

Media Release

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4th August 2009

Feeling part of the community

Children at Merivale School are tucking into home-made savoury muffins at their Breakfast Club thanks to the Tauranga Community Outreach Service.

The outreach service is funded by the Bay of Plenty District Health Board through the Mental Health Service for Older People (MHSOP), and baking for the community is just one of the activities that older people can get involved in.

“One of the aims of the service is to get older people who are seen by MHSOP playing an active role in the community,” says Community Outreach Service coordinator and occupational therapist Celine Dippie.

Many of the group activities are focused on helping in the community, such as volunteering at riding for the disabled, sand dune conservation and helping at the community garden that supplies produce for the Food Bank.

Baking for the Merivale Breakfast Club is a recent initiative provided by the meal preparation group.

“The people in the programme get together on Tuesday mornings and have a lot of fun baking together. It’s great to give the kids a healthy kick-start to their day, many of whom often don’t get to eat breakfast.”

Celine says that not only do the kids benefit, the group participants also feel a strong sense of purpose and fulfilment from helping others.

This week the group made thirteen pots of jam from donated fruit, which will go to either the Merivale Breakfast Club or the Food Bank. Anyone who wishes to donate extra fruit growing in their backyard or make a contribution to the baking ingredients for the Merivale Breakfast Club can contact the Community Outreach Service on 07 579 8535.

ENDS



Tauranga residents referred to the Mental Health Service for Older People (MHSOP) enjoy many community activities, including baking for the Merivale Breakfast Club.

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