

WARKWORTH & DISTRICTS
NEIGHBOURHOOD
Building Healthy
Active Local Communities **NEWS**

Inside this issue ...

Winter is coming
Walking Groups
Kids' Running Group Is
Back
Fire Brigade Walk
Success
WW Collective Update

**Tell me about Push
Play Neighbourhoods**

This is a collaborative project aimed at establishing Push Play Neighbourhoods in four Rodney Communities. A Push Play Neighbourhood is a group of like-minded community members, groups and services who are interested in improving health and well being in their community, through participation in physical activity and sport.

Contact your Local Push Play Neighbourhood Co-ordinator for more information.

Bridget Farmiloe
Push Play Neighbourhood Co-ordinator
Warkworth/Mahurangi East
Tel. 09 425 6649 Mob. 027 392 6590
Email: bfarmiloe@harbourhealth.org.nz

Julie Knott
Push Play Co-ordinator
Wellsford/Mahurangi East
Tel. 09 423-9674 Mob. 0274 767 161
Email: julie@ctcpho.co.nz

Mihi Blair
Push Play Neighbourhood Co-ordinator
Tu Tangi Ora - Kaipara
Mob. 021464289
Email: mihi_blair@hotmail.com

WINTER IS COMING



Winter is the most challenging season to keep yourself and your family active. The couch is a very attractive place when it is cold and dark! The good thing about Winter though is that heaps of our local kids are out every week playing Soccer, Hockey, Netball or Rugby. They are doing their very best and appreciate support from the sideline. Running up the sideline waving and cheering is a great form of activity too! So lets all support out local teams whenever we can.

We are fortunate to have lots of indoor options for activity over Winter. Why not check out Curves, Warkworth Fitness Centre or The Circuit Room for gym equipment, circuit training or group exercise classes? If you watched Dancing With The Stars and think you could be the next winner, join in one of the local dance classes – there is adult boogie, Ceroc and Ballroom dancing just to name a few. There is also a range of martial arts, belly dancing, yoga and Pilates on offer in our community and they cater for all ages. Detailed listings of most of the activity options are available in our Have A Go directory – now available at the i-site, GP surgeries and directly from Bridget. Even in Winter we can still get out and walk too – see below for details of our walking groups. Put on a raincoat and some warm clothes and get moving. The hot shower afterwards makes it all worthwhile!

PRAM WALKING

Fitness and Friendship:

Warkworth Tuesdays at the Women's Centre – walk leaves 10.15am.

Snells Beach Thursdays at the Tennis Club – 10.15am.

You can come if you don't have a pram. Why not drop the kids at school or kindy and come and join us?

EVENING WALKERS: SNELLS BEACH THURSDAY EVENINGS

For people with moderate fitness levels, this is a 5-6km walk (45 to 60 mins). Meet at the Fire Station for a prompt **6pm** start. A winter warmer!

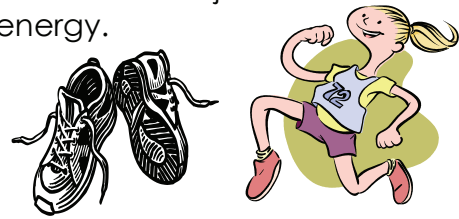
DAY WALKING

There are also established walking groups during the day in **Warkworth on Monday mornings** and **Snells Beach on Wednesday mornings**. Check out the Have A Go directory for contact details.



KIDS RUNNING GROUP IS BACK!! STARTS TUESDAY 13 MAY.

After a successful first year last year, Kids Running Group will be back at Snells Beach for the second term. This group activity combines a run around the park with some fun games to improve fitness and stamina. This is a great way for your child to increase their fitness for Winter sports. **TUESDAYS 4pm – 4.30pm: GOODALL RESERVE SNELLS BEACH.** This is a **FREE** activity thanks to a local volunteer offering their time. Parents - bring your shoes and join the kids for a run or have a walk around the park while they burn off some energy.



FIRE BRIGADE WALKS A GREAT SUCCESS

Throughout March many people not only improved their fitness but contributed a generous amount to the Mahurangi East Volunteer Fire Brigade. Walkers took to the streets of Snells Beach in a series of four 5km walks with registration fees going to the Brigade. With an average of 50 people walking every Thursday in the four walk series, event organizer Bridget Farmiloe was able to hand over a cheque for \$855.00 to Senior Station Officer Kevin Jones on the last evening. This money will go towards a new defibrillator for Medical callouts. This has been the first time we have tried this type of evening walking event since the Push Play Neighbourhood project began and it was fantastic to see so many people out being active and contributing to the community. The formal walk series will be resumed after Labour Weekend. The Thursday night walking group will run over Winter (see front page of this newsletter).

WARKWORTH AND DISTRICTS COLLECTIVE UPDATE

Our Warkworth and Districts Push Play Collective has been meeting for a year now and has made progress on a number of fronts. We have completed the Have A Go directory and now have a weekly advertisement to promote activity options and events happening locally. Check out the sports section of the Rodney Times every Thursday for some awesome information and suggestions for how you and the family can get physical! This advertisement has been sponsored by Chartered Accountants and Business Advisors

HAILES ASSOCIATES Limited



THANK YOU!!!



We are now working towards becoming an incorporated society which will improve our chances of getting continued funding for the project and the community. If you are interested in joining our collective as an individual or a representative of your organisation or sports club, please contact Bridget 425 6649.

WEBSITE LINKS