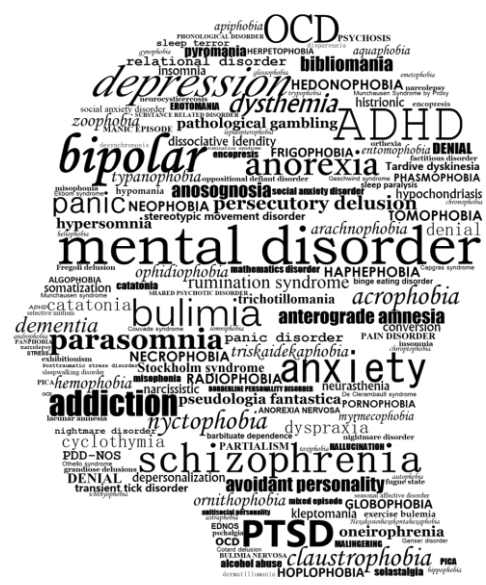




Spring is arriving and it's a great time of year to get out and get going. We can be inspired by the signs of new life all around us to make some changes. We don't have to wait for the New Year!

Mental health week has recently come to a close as we write this newsletter and we are reminded that being healthy isn't just about our physical state but our mental one as well. A healthy mind is important and necessary for changes to occur, so this directly influences the improvements we make in our physical health. This is especially important for new mums as there are a lot of adjustments to be made when a new family member arrives.



The aim of the Green Prescription Maternal Programme is to motivate, support and encourage healthy lifestyle changes with pregnant and postnatal Mums (up until about 12months). Support is given on an individual basis, specific to the client and their needs. Home visits are available, and these are a great way to build a personal and supportive relationship to begin the health journey. Green Prescription offers safe and manageable options to make positive healthy lifestyle changes during the maternal stage. These changes often have numerous benefits to the whole whānau.

This year Green Prescription Maternal has undergone a few more changes. Vibrant and enthusiastic Maternal Coordinator Vanessa has moved on to express her talents on another programme: Workfit. We wish her all the best in her challenging new role. The Maternal Grx role is now shared between Maria Blatch and Jane Denby.

## Jane Denby

Jane has been involved with the Maternal programme on and off since it was first piloted under Green Prescription in Hawkes Bay. She also works as an advisor for Grx Adults and has a background in nursing and midwifery. Jane is passionate about working alongside expectant and new Mums to support them during this special time, making sure a safe environment is provided physically, mentally and emotionally for our new Mums and their families. Jane is expecting her first grandchild and is looking forward to welcoming this new addition to her family.



## Maria Blatch

Maria is a Mum to three children and a Nanny to four mokapuna. She has been involved in working with Maori Whānau and Whānau living with disabilities for some years and is an Advisor for the Active Families programme. Maria is covering Wairoa and working with our hapu mama and new Mums and babies and visits Wairoa on the first Tuesday of every month. Wairoa is rocking with pilates, swimming and gym activities, coffee group, great discussion and a variety of other activities.

# ACTIVITY SCHEDULE

## TERM 4 2019



Follow us on Facebook for updates on walks and extra sessions not listed below.

**ALL UPDATES AND CANCELLATIONS ARE ANNOUNCED ON OUR FACEBOOK PAGE!**

### MONDAYS

Maternal Coffee Group \*First Monday of the Month  
10:30am - Finish

*Pettigrew.Green Arena*

### TUESDAYS

Wairoa Maternal Coffee Group \* \*First Tuesday of the Month  
10:00am - 12:00 noon

*Wairoa Community Centre*

### THURSDAYS

Post Natal Exercise Class with Danielle Paki  
9:30am-10:15am

*Pettigrew.Green Arena*

Pilates Class with Carol

11:00am-12:00pm noon

*Wairoa Community Centre*

### FRIDAYS

Water Babies \* must register  
From 12:00pm - Finish  
*Swim Heretaunga*

### MARIA BLATCH

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Maternal

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ALL UPDATES OR CANCELLATIONS ARE MADE ON OUR FACEBOOK PAGE  MUMS ON THE MOVE

To see a full timetable for the Green Prescription Programme click on the link [here](#)

If you would like to refer to our Green Prescription Maternal programme click on the link [here](#)

Or if you would like to refer to one of our other Green Prescription programme click on the link [here](#)

For more information on any of our programmes go to [www.sporthb.net.nz/activelifestyles](http://www.sporthb.net.nz/activelifestyles) or call us on 8459333.