

Nationalwide bowel screening roll-out extended



Six additional DHBs will start bowel screening in 2018, as planned, though a number of others will be later than originally scheduled, while the timetable for the roll-out of the National Bowel Screening Programme (NBSP) has been revised to enable more time to develop the National Screening Solution (NSS) technology required to run it. The revision means the last five DHBs will start screening by the end of June 2021 and the full roll-out will now be completed that year, a year later than originally planned.

The first eight DHBs will implement the screening programme using the interim IT solution based on an enhanced version of the Waitemata Pilot IT system. This approach will allow the Ministry to progress the roll-out whilst allowing time for the best technology partner and solution to be found. And Dr Parry says the extended timeframe will provide extra time for some DHBs who had signalled concern about their ability to meet earlier deadlines. The Ministry has been working with DHBs since 2012 to increase colonoscopy capacity and reduce waiting times, contributing \$19million to support these endeavours, Dr Parry says. "We are seeing steady improvements, with increased numbers of colonoscopies being delivered, and expect this to continue."

Dr Parry says while the revised timetable will mean a delay for some regions the National Bowel Screening Programme is well underway and much has been going on behind the scenes.

"Hutt and Wairarapa DHBs have successfully begun bowel screening, Waitemata is in the process of transitioning to the national programme and Southern, Counties Manukau, Nelson/Marlborough, Lakes and Hawkes Bay will begin screening this year. We've also set up the four regional centres, to support the roll-out of bowel screening, and a National Coordination Centre. "Those are pretty significant milestones for the programme and real progress is being made on providing bowel screening to an increasing number of New Zealanders."

Source of the article provided by Ministry of Health

TANI Events 2018

*Please pen down these events
on your calendar!*

16th Annual Asian Forum

Wednesday, 18 April 2018

9:00am – 3:30pm

546 Mount Albert Rd, Three
Kings

Chinese Health Seminar

Wednesday, 28 Feb 2018

10:00am – 12:00noon

Pearce St Hall,
Onehunga Community Centre
3 Pearce Street, Onehunga

Korean Health Seminar

14 March 2018

10:00am – 11:30am

Korean Society of Auckland hall
5 Argus Place, Hillcrest

2018 Census



6 March 2018 Let's find out

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Kia ora & Greeting !

Autumn is already around the corner! Seasonal greetings from the board and team TANI.

Through this space, I would like to thank those stakeholders who supported our activities and worked together with us. I would also like to acknowledge volunteers' contributions to TANI health actions like the Health Literacy Program in particular for the diverse ethnic community and Healthy Baby & Healthy Futures project for South Asian population groups. I trust those initiatives were definitely beneficial for those communities to increase their health awareness levels and improve their confidence levels to access to healthcare services and information.

TANI team has already started outreaching to the diverse communities by taking part in major cultural events and supporting those community members to know more about health knowledge and available healthcare services closer to their homes. TANI Regional Network Meeting and the 16th Annual Asian Forum are planned, by which I wish you are well connected with like-minded people, develop your collaborative opportunities, and achieve the same goals that you share.

Please enjoy this autumn newsletter and hope it is so helpful for you and your families.

Virinder Aggarwal
Chairperson, TANI

HEALTHY BABIES HEALTHY FUTURES (HBHF)



'Healthy Babies Healthy Futures' is an exciting opportunity for south Asian mothers who are keen about their own, kids and family health. HBHF programme is running under the umbrella of TANI. The programme runs at various locations in Auckland, Waitakere and North shore city where mothers participate in groups to share a platform to discuss health related issues with each other and programme coordinator.

HBHF recent CLP sessions are being conducted for Safari Play Group in Lynnfield. It is a four weeks programme in which programme coordinator discusses different nutrition topics such as why & how to maintain healthy weight, make healthy food choices, read food labels, healthy food preparation and exercise during the session. Our most popular session among all is cooking demos. We perform three cooking demos in each programme. "The recipe of the week" segment is most popular among participants (See Picture Below)

If you are a pregnant, nursing or mother with kids under 4 years and want to join, please feel free to complete our health assessment form. You will also get into the draw of 250\$ shopping voucher, due on mothers' day 2018. Select the **"The Asian Network Incorporated"** at the end of the survey Link which is given below <http://www.surveymoz.com/s3/3174862/WOMEN>

If you are seeking any help for your weight loss, healthy pregnancy and/or kids menu, please contact our HBHF coordinator for Free services and cultural advice.

Bushra Ibrahim (Associate Registered Nutritionist)

HBHF Coordinator for South Asian Tel: 022 464 7448

Email: bushra@asiannetwork.org.nz



Celebrating the Year of Dog!

Happy Chinese New Year- the Year of the Dog! In February, TANI team took part in 2018 Chinese New Year Festival & Market Day (3rd February at ASB showground), 2018 Northcote Chinese & Korean New Year Festival (10th February at Northcote Town Centre) and LunarFest 2018 (10th February at Vodafone Event Centre) respectively. These festivals are the special and joyful moment for family reunion and happiness. We are so happy to join the celebration and see the smile on everyone's face. May you and your family the best of health!



Completing the census is good for your health

Volunteers will be working the wards at Waitemata DHB hospitals over the next few weeks, helping patients take part in Census 2018.

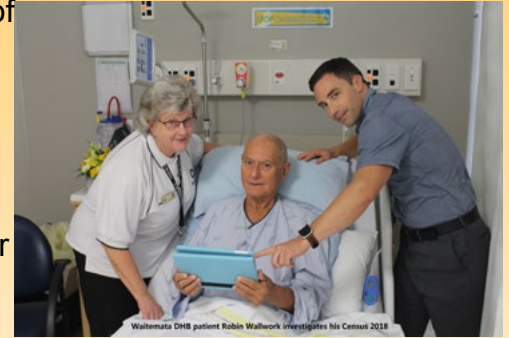
Waitemata DHB, which offers free Wi-Fi at its Waitakere and North Shore Hospitals, is taking steps to make sure its patients have everything they need to participate.

Patients who have their access codes will be supplied with iPads on request and volunteers will be available to help them log on and finish the task. Paper forms will also be available for those who prefer them and the DHB can, wherever possible, organise interpreters for people who have difficulties with English.

“Information from the census helps determine how billions of dollars of government funding is spent in the community,” Waitemata DHB Director of Patient Experience David Price says. “It is used to help make decisions about which services are needed and where they should be.

Mr Price says census data helps the DHB plan for the future – deciding what services are required and where they should be in order to meet its growing population’s needs. “Completing the census is, quite simply, good for your health,” he says. “We encourage everyone in our catchment – whether they are in hospital or not – to make sure they complete their census this year.”

Call 0800 CENSUS (0800 236 787) for more general information about the census and how you can participate. Alternatively, go online to census.govt.nz. (Picture: Waitemata DHB patient Robin Wallwork investigates his Census 2018)



Refresh on the New Zealand Health System

The school year has started for many families as well as for international students resuming or starting their tertiary studies. It's important for us all to refresh on the healthcare options by knowing where to get help when you're feeling sick, injured or if it's an emergency. (click the flyer below to watch the video podcast of NZ health & disability system in English.)



FREE SERVICE: Asian smokefree support

At the beginning of a new year, many people resolve to stop smoking. With the right support and the right tools, you can successfully become smokefree.

Stopping smoking results in health and lifestyle benefits almost immediately:

- Within 20 minutes of stopping smoking your blood pressure decreases, body temperature and pulse rate drop to normal
- Within a year your risk of heart disease is the half of that of a person who smokes
- Within 10 years your lung cancer death rate is similar to that of a person who does not smoke

The Asian Smokefree team at Comprehensive Care can help you stop smoking for free. We provide language and culturally specific stop smoking support in English, Mandarin, Cantonese and Korean. Support in other languages is available via an interpreter. We offer face to face meetings at a location suitable to you plus support via phone, text and email.

We encourage the use of nicotine replacement therapy through free samples and discounted products.

To start your smokefree journey call 0508 QUIT NOW (0508 7848 66) or email help@quitnow.org.nz.

Free Cervical Smears for Asian Women

The Well Women and Family Trust (WWFT)'s mandate is to reduce the incidence of cervical and breast cancer by reducing the barriers women experience when accessing healthcare. We established a women's health service for new migrants and refugee communities.

Health promoters from China and Korea are available for language appropriate services. Resources in different languages are available in a wide range of women's health services. We also offer free cervical smears (criteria applies). All women between 20 and 70 who have ever had sex should have regular smear tests. Most cervical cancers develop from the human papillomavirus infection and almost everybody is exposed to it. Regular cervical smears can detect and manage it before it becomes cancer.

In 2018, 7 Chinese and 4 Korean women's community clinics will be provided around Auckland every month. Our unique service offers a mobile van clinic. Check our new Web site www.wons.org.nz

Michelle Hwang has recently joined us as a Chinese health promoter, providing service in Mandarin and Cantonese. please contact: Grace Kim (Korean/English) 846-7886 press 3 021-221-7603, Michelle Hwang (Mandarin/Cantonese/English) 846-7886 press 2 021-222-7984



Hospices of Auckland launch POI – A new Palliative Outcomes Initiative

Poi is an Auckland wide approach to improving the way we provide palliative care in the community.

This is an exciting new collaborative that can make a positive difference in the lives of our patients and their families. The aim of the Initiative is to formulate a care plan that will improve this time for the patient and their family. This is done through Poi by completing a Palliative Activation Pathway (PPA). Clinicians are then supported by their local hospice in implementing the care plan and accessing the appropriate local services. Patients who are nearing the "end of life" can often be identified by their primary care provider using their awareness of the patient's clinical situation and clinical judgment.

When considering whether a patient is suitable for palliative care planning it is also useful to consult the Supportive & Palliative Care Indicators Tool (SPICT). This tool is located in "Resources" on the Poi website (www.poiproject.co.nz). The website provides information, forms, resources and FAQs to help you. Also offered is the opportunity to become a Link Nurse through the Palliative Care Link Nurse Programme – more information and application form on the website, or contact your local hospice MDT.

Free Breast & Cervical Screening schedule for Counties Manukau (South and East Auckland Residents)

(Indian, Malay, Indonesian, Cantonese and Mandarin speaking staff.)

Free BreastScreen for women aged 45-69 years

Main screening site is at Manukau SuperClinic

We also have subsites at:

- Mangere Community Health Centre
- Mercy Radiology
- Botany SuperClinic
- ARG Howick
- ARG Pukekohe

Upcoming Mobile Unit Schedule

- 12th Mar – 29th - Highland Park
- 3rd Apr-13th Apr- Otara
- 23rd Apr- 4th May- Papakura Marae
- 7th May – 25th May – Papakura Town centre
- 28th May- 8th June – Waiuku
- 11th June 29th June- Highland Park

Call for an appointment 0800 270 270 or email : bscm@middlemore.co.nz

Free Cervical Screening for women aged 20 - 69 years

- Every 2nd Wednesday from 14 March 2018 – Otara Community Health Centre
- Every 2nd Wednesday from 21 March 2018 – Mangere Community Health Centre
- Every 2nd Saturday of the calendar month – Manukau Super Clinic
- Every 3rd Friday of the calendar month – Manukau Super Clinic
- Ones a month on Tuesday (2pm-7pm) at Botany SuperClinic

Call for an appointment 0800 729 729 ext 3

Social opportunities for people with disabilities

PHAB is an organisation that 'walks the talk', we are inclusive and promote and support self-reliance that enhances the social opportunities for people with disabilities. We provides weekly social groups Auckland wide for people with disabilities aged 16 and over. Participants become a valued member of their communities, make friends and most of all have fun. PHAB's overall purpose is one of integration, inclusion and opportunity.

We actively support our members towards designing meaningful lives for themselves. We also runs a holiday program, an exercise program and a day program that focuses on building confidence and teaching life skills and multiple one off fun events.

Our participants are empowered to choose what they would like to do with in the groups and are given the opportunity to develop the skills and confidence to become a more valued, social and inclusive member of society.

Our website can be found here: www.phab.org.nz

For further information you can contact

chewy@phab.org.nz or call 09 488 7490

Hepatitis B can be successfully managed

Hepatitis B (HBV) is a virus that is spread through contact with blood or bodily fluids of an infected person. The infection leads to inflammation of the liver.

Around 100,000 people in New Zealand are chronically infected with the virus.

Those most at risk of hepatitis B are people who:

- Are of Māori, Pacific Island, or Asian ethnicity over the age of 25 years
- Have a mother or close family member has hepatitis B
- Live with someone who has hepatitis B
- Have ever injected drugs (once is enough)
- Have received a tattoo or piercing using unsterile equipment.

Testing is very important as the virus often begins damaging the liver before any symptoms appear. With regular monitoring, hepatitis B can be successfully managed.

Visit www.hepatitisfoundation.org.nz for more information.



In New Zealand around 15% of those who have had breast cancer will go on to develop incurable breast cancer. This means that the disease has spread, often into the bones, lungs, liver and brain. This is a terminal diagnosis that changes

Members and their families' lives forever.

Men and women living in New Zealand with incurable (secondary) breast cancer may become Members of Sweet Louise to access a wide range of support and services – membership is free. Sweet Louise Provides:

- Connection with a Support Coordinator who is skilled and knowledgeable about secondary breast cancer and the psychosocial issues that can accompany this disease.
- An annual allocation of vouchers worth \$500 to spend on our range of complementary and practical services. These include house cleaning, lawn mowing, wigs, massage and meal deliveries. All complementary services are approved by our Medical Advisor.
- Monthly Member Meetings offer peer support and the chance to connect with others on the same journey. They also offer inclusive activities and interesting speakers presenting on relevant topics. Member meetings are available in locations across New Zealand.
- A wide range of information resources, both electronic and printed
- Referrals to and collaboration with community organisations supporting families and children experiencing cancer.



Babies are in danger from whooping cough

Pregnant women are advised to get vaccinated against whooping cough to protect their baby – the vaccination is safe, free and could save a life.

If a pregnant woman is immunised in their last three months of pregnancy, their baby is protected when born, says the Auckland Regional Public Health Service's Dr Michael Hale.

"Whooping cough is a severe illness and 70% of babies infected with the disease need to go to hospital," Dr Hale says. Babies under one year are most at risk in the current outbreak.

Pregnant mothers, babies and their siblings can get a free vaccination from their family doctor.

Whooping cough starts with a runny nose and dry cough. The cough gets worse, often developing into very long coughing attacks or vomiting. Listen to a recording of whooping cough here www.whoopingcough.net/cough-child-muchwhooping.wav

Parents need to keep getting their children vaccinated as they grow up, at 6 weeks, 3 months, 5 months, 4 years and 11 years.

Adults in contact with the baby, like aunties, uncles, grandparents or a regular babysitter, should also be vaccinated as extra protection.

More information is available at www.arphs.govt.nz. or call Healthline on 0800-611 116 for advice.



Falls Prevention Programmes available for older people

In-home Strength and Balance services

Auckland DHB and Waitemata DHB have launched new In-home strength and balance services to reduce falls in older frail adults. These programmes are based on the Otago Exercise Programme which has been proved to have good outcomes for older adults in reducing falls.

- In **Auckland DHB**, the Community physiotherapy service will deliver the programme.
- In **Waitemata DHB**, TBI Health will deliver the programme.

If you think you, or someone you know may be suitable have a look at the referral criteria below. If you would like to know more or refer yourself please talk to your GP, ADHB NASC: 0800 631 1234 or TBI Health (WDHB): 0800 824 432. **There are some Inclusion criteria. Please check with your GP, or contact the numbers above.**

Community Strength and Balance services: Harbour Sport is working locally to endorse community based classes that provide Strength and Balance and have the potential to reduce falls. You can find more information about these classes and where they are located on their new website. <http://www.livestronger.org.nz/home/stay-stronger-for-longer/find-a-class-near-you/> or contact Kerri Moran at Harbour Sport 09 415 4611/

Indian Community Embracing Lawn Bowl

Sport Waitakere is currently working with Lawn Bowls clubs in West Auckland to help increase the number of Indian and Samoan participants within their clubs. Lawn Bowls is a low impact sport which provides an opportunity for participants to be physically active as well as providing social time.

Sport Waitakere has engaged with the Waitakere Indian Association and the New Zealand Muslim Association to help get their senior citizens more active. In November, 10 members of the Waitakere Indian Association Senior Citizens group attended Henderson Bowling Club for a taster day which was the first of its kind and thoroughly enjoyed by all. One month later Senior Citizens from the New Zealand Muslim Association attended Blockhouse Bay Bowling Club where club members coached the group of 8 males and 3 females on how to play Lawn Bowls.

Following on from these events the interest within Lawn Bowls has begun to increase within the community. Leaders are now asking for Lawn Bowls to not only target the senior citizens but to also include other generations. With this in mind, sessions for high school students have been scheduled for February and March. Keen to try lawn bowls? Please get in touch with Javeed Ali, javeed.ali@sportwaitakere.co.nz or 022 012 7264





Cultural and Social service for South Asian older people

Shanti Niwas Charitable Trust Inc, a non-profit organisation, has a long history of working with senior citizens of Indian and South Asian origin living in the Auckland region for the past 22 years to ensure they are valued and treasured by society.

OUR SERVICES:

Positive Ageing Day Programmes - trust delivers Positive Ageing Day programmes for the senior citizens and people with special needs in the Auckland region helps to maintaining a happy lifestyle, staying healthy, positive attitude and feel good about themselves throughout their lives as they age.

KHUSHI - Elder Abuse and Neglect Prevention Service - Free and confidential service for seniors and their families. Our goal is to recognize, prevent and respond to abuse and neglect of older people of South Asian Communities and ensure their wellbeing

SNEH – Emergency Housing for the Elderly - Emergency shelter for the senior citizens, from the Indian and South Asian community who are in an abusive environment or in dire need of emergency housing.

DOSTI – Visiting services for house bound - A culturally appropriate and confidential volunteer visiting service. It is our outreach service to support the lonely and house bound clients in the community and care sector.

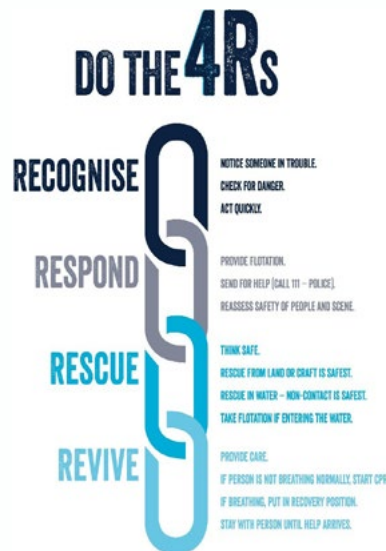
- Advocacy, Interpreting and Translation services
- To assist clients access health related practical assistance, eg, home help, personnel care, carer support, TM card, Medic Alarm etc
- Providing information on age related issues.
- Intergenerational Activities • Volunteer Projects • And many more

CONTACT: Shanti Niwas, Ph. 09-6221010 Web: www.shantiniwas.org.nz



IS SOMEONE IN TROUBLE IN THE WATER?

From 1980 to 2016, 93 people drowned in New Zealand while attempting to rescue others, mostly family members, and in most cases the original victim survived while the rescuer drowned. To prevent you from becoming a rescuer who drowns, here are some simple rules to follow to keep you safe, the 4Rs.



GAMBLING PROBLEM?

FREE counselling and support

CALL OASIS: 09 638 0801

FREEPHONE: 0800 53 00 00

STOP OR REDUCE YOUR HARMFUL GAMBLING

FREE AND CONFIDENTIAL HELP

FOR GAMBLERS AND PEOPLE AFFECTED BY GAMBLING



Te Ope Whakaora

Oasis

Reducing Gambling Harm

P...rn on the internet

School counsellors and others have recently become concerned about the increasing frequency of young people accessing p...rn on the internet. One Australian study found about 80% of teenage boys had accessed it regularly, and around 18% of girls. Local schools and Counselling Centres (The Pakuranga Counselling Centre, for example) have been inviting Liz Walker from Australia to present to therapists, staff and students on the subject.

The material departs from all the attempts we have been making to encourage thoughtful, genuine and non-coercive relationships, and is increasingly shown in association with violence, usually male to female. It is deliberately presented in a way most likely to encourage addiction, with the motive being primarily commercial. Watch out for Liz Walker seminars and other reliable sources of information.

Jenny Goddard (HOD Guidance, Sancta Maria College.)

A big Thank You to the supports from Annual children's burn camp

This year we had 22 burn survivor children from throughout NZ join us along with the health professionals, volunteers, guest speakers and parents at a 5 day fun-filled action packed Camp. Our many thanks and appreciation to all those that support and assist to make this event a possibility every year.....



HAUORA
Everyone's
Right

Runanga Whakapiki
Ake i Te Hauora O Aotearoa
Health promotion Forum
of New Zealand

Certificate of Achievement in Introducing Health Promotion

Auckland Shortcourse

Date: Block One 17-20 April

Block Two 15-18 May

Venue: Manukau Institute of Technology

South Campus, Room J406

Newbury St, Otara. Map

Registration: Open. Click here to complete the online registration.

Cost: \$512.50 (inc GST). Cancellation terms and conditions apply.

Enrolment: View enrolment details and more information on the Certificate of Achievement (CoA) - or short course - visit our website <https://hauora.co.nz>



BSCT MULTICULTURAL PLAYGROUP

All mums and grandparents with children from 0-5 years are Welcome!

Come along, make new friends and enjoy learning alongside your Child.

Experience multicultural environment.

We provide Informative workshops and parenting programs for the parents also.



Where: BSCT Hall, 13 May Road, Mt Roskill, Auckland

When: Mondays to Wednesdays (10.00 am till 12.30pm)

BALVIKAS LANGUAGE AND CULTURAL CLASSES

Children From 6-14 Years old are Welcome!

Children and Youth wing of Bhartiya Samaj runs regular Sunday "Language and Cultural classes".

Classes Focuses on Overall Personality Development through activities like language classes, sports, dance, yoga, craft and festival celebrations.

Where: BSCT Hall, 13 May Road, Mt Roskill, Auckland

When: Every Sunday 10.30 am till 1.30 pm (Excluding term breaks)



For registration, please get in touch with Ruchika Agarwal at 096200579 or 02108881461 or mail us at bsct1995@gmail.com

Live Your Dream 2018

Women Entrepreneurship Centre (WEC) is proud to announce the second series of FREE workshop for 2018 supported by TTCF and The Office of Ethnic Communities. We will be conducting series of workshops in Auckland communities entitled "Live your dream".

Our objective is to support, elevate and inspire women to create their own businesses that work around their family life. The goal is to encourage mum's to develop self-awareness and inspire their creative potential with a specific focus on their contribution to a more diverse and innovative New Zealand workforce and society. The program includes hands-on activities to know themselves better, to identify opportunities, and to put in action new tools and techniques for creative thinking, collaboration, leadership, and entrepreneurial logic.

Next "Live your dream" workshop is on Feb 24h 2018 Saturday from 10-1pm. They are held in Wesley Community Centre, 740 Sandringham Road Extension, Mt. Roskill.

Any questions or additional information please feel free to contact us by email at info@wencentre.org.nz or visit our website and Facebook page: <http://wencentre.org.nz/> <https://www.facebook.com/WEN-Centre-1786535468234901/>

It's not a must that you should attend the workshop with a business idea or you should register a business by the end of the workshop. It is all about identifying your creative potential. Every woman needs time to spend on developing themselves and their talents.

Badminton for Your Health

Auckland Badminton Association is a not for profit organisation that governs the sport of badminton within the Auckland region from Portage Road in the west through to Te Irirangi Drive in the south and everything in between. Intrusted in developing the game and enhancing our athletes, we have 24 clubs affiliated to us catering for juniors and seniors, as well as the healthy midweek participants, making us the largest Association affiliated to Badminton New Zealand.

The Auckland Badminton Hall is located at 99 Gillies Ave, Epsom, and has 12 courts available that are utilised for the hosting of local, national, and international events as well as coaching academies, holiday programs, and casual hire. Within our facility we also have available a café and bar and a fabulous Pro Shop that stocks a range of badminton specific products from major brands and provides a restringing service.

Phone: 09-5240872 Website: <http://aklbadminton.com/>

Facebook: <https://www.facebook.com/aklbadminton/>

Wechat: AucklandBadminton



New Migrants Free Find-a-Job Courses

Eden/Albert (St Lukes) and Central Auckland locations starting 27 February. Understand the New Zealand workplace and discover what NZ employers are looking for. Make

important contacts and start networking. The courses consist of: 2 group workshops with a professional coach; 2 individual coaching sessions and 2 follow-up Job Club sessions.

Workshop details: Eden/Albert --- Dates: Tues 27 and Wed 28 February or Tues 17 and Wed 18 April at: CAB Eden Albert at St Lukes, 82 St Lukes Road, Mt Albert (adjoining Public Library) 10am to 2pm

Central Auckland --- Dates: Wed 21 and Thur 22 March or Tues 1 and Wed 2 May at: Whare Wananga, Auckland Central City Library, 44-46 Lorne Street; Time: 10am to 2pm

The dates/times for the coaching sessions and Job Clubs are on the registration form. Email project.cabac@cab.org.nz for a registration form and more details. Telephone: 09 302 36 76 for Central Auckland or 09 846 4023 for Eden/Albert

APPLY NOW: places are limited



Guide Dogs Red Puppy Appeal

Help us breed and train more guide dogs by donating your time this Red Puppy Appeal. Our nationwide street collection will be held on the 23 & 24 March 2018 and we are looking for collectors in the Auckland Area.

Will you volunteer a couple of hours on Friday 23 or Saturday 24 March?

Sign up to collect in your area on our website redpuppy.org.nz.

We look forward to seeing you out holding a bucket during Red Puppy Appeal.



**Look out
for your
census access
code in your
letterbox.**

The year of the dog

Puketapapa Lantern Festival

Wishing Tree **Dance & Music**
Guzheng

Arts & Crafts
Lantern making **Tai-chi** **Food**

Your participations **....and lots more fun!**

Come along & celebrate Chinese New Year

Date: Saturday, 24th February, 2018 1-4pm
Venue: Mt Roskill Grammar School Hall, Frost Road, Mt Roskill

For more information, please contact Ella Kumar 021-0477642 or Joseph Ngui 021-2676368

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\$2 and More Store Mt Roskill

FREE EVENT

EYE ON NATURE
ENVIRONMENTAL EDUCATION

FAMILY DAY

HEALTHY TREES, HEALTHY ME
Hauora Rākau, Hauora Ahau

AUCKLAND BOTANIC GARDENS EVENT SITE
(ENTRY VIA EVERGLADE DRIVE)

14 APRIL 2018
SATURDAY 11AM - 5PM

www.beautifulmanukau.org.nz
Phone: 269 4080 Find us on **f**

Manukau Beautification **Auckland Council**