

19th January 2011

Welcome to 2012 and to another edition of the Nelson Bays Primary Health (NBPH) Be Well newsletter. This fortnightly newsletter is designed to assist you to stay informed and up-to-date with the latest news and information on health and community services across the Nelson Bays region. We also offer it to you as a way of communicating with other services and organisations about what you do and any services you offer. Please don't hesitate to contact us on info@nelsonbayspho.org.nz if you have anything you would like included for distribution.



New Faces

NBPH welcomes **Gabriela von Kanel Fyfe** to the Primary Mental Health Brief Intervention (BIC) counselling team. Gabriela came to New Zealand in 1993 for the first time and in 1994 she immigrated and lived in Wellington with her husband. In 2010 they moved to the Tasman region.



From Switzerland, where Gabriela originally trained, she has a Medical Assistant diploma. She has been working in the natural health field for many years, holding qualifications in Reflexology, Therapeutic Massage, TFH Kinesiology, Reiki, Aura-Light Colour Therapy and other natural health modalities.

Since 1991 Gabriela has been working in private practice and she currently works in Nelson, the Tasman region and also in Lower Hutt.

She has completed postgraduate studies in Transactional Analysis Psychotherapy (CTA) and has a Masters Degree in Science (MSc Transactional Analysis Psychotherapy).

Gabriela specializes in the Mind-Body approach. Therapy may include bodywork (reflexology) within the psychotherapy setting. She works with individuals, couples, families and/or groups and has work experience with people of all ages (children, teenagers, adolescents and adults).

Whooping Cough

Pertussis or whooping cough is a serious, highly infectious illness. The bacteria live in the upper respiratory tract and are spread by coughing and sneezing. Whooping cough is most serious in children under 1 year of age – 7 out of 10 babies who catch pertussis before the age of 6 months require hospitalisation. Complications of whooping cough include ear infections, pneumonia, deafness, blindness, permanent brain damage, paralysis, and death.

Pertussis begins with a runny nose and mild cough followed by the onset of coughing spells. These can be so strong that it is hard for the child to breathe, causing them to gasp for air and forcing them to make a whooping sound. Some children cough so much they may also vomit. Pertussis can last up to 3 months.

Babies catch whooping cough from other people, for example brothers, sisters, parents and grandparents. Having had whooping cough, or being vaccinated protects most people for many years against becoming ill, but neither gives life-long protection. It is very important that adults don't cough around babies and children.

On-time immunisation for infants is the best prevention. For more information, please call Meg Bryan-Heslop, the NBPH Immunisation Coordinator (03 539 1823)

Due to continuing Pertussis (Whooping Cough) outbreak in the Nelson-Marlborough region [this poster](#) has been developed and supplied by The Nelson Marlborough District Health Board. It provides information and advice for people at risk. For more supplies please contact Public Health Services at NMDHB.



www.bewell.org.nz

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

MEND

Fun programme for families to become fitter and healthier. If you have a child between 7 and 13 years and are worried about their health, weight and fitness, MEND can help. MEND is FREE and includes a resource kit, swimming sessions and a supermarket tour. The facilitators are qualified dietitians and exercise providers.



We have limited places available on our Term One Programme. Call us on 03 539 1170 to find out more.

PROGRAMME DETAILS:

WHERE: Saxton Field Sports Complex

DATES: Starts 7 February 2012, every Tuesday and Thursday 3.30 - 5.30 pm

Towards Good Practice Youth Suicide Prevention

Nelson Bays Primary Health presents a [one day workshop](#) for professionals who work with young people/rangatahi aged 12 to 24

When: Tues 21 Feb 2012

Time: 9:30am – 3:30pm

Where: Tahuna Function Centre

To register for the workshop or for more information on the Special FREE offer:

QPR Level 1 – Suicide Screening Training, [see flyer](#).

VACANCY at NBPH:

Pacific Fānau Liaison

NBPH has a vacancy for someone who wants to make a difference to the health and well-being of Pasifika peoples in the Nelson Bays region.

Go to [our Vacancies Page](#) for more details.

2012 Diabetes Education Timetable

The [2012 timetable](#) is now available for community education opportunities for anyone wanting more information on Type 2 diabetes, including those living with Type 2 diabetes, at risk of Type 2 diabetes, or for those who care for someone who has Type 2 diabetes – and its FREE. For more information or referral options, please contact Bee Williamson. Details are on [the flyer](#).



Waitangi Day 2012 - Te Awhina Marae

[A Family Day out](#) – Art, Stalls, Food, Music, Health Checks, Prizes and Cultural Performances.

When: Sun 5 Feb

Time: 3:00pm – 8:00pm

Where: Te Awhina Marae, 133 Pah Street, Motueka

If your group or organisation is interested in a stall, fundraising or promoting your organisation at this event, please contact Te Awhina Marae office 03 528 6061 or email info@tam.org.nz.

For a stall holder registration form, [click here](#).

Kai Festival - Whakatu Marae

Waitangi Celebrations, Monday 6th February 2012

Share food & celebrate our communities

10.00am to 4.00pm

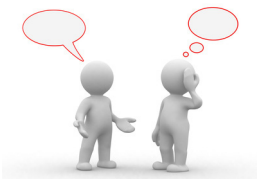
Sample Nelson's International & Traditional Kai

Sampling kai portions of \$2.50 or \$5.00

[More information here](#)

Having the Conversation

Asking someone about their smoking habits and whether they want to quit can be a daunting concept - we worry it will be an unwelcome intrusion into someone's private space, or come across as patronising or judgmental. The Ministry of Health, along with input from various health professionals, have put together the [following document](#) on 'having the conversation', which provides tips on how to start the conversation.



23 February Smokefree Outdoors

This one-day forum provides an opportunity to learn about the policy design, adoption and implementation of smokefree outdoor areas, with presentations and workshops with a range of local authority, public health and environmental experts. The New Zealand government has adopted the aim of a smokefree New Zealand. This forum will help local authorities to take part and benefit from this move. [Read more here](#).

Health Promotion Agency - Crown Entities Reform Bill

The Government has introduced legislation to establish a new HPA with the intention that it will be up and running by the middle of 2012. The Crown Entities Reform Bill covers the Health Promotion Agency and reforms some other crown organisations. It is being considered by the Government Administration Select Committee (not the Health Select Committee).

The Bill amends the New Zealand Public Health and Disability Act 2000 to establish the HPA. Clause 6 includes: "HPA must lead and support activities for the following purposes:

- Promoting health and encouraging healthy lifestyles:
- Preventing disease, illness, and injury:
- Enabling environments that support health and health lifestyles:
- Reducing personal, social, and economic harm.

We encourage those of you who are able to do so, to make a submission. For more information please contact Alison Blaiklock

Alison@hauora.co.nz

[Read the latest newsletter](#)



Training Opportunities

Facilitation Training Programmes

Organisation: Zenergy Ltd

Town: Auckland

Date: 23 February - 29 March

Are you looking for in-depth facilitator training opportunities? Do you know someone or an organisation who will benefit from Zenergy's group facilitation skills?

We are now offering two more of our flagship public programmes in Auckland, New Zealand:

- Stage 1: The Art of Facilitation – four days in Auckland on 23 to 26 February 2012.
- Stage 2: The Essence of Facilitation – four days in Auckland on 26 to 29 March 2012 (Stage 1 is a pre-requisite).

A travel discount of up to \$200.00 is available for people travelling to Auckland. One or two scholarships are also available per programme at the discretion of the programme leader.

Email: diana@zenergyglobal.com

Website: www.zenergyglobal.com

International Gambling Conference 2012

Organisation: Problem Gambling Foundation

Town: Auckland

Date: 22 - 24 February

The 4th International Gambling Conference is being hosted by Hapai Te Hauora Tapui Māori Public Health, the Gambling and Addictions Research Centre at Auckland University of Technology (AUT) and the Problem Gambling Foundation of New Zealand (PGF).



Conference theme: Te ao hurihuri me te petipeti – The world of gambling today.

[More information here](#).

Get Set Go!

Organisation: Recreation Wellington

Town: Wellington

Date: Ongoing

An essential course for organisers of community recreation programmes and events. You'll find out everything you need to know about organising your programme and event including:



- designing programmes / events to suit your target market / community
- budgets and funding
- marketing and communication
- trouble shooting tips
- effective evaluations

Workshops cost \$30 for voluntary organisations (ask us about our group fee), and \$50 for government agencies or business organisations. This fee includes a practical training manual.

[Go here](#) for a Get Set Go Guide and Planning Sheets.

Email: cra@wcc.govt.nz

Webhealth www.webhealth.co.nz

Webhealth is your free link to your community through 24 hour anonymous access to quality, local, up-to-date information and resources related to a broad health and well-being focus.