

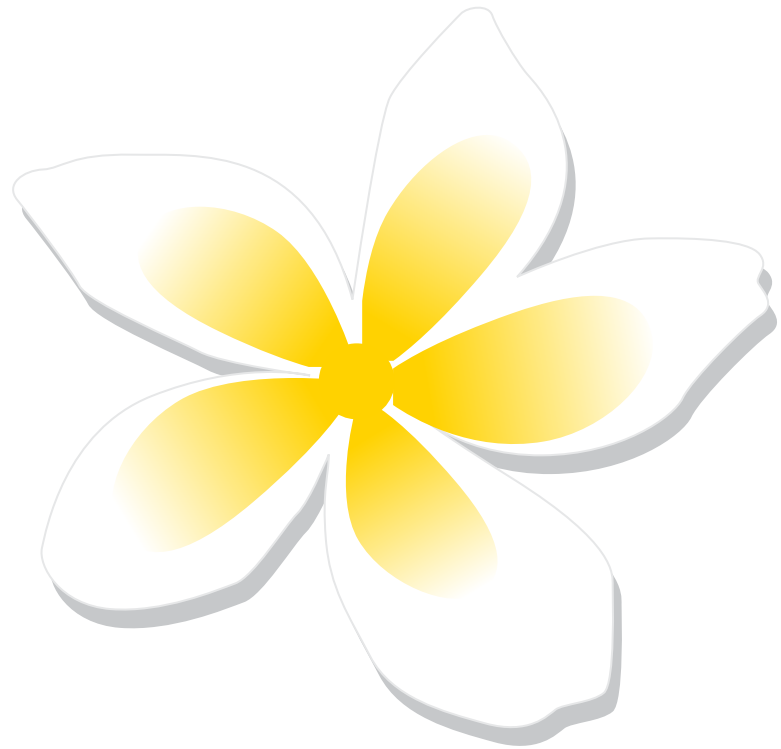


# VIBRANT LIVING

BUILDING FAMILIES TODAY FOR TOMORROW

# 5

## Alternative options



Healthy Eating Healthy Action  
Oranga Kai - Oranga Pumau



Waikato District Health Board



[www.waikatodhb.govt.nz/HEHA](http://www.waikatodhb.govt.nz/HEHA)





The following could be included in the Vibrant Living programme:

### Gardening component

- Show participants how they can easily make their own vegetable garden.
- Link with the local Permaculture Society or Garden Society.

### Budgeting component

- Tips and ideas around budgeting.
- How to cut your costs – food, electricity, simple gift making ideas etc
- Hamilton Budgeting Advisory has a good handout you can use as a basis. They will also come out and talk to your group for free.

### Grooming/healthcare

- Cervical screening
- Treatment of scabies, nits, school sores
- A local public health nurse could come in to do this session

### Other agencies

- Work and Income
- Inland Revenue Department
- Housing New Zealand
- Population Health Service, Waikato District Health Board
- Sport Waikato

**Note:** Discussions with participants early in the course would identify their issues and concerns so that appropriate speakers could be arranged toward the end of the course.

