



February newsletter

EDITION ONE

I FEBRUARY 2010

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WHY JOIN PARENTS CENTRE?

Antenatal classes delivered by experienced, qualified educators

Coffee groups and parenting support networks

Retail discounts at a number of local retail stores

Free subscriptions to Kiwi Parent magazine and Sandbox

Parenting Workshops discounted for members

Social events monthly morning teas and other fun events run throughout the year

UHPC library is free for all members

New look for the New Year

Ready or not 2010 is now upon us! This is a time when many of us push the reset button on our diets, budgets, attitudes and goals.

As a committee, we're excited about the start of the New Year and we've been busy making plans, setting priorities and determining what the local community really needs

from us. Along with reinstating our antenatal classes, we've put together a very exciting calendar of courses and events for the year.

You'll also notice we've given our newsletter a bit of a makeover too. This is its first 'reveal' in the new look and format.

You'll find lots of new features such as prize draws, personal stories and a chance to get to

know the committee.

Also, don't forget to keep an eye out for our upcoming courses which will be advertised in here each month.

We hope you enjoy the new format and welcome any suggestions, articles or ideas you may have.

JOIN A FRIEND AND WIN

Join a new member to the Upper Hutt Parents Centre in the month of February or March and you will both go in the draw to win a BRAND NEW Peanut Pod!

To enter the draw, email uhparentscentre@yahoo.co.nz your details and the name of the person you referred to join Upper Hutt Parents Centre in the month of February or March. Once that person is a member, you're both in the draw to win. EASY!

The more members you sign up, the more chances you have to win.

Terms and conditions

The 'join a friend' draw applies to new Upper Hutt Parents Centre memberships signed on & commenced in the period 1 February to 31 March. The winner will be notified by telephone. **Full terms and conditions for this prize draw are available on request.**



Contact us. Do you have an idea for the newsletter? A photo, a birth story or even a favourite recipe? Please contact the Editor, Justine Henare, uhpc.editor@yahoo.co.nz

Meet your committee

Did you know that the Upper Hutt Parents Centre is run entirely by volunteers?

A lot of organization goes on behind the scenes by a very passionate, enthusiastic and dedicated committee.

To give you an insight into what we do and why we do it, we've asked each member of the committee to tell you a little about themselves over the next few editions of the newsletter.

This month we'll start with the Committee President, Robyn Thayer:

I am a mother of one and work part-time at the Ministry of Economic Development. My daughter, Mollie Rose, is two and is becoming far too

clever for her own good. It's amazing how quickly kids can get up to mischief!

I've been on the Parents Centre committee for nearly two years, firstly as a Parental Education Co-ordinator and, since May 2009, as President. Aside from leading the committee and chairing our meetings I also make sure we complete all our requirements for the National Support Centre. I look after the UHPC Library and update our website content as well as other bits and pieces when necessary.

When I'm not working I'm usually around home relaxing with family and friends.



We need your help

Do you have some free time and want to get involved as a volunteer?

With a pretty busy year ahead, **Upper Hutt Parents Centre** are looking for volunteers to help us out with a variety of tasks. Whether you have a specific expertise or you just want to lend a hand, we'd love to hear from you.

As a volunteer you can:

- Learn or develop a new skill
- Make new friends
- Use or develop your own expertise
- Feel good about yourself while helping others
- Be part of your community



You're most welcome to join us for a meeting to see how we operate without committing to anything. Just come along for a coffee. **To find out more please contact Robyn Thayer on 526 9715.**

Upcoming Parents Centre courses

Antenatal classes

Bookings are now being taken for all Upper Hutt Parents Centre Antenatal classes for 2010. To ensure a place, it is a good idea to book early as places are limited and filling fast.

Next class starts: 15 February

Contact: Deena Gray ph 939 8990

uhpc.childbirthed@yahoo.co.nz

Upcoming events

4 Feb Sport Wellington's Buggy walk, Queen Elizabeth Park, Start time: 10:30am
Visit www.buggywalk.co.nz

13 Feb Teddy Bear's picnic, Harcourt Park, Upper Hutt, 2-5pm.
Visit: www.upperhuttcity.com

Congratulations to our new parents

The following babies were born to new parents who joined the Parents Centre for our final Childbirth Education class last year, and also to former and current committee members who have survived parenthood the first time around and are up to number two! Congratulations to you all!

Parents	Baby name	Birthdate
Joanne Gresslehner & Chris Herbert	Logan John Gresslehner	26 Aug
Hazel Essery	Bryn Douglas Essery	28 Aug
Rebecca & Gerard Hagen	Jackson Andre Hagen	7 Sep
Marcus & Katie Durrant	Liam Wanea Durrant	11 Sep
Lisa & Ben Haydon	Zoe Carole Haydon	20 Sep
Sarah & Craig Kitchen	Joshua James Kitchen	10 Nov