Kevin Blakeman

Saturday 18th May - Join us once again as we present a one-of-a-kind culinary experience featuring a live cooking demonstration with the talented chef Kevin Blakeman using some of the markets finest products. You will get a 3 course menu with a different market ingredient being the highlight for each course.

This exclusive event will take place inside Catalina Bay Farmers Market at 6pm on the 18th May alongside music from a local Auckland DJ and a selection of fine alcoholic beverages.

Oh and the first 20 tickets sold receive an awesome goodie bag full of cool stuff from our sponsors! PLUS we will be giving away heaps of spot prizes on the night!

Treat yourself to an unforgettable night out. Don't miss out on this



extraordinary opportunity to dine, dance, and delight your senses by securing your ticket at Eventfinda below. Tickets are limited so be sure to book yours now. Thank you for supporting our amazing local businesses.

<https://www.eventfinda.co.nz/2024/catalina-bay-farmers-market-presents-chef-kevin-blakeman/auckland/hobsonville>

Please let us know if you have any questions or special dietary requirements, by emailing farmersmarket@catalinabay.co.nz or chefblakeman7@gmail.com

Jesters Pies Westgate

Bite into this crunchy combo of tasty cheese, mouth-watering bacon, and ultra-thin puff pastry.

Save yourself some bucks on those extra hungry days. For a limited time, you can add two Cheese & Bacon Twists to any purchase for \$5. Or add one Twist to any purchase for just \$3. Yum!

Terms & Conditions:

- Add 2 Twists to any purchase for \$5, OR add 1 Twist to any purchase for \$3.
- Promotional period ends - 26/05/2024.
- Valid in-store only at Jesters Westgate (next to Countdown).
- Available all day, while stocks last.



Peko Peko Japanese Restaurant

In the heart of Hobsonville, our little Japanese restaurant is owned by a local Japanese family. We have been open for four and a half years now and it's been 10 years since we started the tiny food truck business that some of you may remember. We have never changed the recipe of our popular Katsu chicken and we have added a lot more authentic Japanese tastes for our local customers to enjoy. Our teriyaki salmon has been also very popular recently with our original house-made teriyaki sauce. Please visit our website on www.pekopekojapanese.nz to check what we have onsite. We are fully licensed and serve Japanese beer and sake, as well as beautiful




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Food & Beverages

local Soljans wines. Located at 102c Hobsonville Rd, Hobsonville just next to Hobsonville Primary school. We look forward to seeing you soon. 09 416 1197.

Mother's Day Bubbles Breakfast at Soljans

Celebrate Mother's Day in style with a special Bubbles Breakfast.

Treat your mum to a morning of luxury with a glass of our Legacy Méthode Traditionnelle, perfectly paired with a special two-course breakfast available exclusively for Mother's Day.



Two-course bubbles breakfast: \$55pp

Bookings are available from 9:00am for breakfast with our a la carte lunch menu starting from 11:30am

Tables will be limited, so secure your spot now. Call us on 09 412 5858 or book online, where you can find our menu www.soljans.co.nz.

Embrace the heart of Mother's Day: Celebrate at Allely Estate

At Allely Estate, nestled amidst the serene beauty of Kumeu's landscapes, we understand the profound impact mothers have on our lives. They're the quiet strength that holds us together, the comforting presence that soothes our worries, and the unwavering support that helps us navigate life's twists and turns.

As Mother's Day approaches, there's no better way to honour these remarkable women than by gathering together at Allely Estate, a place that feels like home, for a celebration filled with warmth, laughter, and love. Whether it



Celebrate this Mother's Day
at Allely Estate
Sunday 12th May 2024

is brunch or dinner with family and friends, coupled with a meander through the garden this day will be a heartfelt tribute to the mothers and mother figures who enrich our lives in countless ways.

So, make this Mother's Day truly special. Book your spot at Allely Estate and let us create an unforgettable experience that honours the heart and soul of motherhood. Together, let's celebrate the extraordinary women who make life's journey a little brighter, a little warmer, and infinitely more beautiful.

The Riverhead is open on Mother's Day

Treat mum to lunch or dinner here with us on Sunday 12th May. The Landing Restaurant is open from 11am-Late and there will be special treats available on the day. We'll also have The Boat House, our functions centre, open from 12pm-4pm with live acoustic duo Jasper and Jane. Bookings are essential, give us a call: 09 412 8902



And on Saturday, 25th May we're hosting a Pink Ribbon Champagne Breakfast to raise money for breast cancer research, education, and support. Tickets are available on our website: www.theriverhead.co.nz/upcoming-events.

Good from Scratch

An evening of cooking demonstrations with guest chef Ashmita from Tandoori bar and eatery - Thursday the 30th of May

At the Good from Scratch cookery school, we are thrilled to be joined once again by the wonderful Ashmita of Tandoori bar and eatery. Come along for an evening of demonstrations and tasters as you learn the secrets of creating beautiful Indian dishes at home.

Tickets can be purchased from our what's on page via the website.

www.goodfromscratch.co.nz/whats-on/

Photography credit: Manja Wachsmuth.



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Health & Beauty

Ask Dr Heather

What is filler made of?

Anon, Whenuapai.

Dermal filler is commonly made of Hyaluronic Acid (HA). HA naturally occurs in our tissues and attracts water to help hydrate them. Filler contains artificially made HA, chemically bonded together with various degrees of cross-linking to create different gels. The more cross-linked a filler, the firmer the gel. The firmer the gel, the longer it lasts in tissues and the better it is as mimicking bone lost to ageing.



Different fillers are injected into different areas of the face to replace lost tissue. When done appropriately, this leads to a harmonious, natural result where it is difficult to tell if someone has had "work" done. Too much filler leads to a puffy overdone look, as does too firm filler too close to the skin's surface as modelled by many in the media (think girls of "Married at First Sight Australia").

HA filler can be dissolved with the enzyme Hyaluronidase, also a naturally occurring entity we make in our tissues. Cosmetic injectors should always have this at hand for dissolving HA filler in cases of emergency such as blocked blood vessels, as well as correcting overdone or undesirable results. Irreversible fillers such as calcium hydroxyapatite are used less frequently; the latter used more commonly for skin rejuvenation and reduction in fine lines, although some also use it to alter facial structure.

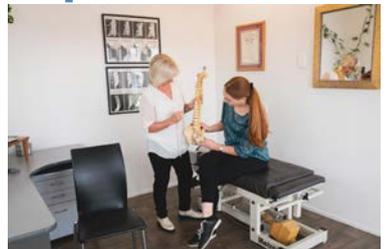
Historically fillers such as silicone have been injected, however thankfully this is no longer a common occurrence as a raft of complications have been described with its use including chronic inflammation, lumps, swelling and skin changes.

The world of fillers is a rapidly growing one. Products are becoming increasingly safer with better testing leading to improved outcomes. Better results are achieved by injectors who appreciate the nuances of these products existing amongst a saturated market, coupled with their technical skills. Just as our faces are multifaceted, so too should be our injectors.

Dr Heather Anderson is a Cosmetic Medicine and Urgent Care/Emergency 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.

Hobsonville Chiropractic Centre

As winter nears, prioritising health becomes crucial. Chiropractic care offers invaluable support during this season. By aligning the spine and enhancing nervous system function, you can keep your spinal health at its best. Aches and pains can often be increased by colder temperatures. It is a great idea to get your spine checked and adjusted before these pains start to affect you daily.



Give us a call if you would like to book in! 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

ADHD: Nourishing your brain

Why are there a lot more people with Attention Deficit Hyperactivity Disorder (ADHD) now than in previous decades? You would have to suspect that there is something in the modern environment that increases the risk of having ADHD. The change in nutrition is one such factor that I have investigated.

The most likely culprits in our diet are refined sugars and food additives (especially colourings). It's not always easy to cook meals from scratch using whole foods when we are busy. But if you can, it will be beneficial. Key nutrient supplements I like to consider adding to a great diet to support brain health in people with ADHD are iron, magnesium and fish oils.

Iron: If you are low in iron, then you are likely to find concentrating

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more difficult than usual. This happens in people with or without ADHD. So, it makes sense to get iron levels checked from time to time. Too much iron is bad for you so it pays to test your blood levels before supplementing.

Magnesium: Studies of magnesium (usually combined with vitamin B6) have shown improvements in hyperactivity, aggressiveness, and attention in children with ADHD. These symptoms became worse when magnesium and B6 were stopped. Other studies have shown that the majority of children with ADHD are deficient in magnesium. Makes sense to give your kids a magnesium boost. I would thoroughly recommend magnesium at a dose of about 200mg/day for children with ADHD.

Fish Oils: It makes sense that the brain as a fatty organ needs good fats to nourish it. A standard modern diet has low levels of omega-3 fatty acids and one beneficial omega-6 fatty acid (gamma linolenic acid). These essential fats are vital to nourish the brain. Studies have shown that supplementing with these fatty acids can provide benefits for learning and concentration. They can also reduce inflammation in the body. I have seen artwork done by children before and after fish oil supplementation. The difference was truly remarkable. The levels of the essential fatty acids in fish oil have been shown to be low in children with ADHD.

There are other nutrients that might be of benefit to people with ADHD. However, a good start would be to reduce refined sugars and food in the diet, and supplement with magnesium and fish oils. If you would like to discuss magnesium and fish oil supplements that are child-friendly, then pop into Massey Unichem Pharmacy and ask our team. Martin Harris, 396 Don Buck Road, Massey. 09 833 7235.

The Nail Vault

The Nail Vault Nail Artistry and Education is a nail salon and training academy in Massey for nail lovers and budding creatives alike. Always having loved art and glitter, Serena Maree is an award-winning, highly qualified nail technician and Auckland nail technology educator for DesignerNailsNZ. She takes huge pride in using professionally formulated products to create beautiful, long-lasting designs that maintain the health of your natural nails in a clean, safe and empowering space. As well standard manicures, pedicures and our nail technician training courses, TNV specialises in extensive hand-painted nail art and bling, hand-sculpted nail extensions, and our



one-of-a-kind Nail Biter Rehab programme. Our mission is to hold space for our clients to explore their wildest nail fantasies, bringing them to life in a way that is creative and empowering - whether you're in for a one-off appointment, regular booking, member of our Nail Biter Rehab programme, student in a nail technology course or there simply to utilise our Silent Treatment option, our values always stand: create a safe environment, hold space, and empower creativity. For more information on services or nail technician education, please visit our website www.thenailvault.co.nz or find us online @thenailvaultnz on all social platforms.

Can poor balance lead to ankle sprains?

Ankle sprains are incredibly common, affecting people in various activities, from sports to everyday life. While their frequency might downplay their severity, it's essential to recognise that poor balance can significantly increase the risk of such injuries.

Why are ankles particularly vulnerable to injuries related to poor balance? Our ankles bear the weight of our entire body when we stand on one foot. They provide both agility and stability, allowing movement in multiple directions. However, this complexity also means they're susceptible to injury, especially during sudden movements, tiptoe activities, or jumping and landing.

Most of us naturally favour one side of our body for activities, including balance. Just as we are left- or right-handed, we often have a dominant leg. This imbalance can leave one leg weaker and more prone to injury than the other.

Reduced balance not only increases injury risk but also leads to inefficient muscle activation. Improving balance enhances overall movement efficiency, even without significant gains in muscle strength.

Balancing exercises are often overlooked in physical training, but they can yield quick improvements. Try a simple test: stand on each leg for two minutes with your eyes closed. If it's challenging, consider incorporating balance exercises into your routine.

Your physiotherapist can identify balance deficits and create a tailored training programme for improvement. Book an appointment to receive personalised guidance. Remember, this information

Ankle Sprains

Reduced balance and stiffness following an ankle sprain can cause pain long after the original injury has healed.



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doesn't replace medical advice, so always consult a healthcare professional for individual concerns.

Take Action Today

Contact our Hobsonville or Riverhead clinic to schedule an appointment. Let us help you achieve better balance and prevent ankle sprains. Call us at 09 416 4455 (Hobsonville) or 027 313 6036 (Riverhead), or book online now. Let us help you find freedom in your movement.

Creatures of habit

Daylight saving time has come again and this time the clocks are set back 1 hour.

My body clock has set itself to wake up at 7.30am every day in the last 6 months and since the first Sunday of April, my eyes pop open at 6.30am every morning and I am left wondering what to do with that 1 hour?

Do I get up and go to work early? Do I toss and turn and try to sleep an hour more?

As I write this on a Friday I am really tired as I have slept 5 hours less in the last week.

Sigh.

It got me thinking what creatures of habit we are.

Did you know you can actually train your large intestines to take a dump at the same time every day?

I actually do this after breakfast each day for the last few years and now it's like clockwork so I highly recommend that for your gut health, try to do a Number 2 at a fixed time of your convenience and



choosing each day.

If nothing comes out after 1 minute, get off the throne and move around.

If you sit there for too long just scrolling Youtube shorts, reading Instagram or swiping Tinder, the compression of your weight on your butt through the toilet seat will cause you to have an increased incidence of piles. If it doesn't come out, get out and go back later.

I used to forget to take my cholesterol pills at night. Now the first thing I do every morning is pour myself a large glass of water and then reach for my pills. If I get distracted by the wife or kids and forgot my pills, the cup of water is still on the table and tells me I did not take the pill that morning. Clever, right?

No. This just shows you that our wonderfully adaptable bodies can time itself and work to an internal clock all its own. We just need to train it.

Good health habits are the same. Take your meds every day. Do your blood tests at least yearly. Take your daily walk. Check your blood pressure at home regularly. All these are little habits that add up to a healthier you.

Now I have to go take a nap to try to get out of the daylight savings "jetlag".

Eat Well, Live Well, Be Well.

Dr Frederick Goh

Who benefits from practicing Trauma Sensitive Yoga?

Trauma Sensitive Yoga is established as an adjunct treatment for PTSD and is approved under ACC Sensitive Claims. The course provides a safe environment for clients to regulate their own nervous system through movement and cultivating awareness.

Trauma Sensitive Yoga empowers the participants to develop and improve:

- Self-regulation skills by noticing bodily sensations signaling emotions
- Increased mindfulness skills and ability to stay in the present moment
- Awareness of their body (both internally and moving in space)



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Each programme will run for eight consecutive weeks with two facilitators. Each group will have one lead facilitator (yoga teacher) and one co-facilitator (counsellor).

Who are your Hobsonville-based facilitators?

Kanuka Yoga Space owner, Raquel Minh, has a degree in Psychology, and completed her 200 hour Trauma-informed Yoga Teacher Training with Raw Yoga, 60HR Trauma-Informed & Community Yoga with Rise Movement in 2021, and currently enrolled in 300 hour Trauma-Informed Facilitator Training.

Lead Provider, Rachael Mason, is an ACC registered counsellor working with Care Waitakere. As well as being a group therapist, she currently supports ACC clients on an individual basis. Rachael has a background in working in addictions and trauma related issues. She is a qualified counsellor and is a Member of NZAC (New Zealand Association of Counsellors).

Registration is now up for May enrollments (Wednesdays at 2pm or 3:30pm) Please visit kanukayoga.co.nz to learn more.

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Unichem Hobsonville Pharmacy offers many services including prescription dispensing, medicine management, and blister packing. We accept faxed prescriptions and utilise Southern Cross direct claiming. We will look up exemption card numbers and prescription count for free.



We are delighted to provide our services to customers and will do everything in our power to assist you with our professionalism and knowledge. We are currently administering Flu Vaccinations. In addition, we offer 10% discount for storewide purchases for Gold Card members, for fully priced items and includes Living Reward Points.

We will provide you:

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Overcoming addiction

I am 23 years free from alcohol addiction. My mind had linked massive pleasure to alcohol as I believed it gave me confidence and helped me connect with others. What it was really doing was stripping me of self-esteem, belief, confidence, and worth.

Many people link pleasure to the things they are addicted to (like alcohol), although they cause pain for them and those around them. We end up with conflicting beliefs, one which says alcohol gives me pleasure and another which says alcohol causes me and/or my family pain.

Why then do we keep drinking? Why do we 'fall off the wagon'? Why can't we stay sober when we see the pain our drinking is causing? Because the mind will take us towards pleasure and away from pain. And because the subconscious mind is more powerful and any 'pleasure' beliefs we have embedded



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since our youth will overpower the pain we experience in our conscious mind.

The subconscious will whisper "you'll be ok, you can have one, it will give you confidence, it will help you talk to your new colleagues, it will give you the confidence to talk to that good-looking man, it will help you relax, you'll be fine" and off we go again.

With hypnosis I can find the subconscious beliefs causing your addiction and remove them, update them, and create new beliefs. Contact me if you need help overcoming addiction.

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www.lorrainemaguire.com.

Top Notch

When progress hits a roadblock, seeking a fresh perspective is essential. At Top Notch, addressing various aspects of your body, from pain and discomfort to ongoing management, is our specialty. During last month's Osteopathy Awareness Week, we took the opportunity to showcase the breadth of our practice—it's more than just bones.



Our sessions at Top Notch are all 45 minutes long, providing us ample time to delve into the root causes of your concerns and understand their impact on you. We assess your movement patterns and joint mobility, aiming to uncover whether knee pain originates from the hip or ankle. We also investigate factors like breathing patterns, desk posture, or muscle imbalances that may contribute to neck tension. Collaboration is integral to our approach; we liaise with other healthcare professionals, offer referrals to specialists, and can assist with lodging your ACC claim. Even if you already have a

claim, you're welcome to seek a second opinion with us.

If you're someone who sets high standards and pursues excellence in all facets of life, you'll find this in Hannah who is a registered osteopath, ACC and Southern Cross provider. Hannah is committed to delivering the best outcomes for your sessions, allowing you to be heard in what you are feeling and experiencing and she will consider every detail of your concerns.

If Hannah's approach resonates with you, please don't hesitate to reach out to us at 09 212 8753 or via email at info@topnotchbodyworks.co.nz.

Hobsonville Optometrists - Glasses and Gifts

Vases, vases, vases!

And pots and silk flowers and posies. They have all arrived after the recent Gift Show.

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Hobsonville Optometrists - Glasses and Gifts - Opposite The Hobsonville Larder, 413A Hobsonville Rd, Hobsonville.

A callout to stressed mums

This month @Live_Chiropractic is presenting a FREE health workshop all about stress: how it works, why it affects your health, and what you can do about it, and since May is Mom's month, we've made it specifically for her.

Stress has been linked with poor sleep, anxiety, depression, addiction, and chronic pain. However, learning how to handle stress can actually result in INCREASED health and vitality.

This workshop is guaranteed to equip you with the proper tools to



Live Chiropractic
Monthly Health Workshop - 7pm May 22
STRESS - Unlocking your health & vitality
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Event Details:

- When: 7pm Wednesday, May 22
- Where: Live Chiropractic - 306a Main Road, Huapai (next to the Art Centre)
- Refreshments: Snacks & kombucha provided

Spaces are limited, so please book early to avoid disappointment. Booking workshops can be done by clicking "book appointment here" on our website www.livechiropractic.co.nz.

The power of a short walk (without devices)

In the book "The comfort crisis", Michael Easter talks about the power of walking, and mentioned a study from 2016 that found that "something as painless as a 20-minute stroll through a city park can cause profound changes in the neurological structure of our brains", and "this leaves us feeling calmer and with sharper and more productive, creative minds".

The last part of this study was the most interesting part though. Here is what it said:

"but, we found that people who used their cell phone on the walk saw none of these benefits".

So, if you are in need a creative spark, want some stress relief, try a short walk, and see how you feel, but based on this study, it may be worthwhile leaving your cell phone at home or in your pocket.

Elevate Chiropractic is located in Greenhithe. For more information www.elevatechiropractic.co.nz/blog.

Stop these toothbrushing mistakes

Think you are pretty good at brushing your teeth and keeping them clean? A scarily high percentage of adults in New Zealand are affected by gum disease in varying degrees - some estimate it's as high as 80%, and poor brushing habits are a big contributor. So don't join the statistics - take a look at our top toothbrushing mistakes and see if you can



improve your routine.

1. Not brushing for long enough. We all know the "two minutes, twice per day" recommendation but the majority of us don't consistently brush for this long. Two minutes is the recommended minimum time it takes to brush your tooth surfaces and gum line adequately.
2. Not brushing twice per day. Yes, there are some people out there who skip the morning or night time brush. Once per day isn't enough to adequately remove the food debris, bacteria and plaque buildup that occurs every time you eat.
3. Brushing at the wrong time. The ideal time is at least 30 minutes after eating. This is because your mouth becomes slightly acidic for the first 20 - 30 minutes after you eat, and if you brush during this window of time you run the risk of wearing down your enamel.
4. Not flossing. We know it can feel like a chore but without regular flossing you miss cleaning 30-40% of the surfaces of your teeth. It only takes a few days for plaque and bacteria to build up on your teeth, leading to cavities and gum disease.
5. Brushing too hard. Brushing harder does not make your teeth cleaner. Brushing too hard and/or with a hard-bristled toothbrush wears down your enamel and causes gum recession. This means your teeth are more vulnerable to damage and decay, as well as increased sensitivity and pain.
6. Using too much toothpaste. Contrary to what you see in toothpaste adverts, adults only need to use a pea-sized amount of toothpaste. Any more is wastage.
7. Storing your brush wrong. After brushing you should always rinse the bristles thoroughly and store your brush upright to air dry. Don't store it in a container as bacteria love to grow in moist environments.
8. Not replacing your toothbrush regularly. We recommend replacing your toothbrush or toothbrush head every 3 - 4 months. A good way to remember is when the seasons change. Any longer than 4 months and the bristles will be frayed and won't clean your teeth as effectively. Also, don't forget to replace your toothbrush or toothbrush head after you have recovered from an illness to ensure that any viruses or bacteria are not lingering.

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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 programs 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.

What Are the Best Autumn Dog Activities

Autumn brings its own unique charm and a plethora of outdoor activities to enjoy with your doggo. Here are some of the best autumn dog activities to enjoy:



1. Beach Walks: NZ has stunning coastlines, and autumn is an ideal time to enjoy uncrowded beaches with your dog. Take long walks along the shore, allowing your pup to splash in the waves and explore the sandy expanses.

2. Forest Adventures: Explore the lush forests and bushland that NZ is famous for. Many hiking trails are dog-friendly, offering

opportunities for scenic walks amidst the changing colours of autumn foliage.

3. Mountain Hikes: Take advantage of cooler temperatures to tackle mountain hikes with your dog. New Zealand is renowned for its rugged landscapes and majestic peaks, providing endless opportunities for adventurous outings.

4. Festivals and Markets: Autumn is filled with festivals, markets, and outdoor events celebrating local culture and produce. Many of these events are dog-friendly, allowing your furry companion to join in on the festivities.

5. Dog-Friendly Cafes and Restaurants: Many cafes and restaurants are dog-friendly - often with outdoor seating areas. Enjoy a meal or coffee break with your dog by your side while soaking in the autumn ambiance.

6. Dog Sports and Activities: Engage in dog sports and activities such as agility, flyball, or obedience training. Many clubs and facilities across New Zealand offer classes and events where you and your dog can learn new skills and bond together.

No matter which activities you choose, autumn in New Zealand provides abundant opportunities for you and your doggo to enjoy the great outdoors and create lasting memories together.

Much love from all the team at K9 Heaven. Helping build better, happier, healthier dogs. www.k9heaven.co.nz

Distance Families: Become a 'booker'

"It is not distance that keeps people apart, but lack of communication."

Anonymous, cited in Ana McGinley's 'Parental Guidance: Long Distance Care for Aging Parents'



On a visit to South Africa, I remember talking with a local woman who complained she couldn't phone her New Zealand-based father whenever she felt like it. He'd chosen to leave his African homeland, and she saw it as her right to speak with him whenever she was inclined. It didn't matter if it was early morning or late at night in New Zealand. I was aware from my research that well-functioning South African Distance Families are 'bookers'. In other words, they proactively create communication routines that all parties agree on. Knowing the family dynamics back in New Zealand, I gently suggested she become a 'booker'. She wasn't impressed.

One solution to Distance Family communication dilemmas, especially

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if you're the away generation with children, is to embrace the role of Communication Traffic Officer and become a 'booker'. Imagine yourself standing in the centre of an intersection, fully conversant with time zone restrictions and deciding who can drive (or talk) and when. Expats and migrants may resent this responsibility, but the advantage is that much of the time you're in control, and that's a handy place to be. If family from afar experience an urge to ring you at what might be an inconvenient time, they're less likely to do so if they know they're 'booked' to talk in a day or two.

Of course, chat routines don't have to be regimented. I'm also a fan of random potluck calls. In fairness, I receive them more than I make, but either way, each party knows that if the time isn't right... speak up. I view random potluck calls as a Distance Families bonus extra.

Helen Ellis, M.A. is a researcher, author, anthropologist, veteran of Distance Parenting & Grandparenting, Founder of DistanceFamilies.com and Hobsonville Point resident. She is the author of Being a Distance Grandparent and Being a Distance Son or Daughter, the first books of a three part intergenerational book series highlighting the 'how it is' and 'how to' of Distance Families. She will publish Being a Distance Grandchild in 2025. Please visit the SHOP page at DistanceFamilies.com.

Boosts access to energy coaching scheme

A free energy coaching service that has helped vulnerable households save hundreds of dollars on their power bills will receive funding from Auckland Council to double its capacity across the region.

The grant of \$30,000 is funded by the Long-term Plan Climate Fund and will provide EnergyMate with additional support for electricity consumers experiencing energy hardship. This initiative will enable eligible Aucklanders to reduce their power bills and live in warmer, drier homes while reducing household emissions.

EnergyMate employs specially trained community-based financial mentors to visit homes of eligible whānau and advise in areas like heating, lighting, hot water, shower flow, and efficient appliance use. Families are referred to the service directly from energy retailers and through community partners, EcoMatters Environment Trust in west Auckland. EnergyMate coaches also connect consumers



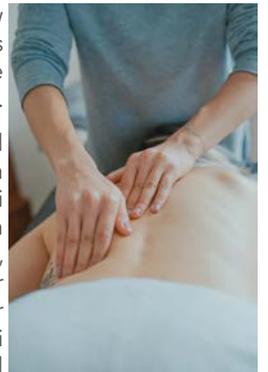
with their power company to ensure they're on the best plan and payment terms for their needs. They also help them understand their electricity bill and organise community workshops showing people how to get the most out of their power.

EnergyMate helps to keep bills affordable; 30 per cent of households made a positive change with their power company after a coaching visit and 67 per cent saw a reduction in their power bills. For more information visit www.energymate.nz.

Experience a Reiki session

Reiki is a word a lot of people have now heard of, but not everyone really knows what Reiki is. Reiki comes from a Japanese word meaning "Universal Life-force Energy".

A Reiki session is performed by a trained Reiki Practitioner who has received an attunement and training from a Reiki Master. A session usually last for about an hour, the recipient remains fully clothed, and the Practitioner gently places their hands on various parts of the body (or just above the body) and allows the Reiki energy to flow. The hand positions used have been designed to cover all the major organs and chakras.



During a Reiki session, everyone will experience it different way, some of the common experiences are heat, coolness, tingling, some may not feel anything, that is also perfectly normal. Most people feel very relaxed after the session and it's not uncommon for people to fall asleep during the session. It has been thought that an hour's Reiki session is similar to 8 hours sleep.

Reiki has become very popular in hospitals, rest homes and is used at palliative care centres. Studies have shown that Reiki can assist people with cancer and other illnesses.

Animals love to receive Reiki. There are various practitioners who work on animals such as horses, dogs and even cats.

Today, there are many forms and variations of Reiki, at Astramana™ Healing Services we offer the following styles of Reiki: Usui, Holy Fire iii Reiki and Karuna®, Gendai and Komyo Reiki (the latter two are Traditional Japanese Reiki). We offer classes in these methods of Reiki. Feel free to view our website to see what classes we have available. If you have a group of friends interested in learning Reiki, reach out to us and we will be happy to arrange an exclusive class for you and your friends.

Astramana™ Healing Services, was founded by International Reiki Master-Teacher Jason Mackenzie. Having practised and taught Reiki here in New Zealand and internationally for over 20 years, he would

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like to introduce you to the stress-free art of Reiki. Regular classes are available for those who wish to learn and a mobile service is available for those who wish to receive a treatment.

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.

Scam help

There are plenty of scams around, but also ways to get help. Have you lost money in a scam? Have you received threats online? Contact NZ Police at 105.police.govt.nz. Has someone accessed your device without your permission? Contact CERT NZ at cert.govt.nz/individuals/report-an-issue or call 0800 2378 69, or contact NZ Police. Have you stumbled on a scam website? These can be hard



to tell apart from the genuine websites - If you stumble across a website offering free gifts or amazing deals on popular consumer items that seem too good to be true, contact CERT NZ or Netsafe at netsafe.org.nz. If your business email account has been accessed by someone without your permission and is using it to issue scams or cyber-attacks, contact CERT NZ.

If your device is infected by malicious software sent to your device through attachments and links, contact CERT NZ or contact DIA at dia.govt.nz/Spam-Complain-About-Spam and fill in the online content complaint form. If you receive spam and nuisance text messages from someone, contact DIA by forwarding the message to the free shortcode 7726. If you receive spam emails that attempt to get you to provide them with your personal information ("phishing") contact DIA or CERT NZ. If you receive an unexpected phone call that seems suspicious, contact your telecommunications provider as well as Netsafe. For further information on reporting spam phone calls, visit the tcf.org.nz/consumers/digital-living/stay-safe-online/phone-scams.

If you're looking for information and advice for yourself or others caught up in scam, or to ensure you remain safe in the future, contact Netsafe.

For tips on how to make smart purchase decisions and guidance on confidently dealing with things if they go wrong, contact Consumer Protection (consumerprotection.govt.nz) who advise New Zealand consumers to be knowledgeable, protected and empowered

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through consumer rights information and education. If you think you've been scammed, stop all contact with the scammer, do not make any more payments, and contact your bank or the service you sent money through. Don't feel embarrassed - most people have been scammed at some time.

Unlock the healing powers of hydrotherapy

In today's fast-paced world, finding moments of tranquility and relaxation is essential for maintaining our well-being. Trueform Spa Pools offer more than just a luxurious escape; they provide a myriad of health benefits that can transform your life. From easing muscle tension to promoting better sleep, the therapeutic effects of hydrotherapy are truly remarkable.



Relaxation and Rejuvenation - Life can be hectic, but Trueform Spa Pools offer a sanctuary where you can unwind and rejuvenate both body and mind. Hydrotherapy, which combines heat, buoyancy, and massage, is known to relax muscles, improve circulation, and alleviate pain and tension. Whether you're seeking relief from back pain or simply craving some R&R, a soak in a Trueform Spa Pool is the perfect solution.

Arthritis Relief - For the 647,000 New Zealanders affected by arthritis, Trueform Spa Pools offer much-needed relief. The warm, soothing water can help relax joints and muscles, reducing stiffness and discomfort. With regular use, spa therapy can keep joints moving, preserve strength, and protect against further damage, providing a natural alternative to prescription medications.

Healing for Farm Workers - In the heart of New Zealand's agricultural landscape, farm workers toil tirelessly to sustain our nation's economy. Yet, their demanding work often takes a toll on their bodies, leaving them in need of restorative care. Trueform Spa Pools provide much-needed relief by relaxing muscles, improving circulation, and alleviating tension. For farm workers who spend long hours in physically taxing conditions, a soak in a spa pool is not just a luxury—it's a vital investment in their well-being.

Enhanced Sleep Quality - A good night's sleep is essential for overall health and well-being. Trueform Spa Pools can help you achieve deeper, more restful sleep by promoting relaxation and lowering

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your body's internal temperature. As your core temperature drops after leaving the water, your body signals that it's time to sleep, leading to a more peaceful slumber.

Cardiovascular Health - Immersing yourself in water up to your neck, as offered by Trueform Spa Pools, provides a cardiovascular workout that keeps your heart healthy. The pressure of the water increases cardiac volume, helping to improve circulation and lower blood pressure. For those at risk of heart disease or hypertension, regular spa sessions can be a valuable addition to their health regimen.

Weight Management and Diabetes Control - Studies have shown that regular spa sessions can aid in weight loss and help regulate blood sugar levels in individuals with diabetes. By simply soaking in a Trueform Spa Pool for 30 minutes, six days a week, participants were able to achieve significant improvements in their health without altering their diet or exercise routine.

Skin Cleansing and Headache Relief - The heat from Trueform Spa Pools opens up pores, allowing water to cleanse the skin of impurities and toxins. Additionally, the relaxation and warmth provided by spa therapy can help reduce headaches by dilating blood vessels and alleviating pressure in the head.

Boosted Self-Esteem and Reduced Anxiety - Feeling good about yourself starts from within, and Trueform Spa Pools can help enhance your self-esteem and confidence. By providing a moment of relaxation and rejuvenation, spa therapy can uplift your mood and alleviate anxiety, leaving you feeling more positive and self-assured.

Experience the transformative power of hydrotherapy with Trueform Spa Pools. Whether you're seeking relief from physical ailments or simply craving a moment of serenity, our spa pools offer a sanctuary where you can truly unwind and embrace a healthier, happier lifestyle.

Discover the difference Trueform can make in your life today.

Warren Leslie - Managing Director, Trueform Spa Pools www.trueformspas.co.nz.

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Primary Duty of Care - Part 2

In the March issue of this two-part report, we examined the duties of business owners, directors, and senior managers regarding health and safety at work.

In this second part, we want to explore how best to meet these requirements to identify ways to improve H&S compliance, enhance well-being in the workplace, and minimise the overall risk of adverse events.

We now know that as a PCBU and/or as an officer of a PCBU you have to ensure, so far as reasonably practicable, the health and safety of your workers; and other workers whose activities you influence or direct.

There is a lot involved, much to know and do, information to be documented, records to be kept, and workers to be engaged and encouraged to participate in health and safety. Essentially, you need a plan. Health and safety is a critical part of running a business. No matter what you do, or your business structure, having a health and safety plan allows you to see the big picture, as well as identify the details that keep your people safe and reduce your risk.

At Securo, we believe the best way to structure a health and safety plan that will work for you is to establish a comprehensive health and safety management system that covers all requirements - the Health and Safety at Work Act 2015, health and safety regulations and best practice.

As clients, you have your own customised Securo H&S Management Systems Manual (hard copy and electronic), which covers all eight areas of a robust Health and Safety System and is aligned to the requirements of the Health and Safety at Work Act 2015. (HSWA):

Section 1 - PCBU commitment to safety management practices

Section 2 - Planning, review and evaluation

Section 3 - Hazard identification, assessment and management

Section 4 - Information, training & supervision

Section 5 - Incident/, injury and illness reporting, recording and investigation

Section 6 - Worker participation in health and safety management

Section 7 - Emergency planning and readiness

Section 8 - Protection of workers from on-site work undertaken by contractors and sub-contractor.

Clients also have continuous access to the Securo online electronic system, which includes our Documentation Library with an extensive

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range of forms, plans, records and templates. Through this portal you can source the Securo app, safe operating plan templates and most importantly the Securo electronic hazard management tool.

This last feature, which is particularly useful, allows you to easily identify the hazards in your workplace, select from over 200 generic hazard templates, assess the likelihood and consequences of a hazard, put controls in place and document all the work into a comprehensive hazard register.

The core of an effective H&S management system rests within three main parts:

Leadership - Discuss the H&S policy with workers and emphasise the organisations commitment to health and safety.

Demonstrate at every opportunity that health & safety is the No 1 priority in the workplace.

Worker Engagement and Participation- The HSWA requires all PCBU's to engage with workers on matters that may affect their health and safety. This includes giving them the opportunity to participate and raise any concerns they may have about health and safety. Regular toolbox meetings with workers are a good forum for this.

Hazard Management - You need to understand what hazards exist in your workplace. These need to be identified, assessed and controlled. Participation of all workers in this process should be encouraged. The above mentioned Securo hazard management tool facilitates this very well.

The role of the Securo consultant:

Your Securo consultant will work with you in the planning process, assist in the implementation of your H&S Management system, and help you stay on top of things.

To keep well informed of what is going on in your workplace and the wellbeing of your staff, it is important to monitor H&S issues such as:

- Near misses, injuries, incidents, and work-related ill health.
- Hazard reviews, newly identified hazards, and associated risks.
- Absence rates due to general sickness.
- Injury and ill health leave related to work.



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- Results of exposure monitoring, such as noise levels or chemical exposure.

You may also want to consider an annual overall audit of your facility and documented system to obtain an independent perspective as well as identify any weaknesses in your processes and systems.

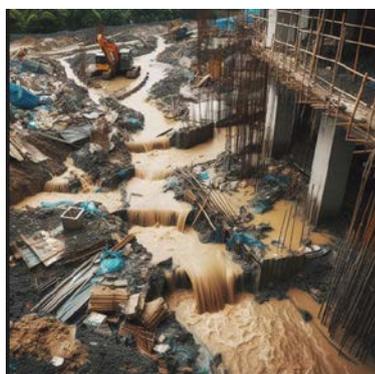
We want to work together, with everyone engaged and participating, to ensure we all come home from work healthy and safe each day.

If you have any concerns around this topic or other Health & Safety matters, you contact John Riddell Securo Consultant by emailing securo4@securo.co.nz or by checking out www.securo.co.nz.

Developers get smarter with sediment control

Developer adherence to sediment control regulations on construction sites has rocketed up to 80 per cent compliance from 10 per cent since the introduction of Auckland Council's Closing the Gap programme in 2019.

Since 1 July 2023, 80 per cent of first site visits passed inspection while 20 per cent were issued either abatement and/or infringement notices.



Auckland Council's Compliance Manager Adrian Wilson says the programme focuses on proactive rather than reactive compliance, to prevent sediment from entering our waterways. A team of four programme officers is funded through the Water Quality Targeted Rate (WQTR) and visit over 1200 sites a month to ensure appropriate controls are in place.

"Excess sediment is one of Auckland Council's major environmental concerns, and this initiative has targeted thousands of small development sites across the region, to ensure regulations are being followed," says Wilson.

"The latest data shows our work to reduce the cumulative effect of widespread industry poor practice is paying dividends."

Auckland Council's Chair of the Planning, Environment and Parks Committee Councillor Richard Hills says that with between 10,000 and 12,000 new builds each year, the increasing risk of sediment discharge into Auckland's waterways and coastal areas is significant.

"The success we've seen since the Closing the Gap project began is directly linked to the relationship our officers have built up with the building sector. It is pleasing to see the industry respond so



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positively to the programme," adds Hills.

Why now is a good time to be working on your business

The New Zealand economy is technically in a recession. Many businesses are doing it tough, especially if they are in retail, hospitality, construction or any businesses that support the public sector. Interest rates remain high with little relief expected until at least the end of 2024.

So why is now a good time to be working on your business?

Remember when business was booming, and you were too busy to work on your business? Now that business is in a slow period, you have more time to do the things that you have always put off to later.

Businesses that spend the time now improving their businesses will have a head start on businesses that are in a hibernation phase, and will be in a stronger position to grow once the economy starts to heat up again. The focus should be on productivity and working smarter, rather than just adding additional labour hours once you get busier.

Areas of the business to work on could include:

Systems - Review the systems you currently use in your business. Is there some additional functionality you could be taking advantage of? Do your staff need additional training on how to get the most out of your systems? Are your systems no longer fit for purpose?

Processes - Are your processes documented? This allow for all staff to be following the same process, easy on boarding of new staff, and for a business to be able to run without the owner being present. Are there any processes that are not running smoothly that need to be adjusted? Is there any staff training required to upskill the team?

Marketing materials - Do your marketing materials need a refresh? Are you being consistent with your marketing so that you remain visible when your customers are ready to buy again? Are you keeping in touch with your existing customers (eg newsletters, social media posts, phone calls) to keep them engaged and up to date with your products/services?

Great businesses never stand still. They are always looking for ways to be better. Now is a great time to involve your team, and to spend the time working on improvements while you have the time. The economy will improve. Customers will come back if you have a desired product / service and great customer service. Get ready now.

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.

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