

Be Well Newsletter

Nelson Bays Primary Health

March 26th 2010

Welcome to another edition of the Nelson Bays Primary Health fortnightly newsletter.

Golden Bay – Where We're At

The concept of the integrated family health centre for Golden Bay is at a final planning stage and we are now realistically looking at how such a centre will operate and what it might look like.

All parties involved are very keen to keep the Golden Bay community informed about the progress on the different project streams. The best place to go for up-to-date information on where the project is at is: www.gbhealth.org.nz. The website is jam packed with concept plans and information, questions and answers and news on the latest developments. There are details on the key players, how to contact them and opportunities to make enquiries or provide feedback.

Keep abreast of what's happening, see some of the valuable input we've received and get in touch to address concerns.

www.bewell.org.nz

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

For Providers who refer to Green Prescription

'A man's health can be judged by which he takes two at a time – pills or stairs.'

New, improved 3-Month GRx Patient Summary Form

In an effort to make feedback more relevant and meaningful, we've introduced an improved [3-Month Patient Summary form](#) and you will receive these from GRx Support staff as patients complete their 3 month support.

The new form includes the important option for you to automatically refer to GRx for an additional 3-month period – effectively giving the patient 6 months support with the GRx team. We know that a longer period often has better outcomes than a short, 3 month period, so please use this simple tick-box option on the new form. We understand that not all practices require patient feedback, so if you do not wish to receive the 3 month summary, please call the GRx Co-ordinator Leigh Dalzell on 539 1662 or email leigh.dalzell@nelsonbayspho.org.nz.

A real success story

If you think it's hard to keep exercising and not to overindulge over the holidays, think again! Janet Huddleston accepted the challenge and won! [Read about her success.](#)



Antenatal and Newborn Screening

Pregnant women in New Zealand currently have access to three antenatal and newborn screening programmes and one quality improvement initiative. It is a woman's choice whether to participate in screening or not, but it is recommended that discussions about screening take place early in pregnancy. Early access to information means informed decisions can be made and early presentation is important if women are to receive the most benefit from screening and other antenatal support. There are different [screening options](#) available at different stages of pregnancy and a [timeline](#) provides a visual representation of antenatal and newborn screening tests.

Visit www.nsu.govt.nz for more information.

Combined Education & Training Calendar

View upcoming courses and conferences

2010			
January	February	March	April
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
May	June	July	August
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September	October	November	December
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Health Events Calendar

A new calendar of health events prepared by the Public Health Service is available to download [here](#).



Palliative Care

The April Genesis [Oncology breakfast lecture](#) will feature a Process-oriented Approach to Palliative Care presented by Kay Ryan.

- 7:30am on Thursday 1 April 2010
- Nelson Region Hospice, 46 Manuka St, Nelson

Contact:

Annie Wallace on 03 546 3950 or email:

annie.wallace@nelsonhospice.org.nz

Alcohol and The Law

The Law Commission has completed its comprehensive review of New Zealand's liquor laws and its final report to Government is expected sometime during March or early April this year. We anticipate the Government will then introduce a bill amending our liquor laws.



This will be the most significant chance in 20 years for individuals and communities to have their say about what sort of alcohol laws will better serve all our interests and reduce alcohol-related harm.

Co-ordinating action

Alcohol Healthwatch and the New Zealand Drug Foundation will be launching an initiative once the Law Commission's report has been tabled to Government. The aim of the initiative will be to encourage and co-ordinate concerned groups and individuals to send a clear message to our politicians and decision makers that it's time to take important steps towards alcohol law reform. We want to bring about a groundswell of public opinion in favour of effective and more sensible alcohol laws.

The initiative will involve regular communications about what's happening, what's coming up and how individuals or groups can get involved.

How you can help

Once we know more about the Law Commission's report and the Government's response we will be able to tell you more about the coordination initiative. For now, however, you can help us by encouraging your friends, colleagues, staff and workmates to sign up to our mailing list. With a good range of contacts, we can reach a wide audience when we're ready to go.

You can sign up to the Alcohol Healthwatch/Drug Foundation law reform initiative mailing list at www.surveymonkey.com/s/alrmailinglist

Parenting Teenagers?

Would you like to receive updates on things happening for teens or parents of teens?

Health Action Trust has a Parent Information Mailing List and we tell parents about things like:

- opportunities for young people, eg holiday programmes, school-leaver courses, youth development courses, meetings & events, workshops, etc.
- opportunities for parents, eg forums, trainings, support groups, discussions, workshops, etc

We send information. You choose what to do next.

To join the email list contact rosey@healthaction.org.nz with PARENT LIST in the subject line.

If you prefer to get your updates in the mail, send your details to:

Parent Mailing List
Health Action Trust
PO Box 691
Nelson 7040
www.healthaction.org.nz



Active Is The Way2Go!

Way2Go is a Nelson-Tasman Active Communities project that aims to increase the physical activity levels of our community, especially those who know they should be active, but aren't.

Breaking down barriers to physical activity and providing affordable and accessible programmes in our local communities is what Way2Go is all about.

We share the successes of the project through [our quarterly newsletter](#) and on our website www.way2go.org.nz.

Newsletters/Updates:

- [Latest Kidpower News](#)
- [NMDHB Broadsheet](#)
- ["Heartlands Services News"](#)

CST Forum

Whakatu Marae is hosting the Nelson Regional Forum of the Community Sector Taskforce next month.

For more info contact info.cst@paradise.net.nz or download a [panui](#) and [registration form](#).