

# Be Well Newsletter

## Nelson Bays Primary Health

February 12th 2010

### Nelson Bays Primary Health News

As you know, the Primary Health Care Strategy is all about working together to improve health for all people. To this end Nelson Bays Primary Health has recently added three innovative new programmes to our portfolio.

### Green Prescription

#### Movement is medicine for creating change!

A Green Prescription from a GP or nurse is all it takes to get moving. We provide information about activities to suit the individual and a support person to phone regularly for motivation and encouragement to adopt a healthy lifestyle. Some subsidised gym and pool activities are available and low cost activity options are plentiful. [www.bewell.org.nz/grx](http://www.bewell.org.nz/grx)

### New Approach to Preventing Falls

ACC is working with Nelson Bays Primary Health to develop a new approach to reducing falls among the elderly in our region. This new approach will see free 6-week courses that will provide education on what people can do to reduce their risk of falling before they actually have a fall. The courses will work with community recreation programmes such as Way2Go and Green Prescription to introduce people to local activity options that have a social focus as well as providing appropriate activities.

New courses will begin in late February and although they are free, a referral from a health professional, such as a GP, nurse or physiotherapist is required. Tai Chi classes, which previously were the only option for Falls Prevention, will now be once-a-week sessions and open to any older adult in the community. There is a small charge but a referral is not required.

Referral forms can be obtained [here](#) or from:

Nelson Bays Primary Health, Green Prescription, Nelson Nursing Service or Presbyterian Support

More information can be obtained by phoning Presbyterian Support Services on 03 547 9350 or emailing [chrism@psusi.org.nz](mailto:chrism@psusi.org.nz)

### Primary Mental Health Brief Intervention Service

The Brief Intervention Service (BIC) is currently available to people with issues related to mental well-being. It is a free service. Referrals must come from a GP or a Māori Provider (a service that identifies itself as a Māori Provider). People who use the service must be 18 and over with no existing acute and/or chronic mental health or addiction issues that need to be addressed by specialist services, i.e. Psychiatrists, Psychologists, Alcohol and other Addiction services. The service is focused on Moderate Mental Health issues such as Anxiety and Depression. It can also assist when mental wellbeing is affected by other factors including illnesses such as diabetes, heart disease, cancer, lung disorders etc.

For more information email Martin: [Martin.Kane@nelsonbayspho.org.nz](mailto:Martin.Kane@nelsonbayspho.org.nz), 03 539 1647.

[www.bewell.org.nz/primarymentalhealthbic](http://www.bewell.org.nz/primarymentalhealthbic)

### Men's Mental Health

- Men are 3 times more likely to take their own life than women and are over-represented in many measures of poor mental health.
- Many male suicides are associated with relationship break-ups, domestic disputes, financial difficulties, major life stress, significant loss, or events resulting in social stigma or shame.
- Men seem more reluctant to seek help and may dismiss the seriousness of their problems.

How can our services better help the men who do turn up and what else can be done to intervene, assist, and save lives?

There are two seminars coming up in the next month:

#### Services Supporting Men

##### Tuesday 9th March

9:30 a.m. until 12 noon

Nick Smith's Meeting Rooms (corner of Waimea Rd & Quarantine Rd.)

This seminar will primarily focus on Suicide Prevention for Men.

[Download information here](#)

Then Register:

Email: [david.hough@nmdhb.govt.nz](mailto:david.hough@nmdhb.govt.nz)

Phone: 027 246 0042

#### Men's Well-being = Men Being Well

17th & 18th March.

Masterton

Men's Mental Health Promotion Symposium

[Download information here](#)

### Nelson Bays Primary Health Health Information

- [www.bewell.org.nz](http://www.bewell.org.nz)
- [Nutrition Service](#)
- [Green Prescription](#)
- [General Practice Info](#)
- [Health Directory](#)



## Youth Engagement - A Community Response

You are invited to a meeting at: **The New Hub, 23 New St, Nelson 12.00pm**  
**Wednesday 24th February**

We at the New Hub are aware that it is becoming increasingly difficult to keep young unemployed people engaged - with increased youth unemployment; accommodation issues; reduced training support and lack of resources within our organisation.

We know many other service organisations have the same issue.

This meeting will explore ways in which we can work together to find solutions and assist young people in our region. We believe there are opportunities and options that will emerge if we put our heads together.

It may be that there are: options you can offer that aren't well known; ideas for collaboration we haven't thought of; new ideas just needing a forum; possibilities that just need extra resources that may be available elsewhere in the system.

Let's look at them all together for 90 minutes. Please bring your lunch and your great ideas.



## Drug Info Update for January 2010

1. A comprehensive look at Cannabis-related issues
2. A new substance known as "Z"
3. Review of DARE programmes: Dare to be you, Dare to move on

Read more at <http://www.bewell.org.nz/druginfoupdatejan10>

### FREE Legal Service

Nelson Bays Community Law  
241 Hardy Street, 2nd Floor AON House;  
Monday – Friday: 9am to 4pm  
03 5481288

We provide good common sense legal first aid by informing, assisting and supporting a wide variety of clients who might otherwise be denied access to justice.

If you are interested in placing a notice, which includes tear-off contact information, in your practice or offices please contact us.

You can also get more information [here](#).

### Smoking Cessation Training

**1 Day Workshop**  
**24th February 2010**  
Trafalgar Park Pavilion Nelson

**Free Training for Healthcare workers**

[Get Registration Details](#)

Purpose of Training:

The training discusses how healthcare workers can better support Pacific patients who smoke  
The programme places strong emphasis on how to work with and for Pacific people - using ABC in supporting their quit attempts Participants and Providers who complete the training can get registered with the Quit Group as Quit Card providers to access the subsidized Nicotine Replacement Therapy (NRT)

## Lastest Newsletters & Info

- [Kidpower, Teenpower, Fullpower](#)
- [Te Kupenga - The Networker](#) (Feb)
- [National Breast Feeding Update](#)

### Mana Wahine Women's Addiction Course

25th February (10am – 12.30pm)

Referrals are from all sources and self referrals are also welcome. This is free and confidential service for women from all walks of life.

[Download more information](#)

### Business Development Company

**Enterprise Training Courses** are fully funded to small and medium business owners, therefore owners and managers of medical centres would be eligible to attend these.

[Download Enterprise Training Programme](#)

### Primary Health Care Nurse Education Weight Management

Thursday 4th March  
6-8pm  
Nelson Suburban Club

[Register Here](#)