

Be Well Newsletter

Nelson Bays Primary Health

July 23rd 2010

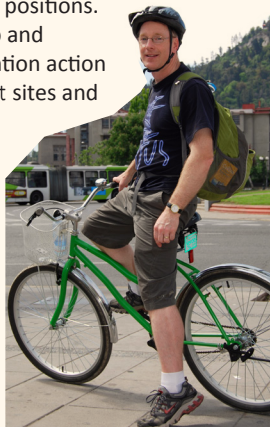
Welcome to another edition of the Nelson Bays Primary Health fortnightly newsletter.

NEW FACES ON NEW STREET

Dave Hough – Suicide Prevention Coordinator (SPC)

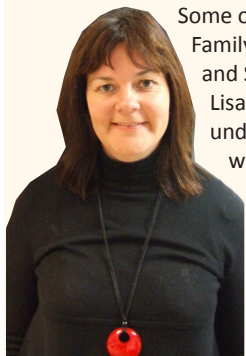
In 2006 the Government released the New Zealand Suicide Prevention Strategy 2006-2016, with the subsequent release of the New Zealand Suicide Prevention Action Plan 2008-2012. To implement the national plan at a local level, the Ministry of Health (MOH) funded five Suicide Prevention Coordinator (SPC) pilot positions.

These positions were initially funded for two years to develop and implement a collaborative inter-agency district suicide prevention action plan. The Nelson Marlborough region was one of the five pilot sites and Dave Hough was employed as the SPC until 30 June 2010. With funding secured for a further two years, the Ministry has now shifted the focus of the district suicide prevention work to the Primary Health and in particular, the Primary Mental Health Sector. In view of this, Dave Hough has repositioned to NBPH, though he will continue to have a district-wide role as he coordinates the implementation of the recently endorsed district Suicide Prevention Action Plan. Dave is looking forward to working with the team at NBPH and other stakeholders to progress the outcomes of reducing harm and ultimately saving lives. Dave can be contacted at David.Hough@nelsonbayspho.org.nz



Lisa Smale GRx

After some months where Motueka patients received telephone support from Nelson-based staff, we are pleased to announce that Lisa Smale is the new GRx patient support staff member in Motueka.



Some of you may already know Lisa through her role at the Motueka Family Service Centre where she has responsibilities for Family Planning and Sexual Health.

Lisa is an experienced nurse, but more than that, she has a strong understanding and feel for her community, and personally knows what it feels like to make some healthy lifestyle changes for better health.

Lisa is excited to be able to encourage others to become more active and will provide timely telephone support. She will be able to knowledgeably advise inactive patients on the most appropriate physical activity options in the Motueka area. Lisa's waiting for your GRx referrals, so please remember to prescribe a GRx today!

www.bewell.org.nz

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

World Breastfeeding Week

World Breastfeeding Week is 1 – 7 August and is celebrated in more than 170 countries worldwide.

In Nelson and Tasman World Breastfeeding Week will be celebrated on Friday 6 August with the "Big Latch On". All breastfeeding mums are welcome.

[See your invitation here.](#)

For information on national events:

www.womens-health.org.nz

For local activities contact Ruth on 03 5391658 or

Ruth.Brodbeck@nelsonbayspho.org.nz

Vacancy

Youth Alcohol and Other Drugs (AOD) Counsellor - 0.5FTE

NBPH is seeking an experienced and passionate Youth AOD Worker for a part-time, fixed term position for one year. The role will assist with the care plan for young people who have accessed a Targeted Youth Health Programme.

For further information go to

www.bewell.org.nz/vacancies.

Contact Vonnie Marshall at 03 539 1170

Closing Date: Thursday, 5 August 2010



Youth - SAVE Wins Supreme Award

Students Against Violence Everywhere (SAVE) won the Supreme Award at the 2010 TrustPower Nelson Tasman Community Awards. The TrustPower Nelson Tasman Community Awards are run in conjunction with the Nelson City and Tasman District Councils.

SAVE received a certificate, a trophy and \$1,500 prize money. SAVE will now represent the region at the 2010 TrustPower National Community Awards in March 2011.

SAVE was established in May 2009 by two Nelson secondary school students with the aspiration of achieving a violence-free generation of New Zealanders. Since then SAVE members have presented their views to national leaders and have taken part in numerous national anti-violence discussions. SAVE also ran the very successful Young Leaders Conference on Violence, held in Nelson in April 2010, which was attended by nearly 150 young people from all around New Zealand.

TrustPower Community Relations Coordinator Pip Tschudin says SAVE's list of achievements is simply mind-boggling: "This organisation is spearheaded by secondary school students who are passionate about the need to address the issues of violence in our communities. They are not just a local lobby group – they have quickly grown to become a national voice and their message is gaining traction right around New Zealand."

LEARNING OPPORTUNITIES

Through the eye of the Māori

Whakatu Marae is proud to present Te ao-mārama ō nau te whatu Māori - *Life, light, the earth and the physical world through the eye of the Māori*. This is a Tuakana/Teina, tāne specific programme that will take you on a journey of rediscovery reconnecting you with traditional Māori tikanga and leaving you empowered to pursue a healthy, bright future for you and your whānau.

The programme will take place over three wānanga throughout August, September and October. [More information is available here.](#)

Genesis Palliative Care Lecture Series

Developing a palliative care training course for non-regulated home-based support workers: a forgotten army of carers.

When: 7:30am, Thursday 5 August

Where: Nelson Hospice, Eden villa, 46 Manuka Street, Nelson

Presenter: Chris Murphy

Contact: Jane Heather, 03 546 3910 or [see more information here](#)

Child and Adolescent Mental Health Conference

The local conference organising committee from the Child and Adolescent Mental Health Services team at Nelson Marlborough DHB and their partners at the Werry Centre for Child and Adolescent Mental Health Workforce Development would like to invite you to their next conference to be held in Nelson on **15 and 16 September 2010**. Please go to www.confer.co.nz/camhsconf10 for more information

Red Cross Transport Service

The new Red Cross Community Transport Service is up and running! It 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.

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).

[More information here.](#)

Are you being talked about enough?



[A hands-on practical workshop](#) designed for individuals and organisations getting started and wanting to further develop their understanding and skills in online marketing and social media. It is geared for entry-level to intermediate participants. We will cover the main sites and platforms that organisations need to understand and work with and go into detail on 'how to' get set-up and leverage these opportunities successfully.

When: 25 August, 9:30 – 12:00

Presenter: Teri Sawers

Venue: Upstairs training Room, The New Hub, New Street, Nelson

Cost: \$30

Newsletters/Updates

- [Lifeline](#) - info for Health Agencies
- [Palliative Care Advisory Group](#)

MĀORI LANGUAGE WEEK

Tena Koutou katoa, nau mai, haere mai ki te whakanui te wiki o te Reo Māori!

Every year since 1975 New Zealand has marked Māori Language Week. This is a time for all New Zealanders to celebrate Te Reo Māori (the Māori language) and to use more Māori phrases in everyday life.

In 2010 Māori Language Week is next week: 26 July–1 August and the theme is 'Te Mahi Kai – The Language of Food'.

Te reo Māori is undergoing a resurgence with more people speaking. There are Māori language schools, Māori radio stations, and in 2004 a Māori television channel began broadcasting – the result of a long campaign to revive the language.

In Māori culture, greeting others is very important. It is an opportunity for people to show respect, through the language used and its accompanying actions, and the tone for the interaction is set. Whether the greeting is written or spoken, choosing the appropriate language is important.

Learning to greet people appropriately is key to communication success. Here are some greetings to help you participate in Māori Language Week.

Kia ora	Hi
Tēnā koe	Hello (to one person)
Tēnā kōrua	Hello (to two people)
Tēnā koutou	Hello (to three or more people)
Kei te pēhea koe?	How are you?
Kei te pai ahau	I'm good
Ka nui te ora	I'm great
Me koe?	And you?
Haere rā	Goodbye (to someone leaving)
E noho rā	Goodbye (to someone staying)
Ka kite anō	See you again
Hei konā	See you later

