



Kimi Hauora Wairau

Marlborough Primary Health Organisation

SEEKING WELLBEING IN MARLBOROUGH



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Kia ora, Bi bec, Mauri, Talofa lava, Kia orana,
Faka lofa lahi atu, Nisa bula vinaka



Photo supplied by The Marlborough Express

Pacific Signing

Kimi Hauora Wairau chairman Rennie Dix and Marlborough Tagata Pasifika Charitable Trust chairperson Lynn Wong signed a memorandum of understanding committing the two organizations to work towards improving Pasifika health and wellbeing.

The memorandum was a foundation for primary health services, tailored to meet the needs of the Pasifika people.

The memorandum was signed on Saturday 29th May at St Andrew's Church in Blenheim.

Pacific Health Development Manager

Sana Daunauda was employed by Kimi Hauora Wairau in early May of this year as the Pacific Health Development Manager. One of his key roles will be improving the access to services for the Pacific Community and developing a better relationship between services.

Sana played a key role in the establishing the Nelson Marlborough Pacific People's Health Reference Group which has been given a commitment by the Nelson Marlborough District Health Board to address pacific peoples' health needs.

Contact: Sana Daunauda (03) 520 6266

Email: <mailto:sanad@marlboroughpho.org.nz>



Coughs and Colds

People often refer to a cold as the flu (influenza). While it is caused by viruses and, like the common cold, spread by coughing and sneezing, the flu is a more serious and severe infection. It comes on very quickly and often will be accompanied by very sore and achy muscles, and a high fever. The flu also tends to last longer than a cold (about 1-3 weeks). Influenza vaccination is the way to guard against getting the flu, but you need a new vaccination each year because the viruses keep changing - making the past year's vaccine ineffective against current flu 'bugs'.

Medicines can help relieve common cold symptoms, especially when you are feeling miserable and having trouble sleeping at night. Pharmacists can help you choose the right medicine for your symptoms. "Lozenges or gargles are available for sore throats," recommend Self Care pharmacists. "Decongestant tablets, nose drops, nasal sprays or steam inhalations can help a blocked nose, antihistamines can relieve a streaming nose and sneezing associated with a head cold, and paracetamol and ibuprofen reduce fever and relieve head ache. Cough suppressants can dull a dry irritating cough. Other cough medicines can help loosen phlegm."

Products with many different ingredients are available to treat more than one symptom at a time. "It can be a bit confusing" advise Self Care pharmacists, "so it is best to ask us for advice. Sometimes treating an individual symptom, rather than having products with many different ingredients, makes it easier to control symptoms. Taking products with lots of different ingredients also makes it easy to double-up on medicines without realising. The most common example is cold preparations containing paracetamol for pain and fever when you are already taking paracetamol on its own for headache. Check with your pharmacist first if you are unsure.

Important warning: **Do not give cough and cold medicines to children under 6 years of age. They are not effective, and can cause harm. Children with colds should be allowed to rest, made to feel comfortable and be given plenty of fluids.** In some cases it may be appropriate to give saline nose drops, or to give honey drink to children over one year of age to soothe a cough. Talk to your pharmacist about this, and about what alternatives are okay for children and babies.



DON'T GET THE FLU

Don't let the flu get you

You can protect yourself and others from getting the flu... by having the flu vaccine.

This year's flu vaccine is FREE to more people and includes protection against swine flu.

Talk to your doctor or nurse about having the 'flu vaccine today.

Go to the Marlborough Afterhours GP Services if you require any medical care after 6pm.

FOR ALL MEDICAL CARE

MARLBOROUGH AFTERHOURS GP SERVICES

Phone HML **0800 336 626** for
FREE 24 hour telephone health advice

Or

Phone the Marlborough Primary Health Organisation
on (03) **520 6200** for the General Practice on duty for
visitors to Marlborough

After 6pm:

Marlborough Afterhours GP Services Ltd
(03) **520 6377**

Hospital Road (Hospital Grounds) Wairau Hospital
Gate 2, Blenheim

Open 6-10pm weeknights

And

8am to 10pm weekends and public holidays.

Redwoodtown Doctors provide their own afterhours
care for **Redwoodtown patients**

Phone (03) **578 0470**



Active Families Programme

Active Families is a personalised 12 month programme for inactive and/or overweight young people aged 5-18 years.

This programme enables young people to choose and enjoy physical activity. It introduces the child and family to appropriate, affordable and sustainable activities.



COMMUNITY DIETITIANS

Offer:

- Talks to groups about nutrition
- Run group programmes
- Promote health and wellbeing

Programmes available:

- **Activ8**
 - Promote healthy eating and activity for children and families
- **Fit to Live**
 - Encouraging healthy eating and activity for adults
- **Individual Clients**
 - Can be referred from your GP practice or Health Care provider

For more information contact:

Juliet Wiseman 520 6211 or Jo Stewart 520 6213

Green Prescription Programme

Green Prescription is a 12 week programme to give you the support and motivation you need to GET MOVING!

Green Prescription is not a substitute for medication, it is written advice to BE ACTIVE!

Contact your General Practice for more information.



Activ8

A free programme for children aged between 8-14 years

Activ8 is 2 hours once a week over 10 weeks combining physical activity and healthy eating

For more information contact: Juliet or Jo
Ph: 520 6211 or 520 6213

CHILD IMMUNISATIONS

After 3 attempts to contact a parent whose child is overdue for immunisations, this information is passed on to Sharon Osborne, Outreach Immunisation (phone 577 9256) for a follow up.



Farewell Barbara

We said farewell to Barbara Ryan, on the 12th of August.

Barbara worked as a Community Dietitian for many years and recently coordinated the Mum 4 Mum breastfeeding peer support counsellors' initiative.

Barbara has decided to retire to spend more time with her family. We thank Barbara for her service and wish her a long and rewarding retirement.

Jo Stewart has taken Barbara's position until 31 December.



Vascular Risk Assessment

As you are may be aware, heart disease is a big problem for many New Zealanders. Many people become ill and die from heart disease which, in many cases, can be prevented.

How Healthy Is Your Heart?

Marlborough General Practices are offering free heart health checks.

You will be eligible for a free heart health check if you are:

- 35 - 64 years Male, Maori, Pacific Island, Indian sub continent
- 45 - 64 years Female, Maori, Pacific Island, Indian sub continent
- 45 - 64 years Male European
- 55 - 64 years Female European



What is involved?

- ♥ You will have a blood test a few days before your appointment.
- ♥ You will make an appointment with the nurse or doctor, this will take 30 minutes.
- ♥ You will be asked your medical and family history, have your blood pressure, pulse, height, weight and waist measurement taken.
- ♥ You will make a plan with your nurse or doctor to maintain a healthy heart.

Keep Your Heart Healthy

- ♥ The best thing you can do for your health is stop smoking
- ♥ Maintaining a balanced diet and regular exercise has been shown to help people cope with stress

To find out more information or to make an appointment for a free vascular risk assessment or heart health check, please contact your doctor or nurse.

Vitamin D

Falls are an issue for older people living in residential care.

A fall will often result in serious injury, reduced mobility and a loss of confidence and independence. This can not only affect the individual's quality of life, but also increase the workload for nurses and caregivers.

ACC, DHBs and PHOs are supporting a programme aimed at reducing falls in residential facilities, by ensuring Vitamin D supplements are available to residents.

Vitamin D is a proven way to help reverse the muscle weakness that plays a part in many falls.

For information or to find out about the programme:
www.acc.co.nz/vitamin-d or call 0800 844 657.

Performance Programme

Congratulations to the Scott Street Health team who achieved all the Performance Indicator targets to 31st December 2009.

Influenza

Free influenza vaccination for eligible high risk groups has been extended from 30 June 2010 until influenza vaccine stocks run out.

The Ministry of Health advised that one million doses of influenza vaccine have been distributed by 15th June 2010 since the start of the influenza programme this year.