

8. NORTH HORNBY HEALTHY LIFESTYLE REPORT



The Board was in receipt of a report which detailed the progress and outcomes after 12 months of the Healthy Lifestyles Project. This is a partnership between the Council (via the Community Board) and SPARC, which aims to increase the health and well-being of North Hornby residents.

Helen Miles, the North Hornby Community Recreation Co-ordinator, was in attendance to present the report.

In the past year Helen has established new networks, gained an understanding of the community needs and set up programmes and/or assisted community groups set up programmes that will meet the needs of the North Hornby community.

The following programmes/projects have taken place or are underway:

- Healthy lifestyle weight loss programme
- Taiaha Wananga
- OSCAR and Fiji Social Services After School drop-in cooking programme
- Children's swimming
- Dance programme
- Community garden wheelbarrow
- Pre-school disco
- Neighbourhood gala day
- Aqua classes

Members expressed their appreciation for the work that Helen had done in this area and noted that she would be moving into the ex Toy Library building within a fortnight.

The Board **received** the report.