

Education is Power to Change and Create Vision

Among the students arriving at Massey University in Albany this year to begin the first semester of 2009 were nine Maori students who were making history.

They are involved in a student scholarship scheme, which sees them undertake tertiary studies at Massey University in human nutrition.

The students are recipients of the first Let's Beat Diabetes Nutrition Scholarship, a joint study programme between Counties Manukau District Health Board and Massey University to increase the Maori workforce in the area of nutrition and improve health outcomes for the Counties Manukau population.

CMDHB General Manager for Maori Health, Bernard Te Paa stated that regardless of the location we live in, there is a disparity of life expectancy of between 9-12 years for Maori below that of the general population of New Zealand. "This disparity can be largely accounted for by three drivers: smoking, poor nutrition and lack of physical activity. But by far, the single biggest contributor to ill-health, including chronic conditions such as Type 2 Diabetes and many cancers, is poor nutrition," says Mr Te Paa.

Mr Te Paa said that, presently, Maori make up only 3% of the total health workforce and that the scholarships would go some way towards supporting Maori into the roles which the community desperately needs.

Let's Beat Diabetes Programme Director,

Chad Paraone, issued a challenge to the students which was likened to the preparation to battle in ancient times by calling on the wisdom, strength and resources of the surrounding hapu and iwi.

"The Let's Beat Diabetes kaupapa is Type 2 Diabetes, but to get there we need to address obesity and nutrition. CMDHB are investing in you with the hopes and desire to work in Counties Manukau and to take up the Let's Beat Diabetes mahi. We need you and we need you yesterday."



Launch of the scholarship programme, Massey University



Professor Bernhard Brier, Chair of the Institute of Food, Nutrition & Health at Massey said that the Let's Beat Diabetes Nutrition Scholarship programme met all the targets of

the University's mission statement to create leaders, effect change, encourage life-long learning and treasure the uniqueness of New Zealand's heritage. The University is looking forward to establishing more linkages with the District Health Board to further academic learning and to support the community.

The scholarships have been funded through HEHA funding received from Ministry of Health for Maori community action on obesity.

MATARIKI

Feeding our Futures is calling on the Counties Manukau community to think about healthier ways of celebrating Matariki to prevent diabetes and help people manage the disease.

Programme Manager at the Health Sponsorship Council, Michelle Mako, says people in Counties Manukau are planning Matariki celebrations and it's a good time to reflect on making kai healthier for the whaanau.

"Matariki is one of those special occasions we enjoy celebrating with our whaanau over a shared kai but it is also a chance to include healthier kai like fruit and vegetables."

Providing healthier food can be as simple as putting more vegetables into the boil up, adding a pack of frozen vegetables to a stir-fry or offering a big bowl of fruit to our manuhiri and whaanau.

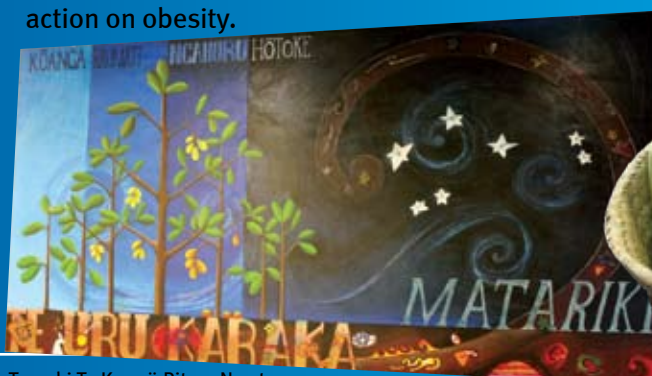
The community is facing tough times and Michelle says koha kai is also one way of caring for other people.

"If someone in the community is sick, why not take around a big pot of healthy soup instead of buying an expensive gift."

Matariki is a time to reflect on kaitiakitanga. Feeding our Futures research shows that most parents encourage their children to eat vegetables but some parents don't eat vegetables themselves.

"Let's start walking the talk to improve Maaori wellbeing. Kaitiakitanga is about acting as role models within our communities. Let's acknowledge healthy kai as a taonga to achieve Maaori health."

As part of its support for healthier Matariki celebrations, Feeding our Futures has posters available free of charge at www.feedingourfutures.org.nz/resources/matariki





Hon. Tony Ryall, Minister of Health and Mr Richard Wharemate, dialysis patient

Minister of Health Opens New Renal Unit in Manukau

The Hon. Tony Ryall opened the new Renal Unit at the Manukau Super Clinic during his first visit to the Counties Manukau District Health Board. The state-of-the-art unit will cater for the growing demand for renal dialysis services within the Counties Manukau region.

The region already services 430 dialysis patients, a quarter of all the dialysis patients in New Zealand. Demand for dialysis is expected to grow fuelled by rising obesity and chronic disease such as Type 2 Diabetes.

According to Geraint Martin, CEO of the Counties Manukau District Health Board the new unit is part of a great step forward in providing high-quality patient care in the region. "It is important to spread the message about managing obesity and diabetes to attempt to stem the rising demand but this unit will provide excellent service to our patients who need care now," says Mr Geraint Martin.

Counties Manukau DHB has spearheaded some of the most innovative and efficient approaches to managing the growth in demand for dialysis in New Zealand with the needs of patients in mind. The region also has the fastest growing home dialysis programme in the country.

Currently, there are seven medical specialists, five clinical nurse specialists just under 100 dialysis nurses and technicians, and a range of allied health personnel who work to keep the Counties Manukau DHB dialysis service up and running.

Free Visit to GP to Manage Silent Disease

More people in Counties Manukau will now know about the free Get Checked Programme available through their doctor.

Through February and March print and radio media were used to encourage people with Diabetes to take up the offer of their free annual check.

Last year a record number of 14,400 people took up the offer of a free annual check in Counties Manukau. However, current research shows that there are now approximately 27,000 people with Diabetes in the region.

Fellowship Winner Embarks On International Health Study

Self Management Coordinator in the Primary Care Team at Counties Manukau District Health Board, Pat Flanagan, is the proud recipient of a Churchill Fellowship awarded by the New Zealand Winston Churchill Memorial Trust.

Pat was selected from around 100 applicants from a wide variety of professional backgrounds and will embark on an exciting but formidable two-month journey researching health issues around self management for people with long term conditions.

The Churchill Fellowship is intended to assist travel for intensive research in any discipline. Sir Winston Churchill believed that world peace and greater international understanding could be promoted through ordinary people travelling to other countries and experiencing other cultures.

The project that Pat will be undertaking involves a study on primary care based programmes where self-management education and support are integrated into care delivery particularly within socially and culturally disadvantaged communities. Pat will be examining a number of programmes at various points in their process from research, design and implementation in the United States, Canada and the United Kingdom with a view to inform service delivery and implementation of self-management education programmes here in Counties Manukau.

The study will begin at Stanford University in the United States where Pat will be establishing direct dialogue with Stanford around their new diabetes self management programme and will discuss the specific needs in regard to cultural adaptation of that programme for New Zealand.



Pat Flanagan

From there Pat's journey will take her to the Centre for Disease Control in Atlanta Georgia to look at the translation of research into practice for diabetes and chronic care programmes and also view the "Power to Prevention programme" targeted at African American communities at risk of developing type 2 diabetes.

In England, Pat will be assessing National Health Service projects relating to "Co-creating Health", "Year-of-care programme" and the "Expert Patient Programme" as well as visiting researchers, programme developers and programmes in action. Pat wants to look at how General Practice can be empowered and trained to best support the patient and assess what 'good service delivery' looks like within primary care. While in Vancouver, Canada, Pat will examine the concept of "Whole Practice Change" a process which engages all staff from Reception

to Doctors to support unified messages to patients. Pat will also participate in a workshop as part of a round table of international experts to discuss the advancement of chronic care self management.

Pat also intends to visit sites integrating self-management education into primary care including the Calgary Chronic Disease Centre and a number of native North American health providers in Alaska.

There are many opportunities to make changes in our health system through good communication and by empowering people with long term conditions through knowledge and skills to manage their conditions better and to build better relationships between healthcare providers and patients to optimise the time and expertise during consultations.

As part of the Fellowship requirements Pat will be producing a full report of her research and learning's within six months of her return to New Zealand. These reports will become public documents to share with the community and will be available through New Zealand Public Libraries.



2009 Big Latch On

Breastfeeding

To break the New Zealand record for the Most Women Breastfeeding simultaneously, all breastfeeding mums and their babies are invited to participate in the 2009 “Big Latch On’s” this August.

On Friday 7th August “Big Latch On’s” will be held nationwide with Auckland holding one large event at the Hoyts Cinema Complex in Sylvia Park from 10:00 am with the “Latch On” countdown at 10:30am. Last year, 1122 mothers and baby’s helped to break the New Zealand record, this year we are aiming to break this record!

This event involves mums and babies breastfeeding simultaneously throughout New Zealand to bring attention to breastfeeding as a normal healthy activity and to gain a wider acceptance and knowledge around breastfeeding in our communities.

Breastfeeding women from all over the Auckland region are encouraged to join in this annual event giving them the opportunity to meet other breastfeeding mothers and share stories and advice. There is also a chance to WATCH A FREE MOVIE (Auckland City Hoyts Cinema venue only). For more details about the Big Latch On please contact Womens Health Action Trust on 09 520 5295 or email info@womens-health.org.nz

Wanting the very best for baby is only natural and breastfeeding plays an important part in the health and wellbeing of babies, mothers and families and gives children the very best start in life. The Ministry of Health is encouraging women to breastfeed their babies.

It’s well worth making the effort to start breastfeeding when baby is born, and to continue for at least the first 12 months. With support, mum and baby will make it through that all-important first year and help and encouragement from family and friends make all the difference.

Why breastfeeding is best for baby

- It is the best way to help baby develop mentally, physically and emotionally.
- It provides better nutrition than formula ‘milk’.
- It builds immunity and breastfed babies are less likely to suffer illnesses.
- It builds a natural bond between mother and child.

Why breastfeeding is best for mum

- It reduces the risk of breast cancer.
- It may also reduce the risk of ovarian cancer, osteoporosis and hip fractures later in life.
- Breastfeeding can help mum lose weight gained during pregnancy and get back in shape.

Further information about breastfeeding is available on the website www.breastfeeding.org.nz, or call 0800 611 116.

Gestational Diabetes

The diabetes in pregnancy team at Counties Manukau look after approximately 350 women with diabetes in pregnancy per year.

Gestational diabetes comprises the majority of the women in our clinic. Gestational diabetes is diabetes that is first recognised during pregnancy. For most of these women the diabetes will resolve by six weeks postpartum.

For some women the glucose tolerance test at six weeks shows they have pre-diabetes or that they now have Type 2 Diabetes. The importance of doing the test at six weeks cannot be stressed enough. Having the test early in pregnancy allows women and their families to have information and the support to make good choices for the future health and welfare for themselves and family.

The importance of maintaining good blood sugar control is paramount to ensure a healthy outcome for mother and baby. Good sugar control lessens the chance of many interventions, reduces the chance of baby spending time in the neonatal unit and also decreases the risk of baby developing Type 2 Diabetes in the future.

The majority of women attending the clinic for Diabetes in Pregnancy in Counties Manukau are Samoan closely followed by Tongan, European and Maaori but fast catching up are Asian and Indian women.

British Scientist Equips Young People to Make Good Decisions

Prof Mark Hanson, a distinguished British Medical Scientist who has led ground breaking research in Britain says the nutritional environment that children grow up in affects their health and their susceptibility to disease later in life.

He says that what goes on during pregnancy and the first two years of early life can preset a person’s health to diabetes and cardiovascular disease.

Prof Hanson addressed 10 –15 year olds in New Zealand this month to give them the information to enable them to make good decisions so that they could take control of their lives around how they prevent diabetes and cardiovascular disease later in life.

His aim is to get the message to young people as early as possible and help them understand that their health is particularly important and will effect the health of the next generation so that the risk of disease is brought down at the earliest stage possible.

Prof Hanson wants to target young children to teach them the importance of good nutrition before they grow up and have children of their own.

He says that it is not only up to the girls to consider their future health, current research shows that the health of young boys also has an influence of the health outcomes of the next generation.

SERVING UP HEALTHY OPTIONS AT POLYFEST

The 2009 ASB Polyfest served up an amazing visual feast when 9000 students performed traditional dance and kapa haka on five stages from 18 – 21 March at the Manukau Sports Bowl.

While the students served up their usual feast of colour and culture, 53 food stalls made big changes this year, with much healthier food & drink options on the Polyfest menu.

'Let's Beat Diabetes Programme' worked behind the scenes with food vendors to help create an environment where festival-goers could enjoy healthier food options at this year's ASB Polyfest.

Rather than prescribe what stall holders could or couldn't sell, the Let's Beat Diabetes Programme sought a relationship-based approach, aiming to mentor and educate food vendors in healthier ways to prepare food, and help vendors make changes to their menus.

Six Maaori & Pacific Island Dietitians and Nutritionists have provided support and advice through a "buddy programme" with stall-holders



Winner of the Healthy Food Award

over a number of months leading up to the event. Advice included how to reduce high quantities of fat in festival foods such as trimming off the fat, using healthier oils and lite coconut milk. Buddies also helped vendors with healthier alternatives and additions to their menus.

Having plenty of free water available was also a strong push at the festival. The "Just Water" company provided a water truck at each of the performance stages, and festival goers were encouraged to bring their own water bottles to fill up.

During the festival, the top seven healthiest food stalls were awarded with "Healthiest Stalls Certificates" and awarded with balloons and large

footprints to attract more foot traffic to their stalls.

In looking at the changes, ASB Polyfest Event Director Tania Karauria said "the majority of stallholders have responded well to the 'Buddy Programme' provided by Let's Beat Diabetes and it is yet another exciting facet adding value to our young people's event. Stallholders are seen as very much part of the festival community, many have been excited at the challenge of moving into the future, with a festival that continues to build on providing a "total" experience, with core values such as the importance of traditions and beliefs upheld through song, dance & speech, hauora – holistic approach to health and well being and education."



Supermarket Demonstrations

5+ A Day has teamed up with the Let's Beat Diabetes Programme in 2009 to provide the platform to promote greater consumption of fruit and vegetables in Counties Manukau.

A series of cooking demonstrations through local supermarkets will be the first of the joint programme initiatives to fuel the uptake of the 5+ A Day messages.

"Everyone knows that eating fruit and vegetables is good for you," says Souksan Mudaly, Project Manager for the Food Industry Action Area. "However, sometimes people find it difficult to eat at least five or more servings everyday. This will be an opportunity to show people how they can prepare, cook, or add vegetables simply and cheaply into their everyday meals."

Demonstrations will be staffed by trained volunteers from local Churches and community organisations. "They are all committed to promoting healthy lifestyles in the community and are enthusiastic at the thought of being a part of this initiative," says Mrs Mudaly.

Sarah Buzink, Dietitian at Let's Beat Diabetes, has developed the recipes for the demonstrations. And each recipe has been tested for its nutritional value and economy.

Fresh produce will be a big part of the supermarket-based promotions giving shoppers the opportunity to sample in-season fruit and vegetables. The demonstrations will also use a selection of staple frozen and canned fruit and vegetables. Promotional activity will be in April running as a series of four two-week demonstrations at three Counties Manukau Pak 'n Save stores; Mangere, Manukau and Pukekohe.

Let's Beat Diabetes is a community partnership aimed at long term changes to prevent and/or delay the onset of diabetes, slow the disease's progression, and increase the quality of life for people with diabetes.

5+ A Day is a Charitable Trust. The objective of 5+ A Day is to encourage all New Zealanders to eat and enjoy eating 5 or more servings of fruit and vegetables every day for health, taste and variety. This is in line with the Ministry of Health's

guidelines that recommend we eat five or more servings of fruit and vegetables each day. 5+ A Day programmes run in 28 countries.



Left and Below: Demonstrations held in Mangere and Papakura



Many Thanks to Food Industry and Community Partners

The pilot has been a huge success building positive relationships between the local community groups, supermarkets, 5+a day and the Let's Beat Diabetes Programme and has opening up more avenues for working together.

The team at Let's Beat Diabetes would like to thank the volunteers who undertook food training and worked at the Manukau, Mangere and Tuakau Pak 'n Save stores during the 5+ A Day Fruit and Vege instore demonstrations.

"We have really appreciated having such highly motivated and dedicated people working on this project," says Souksan who has managed this promotion. "The community group volunteers have all been very enthusiastic and shoppers have been drawn to the bright, cheerful faces".

The volunteers have also customised their training to fit their communities. Pak 'n Save Store and Produce Managers they have been very impressed with the way they have worked and engaged with customers.

A total of 10 volunteers from three local community groups worked across the supermarket sites during the promotion.

Much appreciation also goes out to the Store Owners at Manukau, Mangere and Tuakau who provided all the ingredients for the recipes during the eight days of instore demonstrations.

Campaign Helps Families Take Control

The second stage the Let's Beat Diabetes public campaign has been rolled out to the community this month.

Stage one of the campaign which kicked off during the Manukau Diwali festival, October last year introduced Type 2 Diabetes, its complications, challenged the common misperception that the condition was inevitable and successfully engaged community dialogue around Diabetes.

Stage two introduces the key elements of prevention and management to help families make informed decisions and take control of their lives.

The campaign raises the concepts of quality and quantity of food intake. Messages of portion control, increased vegetable intake and decreased fat intake are supported while encouraging regular and healthy meals.

The campaign also supports physical activity as a normal part of everyday family life.

DIABETES

KNOW WHEN YOU'VE HAD ENOUGH

**REDUCE YOUR PLATE
REDUCE YOUR RISK**

EAT BETTER | KIA TIKA TE KAI | AI MA LE FAARAUTA
KAI FAKAPOTOPOTO | KAI MA TE AKA MANAKO
KAI FAKAHAUTOKA MITAKI | सही मात्रा में भोजन

LET'S BEAT DIABETES

THIS IS HOW WE BEAT IT!
IF CONCERNED ABOUT DIABETES, TALK TO YOUR DOCTOR OR NURSE.
VISIT www.swap2win.co.nz

Healthy Eating on a Budget Workshops Roll Out

Workshops developed and piloted in 2008 by the Let's Beat Diabetes Vulnerable Families Action Area are now being rolled out across Auckland.

Diabetes Projects Trust have been contracted by the Ministry of Health to develop the "Healthy Eating on a Budget" workshops and are offering programmes to individuals, groups and organisations working with families in the community across the wider Auckland area.

At the present time 15 different groups across the three DHBs have booked to do Healthy eating on a Budget "Cook'n'kiwi" and there has been excellent feedback and support. Following on from the course there is a follow up, where discussions on how the participants are putting this into practice is happening and resources are available, such as fat and sugar displays and leaflets.

Healthy Eating on a Budget

Aims
To provide information and skills to those who work with families and community members who might benefit from better, more cost effective nutrition.

What we offer:
We offer 'Healthy Eating on a budget' programmes to individuals, groups and organisations working with families in the community across the wider Auckland area. Each programme will be tailored to participants' needs, but will include the following components:

- food choice
- health consequences of poor nutrition
- energy balance
- food groups
- shopping on a budget
- cost comparisons
- meal planning
- food labelling
- food and nutrition policy
- special nutritional needs
- recipes
- getting positive messages across effectively
- practical demonstrations and opportunities to practice skills

We also offer a two hour update session to participants within two months following their completion of the programme.

Living with Diabetes Survey

Interviewing has begun for the first large-scale, qualitative study of people living with diabetes in Counties Manukau.

The Let's Beat Diabetes Programme has commissioned Phoenix Research to conduct a qualitative study of 1200 people living with diabetes.

This is currently underway with interviewing expected to run till the end of May.

The questionnaire was developed by the CMDHB team headed by Brandon Orr-Walker. It includes 62 questions and runs for approximately 20 minutes and has been pre-tested for relevance and meaning with different ethnic groups.

Of the 1200 interviews taking place, 300

will be from Maaori, Pacific, Asian and Other ethnicities.

People with diabetes have higher rates of comorbidities, both physical and mental and thus much greater utilisation of primary and secondary care services. This survey will help to inform improved services for those with diabetes.

The survey also endeavours to increase the understanding of quality of life for people living with diabetes. Factors such as lifestyle, self efficacy, depression, and personal support are all closely related to a person's quality of life and are pivotal in the prevention and successful management of diabetes.

Proposals Sought for Community Services to Reduce Maaori Obesity

Applications have been sought this month from community leadership groups to provide services aimed at improving nutrition, increasing physical activity for Maaori and reducing levels of Maaori obesity.

Services are to be developed and delivered in six community hubs within the Counties Manukau region: Papakura, Franklin, Mangere, Manurewa, Papatoetoe and Otara

“ We want to empower Maaori within their own communities to assist in tackling obesity-related issues at a community level in a way that will be relevant to those communities,” says Chad Paraone, Let’s Beat Diabetes Programme Director. “Ideally we are looking for local ownership of the health issues and leadership that will bring about sustainable change for Maaori.”

According to Mr Paraone poor nutrition and sedentary lifestyles are resulting in a growing population of overweight and obese individuals

and Maaori are particularly affected.

The New Zealand Health Survey 2006/7 shows that over 70% of Maaori children and adults are either overweight or obese. These rising rates are placing Maaori at significant risk of preventable diseases, disability and early death.

Parties interested in putting in a proposal should apply for relevant documentation by contacting Jason Paahi at CMDHB, who will coordinate the process.

Final proposals are required to be submitted by 4pm on 29 May 2009.
Jason.Paahi@middlemore.co.nz

CMDHB Presence at Polyfest

Upbeat and cajoling DHB MCs engaged the youth audience into the two Counties Manukau District Health Board marquees which bustled with activity over the three performance days at the ASB Polyfest this year.

Inside staff and volunteers from the Let’s Beat Diabetes programme, Smokefree, HPV, Breast Screening and Workforce Development ran interactive “games hours” with each hour following themes and messaging from CMDHB programmes.

The “games hours” proved very popular at the festival with often barely standing room in the marquees.

At other times the Pacific marquee had become an alternative stage in itself with large crowds of students gathering for singing, dance and improvisation competitions.

Stage messages also went out to the crowds from the performance stages around the LBD Health Campaign messages to “Swap to Water” and “Get Active”. Health messages were supported by the presence of the National Heart Foundation, SPARC and local PHOs.



Games hour at CMDHB marquee



Counties Manukau Active

Getting more people more active more often is the goal of five new Physical Activity Leaders working in Otara, Mangere, Manurewa, Franklin and Papakura as part of Counties Manukau Active Project (CM Active) initiative.

The activity leaders – contracted by ProCare Health – are helping their communities to deliver a range of activities, including family and children's games at the parks, walking groups and gentle aerobics classes. Their work with the local communities helps to develop and support sport, recreation and physical activity programmes.

The Physical Activity Leaders, who began work in January, are:

Warren Manual – Based in the Franklin area, Warren is a keen sport player, coach, aerobics instructor, mentor and supporter. Warren is working in Waiuku Hamilton Estate and Pukekohe North area and can be seen at Waiuku Park on Friday nights. He can be reached on 09 369 7160

Timmy Barker Smith – Timmy works in Otara and brings with her a love for sport and recreation. She already has three walking groups organised. Timmy can be reached on 09 369 7165 or at Otara Leisure Center on Thursdays at 9.30am.

Mereana Te Pere – Mereana started work in Manurewa and her skills as coach and sports coordinator will be well utilised. Mereana can be seen at one of her many parks activities, including Wiri Park, next to the school, on Wednesday evenings. She is also available on 09 369 7156.

Vivienne Tonga – Vivienne is a rugby and boxing enthusiast. The born and bred South Aucklander works in the Mangere area and is setting up a range of activities. Vivienne can be contacted on 09 369 7150.

Carlaus Te Kawa – Carlaus is a well-known Papakura resident who is working in Redhill, Smiths Ave and Takanini area, and has a number of games at the parks for families to join in. To contact Carlaus, call into the Smiths Ave Park on Wednesdays after school or phone 09 369 7157.

Volunteer leaders are keen players in helping deliver programmes in their community. So if you are interested in learning new skills, taking groups in sport and recreation, meeting great people and making a difference to your community, we would like to hear from you. CM Active provides subsidised training to help mentor people to deliver programmes and set up of new sport/recreation and physical activity initiatives. Please contact your local Physical Activity Leader to find out more.

The programme is provided ProCare Health, SPARC, CM Sport, CMDHB, Otara Health and the three councils: Franklin District Council, Papakura District Council and Manukau City Council.



CM Active Physical Activity Leaders, clockwise: Mereana, Timmy, Vivienne and Warren. Absent: Carlaus

Gardening for Health Update

Community involvement in the 'Gardening for Health' continues to grow in Counties Manukau. New partnerships are being built with local businesses and organisations which are creating a sound structure for community gardening in spite of the economic downturn. Below are some of the initiatives which have springboarded from the multiagency programme.

Four new teaching gardens are up and running with Manukau Parks involving 250 people

The Growing for Health programme gives residents the opportunity to learn gardening techniques for free, while growing a garden of fruits and vegetables. Teaching plots have been established at Middlemore Reserve and Stadium Reserve in Papatoetoe and Mangere's Walter Massey Park (Mangere East) and Old School Reserve.

A potential garden site has been identified for a wheelchair-accessible raised vegetable, flower and herb bed at CMDHB's Spinal Unit in Bairds Rd. The LBD and Spinal Unit initiative will see an area where inpatients and outpatients to the unit can learn about food gardening and become involved in physical exercise and recreation in a supported environment. The garden will also be open to families and whaanau of patients in the unit.

The CMDHB LotuMoui team is weaving food gardening into its programme. Initially the LBD will be assisting ten Churches to create sustainable community gardens through the Church network. The ten participating Churches have sites which range from asphalt car parks to five hectare lots.

In the coming months new immigrants to New Zealand arriving via the Mangere Refugee Centre will be learning about vegetable growing and gardening as a recreational activity as part of their six week introduction to the New Zealand lifestyle.

Many community parties are being brought together through an Otara garden. The site is on Housing New Zealand land but is being driven by the Whare Tiaki Hauora Community Service to create a food garden adjoining the health service, HNZ residential complex and local Kohanga Reo. HNZ have agreed to the 'new' land usage and will be providing some of the plants. The sites has been cleared of stumps and weeds by the NZ Probation Service. Fencing, raised garden beds and compost bins are due to be built this month.

The *He Kakano Kai* gardening DVD has been published. The DVD is aimed at encouraging family, whaanau and small groups to 'give gardening a go' and is now being distributed through Self Management Education programmes, Kaiwhakahaere networks, Pacific Church health promotion workers and ECEs.

News of the Counties Manukau Gardening for Health progress has been traveling across the country and the LBD Project Manager has been fielding calls of interest from Rodney District to Southland.

Mangere community garden

