

Feed your soul amongst the sunflowers

Greenlane Clinical Centre has been given a bright dose of sunshine, thanks to the 20,000 sunflowers planted on its grounds which are now in bloom!

*From **27 February – 29 March** there is a raft of fun activities planned amongst the sunflowers to feed your soul. Check out the schedule below and be sure to mark them in your diary, including an exciting photo competition with a chance to win an invitation to a barbeque celebration hosted by guest chef Tim Hishon of Orphan's Kitchen.*

*All activities, apart from the photo challenge, will be held by the sunflower garden beds, outside **Building 15 at the Greenlane Clinical Service Centre**.*

Sunflower photo challenge

Go into the draw to win an invitation for you and a plus one to attend a barbeque amongst the sunflowers curated by **guest chef Tim Hishon of Orphan's Kitchen**. Get creative and send us your best sunflower snap! While you're at it take a stroll amongst the four sunflower garden beds dotted around the Greenlane Clinical Service Centre, you might just find the perfect backdrop.

To enter, simply submit your photo to He Kokona Ngākau or email it through to sshwellbeing@adhb.govt.nz to be in to win.

The last day for submissions is **Sunday 12 March** - 3 winners will be contacted directly and announced on **Monday 13 March**.

The barbeque celebration will be held on Sunday 19 March, from 4pm by the sunflowers outside Building 15, Greenlane Clinical Service Centre. Rain date: Sunday 26 March.

Music Monday

Monday 27 Feb & 27 March, 12pm - 1pm

Start the week on a musical note, at the Music Monday sessions amongst the sunflowers for Starship. Bring your lunch and a friend and get your groove on with sunflower saxophonist, Ali!

Waiata Monday

Monday 6, 13 & 20 March, 12pm - 1pm

Nau mai haere mai. Come and join us for a relaxing sing song with some easy to learn waiata that you may already know or new ones you can learn. If we have time, we may even add a few actions. Bring a friend, lunch, a picnic blanket and sit back and enjoy.

Mauri ora!

Paint amongst the sunflowers

Wednesday 8, 15 & 22 March, 12.30pm - 1pm & 1.30pm -2pm

Here's an opportunity to tap into your inner Van Gogh and paint amongst the sunflowers. All you need to bring is yourself and your enthusiasm and Delicious Revolution artist and urban farmer Levi Brindson-Hall, who brought this project to life, will do the rest. All art materials will be provided.

Come and discover the artist within you!

There are limited numbers per workshop, [so please sign up here.](#)

Find your zen amongst the sunflowers

Tuesday 28 February & 7, 14, & 21 March, 12.30pm – 1.00pm

Take a moment to embrace the beauty of sunflowers while finding your inner zen with Yumi. A passionate and qualified yoga instructor, Yumi is offering sessions perfect for all ability levels:

Relax & Unwind – this session involves gentle yoga & movement, focusing on releasing tension in the neck, shoulders and lower back. Emerge refreshed and ready to take on the rest of your week.

Grab some colleagues, come with comfortable clothes and see you on the mat!

Yumi is offering deep meditative inquiry for healing or therapy for 1/2 price for the duration of these 4 weeks, click here [for more details.](#)

Raranga Putiputi (weaving a flower) workshop

Wednesday 29 March - 12pm -1pm

Discover the art of weaving and poi amongst a beautiful backdrop of sunflowers with our Starship Community. In this workshop you will learn some facts about the Tikanga (rules) and process when harvesting harekeke (NZ Flax) for personal use such as making flowers or kete (bags) and other artworks.

You will learn a karakia (prayer) to use when cutting the flax and shown how to make a flower and then together we will make a putiputi for you to take away.

A little bit about the Sunflowers for Starship project

Sunflowers for Starship is an incredible sunflower installation planted across four gardens on the grounds of Greenlane Clinical Service Centre. The brainchild of urban farmer Levi Brindson-Hall, the aim of the project is to bring joy to patients, families, staff and the community alike while raising critical funds for Starship.

If you would like to adopt a sunflower, please visit www.deliciousrevolution.nz or contact Levi on levi@deliciousrevolution.nz.

For any queries about the sunflowers activities, please email sshwellbeing@adhb.govt.nz.