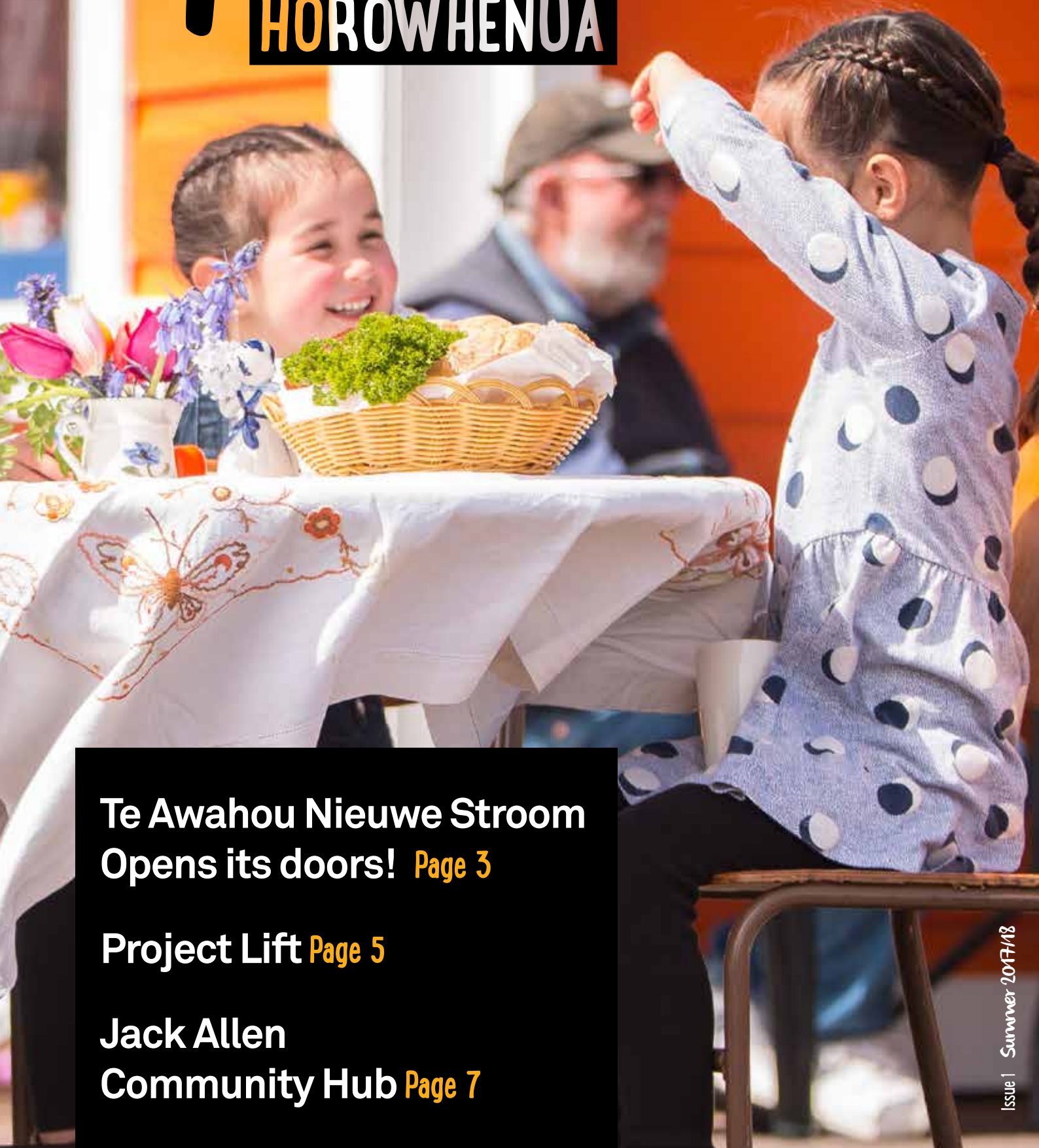


# Uplift

## HOROWHENUA



**Te Awahou Nieuwe Stroom  
Opens its doors! [Page 3](#)**

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# Upcoming Community Meetings

## Inclusion and Access Forum

 3:30pm, Monday  
4 December 2017

## Youth Voice Meeting

 4pm, Tuesday  
5 December 2017

## Local Management Group

 10am, Thursday  
7 December 2017

## Community Wellbeing Committee Meeting

 1pm, Tuesday  
19 December 2017

*With Regards,*

**James Richmond**  
**Helen Hayes**  
**Joshua Wharton**  
**Courtney Phelps**  
**Lacey Wilson**  
**Sophie Parrant**  
**Gloria Forouzandeh**

# Welcome

The festive season is near, and once again the Horowhenua is alive with events, activities and initiatives that should excite and inspire as we make our way through summer.

Te Awahou Nieuwe Stroom has just opened its doors, there is a plan for Jack Allen House, and the ever-popular Christmas Carnival is looking to be bigger and better than ever before.



# Te Awahou Nieuwe Stroom opens its doors!

**Have you heard about the new building in Foxton? It really is the talk of the town!**

On the 18th of November, Te Awahou Nieuwe Stroom, Foxton's new state-of-the-art building opened. Literally translated, it means: 'Foxton New Stream'. A collaboration between Te Taitoa Māori o Te Awahou, the Dutch Museum Connection Trust, the Foxton Community Board and the Horowhenua District Council, this building has people from all over the world looking at us for ideas in innovation.

This building serves as a community centre, library, as well as dual-cultural exhibition space, where Māori and Dutch culture live side-by-side, celebrating the rich history that the township of Foxton has had over the last centuries.

Aside from the opening ceremony – which had guests attending such as Local MP Nathan Guy, Minister of Regional Development Shane Jones and the Dutch Ambassador Rob Zaagman – a lot of work is going into making Te Awahou Nieuwe Stroom a real attraction for the community.



# Kia Ora



**I'm William Jane-Hansen and am currently a year 13 student at Waiopehu College.**

This is my second year in Horowhenua Youth Voice. I am truly humbled to be a part of this awesome team of young people!

I first applied in 2015 and served my first

term, before taking a break to focus on school, and then had the opportunity to come back this year to be a part of the team! I was challenged to join this council to help me achieve my goal; this being "to make a difference in at least one person's life each day." This opportunity has since led to even greater goals.

I would say that I'm very opinionated about politics and government. While on Youth Voice I have seen a different side to the system of government which has changed my thinking of both our local and national government, even though I'm only 17 years of age. I truly think that we are very lucky to have a team of young people wanting to make a difference in their towns, by giving their time and ideas to make this place even better than what it is. One great initiative that Youth Voice led was the Zeal inflatable football (which might I add was flipping cool). This was just one of the things the team created for our community that I was immensely proud to be a part of. I cannot wait to see what is going to happen in the very near future with the new intake for members; it's a once-in-a-lifetime opportunity.

## Te Awahou Nieuwe Stroom (TANS) Student Co-design Workshop

**On Friday the 27th of October, Youth Development Advisor Sophie Parrant held the first workshop in Te Awahou Nieuwe Stroom.**

15 young people from Manawatu College came along and put all their ideas in about how the space might work for young people.

There was a large emphasis on the fact that the young people were co-creators of the ideas, and not just interview subjects.

Together they explored challenges, solutions and opportunities that the space will bring, and how to tie it all in together so that young people have a sense of belonging to the space. One outcome of the workshop was to have a TANS-specific youth steering group who will help to lead youth activities in the building; watch this space.

**YOUTH VOICE**  
HOROWHENUA YOUTH COUNCIL

**ARE YOU UP FOR THE CHALLENGE?**

**APPLICATIONS CLOSE 15 DECEMBER 2017**

**We're looking for young people that are passionate about our awesome District and want to make an impact.**





# Project Lift

## Horowhenua is currently working towards becoming an age-friendly community.

Statistics show us that the proportion of people over 65 will grow to nearly one in five of people living in the Horowhenua District by 2026 and one in four by 2056. The number of people aged 85 and older is expected to more than triple by the middle of the century. Projections indicate that all populations in New Zealand will gradually age over the coming decades, reflecting the combined effect of nation-wide reduced fertility rates (people having fewer children) and people living longer.

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Knowing this, Project Lift - currently still in its infancy - has some big dreams about how to effectively engage older people into community after transitioning from full-time work. The concept is that those in the wisest stage of life will be able to help innovate and create services that better serve the older population in the district. Not only is it an opportunity to reduce some of the challenging effects of social isolation, but it has the potential to put Horowhenua at the forefront of age-appropriate services around New Zealand.



# IS YOUR PHONE EMERGENCY ALERT READY?

If your life, health or property is in danger, Emergency Mobile Alerts can be sent to your mobile, without needing to sign up or download an app.

Visit [civildefence.govt.nz](http://civildefence.govt.nz) to check if your phone is compatible.



# Jack Allen Community Hub

**Horowhenua District Council is supporting the establishment of the Jack Allen Community Services Hub within Levin's RSA and Community Club building in Bristol street.**

The new facility will have its own reception, an accessibility ramp, a disabled access bathroom and four distinct areas which will be fitted in stages to accommodate the Hub's development. Once all phases of the refit are completed there will be an addition to existing organisations offices, a range of meeting rooms and bookable spaces for community group use. Council has agreed to seed funding and is providing officer support to project manage the relocation and capacity building programme for affected community organisations.

*"It will be a space that is open and accessible to all, and it will flourish and grow"*

The RSA premises have been divided into two entirely separate facilities with separate entrances. They will work in partnership but will operate entirely independent of each other.

Contact Incorporated Chairperson Eleanor Gully said the relocation is a great opportunity to fulfil the vision for Jack Allen and means being able to create a more fit for purpose Community Hub. "It will be a space that is open and accessible to all, and it will flourish and grow" she said.

A workshop was held on the 25th of October with representatives from all prospective tenant organisations as well as NGO representatives from various community forums. More than 25 people were in attendance and contributed their input to the vision for the space. Helen Hayes, the Community Development Advisor at Horowhenua District Council says "By working together, we are creating a coordinated response to community need, working towards a shared vision to provide social infrastructure for the Horowhenua led by the community."

The Steering Group are hoping local businesses will come on board and assist with donations whether it is paint, furniture or glazing. There are a range of resources we are needing to make the shared vision for Jack Allen a reality. Anyone who is able to offer sponsorship should contact [helenh@horowhenua.govt.nz](mailto:helenh@horowhenua.govt.nz)



# Fill a Shoebox

## Have you heard about our project for Christmas 2017?

Fill a Shoebox is all about supporting hundreds of children in our community who will miss out on a true New Zealand Christmas this year.

You can get involved in a number of ways including:

- Creating a shoebox
- Sponsoring a shoebox (\$20 per box)
- Offering logistics support to collect, wrap and deliver parcels in December

A shoebox for an individual needs to contain:

- Sweets & Treats
- Colouring In/Craft Equipment
- Toy
- Book
- Toothbrush

You can register online at [www.tetakere.org.nz](http://www.tetakere.org.nz) > Events Activities > Fill a Shoebox

Christmas Trees where you can drop off completed shoeboxes will pop up on the 1st of December at Horowhenua District Council, Te Takeretanga o Kura-Hau-Pō, Te Awahou Nieuwe Stroom and Shannon Library.

Donate, sponsor or nominate a shoebox now.



# Community Christmas Carnival



## Horowhenua

# Sunday 10 Dec 2017

Christmas Parade 2pm  
Fun & games 3-5pm  
Outdoor movie from 8pm

Horowhenua   
DISTRICT COUNCIL

aquatics   
HOROWHENUA



Horowhenua Culture  
& Community Centre  
Te Takeretanga o Kura-hau-pō



# Strategy/Forum Updates

## Education Horowhenua

This Forum, focused on the development of Education in our district, has been working on some really great initiatives to improve the education of our sector.

At the forefront of discussions has been: mental health and the influence of technology on wellbeing of students at school; keeping talented young people in the district as they transition into full-time work; and improving scientific literacy in schools (an area identified as high priority for our district).

## Arts, Culture, Heritage/Pride and Vibrancy

Work is underway on creation of an amalgamated action plan for these two strategies.

If you have an interest in the arts, culture of our community, heritage, or even just the 'feeling' of pride and vibrancy in our townships, we would love to hear your thoughts! There is an opportunity in this space to get some really exciting initiatives underway. We will also be looking to put together a council-supported forum for this in the New Year. Exciting times ahead!

## Access and Inclusion Forum

The review process was completed in June and the 2017 to 2020 Access and Inclusion Plan has finalised and passed through the Community Wellbeing Executive of Council. It will be endorsed by Council at their next meeting which means a number of exciting new initiatives will get underway in early 2018.

The Access and Inclusion Action Plan seeks to provide a results-based approach to inclusion over the next three years (2017 to 2020). It identified key actions for execution over the three year time frame. These include the following:

- Jack Allen Community Hub as a champion site for access and inclusion. The relocated Jack Allen Hub is to be seen as the home of inclusion in the Horowhenua
- Live Well Horowhenua public awareness inclusion campaign in partnership with Older Persons Network, Youth Voice and Youth Network



- Haeremai Horowhenua Welcoming communities campaign
- Accessibility Matters Advocacy & Action Navigation advocates to help access services
- First fully accessible toilet facility
- Support for Inclusion and Choice Campaign (Education, Employment, Activities)
- Emergency Preparedness Collaborative Strategy, Campaign & Emergency Response kits

## Older Persons Network

The Horowhenua District Council has an established an active Older Persons Network. This network, which comprises more than 30 community organisations, meets on the first Thursday of every month. Members have also recently set up the Horowhenua Age Friendly Communities Working Party.

The Age Friendly working party has identified Emergency Preparedness as a critical action area. The first initiative in this area has been the bulk ordering and distribution of Life Tubes to seniors living in the region. Other initiatives which are planned for early 2018 include Enduring Power of Attorney Education, co-location of services at Jack Allen Community Hub, the Live Well Horowhenua Campaign and Haeremai Horowhenua – a group which will welcome and support newcomers, particularly retirees, when they first arrive in the region.

There has been fruitful discussion and engagement with Diane Turner and Sarah Eames from the Office of Seniors and the Age Friendly Communities Working Party. The working party are hoping to secure funding to support their initiatives including a hot desk facility to accommodate co-location of services for Older and Disabled Persons within the new Jack Allen Community Hub.

# Group Fitness TIMETABLE LAUNCH

**WE'RE GROWING IN SIZE!**

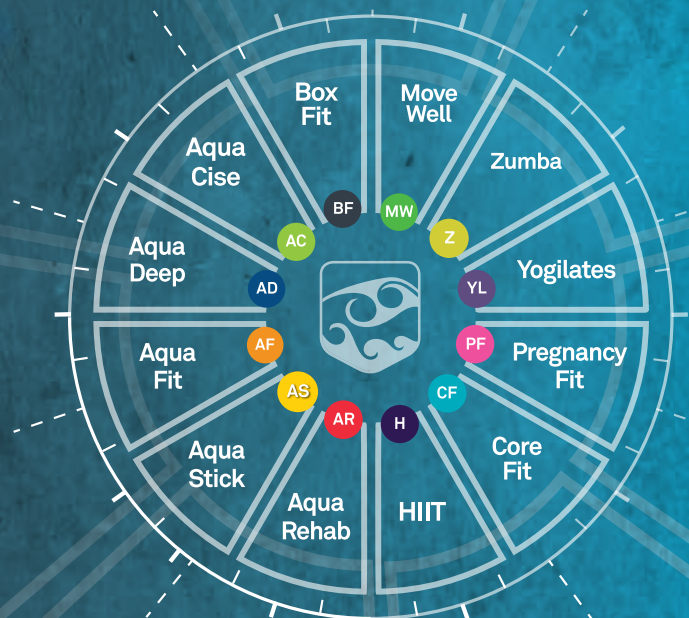
**More options, more programmes,  
more results!**

## Yogilates

Focusing on balance, strength and well-being while creating mind and body harmony.

## CoreFit

An express class focusing on strength enhancing, muscle toning and core stabilisation exercises.



**New timetable is now live - 18 classes per week!**

For timetable and class information, please visit our website on

 [aquatics.horowhenua.govt.nz](http://aquatics.horowhenua.govt.nz)

# Nutrition for Wellbeing

## Been finding it hard to focus at work lately, or wishing that (much like the Weetbix advertisements), you had the energy to just 'go and go and go'?

In this quarter's edition of Wellbeing, we are going to run through some of the reasons why having a balanced diet can do more than just influence your weight.

**Food and Mood:** Ever indulged yourself with some deep-fried or high-sugary goodness, only to regret it later because you feel bloated, sluggish, or even irritable? This is extremely normal, but many people don't think about the influence that food can have on both their brain function and overall mood.

There are two major body chemicals that play into this: Serotonin and Omega-3's.

Firstly, Serotonin. This chemical is a neurotransmitter in the brain that leads to the feeling of sleepiness, appetite, and impulse control. Serotonin is absolutely vital in our systems, because a lack of it leads to agitation, restlessness, confusion, and feelings of depression. Good sources of Serotonin include: eggs, nuts, salmon and cheese. Note: Your body also naturally creates Serotonin for the brain when you exercise, and spend time in the sunshine!

Secondly, Omega-3's. People often talk about these as your 'healthy fats'. Some people even take fish-oil tablets to get their daily dose of Omega-3's. Often fats get a really bad rap, because they are associated with cholesterol and energy-dense foods; however, they are the major nutrients that assist the human brain in cognitive function, learning and memory. The best sources of Omega-3 Fatty Acids are found in oily fish (like salmon) and nuts.

Spend some time in the sunshine while eating, and you should find that your brain will be running more smoothly and you'll feel great!

So if you are finding it hard to focus at work, you've been feeling a little irritable, or your mood is just a little down, consider bringing some almonds in your lunchbox, or try a salmon meal for dinner!

Spend some time in the sunshine while eating, and you should find that your brain will be running more smoothly and you'll feel great!

Bonus Fact: frozen vegetables often have the same level of nutrients that fresh vegetables do; in fact, sometimes people boil vegetables for too long, leading to the frozen variety being more energy dense than the fresh variety. Who said convenience couldn't be good for you?!





## Beats & Basketball – a ball of a time

On Friday the 13th of October, the Contact Youth Space held a Beats and Basketball night. Having been postponed because of rain, the weather was still not our friend come Friday, so we decided unconventionally to play basketball inside the Youth Space.

What a beautiful night it was! 50 kids, 2 v 2 tournaments, dunk contests, a DJ playing old school hip-hop and lots of fun had by all! Huge thanks to our partners Levin Basketball Association, Muaūpoko Tribal Authority and Life to the Max. We are looking forward to doing this again on the 8th of December at 6pm in the Levin Mall carpark.



## Everything has changed – nothing has changed

The 1st of December is 'World Aids Day'. In 2017, with the right treatment and care, a person with HIV is expected to live as long, or even longer, as someone who doesn't have the virus. When treated effectively, (which results in an undetected viral load) the risk of passing it on is minimal.

Yet, more than 30 years down the track, kiwis living with HIV still have to face misconceptions on a daily basis. Let's leave our fears behind and end the silence and the HIV related discrimination.

There are Kiwis living with HIV that don't know it yet. You can live with the virus for a long time without symptoms or risk of transmitting it to others. If you have had unprotected sex, get a FREE and easy HIV test through MidCentral Sexual Health Service on 0800 808 602. You can also get tested through your GP.



## Holiday Programme at Horowhenua Libraries

Our very popular Summer Reading Programme is running in Levin, Foxton and Shannon Libraries from 11th December to 19th January. This year's theme is "Wild About Reading" and is open to children from ages 3-10yrs. The Summer Reading programme aims to encourage and promote books, libraries, and the fun of reading through incentive awards, activities and popular entertainers.

Along with the reading programme, there will be fun, jungle based craft activities happening every day. The entertainers this year are Mary Kippenberger, and The Little Dog Barking Theatre Company.

### iRead Programme

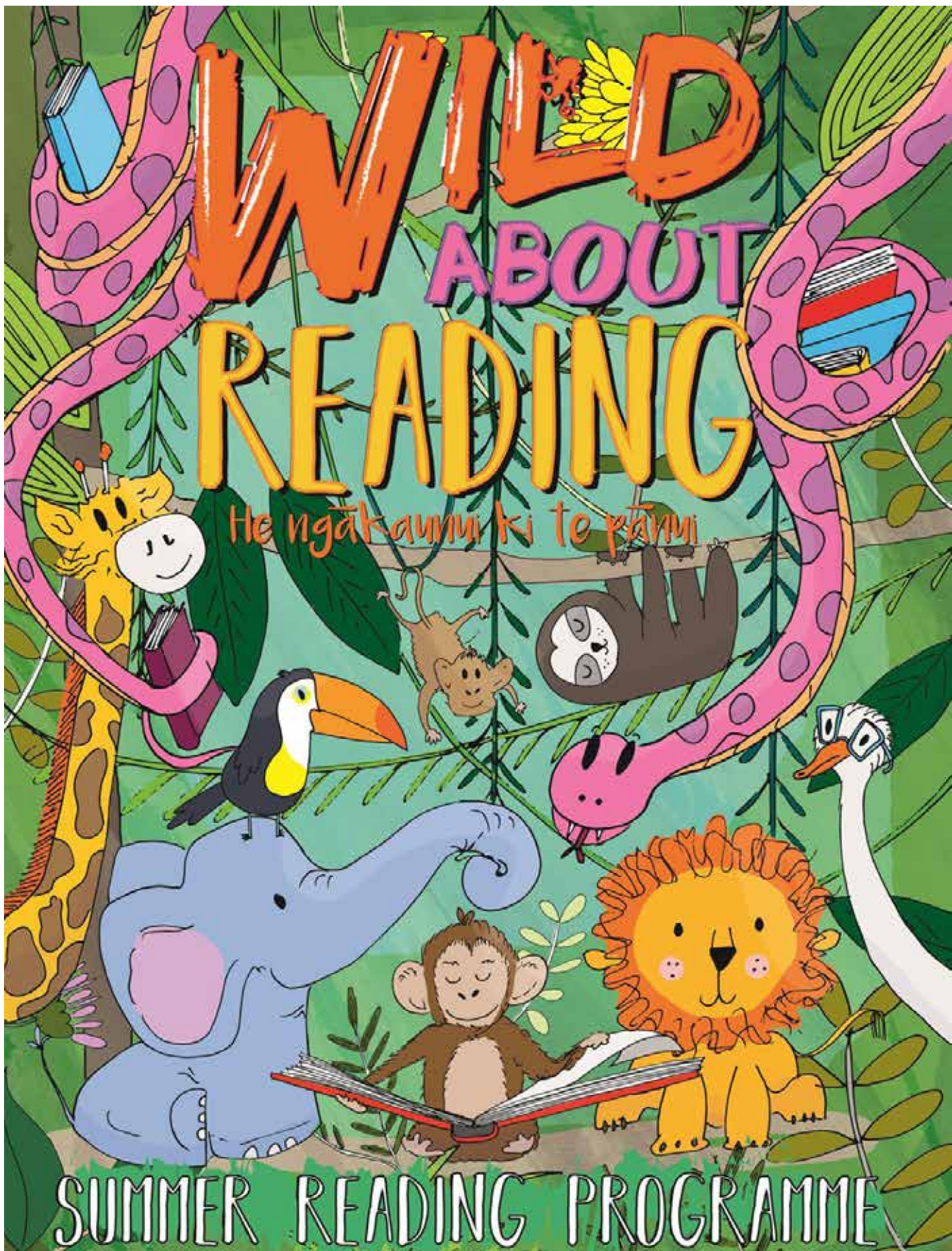
Intermediate aged children have their own special programme and the theme this year is "Bookscape". There will be book rewards throughout and the programme will end with a "Master Chef" finale.

Registrations start 27th November at each library. Places for both programmes will fill up fast, so make sure you get in early.

These programmes are offered free of charge thanks to funding from the Eastern and Central Community Trust. For more information, please contact your local library.

# WILD ABOUT READING

He ngākau mihi te pānui



## SUMMER READING PROGRAMME

11th December to 19th January

Registrations start 27th November