

'Grow a Row' & help feed locals

Locals with green thumbs, or anyone who wants to learn how to garden, are being urged to get involved in the new 'Grow a Row' project by South Kaipara Good Food (SKGF).

They can do so by growing an extra row of kai in their garden - and SKGF can even provide the seedlings.

The local charitable trust has a team of staff and volunteers who are working hand-in-hand with the community to address food insecurity by encouraging those in need to be more food self-sufficient.

"We are getting no let-up in demand for kai packs as the cost of living and job losses continue to bite," says SKGF chief executive Gemma Donaldson.

"We currently prepare and distribute over 115 packs each week and our Kai Assist team are seeing 10 to 20 additional whanau arrive at our Kai Hub each week needing food. We are supporting people who have never needed help with food before. The cost-of-living crisis is hitting our whole community hard."

Gemma says SKGF is committed to ensuring all its kai packs contain plenty

of healthy food, "but higher costs are impacting us too. We currently spend a third of our food budget providing fresh fruit and vegetables."

Anyone who has a garden at home already can help by growing an extra row to donate.

"If you are already planting a garden with fresh produce for your family, why not just add a row of kai to give back to your local food organisation?" suggests Gemma.

"Things we go through a lot of and would be really useful for you to grow for us are veges like pumpkins, kumara, potatoes, silverbeet, spinach, cabbage, broccoli and cauliflower.

"We also gratefully welcome excess fruit."

SKGF can provide seedlings for anyone who has the time and garden space for an extra row.

Its new Mihirau Greenhouse development, a 700m² free-leased greenhouse on the outskirts of Helensville is being used to raise seedlings (see June *Helensville News*).

"These seedlings are available to anyone who wants to join our Grow a Row initiative - just get in touch and we will arrange the rest," says Mihirau project lead, Andrea Sugar.

"We can also help anyone who wants to take part but who is not a confident gardener or is a newbie. I love helping people



learn to grow kai.

"I think there is a generation who have lost the education around growing food, as vegetables were so cheap in New Zealand before this cost-of-living crisis," she says.

"This project helps because part of that cost is going to be absorbed by us, and that makes it so much easier."

Mihirau and Grow a Row are just two of the latest initiatives by SKGF.

The organisation also recently brought on a Kai Rescue co-ordinator, longtime volunteer Amisha O'Brien, to bolster its work to redirect food from the landfill and into kai packs.

"Collecting food that can be rescued, redirecting it to fill kai packs and benefit our local community, fills my heart," says Amisha.

"Choosing to feed people before pigs (which is where excess, left-over food was going) and keeping food out of landfill is making such a difference to the quality of our kai packs."

SKGF has numerous regional and national contacts and often receives bulk rescued food. But it would love to redirect more local food from the landfill into kai packs too.

Any businesses with excess food are welcome to reach out to Amisha.

"We have local cafes who freeze leftovers for us, we have local vege growers who sent us crates of produce - it all finds a happy home instead of being chucked in the bin," says Gemma.

"Food insecurity is not something that is going away and we need to think a bit longer-term.

"SKGF is working hard to alleviate food insecurity for our local people, but a whole-community approach is central to this. Our volunteers and local funders and donors are crucial to our mahi.

"Grow a Row is another way locals can help our community become more resilient and help us fill hungry bellies in a sustainable way."

Anyone able to help with Grow a Row should email Andrea at: seedlings@skgf.org.nz, or Kai Assist team lead Katherine at: referrals@skgf.org.nz.

Food can be donated to South Kaipara Good Food any time; that can be organised online at: skgf.org.nz or by emailing Amisha O'Brien at: kairescue@skgf.org.nz.



• Planting seedlings at the opening of the Mihirau Greenhouse

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editorial

And now for something completely different - an issue of *Helensville News* which doesn't have much in the way of news! But what we do have is a pretty comprehensive listing of clubs, sports groups and community organisations in the South Kaipara. Many of these are facing similar problems - static or falling memberships, and difficulty attracting new members or volunteers. Community organisations in particular do a huge amount for our area, but they rely on us locals to keep them running.

This should be a valuable resource for those new to the area and unaware of the wealth of things to take part in, and for longer-term residents keen to take part in a community activity but not sure where to start. Information is as supplied, and we cannot vouch for its accuracy.

- Dave Addison, Editor
dave@helensvillenews.co.nz

Community & Service Groups

■ Art Centre, Helensville

Contact: Yvonne Abercrombie

Phone: 09 973 0852

Email: manager@artcentrehelensville.org.nz

Web: www.artcentrehelensville.org.nz

Year Formed: Art Kaipara 2004

Membership: 66 (Art Kaipara)

Age or Sector: All

When Meet: Board meeting monthly.

Where Meet: The Art Centre, War Memorial Hall basement.

Purpose: A community art space committed to seeing creativity thrive in Helensville and supporting local artists from all backgrounds.

Retail locally crafted jewellery, objects, and art. The workshop room is available to rent for classes, and there are two gallery spaces available for hire for artists wanting to hold solo exhibitions - forms on the website.

Formal or Informal: Elected committee. Art Kaipara is an incorporated society.

Fees/Subs: \$20, age 16 or under \$10.

Events: Monthly exhibitions and opening evenings free to everyone; workshops and creative classes covering ceramics, painting, printmaking, stitch and crafts; artist talks; holiday programmes. Annual Arts in the Ville Labour weekend event. Regular after school classes for children.

Comments: Our position in the heart of Helensville's main street makes the Art Centre ideal for anyone interested in the arts.



■ Coastguard Kaipara

Contact: Richard Downer

Phone: 027 277 7735

Email: richard@coastguardkaipara.org.nz

Year Formed: 1979

Age or Sector: 18 to 80 years.

When Meet: Tuesdays 7pm to 9pm.

Where Meet: Kaipara Marine Rescue Centre, 85 Springs Road, Parakai.

Purpose: Marine search and rescue. Training and upskilling to make a difference when needed. Community education.

Formal or Informal: Formal

Fees/Subs: Nil

Charity: Yes

Comments: Dry



and wet

volunteers required - anyone looking to get involved can join in on one of the Tuesday night training sessions. If you have skills maybe we can add to them; if you're just starting out then come along and find out what Coastguard is all about.

■ Citizens Advice Bureau (CAB) Helensville

Contact: Rani Timoti

Phone: 09 420 7162

Email: helensville@cab.org.nz

Web: www.cab.org.nz

Year Formed: 1991

Membership: 12 volunteers

Age or Sector: All ages.

Purpose: At the CAB we try to help people to know and understand their rights and obligations and how to use this information to get the best outcomes;

provide people with

the confidence and

support they need to

take action; and work

for positive social change within communities and wider society. We provide a free and independent service to all.

Formal or Informal: CAB North Shore/Rodney board and managers meetings.

Charity: Yes

Comments: Open 10am-1pm Monday to Friday at 16 Commercial Rd, Helensville. A variety of



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Jana Mills



Community & Service Groups

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community groups book and meet at our venue including the Community Support Network (COMSUP) Group.

■ EveryKid

Contact: Josh Grimstock
Phone: 022 061 3233
Email: admin@everykid.org.nz
Web: www.everykid.org.nz
Year Formed: 2024
Age or Sector: School age children.



Purpose: To ensure underprivileged children and youth get the same opportunities in sports, art, and music by covering membership fees, uniforms and equipment.
Events: Fundraising sausage sizzles.
Charity: Yes
Comments: We work with schools to identify those in need, but parents can email us or contact their children's school if they have questions. Donations can be made via our website or Givealittle page.

■ Helensville Agricultural & Pastoral (A&P) Association

Contact: Show manager
Phone: 021 529 689
Email: info@helensvilleshow.co.nz
Web: www.helensvilleshow.co.nz
Year Formed: 1900
Membership: 95

Age or Sector: General public, any age.
Purpose: To promote the interests of agriculture and farming in the district; to administer the showgrounds venue; and running the annual Show.
Formal or Informal: Formal structure with elected Executive Committee.
Fees/Subs: Annual membership \$40.
Events: Annual Helensville Show held on the last Saturday each February, horse treks.
Charity: Yes
Comments: The Association has hall hire available, plus key hire for horse riding on the showgrounds. Contact the office for further details.



■ Helensville Community Church

Contact: Rev Dr Tienie Bekker
Phone: 022 307 7237
Email: revbekker@gmail.com
Year Formed: 1888 (first Hvl Presbyterian Church)
Membership: 25
Age or Sector: All ages, everyone welcome.
When Meet: Sundays 10.30am
Where Meet: 40 Mill Road, Helensville.
Purpose: To support members of the community and the church in their emotional and spiritual

wellbeing.

Formal or Informal: Informal meetings on a Sunday. Have a formal Eldership.
Events: Special events are held throughout the year and are announced at Sunday meetings.
Charity: Yes
Comments: Part of the Norwest Presbyterian Churches.

■ Helensville Freemasons (Duke of Albany Lodge)

Contact: Tony Petrie (Secretary)
Phone: 09 412 8865 or 027 837 9551
Email: dukeofalbany.lodge@freemasons.org.nz
Year Formed: 1884
Membership: 30

Age or Sector: Men aged 21 and over.
When Meet: Fourth Wednesday of each month (except December & January).
Where Meet: Masonic Centre, Kowhai St Helensville.
Purpose: Worldwide fraternity of men interested in the betterment of themselves, their families and the community at large. The watchwords of the order are Brotherly Love, Relief and Truth.
Formal or Informal: Formal monthly meetings.
Fees/Subs: \$290 annual dues plus personal donations.
Comments: The Lodge was consecrated in Helensville in 1884. Named after Queen Victoria's youngest son, Prince Leopold, The Duke of Albany, who passed away that year. We are proud of the fact the Lodge has been meeting practically every month for the past 131 years - and still going strong!



■ Helensville Healing Rooms

Contact: Mike Stanton
Phone: 027 605 8225
Email: mike.outboards@gmail.com
Year Formed: 2018
Membership: 3

Age or Sector: All ages.
When Meet: First and third Saturdays of the month, 11am to midday.
Where Meet: Outside rooms, River Valley Baptist Church, Parakai
Purpose: We welcome all people, and are available to support with prayer anyone in our community who feels they need help with anything in their life that they need healed. No appointment is needed, and free of charge.
Formal or Informal: Informal.
Fees/Subs: Free.
Comments: We are a Christian-based organisation affiliated to Healing Rooms NZ. More information can be found on the web under 'Healing Rooms Ministries'. If you would like to help come visit us.



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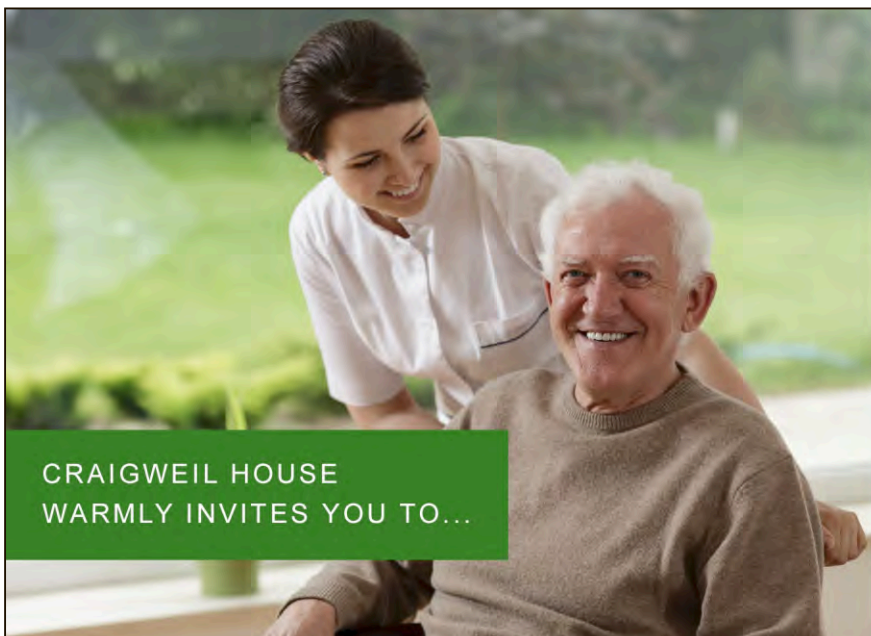
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Community & Service Groups

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■ Helensville Railway Station Trust

Contact: Scott Osmond 021 0261 4495
Sheryl Walker 09 420 7126

Phone: 09 420 8961 (museum)

Email: helensvillerailwaystationtrust@gmail.com

Web: www.helensvillerail.org.nz

Year Formed: 2008

Membership: Enquire with trustees.

When Meet: Trust and committee meet monthly.

Where Meet: Helensville Railway Museum

Purpose: To preserve Helensville's historic railway station and museum, and promote the history of the station and the North Auckland railway. To promote, understand and preserve the history, heritage and intrinsic values of the Helensville railway serving the Kaipara district since 1875.

Formal or Informal: Elected trustees.

Charity: Yes, registered.

Comments: Helensville Railway Station Trust owns and maintains the Helensville Railway Station building, built in 1881. It also operates the Helensville Railway Museum which features a working railway model of the Helensville railway station and environs in the mid twentieth century, plus other interesting railway displays.

For museum opening times refer website. Groups welcome at other times by arrangement.

Café at the railway station open Tuesday to Sunday; shops open Wednesday to Sunday.



■ Helensville Women's Institute

Contact: Verna Healy or Hilda Reaves

Phone: Verna: 021 055 0209 or 09 420 7088
Hilda: 09 420 7106

Email: v.healy9@gmail.com

Year Formed: 1931

Membership: 15

Age or Sector: All women.

When Meet: First Thursday of each month at a variety of venues.

Purpose: To encourage and support all women in their communities.

Formal or Informal: Informal

Fees/Subs: \$40 per year.

Events: Outings to interesting places and/or cafes.

Charity: Yes

Comments: Community services include knitting or crocheting for Waitakere Hospital, the dialysis unit, and rest homes; making calico dolls for Starship Hospital; supporting various charities.



■ Kaipara Memorial RSA (Inc)

Contact: Rex Keane, President

Phone: 027 293 2768

Email: kaipararsa@xtra.co.nz

Web: www.kaipararsa.co.nz

Year Formed: 1934

Membership: 200-250

Age Sector: 18 and over.

When Meet: 4pm opening, Wednesday, Thursday & Friday.

Where Meet: RSA, 49 Commercial Rd.

Purpose: The RSA movement provides for the well-being of ex-service people and their families. The RSA opens its doors to welcome anyone who would like to join a family-friendly organisation providing a safe environment for members and families alike.

Formal or Informal: Formal, elected committee, monthly meetings.

Fees/Subs: Range to \$50.

Events: Anzac Day, Melbourne Cup Day, quiz nights, bands, dances, dinners.

Comments: Dining available from 6pm Wednesday, Thursday, and Friday. Available for private functions on weekends, Ts & Cs apply. You do not need to have served in the armed forces to join.



■ Kaukapakapa Area Residents & Ratepayers Assn Inc

Contact: Marilyn Dwyer (secretary)

Phone: 027 246 0438

Email: secretary@kaukapakapa.org.nz

Year Formed: 1992

Age or Sector: All ages.

When Meet: Quarterly - first Thursday in March, June, Aug & Dec, or special meetings as required.

Where Meet: Varies

Purpose: To serve as a communication link between our community and local board representatives. To help run community projects for the benefit of our village.

Formal or Informal: Formal committee.

Comments: KARRA involves itself in a range of projects within the community to improve the township for the residents and serves as one of the points of contact for the Local Board, seeking input on projects the community want in the area.



■ Kaukapakapa Emergency Network

Contact: Nicola Towersey

Phone: 021 129 2679

Email: nic.towersey@gmail.com

Web: Facebook: Kaukapakapa Emergency Network

Year Formed: 2023

Where Meet: Emergency Hub, Kaukapakapa Bible Chapel, 1065 Kaipara Coast Highway, Kaukapakapa.

Purpose: Supporting local residents during emergencies with information, emergency accommodation, temporary power and food.



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Community & Service Groups

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■ Kaukapakapa Playcentre

Contact: Melissa Quinlivan (coordinator)

Phone: 027 880 5496

Email:

kaukapakapa@playcentre.org.nz

Year Formed: 1976

Membership: 12 families

Age or Sector: 0-6 years.

When Meet: Tues, Wed, Fri 9am-midday.

Where Meet: Kaukapakapa Playcentre, Sinclair Park, Macky Road.

Purpose: Kaukapakapa Playcentre is a parent-led early childhood centre which offers high quality education for children in small mixed-age groups. Playcentre also offers free parenting and early childhood education for parent members. We have a well equipped centre with a strong community following.

Formal or Informal: Formal.

Fees/Subs: \$40 per term per family.

Events: Open days each term, internal events for our families, support of local events such as Kaukapakapa Christmas in the Park.

Charity: Yes

Comments: We invite you to three free visits with your child to experience play the Playcentre way. Check our Facebook page to see what we have been up to.



■ Kaukapakapa Scout Group

Contact: Graeme Hounsell

Phone: 027 462 0675

Email: ghounsell@xtra.co.nz

Year Formed: 1980

Membership: 84

Age or Sector: 5 to 18 years.

When Meet: Cubs Mondays, Keas and Scouts Tuesdays.

Where Meet: Kaukapakapa Hall.

Purpose: Promotes youth development and life skills through adventure activities.

Formal or Informal: Formal.

Fees/Subs: \$130 per term.

Events: Regular camps and weekend activities.

Charity: Yes



■ Kindred Family Services

Phone: 09 420 7992

Email: info@kindredservices.org.nz

Web: www.kindredservices.org.nz

Age or Sector: All community.

Where Meet: 104 Commercial Rd, Helensville. Open 9am to 3pm, Monday to Friday.

Purpose: Kindred Family Services offers Counselling,



Family Harm Support, Women's Refuge and Women's Refuge 24/7 Line, and Community Programmes. Serving Auckland's West Rodney and South Kaipara regions, our services work towards building a flourishing community free from trauma and harm.

Charity: Yes, not for profit organisation.

■ Lions Club of Helensville

Contact: Chris Clark

Phone: 027 646 3324

Email: helensvillelions@gmail.com

Year Formed: 1962

Membership: 25

Age or Sector: 18 and over.

When Meet: Second (business meeting) & fourth (social meeting) Mondays of the month.

Where Meet: Lions Lounge, Rautawhiri Park.

Purpose: For men and women of all ages, from all walks of life who want to make a difference to their community by donating their time and talents, while enjoying the fellowship of like minded people.

Events: Monthly Helensville Village Market, catering for officials at the Helensville A&P Show, twice yearly Book Fair.

Charity: Yes, all funds are handled by the Lions Club of Helensville Charitable Trust.

Comments: There are 312 Lions Clubs in New Zealand with 8,250 members, who are part of a worldwide network of 1.4 million Lions in over 208 countries. Clubs are autonomous, the decisions made about community projects and needs are made by people at grass root level. We are a hands-on club and actively work alongside the local organisations we support. All money raised by Helensville Lions goes back into the Helensville community. Our motto is: 'We Serve'.



■ Northwest Country Inc

Contact: Danielle Hancock

Phone: 020 4002 7008

Email: manager@northwestcountry.co.nz

Year Formed: 2014

Membership: 465

Age or Sector: Business.

When Meet: Bi-monthly.

Where Meet: 103C Mill Road, Helensville.

Purpose: Your local business association to support a thriving business community.

Formal or Informal: Formal

Fees/Subs: Those within a commercial land zoning have no membership fees. Those outside our area can join as an associate member for \$300 +gst pa.

Events: We have a biennial Business Awards, and regular competitions through the year. We run a range of training events for members with added networking event opportunities.



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Community & Service Groups

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Charity: Not For Profit.

Comments: Northwest Country is here to serve the business community with whatever it needs to be at its best. We have a range of free tools and services for members including free marketing opportunities.

■ Our Village - Northwest

Contact: Kayla Clements

Phone: 022 039 2096

Email: ourvillagenorthwest@gmail.com

Web: <https://tinyurl.com/OurVillageNorthwest>

Year Formed: 2021

Age or Sector: All ages from newborn to seniors.

When Meet: Thursdays
9.30am to 1.30pm.

Where Meet: St Matthews

Church lounge, 60 Garfield Rd, Helensville.

Purpose: To share and support each other. We gather regularly in the community and do things together: like bulk cooking, folding washing or whatever is needed that week. We are trying to reinvigorate the 'it takes a village to raise a child' mentality, because it does! We also refer people to local support agencies for those needing extra tools to get them through.

Formal or Informal: Informal.

Fees/Subs: Koha based except for special advertised events.

Events: We try to host regular special events to celebrate breastfeeding, cloth nappy, fundraisers, meet local organisations. Most of these are koha based however some may have a fee attached this year.

Charity: No.

Comments: Free cloth nappy library, monthly pop-up photos, connect with locals and community organisations.



■ Parent Aid North West

Contact: Suzanne McCracken

Phone: 0800 222 402

Email: hello@parentaidnorthwest.org.nz

Web: www.parentaidnorthwest.org.nz

Age or Sector: Under 5s.

Purpose: Provide free short-term practical home help to families with babies and children under 5 years in North West Rodney, addressing the needs of parents experiencing challenging circumstances. We help with household duties, meal preparation, childcare, and can help with transport so parents can attend medical and well-being appointments.



■ Rural Women NZ (Makarau Branch)

Contact: Dianne Gray

Phone: 027 211 0300

Email: talentedgal12@outlook.com

Web: www.ruralwomennz.nz

Age or Sector: Rural women, Auckland area.

When Meet: Monthly

When Meet: Various locations

Purpose: Anything affecting

women in rural communities.

Strengthening, supporting and

connecting people and

communities.

Formal or Informal: Informal.

Fees/Subs: \$50.

Events: First aid course, cheese making course, Helensville A&P Show stand.



■ South Kaipara Landcare Inc

Contact: Ed Donald

Phone: 029 242 5262

Email: southkaiparalandcare@gmail.com

Web: southkaiparalandcare.org

Year Formed: 2001

Membership: 80

Age or Sector: All

When Meet: First

Wednesday each month.

Where Meet: Waioneke School.

Purpose: Our mission is to protect and improve the quality of the environment on South Head peninsula. Projects include planting and weeding days, an active pest control program which includes loan traps, an annual roadside clean up, supporting the annual dabchick/birdcount, plus information sharing, training and field days.

Formal or Informal: Incorporated Society with committee elected at AGM.

Fees/Subs: \$15 per household for members of South Head community.

Events: Roadside Clean Up in September, Dabchick/bird count in April, planting days in winter, roadside weeding in spring.

Charity: Yes.



■ South Kaipara Community Patrol

Contact: Danielle Silich

Phone: 021 197 4173

Email: Danielle.Silich@police.govt.nz

Year Formed: 2008 approx

Age or Sector: Ages 18+

with current driver licence.

Purpose: To help police by

being an extra set of eyes

and ears when on patrol. The

Community Patrol has a late model car equipped with orange flashing lights, safety equipment, and hi-viz jackets.

Volunteers can patrol any time, night or day, that suits them, on a monthly roster.

Comments: New patrol members needed now.

Training provided as required.



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South Kaipara Men's Trust

Tama Tu Whanau Ora

Strengthening men and their families to help build better, safer communities.



10 Awaroa Road, Helensville
(former Te Awaroa Youth Club building)

P: 027 800 8081

Hours: Monday and Tuesday 10am to 4:30pm

Community & Service Groups

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■ South Kaipara Emergency Network

Contact: Mark Dennis
Phone: 021 135 1825
Email: mark.dennis@aucklandcouncil.govt.nz
Web: Facebook: South Kaipara Emergency Network
Year Formed: 2023
Purpose: To keep the people of the South Kaipara prepared for emergencies, and to provide support and advice.
Comments: Setup following the 2023 Auckland Anniversary floods, the South Kaipara Emergency network works with Civil Defence and Auckland Emergency Management to help our townships be better prepared for emergencies and more resilient.



■ South Kaipara Good Food

Contact: Gemma Donaldson
Phone: 021 046 0830
Email: gemma@skgf.org.nz
Web: skgf.org.nz
Year Formed: 2020
Age or Sector: All
When Meet: Open weekdays, with kai collection on Tuesdays and Wednesdays.
Where Meet: Kai Hub, 11 Awaroa Rd, Helensville.
Purpose: We are a local charity working to tackle food insecurity in our South Kaipara community. We provide kai packs for anyone who needs food, run community and teaching gardens, host cooking and budgeting classes and welcome donations of cash or kai - and new volunteers.
Formal or Informal: Formal.
Events: We hold annual fundraisers and welcome community support.
Charity: Yes
Comments: Visit skgf.org.nz for contact details, upcoming events and volunteer opportunities.



■ South Kaipara Men's Trust

Contact: Mike Bridgman
Phone: 027 800 8081
Email: sthkaiparamenstrust01@gmail.com
Web: www.skmt.org.nz
Year Formed: 2004
Age or Sector: All men & their families, aged 17+.
When Meet: Monday & Tuesday 9.30am to 4.30pm.
Where Meet: Men's Centre, 10 Awaroa Road, Helensville.
Purpose: The Men's Centre works to assist fathers to be leaders within their families. To achieve this we offer a 'listening ear' drop-in facility, we provide (and can assist with) professional referrals, and we



provide various programmes.
Formal or Informal: Formal, elected Board of Trustees.
Fees/Subs: Free.
Charity: Yes
Comments: Our premises operate as a shared space with other social agencies.

■ St John Youth

• **Helensville:**
Contact: Carla Lang
Phone: 021 151 3667
Email: carla.lang@stjohn.org.nz
Year Formed: The Order of St John began in NZ in 1885, Helensville Youth Division formed 1988.
Membership: 40 approx.
When Meet: Mondays, 5.30pm to 7pm.
Where Meet: In the training room behind the St John ambulance station, Rata St, Helensville.
 • **Kaukapakapa:**
Contact: Caroline Thompson
Phone: 022 167 4823
Email: caroline.thompson@stjohn.org.nz
Year Formed: Kaukapakapa Youth Division formed 2017.
Membership: 25 approx.
When Meet: Mondays, 5.30pm to 7pm.
Where Meet: Kaukapakapa Sports and Bowling Club, 1015 Kaipara Coast Highway.
 • **Both:**
Age or Sector: 5 to 18 years.
Purpose: Development programmes for young people focus on first aid, health care, leadership and life skills, mixed with fun. They gain confidence and empathy, as well as knowledge and leadership skills. Encouraging volunteering from a young age is an important ethos in St John Youth.
Formal or Informal: Overseen by Area Committee which holds formal meetings.
Fees/Subs: \$25 joining fee, \$25 per term. One-off uniform fee \$50.
Events: Competitions, festivals, leadership training, camping weekends, Anzac Parade, community events.
Charity: Yes
Comments: St John is run and staffed by people passionate about serving their communities. Paid and volunteer members work side by side. They are driven by the desire to help their local communities by providing essential health-related services.



■ Te Awaroa Museum

Contact: Fiona Wilton
Phone: 09 420 7881
Email: info@museum.teawarora.nz
Web: museum.teawarora.nz
Year Formed: 1967
Membership: 75



• To Page 8



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Facebook: HelensvilleBowlingClub

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Community & Service Groups

• From Page 8

Age or Sector: All ages.

When Meet: Monthly executive meetings, many member events.

Where Meet: Te Awaroa Museum.

Purpose: To promote, understand and preserve the history and heritage of the district.

Formal or Informal: Elected committee, formal and informal meetings.

Fees/Subs: Single \$15; couple or family \$20.

Events: Approx monthly displays and demos; open days, etc.

Charity: Yes

Comments: Our website has information about Te Awaroa, its beginnings and when and why it became Helensville. Our archive centre has extensive

information for research including a large photographic collection. Te Awaroa Museum is open 10:30am - 1:30pm Monday, Tues & Wed, and by arrangement for group visits & research.

■ Te Poari o Kaipātiki ki Kaipara

Contact: Tamaki Mercer (chair)
Guy Wishart (deputy chair)

Email: tamaki.mercer@kaiparamoana.com
guy.wishart@aucklandcouncil.govt.nz

Purpose: A co-governance board with three members from Rodney Local Board and three members of the Kaipara Treaty Settlement entity Ngā Maunga Whakahii o Kaipara. Oversees the development, maintenance and management of Kaipātiki Reserve, Parakai.
Formal or informal: Formal.

Clubs & Interest Groups

■ Diabetes & Arthritis Support Group

Contact: Shirley Elsdon, co-ordinator
Phone: 09 420 6501
Email: mindy2@xtra.co.nz (Glenys, secretary)
Year Formed: Diabetes 2008, arthritis 2018
Membership: 27
Age or Sector: All ages
When Meet: 10am to midday, first Monday monthly (if a public holiday the following Monday).
Where Meet: At Matthew's Church, Garfield Road.
Purpose: Learning & support for diabetes and arthritis.
Formal or informal: Informal
Fees: \$4 attendance charge to cover hall hire.
Comments: We have speakers from various organisations, morning tea is supplied, and we have a trading table and raffle. We acknowledge birthdays, and have a fun socialising group.

Email: glenysosborne@hotmail.com

Year Formed: 2015 approx

Membership: 15

Age or Sector: All ages and skill levels.

When Meet: Wednesdays, 10am - midday

Where Meet: St John meeting room, Rata St.

Purpose: Associated with the 'Peggy Purl in your Community'. A friendly social group whose members make blankets, jumpers and beanies for children up to 10 years, and get advice and help on private projects. The knitted garments and blankets are given to local organisations to pass on to families and children in the area who will benefit the most.

■ Kaipara Classic Car Club

Contact: Michelle Rauner
Phone: 021 669 560
Email: kaiparaclassiccars@gmail.com
Year Formed: 1999
Membership: 34
Age or Sector: Any age.
When Meet: Thursday after 5pm.



Where Meet: Club rooms, Swale Earthmovers, Mill Road, Helensville.

Purpose: Car club for everyone interested in classic cars, hotrods, or any type of cars. We regularly hold car runs.

Formal or Informal: Informal with a committee.

Fees/Subs: \$50 per family.

Events: Car runs.

■ Kaipara Music Club

Contact: Pam Arden
Phone: 021 112 5280
Email: plarden375@gmail.com
Year Formed: 2000
Membership: Approx. 15
Age or Sector: Any age, mainly adult.
When Meet: Last Friday of the month, Feb to Nov, 12.30pm to 3.30pm.
Where Meet: St Matthews Church (room at rear of church).

■ Helensville Floral Art Club

Contact: Cushla Hawkes
Phone: 021 258 8979
Email: cushanddez80@gmail.com
Year Formed: 1978
Membership: 16
When Meet: 10am, third Thursday of each month except January.
Where Meet: Masonic Hall, Kowhai Street, Helensville.
Purpose: To share in our fun, friendship and flowers.
Formal or informal: Monthly informal
Fees/Subs: \$40 per year.
Comments: New members welcome. We do a lot of community work, such as decorating churches for Helensville's 150th anniversary, and making wreaths for the RSA for Anzac Day each year. Can provide flowers for local weddings and funerals. Members regularly enter the A&P Show. Tutors often visit for workshops. Competitions every second month.



■ Helensville Knitting Group

Contact: Terry, 021 0838 7334; Glenys, 021 165 8188, or Pat, 09 420 7506

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Clubs & Interest Groups

• From Page 6

Purpose: Aimed at people wishing to play any musical instrument in a fun environment. Music provided. Easy to play and easy listening. Friends and family welcome to join in and listen. Afternoon tea served after each meeting.
Formal or Informal: Informal.

Fees/Subs: Donation to church at end of year.

Events: End of year pot luck dinner. Occasionally members play together at other venues.

■ Mainly Music Parakai

Contact: Naomi Crawford

Phone: 027 457 8612

Email: naomi@ebenezer.co.nz

Year Formed: 2009

Membership: 35 families.

Age or Sector: Families with children aged 0-5 years.

When Meet: Tuesdays during school term, 9.30am to 11.30am.

Where Meet: River Valley Baptist Church, 1 Fordyce Road, Parakai.

Purpose: A time to enjoy music, rhyme and movement with your child/ren for 30 minutes. These sessions are designed to help the children develop skills - co-ordination, fine motor movements, large motor movement and social interaction. The adults participate in the session, encouraging their children to enter into the actions and singing. After the session, morning tea is served to children, then children play while adults enjoy morning tea and relax time.

Formal or informal: Volunteers

Fees/Subs: Two free introductory sessions, then \$2 per family per visit.

Comments: The River Valley Toy Library opens at 11am on Tuesday mornings during school terms at the same premises. See us on Facebook.



■ River Valley Country Music Club

Contact: Marion Scott

Phone: 09 420 8867

Year Formed: 1986

Membership: 60 approx

Age or Sector: All ages.

When Meet: 1pm to 4pm, third Sunday of each month.



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Clubs & Interest Groups

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Where Meet: Lions Lounge, Rautawhiri Park.
Formal or Informal: Formal committee.
Fees/Subs: Single senior \$5, couple \$10. Single adult \$7, family \$12. Door entry \$5/\$6 non-member.
Events: Artists from clubs all over Auckland visit during the year, and we do bus trips to other clubs in the region. With four other clubs we take six-monthly turns hosting all the clubs for a very busy and enjoyable day.

■ River Valley Amateur Winemakers & Brewers Guild

Contact: Paul Byford
Email: rvawbg@gmail.com

Year Formed: 1985
Membership: 20-25
Age or Sector: Any age, mainly adult.
When Meet: 7.30pm, third Tuesday of the month except January.
Where Meet: Helensville Fire Station.
Purpose: Home-based brewing of wine, beer and spirits.
Formal or Informal: Formal committee.
Fees/Subs: \$20 per year.
Events: Monthly and annual competitions, brewery and winery tours, annual regional competition at Helensville A&P Show.



■ South Kaipara U3A

Contact: Gloria Middleditch
Phone: 09 420 3007 or 021 165 8428
Email: jandgmiddleditch@outlook.com

Year Formed: 2019
Membership: 50+
Age or Sector: Age 60+.
When Meet: First Tuesday each month from 10am to midday.



Where Meet: Catholic Church Hall, Kowhai Street, Helensville.
Purpose: Part of a wider international organisation of retired and semi-retired people who enjoy learning by sharing skills and knowledge. A general monthly meeting includes a speaker from outside U3A. Current interest groups include: Book Club, Classical Music Appreciation, Food and Wine, Gardening, Mah Jong, Needles and Stitches, NZ History, Out 'n' About, Play Reading, Shared Reading, and TED Talks. Occasional outings to a range of destinations.
Formal or Informal: Elected committee.
Fees/Subs: \$20 annually.

■ Rodney Beekeepers Club

Contact: Ian Harris
Phone: 09 427 8157 or 021 910 724
Email: ian_harris@sapienter.co.nz
Web: www.rodneybeekeepersclub.co.nz
Year Formed: 2014
Membership: 70

Age or Sector: All ages.
When Meet: 7.30pm, first Wednesday of each month.



Where Meet: St Matthew's Church lounge, Garfield Road, Helensville.

Purpose: To learn more about bees and become better bee keepers. To develop friendships, foster relationships between hobbyist and commercial beekeepers, and to encourage horticulturists and those interested to join.

Formal or Informal: Formal committee.
Fees/Subs: \$40 per year family membership.
Events: The club has six hives and holds field days for training purposes.
Comments: More information online.

■ Waitoki Craft Group

Contact: Sharon Dooney or Lisa Clapperton
Phone: 021 115 8903 or 09 420 5455
Email: sharon@jumbuck.co.nz

Year Formed: 2005 approx
Membership: 20
Age or Sector: All ages.
When Meet: 7pm to 9pm every second Thursday.
Where Meet: Waitoki Hall.
Purpose: For people wanting to do any sort of craft, with an emphasis on spinning fibres such as wool, alpaca and silk.
Formal or Informal: Informal.
Fees/Subs: \$2 per evening.
Events: Classes during the year, semi-regular demos at the Waitoki market.

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Sports & Fitness Clubs/Groups

■ Fitfam Keep Fit Classes

Contact: Tanya Corric or Heena King
Phone: 022 049 1981
Email: taniacoric6@gmail.com
Year formed: 2013
Membership: 60.
Age or Sector: All ages.
When Meet: Monday to Saturday at various times.
Where Meet: 22 Commercial Road, Helensville.
Purpose: In the heart of Helensville, we are a local-run health and fitness group. Our emphasis is on maintaining a healthy, active lifestyle that allows

ourselves and our whanau to benefit into the future. We run a variety of classes throughout the week in the early morning, late morning, and afternoon/evenings. We cater to all fitness abilities and aim to make your time with the Fitfam as enjoyable as possible under safe watch and guidance from our coaches.
Events: We do activities outside the gym as well



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HELENSVILLE

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Sports & Fitness Clubs/Groups

• From Page 10

like quiz nights, Tough Guy & Gal challenges, and group activities.

■ Fitness League NZ Inc

Contact: Christine Mowat
Phone: 021 260 2190
Email: r.cmowat@slingshot.co.nz
Web: www.thefitnessleague.org.nz
Year Formed: 1937 (NZ)
Membership: 25+
When Meet: Friday mornings, 10am.
Where Meet: Various.
Purpose: Flexercise low impact exercise to music incorporating balance and flexibility - move, dance, enjoy.
Fees/Subs: First class free.



■ Helensville Bowling Club

Contact: Kelly Clark
Phone: Clubrooms: 09 420 8316
Email: helensvillebowls@gmail.com
Year Formed: 1912
Membership: 50+
Age or Sector: 14 years and over.
When Meet: Wednesdays & Saturdays.
Where Meet: Clubrooms, 38 Awaroa Road, Helensville.
Purpose: To encourage people to join and enjoy the game of bowls and the camaraderie of members.
Formal or Informal: Elected executive.
Fees/Subs: \$165 full; \$55 first year; \$85 second year; \$85 max collegiate; \$85 associate; \$30 social.
Events: Legends Open Triples, Womens Classic Fours, Terry Cullen Memorial, Ed Reyland Open Triples, Easter Mixed Pairs, Ross McMurdo Mens Fours, Hamilton Wilson Open Triples.



■ Helensville Golf Club

Contact: Sandy March
Phone: 09 420 5454 or 0800 420 545
Email: manager@helensvillegolf.co.nz
Web: www.helensvillegolf.co.nz
Year Formed: 1948
Membership: 690
Age or Sector: 5 to 95 years.
When Meet: Daily.
Purpose: To provide golfing facilities of the best standard possible to all members of the community, by providing a range of course layouts for each individual's needs.
Formal or Informal: Formal, elected committee meets monthly. Registered as an incorporated society.
Fees/Subs: Depends on age and playing requirements, varies from \$190pa for



under 13 year olds, through to \$1515pa for full playing adults. Adults can also have cheaper subs for midweek or pay-to-play.

Events: Monthly Open Tournament on the first Thursday of each month which members of any club may enter. During daylight saving we hold a twilight golf evening every Friday evening for all players, even if not a club member.
Comments: Bar and café, both open to the public, plus event facilities.

■ Helensville Pony Club

Contact: Rowena Bowman (secretary)
Email: helensvillepony@gmail.com
Web: www.sporty.co.nz/helensvillepc
Membership: 25
Age Sector: 5 to 25 years.
When Meet: Wednesday evening 5:30pm - 7pm during daylight saving months.
Where Meet: Helensville Showgrounds.
Purpose: Helensville Pony Club aims to provide quality coaching, certificates, friends, a supportive riding community, competitions, and training opportunities to suit all riders no matter where you fit in the spectrum of the equine riding environment. An adult ride caters to older riders of all abilities during summer months.
Formal or Informal: Formal committee structure.
Fees/Subs: \$210 per riding member, including accompanying adult.
Events: We hold a range of competitions throughout the season which starts with the first rally at the end of September and goes through to April. Regular ribbon and showjumping days throughout the season.



■ Helensville Rugby Club

Contact: Louise Nasmith
Email: secretary.hdrfc@gmail.com
Web: www.helensvillerrugby.co.nz
Year Formed: 1970
Membership: 270
Age or Sector: All ages.
Where Meet: Helensville Rugby Club, Rautawhiri Park.
Purpose: Passionate about making rugby accessible for the local community to be involved in, our club provides a safe and friendly environment for all. We offer boys and girls ripa and tackle rugby for juniors from ages 5-13 years, as well as senior teams.
Formal or Informal: Formal committee.
Comments: See website and Facebook.



■ Helensville Tennis Club

Contact: Annette Hemeheema
Phone: 021 622 447

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HELENSVILLE NEWS - PUBLICATION INFORMATION

■ AUGUST 2024 deadline: Tuesday, 27th July, 2024

ISSUE DUE OUT TUESDAY, August 6th 2024

■ Editorial Enquiries, Letters to the Editor, and Advertising:

Dave Addison
 Ph: 021 178 5568
 Email: dave@helensvillenews.co.nz

■ Free Subscriptions to Online Edition:

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2024 issue dates and deadlines:

Due out: Aug 6th	Copy by: July 27th
Due out: Sept 3rd	Copy by: Aug 22nd
Due out: Oct 1st	Copy by: Sept 19th
Due out: Nov 5th	Copy by: Oct 24th

- **Editorial:** Ph 021 178 5568.
- **Editor & Publisher:** Dave Addison, Helensville News (2011) Ltd, 502 Fordyce Rd, RD1, Helensville 0874.
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- **Letters to the Editor:** Should be kept to around 250 words and may be edited as space dictates.

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■ www.helensvillenews.co.nz

Sports & Fitness Clubs/Groups

• From Page 12

Email: helensvilletennis@gmail.com

Year Formed: 1914

Membership: 56

Age or Sector: All ages.

When meet: Club nights Sunday 5pm to 7pm.

Where meet: Helensville Tennis Club, Rautawhiri Park.

Purpose: To be a friendly community tennis club offering a quality range of opportunities and to provide a sports facility to enhance the health and well being of the Helensville and district's community.

Formal or informal: Formal.

Fees/Subs: Senior \$250; Junior 11-17 years \$80; Junior 4-10 years \$40.

Events: Business House Mixed Doubles, Club Champs, Interclub challenges, Lou Keefe Tournament, Senior club nights, coaching.



Formal or Informal: Informal.

Comments: More information available online at: www.sporty.co.nz/kaiparajnrntouch

■ Kaukapakapa Pony Club

Contact: Kim Batley (President)

Phone: 021 475 154

Email: kaukapakapaponyclub@gmail.com

Web: kaukapakapaponyclub.weebly.com

Year Formed: 1970

Membership: 20 under 25 riders, plus 23 adult riders, both sectors growing fast.

Age or Sector: All ages.

When Meet: Junior rallies meet on Tuesdays 5.30pm to 7.30pm from early September to end of March. The adult ride meets on Mondays from 6pm to 7.30pm.

Where Meet: Kaukapakapa Pony Club, Henley Road, Kaukapakapa.

Purpose: For young and old who have a passion for learning, riding & horsemanship skills, competing on their horses, socialising, and having fun with like-minded people. There is a 10-week course at the start of the season for children that don't have a pony or horse but want to learn horsemanship.

Formal or Informal: Formal structure with an elected committee and monthly meetings. Incorporated society.

Fees/Subs: \$250 per rider, includes NZ Pony Club Association levy and a key to the grounds for the season.

Adult Riders - \$120 includes key to the grounds and use of club equipment.

Events: Three ribbon days at Labour Day, Waitangi Day and Anzac Day. Practise Cross Country and Show Jumping days, inter-club Show Jumping events and many other events.

Comments: Club members get a key to the grounds which can be used anytime during the season an event is not being held. The grounds are available for outside groups.



■ Kaipara Cruising & Sportfishing Club

Contact: Terry Somers (Commodore)

Phone: 09 420 8466

Email: kaiparacruises@xtra.co.nz

Year Formed: 1940

Membership: 200

Age or Sector: All ages.

When Meet: Bar open Thursday to Monday.

Where Meet: Clubrooms, 72 Mill Road, Helensville.

Purpose: To support and encourage marine use of the Kaipara Harbour.

Formal or informal: Formal, elected committee.

Fees/Subs: \$98pa family, \$75pa individual.

Events: Fishing competitions, regattas, and social events centred around the Kaipara Harbour.

Comments: Club facilities include a hard stand for boats, moorings, and a slipway.



■ Kaipara Netball Centre

Contact: Tania Stokes

Email: kaiparanetball.info@gmail.com

Age or Sector: All ages.

When Meet: Monthly committee meetings.

Where Meet: Kaipara Netball Centre, Rautawhiri Park, Helensville.

Purpose: Kaipara Netball provides winter and summer league competition and development for our community, clubs, and schools, including junior, intermediate and adult age groups.

Formal or informal: Formal, elected committee.

Fees/Subs: Please check.

Events: Juniors (Year 1-6) play on Saturdays, Intermediates (Years 7 & 8) on Friday evenings. There is a twilight summer league competition for mixed adults on Wednesday evenings. Give it a Go Day. End of season prize giving. Workshops for coaches and managers, and umpires. Player development programme. Pre-season tournament.

Comments: Juniors and Intermediates play a 13-week season.



■ Matsubayashi Ryu Karate

Contact: Tim Herlihy

Phone: 021 254 4272

Email: timgodan@gmail.com

Year Formed: Teaching karate in Helensville since 1995.

Age or Sector: 16 years and older.

When Meet: Monday evenings.

Where Meet: Helensville Scout Hall, Kaipara Crescent.

Purpose: Development of karate techniques to promote balance, coordination, self defence, and self esteem.

Events: Regular interclub training, seminars and overseas tuition.

Comments: I am a 6th Dan black belt registered with the WMKA (World Matsubayashi Ryu Karate Assn) Okinawa, Japan. Dojo (club) licensed instructor, endorsed to officially represent this specific karate style in the Helensville area.



■ Pickleball

Contact: Janet McLeod

Phone: 027 596 4586

Email: janmak@xtra.co.nz

Web: Facebook - South Head Pickleball

Year Formed: 2023

Age or Sector: Adults.

When Meet: Sunday mornings 8:30am to 11am and Thursday afternoons 3:30pm to 5:30pm at Waioneke School, weather permitting. Once the South Head hall is renovated we will return there for the winter. See Facebook for venue updates.

Where Meet: Waioneke School weather permitting or South Head hall.

Purpose: To play pickleball.

Fees/Subs: \$50 per annum plus small charge for hall hire when we return there. \$5 casual players.

Events: See Facebook or call Janet.



■ Kaipara Touch

Contact: Louise Nasmith

Email: kaipara.touch@gmail.com

Membership: 700

Age or Sector: All ages.

When Meet: Friday afternoon/evening games.

Where Meet: Helensville Rugby Club, Rautawhiri Park.

Purpose: Touch rugby is fun and great for fitness. School teams are organised directly by local schools and make up the junior module with games on Friday afternoons, followed by social senior touch.



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