

# WE St

## WEST AUCKLAND BUSINESS

proudly supporting your West Auckland community

### › Front Cover Feature

Henderson - Images from Our Town

### › Business Social Media

In our new column - Telling Your Story!

### › Life-Style features

Fitness | Gardening | Recipe | Wellbeing

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RETURNS IN OCTOBER

Cover: LFHQ Studios.

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West Business magazine is produced by the Central Park Henderson Business Association Inc. (CPHBA). 3000 copies are distributed free to approximately 1600+ businesses in the Henderson-Massey Local Board business precincts, not including magazine stands in 'high traffic visitor' businesses.

**Disclaimer** – The views, editorial, and opinions expressed in this magazine belong solely to the author/contributor, and not necessarily to the CPHBA, West Auckland Business Club or other group or individual. All content in this magazine may be subject to copyright and should not be reproduced in any form without express written consent of the CPHBA.



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Networking, wellbeing and enjoyment



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[www.westaucklandbusiness.co.nz](http://www.westaucklandbusiness.co.nz)

## CENTRAL PARK HENDERSON BUSINESS:

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133A Central Park Drive, Henderson, Auckland  
P.O. Box 69-126 Glendene, Henderson, Auckland 0645



WABC – @WestAKLBusinessClub  
CPHB – @CPHBusiness



equipment CO<sub>2</sub> neutral  
**HEIDELBERG**



# THANK YOU TO OUR HOSTS

Bayleys Northwest & UHY Haines Norton

CPHBA events subsidiary; the West Auckland Business Club (WABC) produces the Business after 5 (BA5) networking experiences. The BA5 has a wonderful group of sponsors who are passionate about West business and making a difference in our West.

In June, the event was hosted by Bayleys - Northwest at their premises in the NorthWest Shopping Centre. Attendees again enjoyed great hospitality & a friendly welcome that the BA5 is well known for. The delicious canapes were provided by Kings Garden Cafe Henderson and sound by our friends at Take 1.

Their multi-ward winning team are dedicated to deliver a consistent, professional, personalised service, and are committed to achieving the best possible sales or leasing outcome for all clientele.

Was great to see former Deputy PM Paula Bennett along in her role as Strategic Advisory Director for Bayleys' commercial and industrial property division.

In July, we were hosted by UHY Haines Norton; the Chartered Accountant and Business Advisory practice provides quality accounting, tax, audit and specialist financial services to individuals and businesses across all industries.

A foundation sponsor of the BA5, UHY Haines Norton firmly believes in supporting and contributing to the endeavours of local businesses and the wider community.

Innovative snack packs were provided by member Columbus Coffee Henderson and well received. Both events were attended by 100+ guests; to contact WABC - email [Events@cphb.org.nz](mailto:Events@cphb.org.nz)



Sponsor Richard Thomas entertains

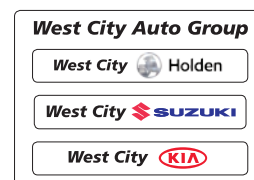


Scott Kirk from Bayleys

## BA5 SUPPORTING SPONSORS



support west







The BAYLEYS team



Elaine Hargreaves  
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3 Sponsors together with Vick from  
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## CHAIRS REPORT

Our Chair, Kelvin Armstrong has taken a well-deserved break from the writing duties for this issue, so I have stepped in.

I've been on the board of Central Park Henderson Business Association since it was relaunched late in 2015. By day I am Commercial Partner with the Bank of New Zealand. My role primarily is assisting businesses in the North West Auckland region with their banking and finance requirements.

The key issues facing businesses that I'm seeing in the current environment is lack of available staff, rising variable costs, and the significant delays with the shipping and clearance of product into New Zealand.

Whilst there appears to be no immediate fix on the horizon, at the BNZ have been working with our clients to assist where we can and help businesses face these challenges. Off the back of the recent Business Finance Scheme, where the BNZ used its full funding allocation from the government, we have launched our own funding scheme called 'Good to Grow'.

The Good to Grow scheme is available to New Zealand based businesses that require additional funding to assist with the ongoing effects from the global pandemic. Specifically, to recover and reposition themselves as well as fund further growth and investment in their business.

Good to Grow can be used to fund for example, but not limited to;

- Capital Expenditure
- Purchasing owner occupied business premises
- Acquiring another business
- Expansion and/or launching new products

Normal lending criteria does apply. For further details don't hesitate to reach out to one of the local BNZ business team at our monthly Business After 5 events



NICK THOMPSON

or get in touch with me and I am happy to provide contact details for you.

Thanks to everyone who attended our recent Business After 5 events that were held in June and July. A big thanks goes out to our hosts BAYLEYS North West and UHY Haines Norton. These networking events continue to be as popular as ever. On that note, a reminder if you have registered for an event and then are unable to attend, please let us know as soon as possible so we can reallocate that space.

It is challenging times for us all so please remember that the Central Park Henderson Business Association is a support mechanism for local business. The committee has a strong and varied skill set, consisting of former and existing business owners and CEO's, finance, and accounting professionals.

Don't hesitate to reach out to Garry or any of the board if needed. We are here for you!

.....  
**NICK THOMPSON, CPHBA BOARD MEMBER**

Nick\_thompson@bnz.co.nz

021 246 9129

An advertisement for BNZ Partnership Banking. On the left is a portrait of Greg Norman, a man with short grey hair, wearing a dark suit and light blue shirt. To his right is the BNZ logo (stylized 'bnz' in white on a blue background with three yellow stars) and the tagline "Your business partner in the West". Below this, it says "Greg Norman" in orange, followed by "Partner - Business - Acquisition" and "North West Auckland | BNZ Partners". At the bottom, in an orange box, is the text: "BNZ Partnership Banking, 373 Great North Road, Henderson, Auckland DDI: +64 9 835 1704 | M: +64 21 809 163 | E: gregory\_norman@bnz.co.nz".

An advertisement for Bayleys Real Estate. On the left is the Bayleys logo in a white box. Below it, the text reads: "Beterly Pan BCom 国粤英", "COMMERCIAL &amp; INDUSTRIAL", "Bayleys Real Estate Ltd Northwest", "Licensed under the REAA 2008", "beterly.pan@bayleys.co.nz", "Mob : 021 139 2228", and "Office : 09 953 4740". On the right is a portrait of Beterly Pan, a woman with dark hair, wearing a maroon top.





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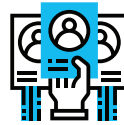
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support west

Applications open Monday 9th August 2021

[the.trusts.co.nz](https://the.trusts.co.nz)  The Trusts



 SCAN ME



# WEST AUCKLAND TO GET NEW ALCOHOL RETAILER BRAND for the First Time in 50 Years

- A significant change to a 'half-century-old' business model will mean West Aucklanders will now be able to purchase alcohol from a new retailer brand for the first time.
- The move is set to bring greater competition to the region - which is operated by two licensing trusts (there are 19 licensing trusts around NZ).
- Four new Liquorland stores will open, with three replacing existing Trusts stores. Under the new model, profits from the new Liquorland stores will be donated to local charities and community groups.
- The locations of the new stores have been geographically distributed to ensure the majority of West Auckland will have access within 5km.

West Aucklanders are set to have access to a wider range of liquor retailers under a new move designed to bring greater competition to the region.

For the first time in half a century, consumers will be able to purchase liquor in West Auckland from a retail store that is not operated under The Trusts brand.

The Waitakere and Portage Trusts in West Auckland are two of 19 licensing trusts operating in New Zealand. Each trust has government-authorised exclusive rights on the development of premises licenses for the sale of alcohol in their area.

The move will see three existing Trusts stores (Te Atatu, Blockhouse Bay and Titirangi) become Liquorland franchises as well as the opening of a new outlet under the Liquorland banner in Hobsonville.

Liquorland is one of New Zealand's largest specialty liquor retailers with over 130 stores nationwide.

The Trusts will operate the four stores as a Liquorland franchisee, following the same purchasing model as other franchisees and providing consumers with access to their national promotions as well as Flybuys and Airpoints loyalty programmes.

Allan Pollard, Trusts CEO, says the move will provide increased consumer choice and is part of a multi-million dollar investment and transformation programme planned for The Trusts retail and hospitality business.



He says the new stores will operate under a hybrid model that increases the level of competition in the region but retains the profits locally to support charitable initiatives.

"Our research shows our communities have a desire for the same retail options as any other parts of Auckland and New Zealand.



The Trusts CEO Allan Pollard

"At the same time we have designed this new model to ensure profits from stores operating under the Liquorland brand in the area will continue to be donated to local charities and community groups.

"Our goal is to become a high performing community organisation and the provision of greater choice for our customers is an integral part of achieving this," he says.

Pollard says the locations of the four new stores have been geographically distributed throughout the region to ensure the majority of West Aucklanders will live within a 5km radius.

Brendon Lawry, Liquorland NZ CEO, says the partnership with The Trusts will operate in the same way as their other franchisees, bringing an increased product range to local consumers.

"The Liquorland operating model has a number of core strengths including greater buying power, exclusive brands, and expertise in areas such as premium spirits and craft beer. We are also the largest retailer of gin and whisky in New Zealand.

"We know that there are also around 100,000 Flybuys and Airpoints members in The Trusts area who will now be able to purchase from a local retailer as well as redeem Flybuys rewards.

"The Trusts have adopted the Liquorland model without modification - which is a recognition of the potential impact that the size and scale of a national chain will have on West Auckland," he says.





## GET YOUR GAME ON

**The 2021 / 2022 Summer Games will consist of three events held at the beginning of December, Beginning of February, and the beginning of March 2022.**

The events will be Disc Golf, Lawn Bowls, and Dodge Ball (for the more energetic). These three events have been chosen to represent a wide range of participant ability, and that all can be played within our local business district.

Business's will compete against each other in teams - and can register for one, two or all three events. Companies can also enter different teams for the different events. Each team will consist of four players.

The free events would be held at 5pm on a weekday with catering and refreshments provided after each event, encouraging supporters & spectators, and networking opportunities.

# SUMMER GAMES



CPHBA are pleased to announce that we will be holding an annual Summer Games event to encourage networking between our local businesses with a focus on wellbeing and enjoyment.

The games will be held each year at the beginning of December, February, and March. The 2021 / 2022 Summer Games will feature disc golf, lawn bowls, and dodge ball for the more energetic.

We are encouraging businesses to enter teams of 4 players in all or individual events. Entry will be free and refreshments will be provided for both participants and spectators.



To register your interest in the 2021/2022 Summer Games please email your business details to [admin@cphb.org.nz](mailto:admin@cphb.org.nz), along with the details of which events you are interested in participating in.







- **Disc golf** is a flying disc sport in which players throw a disc at a target or basket; it is played using rules similar to golf. Using the simple 'frisbee', this is a sport that anyone can play but with challenges that can hook you for life.
- **Lawn bowls** is a sport in which the objective is to roll biased balls so that they stop close to a smaller ball called a 'jack'. It combines accuracy, strategy, expertise, and a lot of fun.
- **Dodgeball** is a fun, fast paced sport that anyone can play. Two teams try to eliminate opposing players from the game by hitting them with 'soft' balls or making successful catches, while avoiding being hit themselves.

The object is to encourage networking with a focus on wellbeing and enjoyment with benefits being:

- Increased awareness of local facilities and offerings
- Provide revenue too, and increase participation between local businesses
- To become an annual event that our businesses talk about, and can look forward to
- Encourage people to visit the West for the local facilities

WEst magazine will feature a report on each of the events, and the winning team of each will receive a free advert in that particular edition.



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## INVIGORATE MEDIA

Telling Your Story!

### Every business has a story, and that story should be told.

Did you know that customers now care not just about price but about who they are buying from.

We went through an era of price wars but now things are changing, and customers are more thoughtful about who they buy from.

- Do they align with their social preferences?
- Do they support local charities?
- Are they eco-friendly? to name just a few...

These are customers considerations when looking to purchase, especially if it is not just a onetime purchase.

"I personally will bypass my nearest café, to go to a cafe where I like the barista as well as the coffee, and I feel good that I'm buying from their small business as I know their story".

When looking at making purchases people may be looking at more than just your product or service.



# Advertise your business here to our West Auckland Community.

**Readership | Resource | Relevance**

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SHOP IN  
**WEst**

*for details contact:*

**Garry - 027 490 4260 or [garry@cphb.org.nz](mailto:garry@cphb.org.nz)**

*One voice for the West!*



**CentralPark  
HendersonBusiness**



Now you are probably thinking how can I get my story in front of potential customers?

- The answer is **video and social media!**

Telling your brand story though video makes it engaging and shows your potential customers who they might be doing business with.

A short 60 second video can be enough to show who you are, what you do and why they should support your business.

Short videos like this are great for Facebook and Instagram and are pretty easy to make, even a short video made on an iPhone can be enough.

You can then share that story using paid advertising on the Facebook platform, you will be able to get video views for as cheap as 0.01c, that is not a typo, it can really be that cheap!

This increases your brand recognition, awareness and if then followed up with more content and adverts....sales!

Brand story has been shown to help increase conversions and build a loyal customer base.

Try making your own or get in touch with Invigorate Media to assist you to create your first video.

**Your Association, CPHBusiness is planning a series of workshops to assist businesses in activating their Social Media presence - starting in September**

- If you are interested in attending one of these, please email Tineke at [membership@cphb.org.nz](mailto:membership@cphb.org.nz) - to secure your place before email invites go out.



## STRUGGLING WITH YOUR MARKETING?

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**Mitre 10 MEGA Westgate & Henderson**  
**Northside Drive & Lincoln Road**  
**Monday - Friday: 7am - 7pm**  
**Weekends: 7am - 7pm**



**MEGAWestgate**  
**MEGAHenderson**

**MITRE 10**  
**MEGA**

**WESTGATE &**  
**HENDERSON**



# LASTING RELATIONSHIPS THE KEY

Trade breakfast at Mitre 10 MEGA

With timber shortages affecting a large number of trade, hardware, and DIY stores around the country, Mitre 10 MEGA Westgate and Henderson are well equipped, and stocked to weather the storm.

Earlier in the year, a key supplier withdrew contracts with several hardware retailers, leaving some scrambling to find replacements. This, coupled with the fact that overseas entities are willing to pay a premium for Kiwi timber has created shortages far and wide.

"We've put a lot of effort into creating lasting relationships with all suppliers, along with streamlining processes for ordering stock across our stores. It's great to see the hard work around this piece pay off when something like this does surface" said Dave Hargreaves, owner operator of MEGA Westgate and Henderson.

With no end in sight for the current situation, Dave is confident that the stores will continue to stock enough timber to keep local builders, construction companies, and DIYers content.

## IN OTHER NEWS...

The grand opening of the brand new, fully enclosed trade drive thru was a fantastic success, with over 300 locals turning out for the annual trade breakfast.

Over \$5,000 in prizes were given away, and attendees were lucky enough to meet and greet New Zealand rally car legend, Hayden Paddon.





# RAY WHITE UNIVERSAL

## YOUR TRUSTED REAL ESTATE ADVISERS

### Why Choose RAY WHITE UNIVERSAL As Your Preferred Property Specialists?

With Ray White Universal, not only do you have local area specialists working earnestly for you, but you also have the strength of New Zealand's most trusted and reputable real estate group on your side. You can rely on us to be there for you every step of the way, but that is only the start:

#### Top-notch, Fully-Licensed Salespeople

When you first meet a Ray White Universal salesperson, you instantly know that they're local area specialists. Not just that; you get a sense that they're experienced experts, your partner, soon-to-be-neighbour, or neighbours.

That's because Ray White Universal is a locally operated and owned real estate business. It's the brainchild of Amy Anderson, an award-winning property expert with over 21 years of experience in the Auckland real estate market. As such, Amy and her team at Ray White Universal know the area inside out, and they're passionate about what they do and this beautiful suburb where they work and live.

Thanks to our 'intel' on the Henderson real estate market, our sales agents represent you in any capacity, whether you're interested in residential or commercial real estate. And what's even better, our office has access to all the tools, selling power, and playbook of the Ray White group.

That means Ray White Universal salespeople are more than just agents. They are dream catchers, opportunity creators, and avid negotiators, all of the traits you need to earn maximum profitability when it comes to real estate.

We cherish our independence because it motivates us to care about every single thing that happens within our company.

#### - We're Independent

Although we're part of the Ray White network, we're an independent property company. The agency is owned and run by Amy Anderson, who has worked in this region for decades. As mentioned, our branch is serviced by real estate professionals who are proud

to call Henderson home. We relish our independence, as it encourages us to care and focus on both the big and little things that make our team unique.

#### - Trust and Honesty

While our company was seeded in an ambitious vision, we've gone from strength to strength thanks to our fundamental pillars of honesty, trust, and dedication. We've built our success on these foundations as we continue to focus on customer satisfaction.

The combination of our local knowledge, sales prowess, online marketing, and property market expertise means there's no better property company in Henderson than us to represent you in realising your real estate dreams.

#### - We're Enthusiastic

As well as our passion for real estate, we leverage the strengths of empathy, understanding, and listening together with our integrity, drive and experience to help you achieve your real estate goals.

So, whether you want to sell, rent, manage, or buy property in Henderson and beyond, we have what it takes to get the job done efficiently so that you can get top dollar for your investments.





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## WE HAVE A LOOK AT HENDERSON

A pictorial look at some spots in our Business District

Your association CPHBA tasked photographer Geoff Budd from LFHQ Studios in Te Pai Place, Henderson - to shoot some images of our place.

There are some wonderful spots to visit in our town that we may take for granted at times - places to refresh, to ponder, and perhaps have a bite while enjoying some superb scenery on offer. *Images continued on page 28.*



Waste Management Plant



Mural on Clemway Place



Railway crossing Corban Estate



Mural at Corban Estate



Mural on Sel Peacock Drive



View from Selwood Road



Te Pai Park



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Hart Domain Playground



Te Pai Park



Mural on Railside Ave



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# WHAT BUSINESS EXPENSES CAN YOU CLAIM?

**What's the big deal about business expenses?**  
Put simply, business expenses can help to lower your tax bill.

Many business expenses can be claimed to offset your business income, reducing the amount of tax you need to pay. So, it's in your interest to know what expenses you can claim.

## Who can claim business expenses?

All businesses, also including self-employed people, contractors, and sole traders, providing the business is carried on with the purpose of producing income.

## What business expenses can you claim?

The types of costs you can claim include:

- Uniforms
- Stationery
- Tax agent fees
- Home office expenses



- Business phone expenses
- Rent on business premises
- Client / Staff entertainment expenses
- Some types of business insurance premiums
- Interest on money borrowed for the business
- Depreciation on assets such as office equipment
- Vehicle expenses, transport costs and business travel
- Work-related subscriptions such as to professional associations and publications

## How much can you claim?

The amount you can claim is different for different types of expenses. For example, many client entertainment expenses are 50% deductible, such as taking a customer out to dinner or giving them a gift of a bottle of wine. Some staff entertainment expenses can also be 50% deductible, such as Friday night drinks or Christmas parties.

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### How do I claim my business expenses?

Keep all business-related receipts and invoices as you need to have a record of the expense in order to claim it. The expenses are claimed within your annual tax return, which either you or your accountant can complete and file.

### Should I use an accountant to help with my expense claims and tax return?

Using an accountant to complete your tax return can actually save you money as they can maximise your deductions. Not only do they know all of the types of expenses you can claim and what percentage of each expense can be claimed, they will also work out proportionate claims where costs relate partly to the business and partly for private use.

### ACC levies Are a Deductible Business Expense

ACC is like a mandatory insurance policy for businesses that covers business owners and staff for personal injury. There are four types of ACC levies that businesses may pay:

1. Work Levy – paid by businesses based on PAYE employees' wages to cover workplace injuries.
2. Earners' Levy – paid by all active income earners to cover injuries outside of the workplace such as injuries that happen at home or sports injuries.
3. The Working Safer Levy – collected on behalf of WorkSafe New Zealand to support their activities in injury prevention across the country.
4. Motor Vehicle Levy – paid via petrol pump charges and vehicle licenses/registrations to cover injuries on public roads involving moving vehicles.

So although the levies are compulsory, the good news for businesses is that these ACC levies are generally a deductible business expense. The extent to which they are tax-deductible depends upon the type of levy and the type of organisation.

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# INVIGORATE YOURSELF

Start the day right

Winter has hit us and some of these mornings have been so cold, it can easily make you want to stay in bed those few extra minutes and ease into your day.

DO NOT DO THIS, especially if you want to be productive.

Have you ever noticed that when you are running late you get this extra boost of energy, no need for that first coffee, no 20 minutes spent on your phone before getting out of bed.

This is because you have a hormone called cortisol, this is the flight or fight hormone and when you're running late it gets you awake really quick. It actually is one of the hormones that wakes you up in the morning.

The problem is you don't want to risk being late everyday just to get a boost of energy, that is why we recommend some form of exercise in the morning to wake you up, get the blood flowing and ready to attack the day.

Exercise stimulates the production of endorphins that are natural mood elevators, meaning not only are you awake, you're also feeling great too.

It is not easy to exercise every morning but training with a group really helps, that is why at Invigorate we solely train in groups. You have others to help you along as well as a fitness professional.

Contact us to help you with your get up and go.





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# YOUR AUGUST & SEPTEMBER CHECKLIST

with Kings Plant Barn

**August - Late winter;** The days are slowly starting to get longer as Spring creeps into the garden once more, meaning that seedlings are beginning to take off again in mid and late August. There is much to do to prepare for your spring garden!

## PLANT NOW

### Vegetables

In August, you can start choosing all your veggie seeds. Grow tomatoes, eggplants, zucchinis, cucumbers, chillies, and basil from seed. Germinate in a warm, dark place keeping the soil moist, then put them in full sunlight inside once they start to sprout. Later in September, you can start planting them out in the garden, along with asparagus and potatoes.



Fruit tree - apple

### Fruit

Deciduous fruit trees, including peaches, plums, and nectarines, are now available.

Apples and pears will be on their way to stores in late August.

### Trees & Shrubs

Plant gorgeous roses, flowering cherries, magnolias, as well as beautiful Cersis and Acers in August for striking, lasting colour in your garden.

### Flowers & Perennials

**Instant Colour:** Fill pots, hanging baskets or garden beds with alyssum, snapdragon, petunia, marigold, cineraria, and calendula for stunning displays of colourful flowers.



Marigolds, Petunias & Snapdragons



Lavender



Speak to your local

# Garden Experts

Visit your local **Kings Plant Barn** for a huge range of top quality plants, plus expert advice to help bring your garden ideas to life!

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Veggie seedlings

**Lavender:** One of the easiest and most loved flowering herbs of all time, lavender can be grown in pots on their own, in garden flower beds as borders or around the veggies to encourage bees to the area.

### Maintenance

**Vegetables:** Protect new seedlings with Quash slug and snail pellets, and lettuces and peas with bird netting. Start feeding with liquid fertiliser once every three to four weeks. Start planting out tomatoes, basil,

eggplants, and zucchini plants in mid-September.

**Fruit Trees:** Start watering your fruit trees regularly as the weather warms, and mulch on top of the roots, making sure it doesn't touch the bark of the tree.

**Lawn:** As it warms up, begin to repair your lawn, or plant up any new patches. For established lawns, feed and use moss killer on any parts that have gotten too damp over winter.

Looking for more help or expert garden advice? Come in-store to talk to our friendly staff or give us a call on 0800 PLANTS for general inquiries.



Tomato seedlings



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## RED WINE POACHED PEARS

### Ingredients:

- 750mls Red Wine
- 2 Cinnamon Quills
- 1/2 of a Lemon Zest
- 2 Cloves
- 1 tbsp Cointreau (optional)
- 8 Whole Pears peeled
- 300g Caster Sugar

### Method

- Place the wine in a pot and bring to the boil.
- Once boiled reduce to a medium heat and add cinnamon, zest, cloves, Cointreau. Leave for 5mins
- Add Pears and sugar, then cover and reduce heat to minimum.
- Leave to cook for approx. 1 hour or until pears are tender.
- Once cooked, remove pears from poaching liquid and allow to cool.
- Continue to reduce the poaching liquid on a medium heat until the consistency of a syrup.
- Take off heat and pop into a jug to cool.

### Plating

Place some of the pears on a bed of your favourite coconut/Greek yoghurt (or whipped cream), and dress generously with the syrup. Garnish with a mint leaf and enjoy.



The Falls Bistro  
Chef Cristian Pincheira

### WINE MATCH - Babich Wines BLACK LABEL - Marlborough Pinot Noir

Raspberry and red cherry aromas, with mushroom, sage, and a hint of chocolate. Plum, leather, and sweet earthy notes mingle with garden herbs and ripe red and black fruits. The tannins are silky and the acid, juicy. A sweetly lingering finish.

WINEMAKER NOTES: The grapes were crushed to open top vats and fermented with frequent plunging of the cap. The wine was left on skins after ferment to assist integration then moved to 225L oak barrels, (25% new), to undergo malolactic fermentation and mature for 7 -10 m.

# Experience

THE TASTE OF BABICH WINES.  
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\*Discount can't be used on already discounted products or any non-wine products such as merchandise, cheese boards or non-alcoholic beverages. Can be used instore or on the online store. Offer applies to members of Central Park Henderson Business and their staff.



15 Babich Road, Henderson Valley, Auckland  
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## 'RSV' INFECTION

**Respiratory syncytial virus (RSV) infection is a common cause of winter and spring infections. RSV is one of many viruses that cause infections of the respiratory tract – the parts of your body related to breathing.**

Almost all children will have had an RSV infection by their second birthday. If it recurs in healthy adults and older children, RSV symptoms are mild and similar to the common cold.

The symptoms of RSV infection are typical symptoms of a cold, such as a runny nose, coughing, sneezing, fever (high temperature), wheezing and not feeling like eating. These symptoms usually appear in stages and not all at once. In very young infants with RSV, the only symptoms may be irritability, decreased activity and breathing difficulties. However, RSV can also cause serious illness, including bronchiolitis and pneumonia (infection of your lung).

You should see your family doctor or go to an after-hours medical centre urgently if your baby or young child is under 3 months old, is breathing fast, has noisy breathing and is having to use extra effort to breathe, looks pale & unwell, is taking less than half of their normal feeds, is vomiting or has not had a wet nappy for more than 6 hours

You should also see a doctor if you are worried about your baby or young child. Even if you've already seen your doctor, if your child's breathing gets worse or you are worried, take your child back to the doctor.

RSV can spread when an infected person coughs or sneezes, as the virus droplets get in your eyes, nose or mouth. You can also get it from direct contact with



the virus, e.g., from kissing the face of a child with RSV. If you touch a surface that has the virus on it, like a doorknob, and then touch your face before washing your hands, you can also get the virus.

People of any age can get another RSV infection, but infections later in life are generally less serious. People at highest risk for severe symptoms include premature babies, young children with congenital (from birth) heart or chronic lung disease, young children / adult with compromised (weakened) immune systems due to a medical condition or medical treatment and older adults, especially those with underlying heart or lung disease.

Your doctor will ask about your child's symptoms, whether other close contacts have similar symptoms, your home environment and how long they have been sick. They will also do a clinical examination and, possibly, a throat swab or other tests.

Most RSV infections go away on their own in 1 to 2 weeks. There is no specific treatment for RSV infection. Care involves relieving symptoms, such as to:

- Manage fever and pain with paracetamol
- Drink enough fluids to prevent dehydration.

There is currently no vaccine readily available for RSV. Immunity to RSV develops over the first couple of years of life, but it is never fully complete, and tends to decline again with age. This means older adults can also be seriously affected with the virus.



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Continued from page 19.



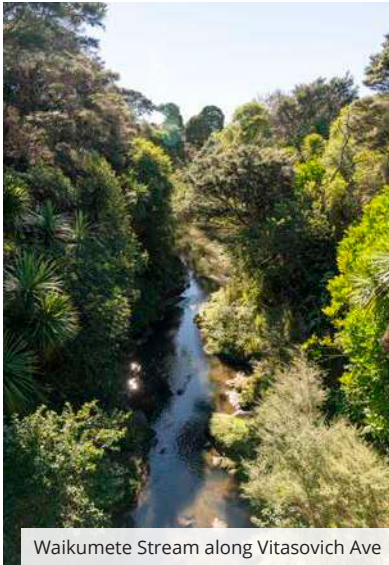
Old St. Michael's Church



The Ōpanuku Stream



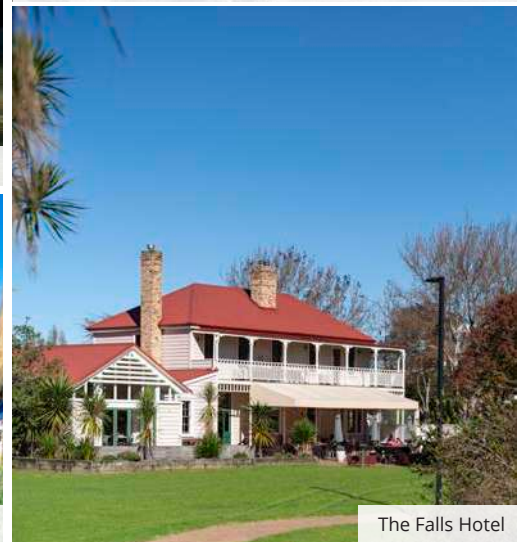
Henderson Town Sign on corner of Gt Nth Road & Edsel St



Waikumete Stream along Vitasovich Ave



Douglas Track & Field on Central Park Dr



The Falls Hotel

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## PUMP PAIN SIGNALS EV GAIN

### Courtesy EVs & BEYOND

Petrol prices have hit their highest in 18 months, expected to push interest in EVs.

**"It's never been a better time to buy an EV," says Drive Electric chair Mark Gilbert who expects price rises at the pump will trigger even more EV enquiries.**

Petrol costs about \$2.36 for 91 octane and around \$2.42 for 95 octane, while the electricity equivalent varies from about 24 cents to 40c a litre depending on the electricity supplier and plan, Gilbert explains.

EV enquiries have already stepped up following the Government's announcement of a Clean Car Discount or rebate part of the "feebate" applying from July 1 and the fee aspect for polluting cars scheduled to take effect from January 1 next year.

People have rushed to take advantage of EV rebates of up to \$8625 for new and \$3450 for second-hand electrics and plug-in hybrids (PHEVs).



Mark Gilbert Drive Electric at Clean Car Discount announcement with transport minister Michael Wood

Gilbert says much will depend as well on penalties due to apply next year, and whether continuing shipping issues mean EV dealers get the models needed.

He points to the prices of some EVs like Tesla reducing too, and new EV models like the Peugeot e-2008 arriving here.

"With the incentives it makes sense to at least have a look at EVs."



Kia Niro EV EX 455 - enquire at West City Kia

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# DAVIS CLASSIC CAR SHOW OCTOBER

**Mark your calendars for October 2021 and head on down to the Davis Classic Car Show which will be back again at the Davis Funeral Home in Central Park Drive.**

Having been thwarted earlier in the year due to Covid lock down restrictions, we are excited to finally be able to safely stage this event again.

Mike Powell, Branch Manager for Davis Henderson, explains that Davis has been privileged to serve families across Auckland during their times of loss for more than 85 years, and specifically in West Auckland since 1998. "The Davis Car Show is just one of the many ways in which we try and give something back to the community, call it a way to say thank you.

Additional to this, centre stage to all our community events is an opportunity to create awareness and fundraise for a worthy cause. We are delighted to announce that all funds raised from the show will be donated to Hospice West Auckland, to help them keep up the amazing level of service and support that they provide across our community".

For those unfamiliar with the Davis Classic, it brings together a truly diverse and eclectic variety of cars, trucks, and motorbikes, featuring classic to modern classic, American, European, and Australian. From Chevs to Mercs and everything in between.

There will be something for everyone at the Davis Classic, food trucks offering a wide range of food, events for the kids including bouncy castle, face painting, candy floss, popcorn, a magician as well as of course the main spectacle the cars, trucks and bikes.

For exhibitors there is a generous goody bag including the limited edition 2021 Davis Classic T-Shirt, raffles,

and a number of prizes to be awarded on the day including a People's Choice Award for the most liked vehicle.

Public parking is available across the road at 183 Central Park Drive, and this will be clearly signposted.

Head to the website and register if you would like to bring your car along... If you don't have a car, just bring the family on down and make it a fun day. The only thing we would ask is that you give generously to Hospice West Auckland.

**When: Sunday 10th October**

**Time: 10.30 am and 1.30 pm**

**To Register: W - [davisclassic.co.nz](https://davisclassic.co.nz)**







**Sunday, 10th October 2021 10:30am – 1:30pm**  
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**[www.davisclassic.co.nz](http://www.davisclassic.co.nz)**





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