

January- April 2018

## OUTDOOR ACTIVITIES BENEFIT MENTAL HEALTH

It is well documented that outdoor activities contributes to an individuals well being.

North Rodney Blue Light has always been an advocate for safe well planned outdoor activities that encourage and promote our values :-

Respect

Resourcefulness

Responsibility

Resilience

Over the past twenty three years the branch has built up a wide range of outdoor and safety equipment and skills to facilitate youth participating in the outdoors.

The activities have created positive relationships with youth, parents, schools and the local Police



Surf kayaking, Whananaki

## TERM ONE 2018 ACTIVITIES

Over 560 smiley faces from local Primary and Intermediate schools enjoyed having the North Rodney Blue Light team instruct and bring their outdoor equipment on their school camps. The six camps were held at Mangawhai and Marsden Bay venues. Blue Light Activities included Kayaking, Air Rifles, Archery Goat Island Snorkelling Introductions , Frisbee Golf and tramps along the coastal walkways. The schools organised additional activities such as NZ Surf Lifesaving instruction, Beach games, Adventure Forest, High Ropes, Confidence course, Mangawhai Museum and other camp activities.

A group of nine Japanese exchange students enjoyed two half days exploring the Mangawhai and surrounding area and archery introduction.

## 3 DAY FISHING TRAINING

Fishing is NZ's most popular recreational sport. Blue Light in partnership with the Mangawhai Fishing & Boating club plan to hold a three day training and information workshops for 20 local school youth aged between 14 -17 years. Subjects include Water Safety, Boating & Diving Safety, Correct maintenance of equipment, Fishing and Boating regulations, practical fishing excursion and how to cook the catch!! Basic First Aid with participant scenarios. The program will look to have involvement from local organisations including St Johns, Police, Fishing Charters, Surf Lifesaving, Ministry of Fisheries and local anglers.

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*“Give a man a fish and he'll eat for a day; teach a man to fish and he will be surrounded by people telling him how they can do it better.*

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## OUTDOOR SAFETY

The branch is pleased that we have very few minor incidents, near misses or injuries from our outdoor programs. Our three yearly Safety Audit is due again this year and we are investigating other types of certification that best suit our activities. Safety briefings are conducted with the students , parents and staff prior to each event.



Air Rifles



Kayaking Team work.



Snorkeling Intro Goat Island

## Contact Us

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## VOLUNTEERS

Kristal Gould, Gramham Pashley

## VOLUNTEER OF THE MONTH

Kristal Gould

## STAFF UPDATES

Wellsford Police staff member Graham Pashley and Police Education Officer Bernie Watt helped out for a number of the camps. Barbara Lane is working on end of year balances and funding applications as our new branch administrator

## COMING UP

Blue Light Lifeskills camp at Mangawhai with the NZ Defence Force and NZ Police. 6 Rodney College students attending

## SPONSORSHIP

The Warehouse "Bags for Good Neighborhood program", Doidge Tyres, Warkworth Anglican Parish. The Mangawhai Club Inc. The Mangawhai Opportunity Factory. Mangawhai Marine Engineering Firewatch Rodney

The local community continues to support with their generosity towards new tyres, repairs to IRB, new archery equipment, fishing training program, Lifeskills placements, Fire extinguishers service and sponsorship from national promotions for community groups

## WE APPRECIATE OUR SPONSORS THIS TERM

