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To: David Stichbury
Subject: Bewell News February 11th 2009



Nelson Bays Primary Health (PHO) News - 11th February 2009

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

PHO News:

Introducing Glenis Bell

Our new Chronic Conditions Coordinator



We are pleased to announce that as of 3rd February 2009, Glenis Bell commenced work at Nelson Bays Primary Health as our new Chronic Conditions Coordinator. This very important role will help promote a region-wide approach to consistent and patient-centered long term condition management.

The focus will be on prevention and early detection of chronic conditions, particularly diabetes and cardiovascular risk interventions to align with national strategies.

Glenis comes to us with a strong background in community health care. She has worked in the Cardiac Care team for the National Heart Foundation as National Phase 3 Cardiac Rehabilitation Co-ordinator and most recently as Regional Way2Go Advisor for the Nelson Tasman region. Glenis has a Chronic Disease Self Management Certificate from Flinders University Human Behaviour and Health Research Unit. She was an invited presenter at the DHBNZ 'Living-Well with a Chronic Condition's' conference in 2005. She was awarded 'Fitness Professional of the Year' in 2003 and was the Winner of Hillary Commission Inaugural 50+ Award for "Best Older Adults (50+) Programme in New Zealand. She has also been President, Editor and Conference Convener of the Cardiac Rehabilitation Association of New Zealand (CRANZ) and last year was invited by SPARC to be on the National Green Prescription Expansion Steering Group.

Primary Health News:

The following information is of particular relevance to GPs, Primary Health Care Nurses and other health care providers throughout the region.

World No Tobacco Day

May 31st 'Give Quitting A Go'.

We invite you to use this promotion as an opportunity to support/encourage quitting.

We would be happy to provide you with some promotional material to help raise the profile within your practice. For information please contact either

Averil West, Heart Foundation, ph 545 7112 or email: averilw@nhf.org.nz

Or Miraka Norgate, Health Promotion, ph 546 1543 or email:

mirake.norgate@nmhs.govt.nz



Asthma and Respiratory Foundation

National Maori Hui 18-20 March 2009

Orakei Marae - Tamaki Makaurau, Auckland

National Māori Asthma
and Respiratory
Conference

The aim of this conference is to openly share new information and empower everyone to work together to achieve better outcomes for Maori health. This spirit of togetherness is

Orakei Marae - Auckland
18 - 20 March 2009

embodied by our whakatauaki for this conference:
"Kaua e rangiruatia te ha o te hoe; e kore to tatou waka e u ki uta"
"Do not lift the paddle out of unison or our canoe will never reach the shore"

For more information download [Conference Information and Registration](#)

Cervical Cancer Vaccine Programme.

Ten years ago a vaccine that could protect against cancer would have been unheard of, but now a free vaccine that can prevent around 70% of cervical cancers is available.

In this immunisation programme girls are immunised against the Human Papillomavirus (HPV) types that cause most cervical cancers. The three-dose vaccinations are given over six months. In Nelson Marlborough the vaccine is available to girls born in 1990 and 1991 through a family doctor, practice nurse or health clinic. Girls between 12 and 18 who have left school may also access the free vaccine through these services.

During 2009 girls of the district in school, in Years 8, 12 and 13 will be immunised, with the remainder of the 2700 eligible girls vaccinated in 2010.

Public Health nurses of the district will visit schools during February to give information on the cervical cancer immunisation programme with the first vaccination scheduled to take place in schools during March.



For more information go to: <http://www.cervicalcancervaccine.govt.nz/>

M&M "Mix and Mingle"

Tuesday 3rd March 1 30pm - 3 15pm
Fairfield House Van Dieman St, Nelson

This is an opportunity for DHB and NGO Mental Health Staff and Consumers/Service Users to meet and chat informally. **Guest Speaker Joyce Mouriki**. Joyce, who works for the National Health Service, Scotland, has a senior position in improvement of Services. Joyce is also a Service User.

For catering purposes R.S.V.P. by 12 noon Wed 25 February to Merrill Ph 03 546 1410 or e-mail

merrill.brunt@nmhs.govt.nz

Professional Development:

TUHA-NZ Workshop

Nelson, April 8th and 9th 2009 (venue to be confirmed)



Runanga Whakapiki Ake I Te Hauora O Aotearoa
Health Promotion Forum of New Zealand

Applying the Te Tiriti o Waitangi to our practice. A practical two day workshop for those working in health care.

This workshop is a practical, hands-on course, which explains how the articles of the Treaty can be applied to health planning. Participants will be expected to determine and define Treaty based practice in line with their contracts and responsibilities.

For more information [download the information sheet](#)

Primary Health Seminar "The Journey of Life"

Target Audience: Primary Nurses within the Nelson/Tasman region.

The Nursing & Midwifery Service Development Team, at NMDHB, extend an invitation to the first of four Primary Health Seminars focusing on "The Journey of Life"

Key note Speaker: Deb Gillon, Nurse Practitioner (Intern) at Nurse Maude

Date: 23RD April 2009

Time: 0900 – 1630

Venue: Tahuna Function Centre, 70 Beach Road, Tahunanui

Closing Date: 20TH February 2009, limited to 50 participants

For more information download: [Primary Health Seminar Info](#) and [Application](#)

Primary Health Care Expo “It takes a Village”

Date: 8th April 2009

Time: 6 – 8 pm

Venue: Victory School Hall, Totara Street, Nelson



As part of our ongoing programme of professional development for Practice Nurses and other Primary Health Care Nurses, NBPH are currently planning a Primary Health Care Expo.

More and more, the evidence shows that the best health outcomes are achieved when a holistic view of health is taken, biomedical as well as psychosocial.

Download an [Information Sheet](#)

Other Notices and Links:

The following information may be of interest to all Primary Health Care providers, community based groups and those interested in wellness throughout the region.

Kidpower Information

Course information/Part-time instructor wanted. <http://www.bewell.org.nz/kidpower>

Nelson Bays Primary Health Website: www.bewell.org.nz

This newsletter has been sent to you because of your interest in receiving information from Nelson Bays Primary Health.

The Unsolicited Electronic Messages Act 2007 was introduced on the 5th September 2007. You must now consent to receiving emails such as this. We have your details in our database and would like to take this opportunity to check if you are happy to continue receiving these newsletters. Accordingly, we assume that we have your consent to keep sending these emails unless we receive a request to be unsubscribed. If you do not wish to receive emails from Nelson Bays Primary Health can you please let us know as soon as possible and we will remove you from our list.