

Be Well Newsletter

Nelson Bays Primary Health

February 26th 2010

A New Webpace for Primary Health Care Nursing

In the Nelson region there are many nurses who incorporate a primary health care approach in their work. A new webpace has been designed to provide access and information for individuals, communities, and other health care providers who may wish to enhance their knowledge of the varying roles nurses can have in the primary health care sector.

Even though the website is still under development you can visit it at:

www.bewell.org.nz/phc-nursing



www.bewell.org.nz

- [Nutrition Service](#)
- [Green Prescription](#)
- [General Practice Info](#)
- [Health Directory](#)
- [Falls Prevention](#)
- [Brief Intervention Counselling](#)

Immunisation Flu Vaccinations

Seasonal influenza vaccinations will be available from your doctor or nurse from 8 March 2010. This year's flu vaccine contains the H1N1 Swine Flu and two other flu strains. The 2010 vaccine is FREE to:

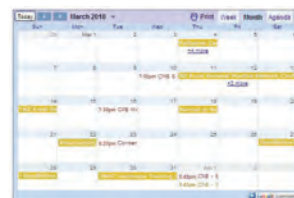
- Pregnant women in their 2nd and 3rd trimester;
- People aged between 6 months and 65 years with chronic health conditions;
- All people over 65 years;
- Significantly overweight people.



To find out if you qualify for a FREE influenza vaccination, speak to your doctor or nurse today.

NEW Combined Education & Training Calendar

View upcoming courses and conferences



Drugs and the Law - Have your say

The stage may be set for massive drug law overhaul, but will the resulting new legislation strike a much needed balance between enforcement, harm minimisation and the health of New Zealanders addicted to drugs?

It's been two years coming, but at last the Law Commission has launched its consultation paper on its review of the Misuse of Drugs Act. According to the Commission, the Act no longer provides a coherent and effective legislative framework for responding to the misuse of psychoactive drugs. It is now outdated and does not reflect current knowledge and understanding about drug use and related health, social and economic harms.

["Modernising New Zealand's Drug Law"](#)

The Ministry of Health has also released the results of the [Drug Use in NZ 07/08 Survey](#). Also - check out the Australian Red-Cross harm minimisation website "Save-a-Mate" for young people. www.saveamate.org.au

Supporting Māori or Pasifika families through diabetes

Trisha Falleni is the Nelson, Stoke, Richmond and Wakefield region's Māori Diabetes Nurse Educator who can support Māori or Pasifika families with diabetes. She provides free clinics at Victory Community Health Centre, visits families in their homes and delivers at no cost group education sessions such as Caring for Whānau with Diabetes. All referrals are encouraged and welcomed.

Trisha is available to provide clinics in general practice or other facilities as needed. Please call to discuss your needs.

Contact details for Trisha are:

- Phone: 539 0658
- Fax: 539 0652
- Email: trisha@ngatirua.co.nz

Caring for Whānau with Diabetes

Learn more about Diabetes over six evening sessions each covering a different easy-to-understand topic.

[Download more information here](#)

VACANCY

Request for Proposal

In November 2007 Victory Community Health signed a contract with Nelson Bays Primary Health (NBPH) to provide services for the Be Well Community-Based Health Access and Coordination Service. NBPH is calling for proposals from suitably qualified individuals/organisations to evaluate the service provided to date, to determine if the service is meeting the objectives intended and to make recommendations for service enhancement.

Go to www.bewell.org.nz/job-vacancies

Making the news - Media training for the youth-wellbeing sector

Teen Arrests Follow Mask Parade Nelson Black Spot at New Year Nelson Tops School Suspensions

Do headlines like these make you wish you could get your angle on youth into the news?

Find out how at a FREE workshop - in 2 sessions:

Session ONE: 4pm – 5.30 Tuesday 9 MARCH

Session TWO: 4pm – 5.30 Tuesday 23 MARCH

Venue: Wangapeka Room (downstairs off foyer) Tasman District Council Richmond Office, Queen Street, RICHMOND

If you have anything to do with youth activities, this workshop is for you.

[Registration details.](#)

Supporting Safe Sleep

About 60 babies a year die from Sudden Unexplained Death in Infancy (SUDI) and most SUDI deaths are preventable. Preventing Sudden Infant Death is everybody's business and there is excellent online guidance available on the following website

www.changeforourchildren.co.nz

This is presented in clear simple language that is both a good reminder to health professionals, and a non-threatening positive resource for parents and community based infant care providers. Highly recommended for anyone working with infants under 12 months or pregnant women.

Latest Newsletters & Info

- Lifeline Nelson - [Lifeline Linkup](#)
- Heartlands - [Golden Bay News](#) (Feb)

Stroke Rehabilitation

Advance notice of a Stroke Day for health professionals in Christchurch on 26 April 2010. More information is available [here](#).

Breastfeeding Update

The latest update from the National Breastfeeding Programme can be seen [here](#), including the fantastic winning photographs from the Breastfeeding New Zealand Photo Competition. Winners from each of the eight regions were selected by public vote (more than 5000 votes in total!).

TRAINING - "Tangata Tiriti" (Treaty People)

Join Ingrid Huygens as she introduces Tangata Tiriti – Treaty People, an interactive discussion and activity-based kit for facilitators, teachers and community leaders.

Where: Nelson City Council Chamber

When: 10am – 4pm 9th April 2010

Cost: \$50.00 – your agency will be invoiced upon confirmation of your attendance.

Participants will receive a completion certificate at the end of the session.

Who Should Attend?

This [one day workshop](#) is dedicated to providing the tools to leaders and educators so that they in turn can deliver this important information to newcomers or any other clients. There will be time at the end to plan for relevant use in their own settings. We hope to have a cross section of tangata whenua, migrant community leaders, ESOL tutors, careers advisors, youth workers, community workers and more.

For catering purposes please confirm your attendance by contacting

Sonny Alesana, 03 5460305 or sonny.alesana@ncc.govt.nz

Spaces are strictly limited – Registration is essential

