

# Be Well Newsletter

## Nelson Bays Primary Health

May 7th 2010

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

### NEW RED CROSS TRANSPORT SERVICE



New Zealand Red Cross  
Community Transport Service

Need help attending health-related appointments?  
Don't have access to personal or public forms of transport?  
Contact the New Zealand Red Cross for Assistance

For some time NBPH has been aware of the need to address transport issues, because they often act as a barrier for people accessing health care. The Nelson Red Cross approached NBPH and suggested a collaborative approach to addressing the transport needs of people who live in the Nelson Tasman region, in order to facilitate better access to health care. They proposed a transport service for the Nelson Richmond region, free of charge for people who need assistance to access health-related appointments. They purchased a vehicle and appointed a coordinator to make the bookings and coordinate drivers. [The drivers](#) will be

volunteers, supported by Red Cross to gain a First Aid certificate and provide this service to the community. NBPH will work with the Red Cross to communicate the availability of this service to the people in this region through health providers.

[The service](#) is offered free of charge and will operate Monday to Friday 8am to 5pm. Bookings will be required about 3 days before the appointment. These can be made by phone on 03 546 5012 or email: [nelson@redcross.org.nz](mailto:nelson@redcross.org.nz).

The service provides medical and community transport to people who cannot otherwise afford or arrange to attend medical or community health-related appointments. The focus is on senior citizens, but will also be provided to other individuals who require assistance or are referred to the service by a health provider.

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

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

### NURSES



#### WORKFORCE & LEADERSHIP DEVELOPMENT FOR PRIMARY HEALTH CARE NURSES



Tuesday 1st June 2010, 9.30am - 4.30 pm  
the Rutherford Hotel, Nelson.

[Go here for more information](#)

### YOUTH

There is a strong Youth Health focus this month with a number of exciting events planned.

Nelson Bays Primary Health and Te Rapuora O Te Waiharakeke in a joint venture have secured funding to provide a Targeted Youth Health Service to young people who are at high risk and attend alternative education and youth transition services across the Nelson, Tasman and Marlborough areas. On **Tuesday, 25 May**, the programme kicks off with a [Youth Health Workshop](#) designed to increase professional skills and engagement with youth in clinical and community settings.

There is also a combined [CME and CNE education session](#) on **Wednesday 12 May**, featuring a presentation by Dr Sue Bagshaw, amongst others.

**Sue Bagshaw** is a primary care practitioner in community youth health from Christchurch. Her work has recently focused on mental health issues in young people, although she started life as a doctor in New Zealand (23 years ago) as a Family Planning doctor talking about sex. She does research and teaching and has a position as Senior Lecturer (adolescent health) in the Department of Paediatrics at the Christchurch School of Medicine. She is currently President of the International Association of Adolescent Health and on the executive of the New Zealand Association of Adolescent Health and Development.

Taking advantage of the visit to Nelson by Dr Bagshaw, [a forum](#) has been arranged on **Thursday, 13 May** for anyone interested in youth well-being to learn more about the issues and discuss approaches to improving well-being for young people.



### DUMP

Following the very successful DUMP (Disposing of Unwanted Medicines through Pharmacies) campaign the final report has been completed and is [now available here](#). Eleven recommendations were made as a direct result of the DUMP project to reduce waste and support prescribers, pharmacists and patients to utilize medicines more effectively.



### NCSP Smear Takers Development Day

**Tuesday 25th May**

Public Health Service, 36 Franklyn St  
"Looking across the cervical screening pathway"

This programme is designed to keep your knowledge of smear taking techniques, screening issues and the NCSP pathway up-to-date. [More information here](#)

### SI Cancer Nurse Network

Education and networking [session twelve](#) videoconference across the South Island.

**Topic: Survivorship – What does it mean?**  
**Presenter: Trish Clark, Oncology Southland Hospital, Invercargill**

**Time: 5.30 – 7pm, 20 May 2010**

**Venue: Paediatric OPD Videoconferencing Room, Nelson Hospital**

Register by email with [emma.bell@sissal.govt.nz](mailto:emma.bell@sissal.govt.nz)

Include your name, phone no, email and site that you will linking from.

Phone Emma if you have questions,  
ph: 03 372 3016

[See the 2010 programme here.](#)

## STRENGTHENING FAMILIES WINS OVERSEAS PRAISE

The NZ Strengthening Families concept was recently featured as a case study in an international report on sharing 'front office services'. These are services that take a co-ordinated, holistic approach to service delivery and are focused on supporting people's whole-life needs.

The study was undertaken by The Accenture Institute for Health and Public Service Value and the report concludes that the benefits of a citizen-centred delivery model far outweigh the challenges. ([Read the full report on the Accenture website.](#)) It also notes that better outcomes are achieved for people with complex needs when services are more highly integrated.

Strengthening Families is a whole-of-government, community-based initiative; it is an early intervention process that is family/whānau-focused, bringing families together with the government and community services they need to achieve better education, health, housing and social outcomes. Families meet with all their required agencies at the same time and, together, they identify solutions to the families' needs. NBPH holds the Strengthening Families contract for Nelson and the coordinator is:



**Vonnice Marshall**

Tel: 03 539 1654, Fax: 03 5394958,

Email: [Vonnice.Marshall@nelsonbayspho.org.nz](mailto:Vonnice.Marshall@nelsonbayspho.org.nz)

## GRx Monthly Referrer 'Lucky Dip'



Congratulations to Rachel Boon, Mapua Medical Centre. Rachel's name was pulled at random from the GRx Lucky Dip as she referred during April. Rachel and a friend will enjoy a nice coffee/tea at Lydia's Cafe. Thanks Rachel! Be in with a chance next month by using GRx to support your patients to remain active as the weather cools and it's easier to 'gain weight while we hibernate'.

"What Happens Next?" [Information Sheet](#) - Make it

easy to talk about Green Prescription support with your patients. If they agree they would like some support to get a bit more active, simply give them one of the 'What Happens Next' info sheets. Simple and effective. Copies of this document will be delivered/posted to you and more can be requested from [Leigh.Dalzell@nelsonbayspho.org.nz](mailto:Leigh.Dalzell@nelsonbayspho.org.nz)

Falls Prevention courses are going very well and all participants are offered 3 months GRx support at the conclusion of their course, to help them stay on track with balance practice etc. Explanatory pamphlets are also available from [Leigh.Dalzell@nelsonbayspho.org.nz](mailto:Leigh.Dalzell@nelsonbayspho.org.nz)

And congratulations to any of you who entered the Jennian Homes Mothers' Day 5km walk – a great present to yourself – and a great way for you to feel what your patients feel when you write them a Green Prescription. Keep up the great referrals thank you!

## Breastfeeding Update

- For facts on working and breastfeeding [see press release](#) from La Leche League
- Information for employers from the Department of Labour on [infant feeding](#) and [breastfeeding in the workplace](#)
- A reminder regarding ["Gold 10" online conference](#)

## CHRONIC CARE

**Living Well** is a six-week course designed for people living with any long-term health condition. Arthritis New Zealand has the license from Stanford University to run this course to assist people to gain a better quality of life. Topics covered include: pain management, fatigue, depression, relaxation, nutrition, exercise, decision-making & effective communication.

See more [information here](#) or to register for the next course in July, contact:

**Helen Saul**

Arthritis Educator, Nelson Bays Service Centre, 50 Halifax Street Nelson

Phone : 03 546 7689, 0800 663 463

Email: [helen.saul@arthritis.org.nz](mailto:helen.saul@arthritis.org.nz)

## Newsletters/Updates

- [Screening Matters](#) - newsletter of the National Screening Unit
- [LifeLine Linkup](#) - May 2010 News
- [Asthma Hook up](#) - a quick update from the Asthma Foundation

## Parents and Tots

Fun, new fitness sessions for parents and children starting at **Saxton Stadium on 19 May.**

[See details here.](#)

## Health Promotion

Days in May 2010 to watch out for [here](#)

January	February	March
Su M Tu W Th F Sa 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	Su M Tu W Th F Sa 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	Su M Tu W Th F Sa 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
April	May	June
Su M Tu W Th F Sa 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	Su M Tu W Th F Sa 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	Su M Tu W Th F Sa 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
July	August	September
Su M Tu W Th F Sa 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	Su M Tu W Th F Sa 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	Su M Tu W Th F Sa 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
October	November	December
Su M Tu W Th F Sa 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	Su M Tu W Th F Sa 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	Su M Tu W Th F Sa 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

## FLU

With the recent media attention around influenza vaccine and febrile convulsions in children, [a summary](#) has been prepared by the Immunisation Advisory Centre in conjunction with the Ministry of Health, with background information along with the current position and recommendations for Health Professionals. Regular updates will be available on both [www.influenza.org.nz](http://www.influenza.org.nz) and [www.immune.org.nz](http://www.immune.org.nz).

## Home Ownership Education Programme

Planning on buying your first home? Find out what to look for in a home, how to manage a mortgage and everything a first home buyer needs to know!

This series of free workshops, fully funded by Housing NZ, are to be held in Nelson on **Wednesday evenings 26 May, 2 June and 9 June from 6pm – 9pm**

For more information visit [www.newhomeowners.org.nz](http://www.newhomeowners.org.nz) or contact the Business Development Company on 03 545 6566.