

Be Well Newsletter

Nelson Bays Primary Health

June 18th 2010

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

Integrating Strengthening Families into your Service

Strengthening Families is a community-based initiative that helps families/whānau get access to the services they need. Strengthening Families brings together a family and all the agencies that have a part to play in helping that family achieve better education, health, housing and social outcomes. Together, the family and agencies develop an action plan that reflects the family's needs.

Any agency that believes a client's needs require input from more than one service may refer their case to Strengthening Families. Families can also self-refer.

NBPH holds the Strengthening Families contract for Nelson.

The coordinator is: Vonnie Marshall, tel: 03 539 1654, fax: 03 5394958

email: Vonnied.Marshall@nelsonbayspho.org.nz.

Contact her for more information and [find out](#) how Strengthening Families can work for you and/or your clients.

Falls Prevention

Falls account for a number of significant injuries among all age groups in NZ. Falls are the leading cause of injury-related hospitalisation in the 65+ age group. In this age group falls account for half of all ACC claims and 75% of injury-related hospital admissions. But - most falls are preventable. Those at risk can take [the following precautions](#) to prevent a Fall and protect their independence. They can attend a Falls Prevention programme to keep safe and well as they age.

Go [here for more information](#) about our Falls Prevention programme.

Calling all seniors

You are invited to attend the launch of a programme for older adults, especially for those who want, and need, to stay active over winter. Saxton Seniors Winter Walking Club is a new programme that utilises the huge indoor stadium where it's always warm, dry and safe for winter walking.

The programme aims to provide safe and supportive older adult activity options for those at risk of a fall.

We include social (emotional) support by providing cup-of-tea and fun times as well as seminars to keep motivation and interest strong. We can also measure walking success, so achievements are noticed and rewarded.

Starting on Tuesday 6th July at 9.30am, with options suited to beginners, intermediate or advanced walkers.

Where: Saxton Stadium, Saxton Road East (by the netball courts)

Cost: \$3

[See more information here.](#)

Be Well with medicines

Māori Ora Associates in conjunction with PHARMAC is bringing the "He Rongoa Pai, He Oranga Whanau – Whanau staying well with medicines" course to Greytown on 14-15th June 2010 and we would like to give anyone working in Māori Health, the opportunity to attend this valuable and free course. The course is to be held at the Pāpāwai Marae over two days, including an overnight stay on the marae. All food, accommodation and course costs are covered by PHARMAC. The only cost to attendees is getting to the marae. [A brochure](#) provides more information and [you can register online](#).

Please don't hesitate to contact Awhimai Reynolds if you have any further questions.

Her contact details are: Email: awhimai.reynolds@pharmac.govt.nz,

Phone: 04 916 7594.

We look forward to welcoming as many of your staff as possible.

Registrations close 5pm, Thursday 10th June.

www.bewell.org.nz

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

Health Promotion

Days in [June and July](#) to watch out for

January	February	March
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July	August	September
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October	November	December
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Korero o Hauora

Welcome to the ninth edition of [Rongo Korero o Hauora – June 2010!](#) This is an e-news bulletin from the Health Promotion Forum of New Zealand, published at irregular intervals. Please contact the editor, Helen Rance helen@hauora.co.nz with any feedback.

Vacancy:

Iwi/Māori Representative

A vacancy exists for an Iwi/Māori representative to be appointed to the Board of the Nelson Bays Primary Health Trust. The Board is the governing body of Nelson Bays Primary Health, guiding the application in Nelson and Tasman of the government's vision of better primary health for all New Zealanders.

The person we are looking for will reflect the diversity and perspectives (both urban and rural) of the various consumers, community health providers and whānau groups.

[Go here](#) for more information

www.bewell.org.nz/job-vacancies

Diabetes – the best thing that happened to me!

When I was diagnosed with Type 2 Diabetes, I realised that I had to change a few things; especially what I ate and how I looked after myself. Firstly the diet - I went to Diabetes NZ Nelson and chatted with Margaret Jameson who put me on the right path and encouraged me to attend a diabetes education course. I changed my eating to match the diabetes "healthy plate", in fact, the whole family changed, because it's a good



healthy way for anyone to eat. I then attended the Diabetes Education Course Living with Type 2 Diabetes that Diabetes NZ Nelson run and found it really worthwhile. I learned so much, I was really impressed and would recommend this course to anyone with a Diabetes diagnosis.

Exercise was the next thing I needed to change (introduce, as that was new to me) so I got a [Green Prescription](#) and started aquarobics. It is a wonderful way to lose weight and I really enjoy myself every time I go. I continue to attend the class 1-2 times per week.. I also try to walk at least two times a week for a decent length of time - weather permitting of course - otherwise I have an exercycle in my carport, which I can go on and do a few kilometres.

As a consequence of all this my cholesterol level has dropped and my blood-sugar levels remain well managed and within

safe limits. I have lost weight - 6 kilos to date - and feel just great. In fact, you could say I have never felt better – and all because I was diagnosed with diabetes.

So diabetes is a-part of my life that I have accepted and am managing, because of all the help there is available here in Nelson. And the help is on-going, because even though I feel just great, I still visit my GP team at 3 monthly intervals. This is how I keep on top of things and pick up any changes if they happen.

I have diabetes and it's the best thing that ever happened to me. I am fitter and healthier than ever before and loving it.

By Roz Loasby, Nelson

To find out more about Diabetes Education contact Diabetes NZ Nelson on: 545 0106 or email margaretandrayj@xtra.co.nz or visit: www.bewell.org.nz/hpdiabetes.

MEND in Motueka

The world famous MEND programme is coming to Motueka. It will be delivered in Term 3 at the Recreation Centre, starting on Tuesday 20 July. MEND (**M**ind, **E**xercise, **N**utrition...**D**o it!) is dedicated to reducing global overweight and obesity levels. It helps children and their families improve their health, fitness and the way they feel about their bodies by offering free, healthy living programmes in the local community.

Established in 2004, the MEND programme was originally developed at the world renowned Great Ormond Street Hospital for Children and the University College London Institute of Child Health. Today it is delivered by local, regional and national partners across the world and has benefitted over 15,000 families.

Families who have a child between the age of seven and 13 years, and who are concerned about their child's health and fitness can be referred or can self-refer. There is no cost for families to attend the MEND programme, but we do assess every child to check if they will benefit from the programme. MEND also encourages a family approach, which is why a parent or carer must attend all sessions with the child.

See [more information here](#) or go to www.bewell.org.nz

Contact: Marion Van Oeveren, Dietitian and MEND programme manager
Marion.vanoeveren@nelsonbayspho.org.nz or Phone 035391170



Ears Made Easy

For anyone who wants to know more about ears, there's a professional development opportunity coming to Nelson in September in the form of the [Ears Made Easy course](#). We have run successful courses with many different occupational groups; including hospital nurses, audiologists receptionists, doctors, occupational health nurses, iwi health workers, kaiawhina, tamariki ora nurses, practice nurses, rest home staff and school nurses. Feedback has been amazing and it seems everyone needs to know more about ears! Places are limited, [so register soon](#).

Contact: Theresa O'Leary, Director/Ear Nurse Therapist, TOLBECS Ear Centre Ltd
Ph/Fax 07 856 0002, Mobile 027 416 2633, www.tolbecs.co.nz

Newsletters/Updates

- [Te Kupenga - The Networker](#) (June)

SMOKEFREE with "The Insider"



Dr Jeffery Wigand knows what tricks the tobacco industry use. Dr Wigand blew the whistle on the tobacco industry in a now famous *60 Minutes* interview 15 years ago. His message was that tobacco companies deliberately manipulate the amount of nicotine in cigarettes. His inside knowledge was gained as head of research at a US tobacco company and his actions were portrayed by Russell Crowe in the 1999 film *The Insider*. Learn first-hand the secrets the tobacco industry never wanted you to know.

E nga mana, e nga reo, Rau Rangatira ma, tenei te powhiri ki a Dr. Jeffery Wigand, otira ki a koutou hoki.
Nau Mai, Haere Mai ki Manurewa Marae a te 21 o Pipiri.
Venue: Manurewa Marae, 81 Finlayson Ave, Manurewa, Auckland.
Powhiri 11.00 am for 11.30 start on 21 June 2010.

Dr Jeffrey Wigand is visiting New Zealand to share expert testimony with the Māori affairs select committee and this free lecture is a great chance to hear from one of the world's most renowned experts on tobacco and the tobacco industry. All are welcome to share with the haukainga of Manurewa Marae in welcoming Dr. Wigand to Aotearoa and Tamaki Makaurau. For catering purposes, please RSVP Chrissie at ASH on (09) 520 4866 or curllich@ash.org.nz
He is also appearing at [Auckland University, Wellington](#) and [Christchurch](#).