

NEIGHBOURHOOD NEWS

Building Healthy
Active Local Communities

Inside this issue ...

Have A Go Directory
Pram Walking
Active Families
Tennis For Parents
Website Update
Fitness and Fundraising

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

LET'S GET BACK INTO IT!

The great weather just keeps coming but by now most of our holidays are over. As we get back into routine it is a great time to think about how to fit some more activity into each day. Remember the Push Play Neighbourhood is here to support you with this. We now have a "Have A Go" directory that lists details of clubs, programmes and activities available in the Warkworth region. These are available from GP surgeries and the i-site in Warkworth or contact Bridget for a copy.

PRAM WALKING 2008

Keep baby happy while you get some fresh air and friendship. Walking will help to give you the energy and stamina needed for parenting.

TUESDAYS:

Meet at the Women's Centre in Warkworth at 10am for a prompt 10.15am start.

THURSDAYS:

Meet at the Helicopter Pad, Goodall Reserve Snells beach at 10am for a prompt 10.15 am start. Stay afterwards for tea and coffee and a place to feed and change your baby



ACTIVE FAMILIES

Are you looking to get your child out of the fridge and off the couch? Get the whole family involved in free fun games and activities at Mahurangi College Gym. Swap the junk food for healthier, and tastier, ideas with advice from our Dietician.

The Active Families programme will help you and your child gain control over their weight and improve your whole family's health and wellbeing. On the programme they will have the opportunity to try new exciting activities, get lots of motivation and encouragement to increase their activity and healthy eating.

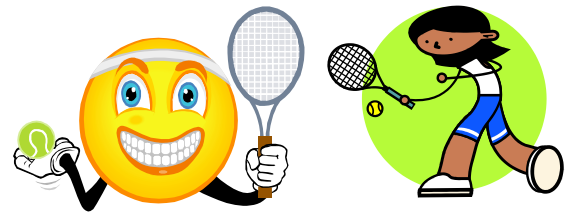
For more information call Kathryn at Harbour Sport on 0800 228 483 or 09 415 4610.



TENNIS FOR PARENTS

Mahurangi East Tennis club are offering a special membership and club morning for parents of young children. If you would like to bring your child and play tennis, the club is available on Thursday mornings. Have a game and then have a turn of watching the children. We will have a 15 minute roster. Even if your child is at kindy or school you are welcome but this is a child friendly morning. Great social times and fitness! This special membership is only \$35 for the whole year but only applies to Thursday mornings.

Parent's club day starts at 9am on Thursday mornings from February 28th. See you there!



WEBSITE OPPORTUNITY: WWW.MAHURANGI.ORG

The Push Play Neighbourhood has now been given the opportunity to maintain and update the Mahurangi.org website. This locally developed website has a family focus and lists current activities and events for the region. This is a great way of advertising your club's registration dates, publicise an event or advertise an upcoming meeting. It is also a website really worth checking out if you want to get a handle on local activities. So, have a look and please contact Bridget if you would like to list anything or find out more.

FITNESS AND FUNDRAISING

It has been a while coming but we are going to start an evening 5km walk/run series for March 2008. These walks will be on **Thursday nights at 6pm** starting at Goodall Reserve, Snells Beach for the whole month of March. A small donation will go to the Mahurangi East Fire Brigade. This is the first time we have run this kind of event, if it goes well we will keep it going and hopefully run the same event in Warkworth. So please come along and have a try. **Registrations from 5pm at the Helicopter Pad.** Spot Prizes and heaps of fun. Challenge yourself and do the whole series! To register your interest or find out more, please contact Bridget.



Website Links