



# Kimi Hauora Wairau

Marlborough Primary Health Organisation

SEEKING WELLBEING IN MARLBOROUGH



Issue #3

December 2010

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

## In this issue

- ❖ **New Chairperson and Board Member**
- ❖ **Healthy Living Team Update**
- ❖ **Tips for Surviving Christmas**
- ❖ **The ABC approach to smoking cessation**



## Kimi Hauora Wairau Welcomes New Chairperson

Kimi Hauora Wairau welcomes Joe Puketapu to the role of Chairperson. A powhiri to welcome him into his new role was held at Waikawa Marae on 28<sup>th</sup> September. Mayor Alistair Sowman and MP Colin King attended this ceremony.

With welcoming Joe Puketapu to his role, we also farewell Rennie Dix the Outgoing Chairperson and thank him for the contribution he has made to the organisation and the healthy people of Marlborough. We would also like to thank Julie Berriman.

Mayor Alistair Sowman has since joined the Kimi Hauora Wairau board and we look forward to the ongoing working relations.



*Kimi Hauora Chairperson Joe Puketapu (left), Mayor Alistair Sowman, Rennie Dix, MP Colin King*

**For more information contact our office:  
Telephone: 03 520 6200 Fax: 03 578 1198  
Freephone: 0800 499 430  
[www.marlbroughpho.org.nz](http://www.marlbroughpho.org.nz)**

## HEALTHY LIVING TEAM

### Green Prescription

Maggie Gudsell is the NEW Green Prescription Coordinator for Marlborough.

Green Prescription is written advice from your doctor or nurse to get active. My job is to help you get into regular exercise and enjoy it. I will help you to find activities that you enjoy, set goals and stay motivated.



### 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.

For more information contact:  
Victoria Greenwood-Loose on 03 520 6261.



## COMMUNITY DIETITIAN SERVICES

### **Offer:**

- **Talks to groups about nutrition**
- **Group programmes**
- **Health and wellbeing education**

### **Programmes available:**

- **Activ8**
  - **Promote healthy eating and activity for children and families**
- **Fit to Live**
  - **Encouraging healthy eating and activity for adults**
- **Individual Clients**

**For more information contact:  
Juliet Wiseman 520 6211**

### **FIT TO LIVE Programme**

Do you want to be more active?  
Do you want to change the way you eat?

Fit to Live is a FREE six week programme to help and support you in making healthy lifestyle changes.

Starting Wednesday 9<sup>th</sup> February from 6-8pm at the Nativity Church, Blenheim.

For more information contact:  
Juliet Wiseman on 03 520 6211 or  
Maggie Gudsell on 03 520 6262.

**For more information contact our office:  
Telephone: 03 520 6200 Fax: 03 578 1198  
Freephone: 0800 499 430  
[www.marlboroughpho.org.nz](http://www.marlboroughpho.org.nz)**

## **Surviving Christmas**

### **Tips from the Healthy Living Team**

If Christmas really was just one day a year, it wouldn't make much impact on our health – so what if we eat and sit around for a day? The problem for a lot of us is, Christmas has already started with office parties and early family get togethers) and our usual exercise routines are disrupted with children at home for the holidays, extra shopping trips and visitors. If we drop the exercise now and accept every lolly, piece of cake or glass of wine we are offered for the next six weeks we can pile on the weight and lose the motivation to pick up the good habits again, add to this STRESS – of catering for a relatives and entertaining bored children - it's not surprising alcohol and comfort eating take over.

So, other than cancel Christmas, what can we do?

### **Parties and Barbecues**

- Don't go to them hungry. Have your normal (healthy) meals for the day first.
- Eat one plate of food only (not seconds and thirds). Keep the meat portions small (size of your hand) and take lots of vegetables, salads and bread to fill up on.
- With desserts and sweet treats – there will be a lot of them around, so only eat your favourite one, not all of them.
- Alternate alcoholic drinks with a glass of water or diet fizzy (unless you are driving in which case don't have any alcohol at all).

### **At home**

- Don't stock up on unnecessary things for visitors. Why buy chocolate, chips and biscuits when there is so much good fruit in season. If you are going to spend extra buy cherries, strawberries and other local fruits.
- Try to only have one Christmas dinner rather than spread the celebration over several days.
- If your cupboards are full of fattening treats after all your visitors have gone, don't spend a month "finishing things up" – give it to the food bank or cut down your buying now.

### **Do more, not less**

- Exercise always makes you feel better and relieves stress.
- If you exercise regularly and know your routine will change then plan for it!. You may have to change your solo exercise habits into walking or biking with the children or trips to the beach.
- If you don't usually exercise, take the time to try something new and show the children that you think activity is enjoyable.
- Take the family on a walk – a healthy picnic lunch would go down a treat. Visit Pollard Park - throw a frisbee or complete the challenge course. On those hot summer days bike to the river to cool yourself down with a swim.



**For more information contact our office:  
Telephone: 03 520 6200 Fax: 03 578 1198  
Freephone: 0800 499 430  
[www.marlboroughpho.org.nz](http://www.marlboroughpho.org.nz)**

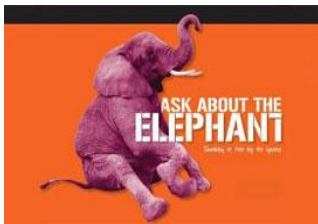
## The ABC approach to Smoking Cessation

Smoking is a serious addiction. About half of all people who smoke die from a smoking-related disease. On average, smokers lose 15 years of their lives.

Most people who smoke, or live with smoking want to be smoke-free. Over half of all people who smoke cannot quit without help.

The ABC approach prompts health providers to routinely ask about smoking status so they can offer smokers support to quit.

**ABC training is available to all registered health professionals online at [www.smokingcessationabc.org.nz](http://www.smokingcessationabc.org.nz)**



### For help or support to quit smoking contact:

Your GP or Practice Nurse

Aukati Kaipaipa – Quit Smoking Programme

Contact: Kelly Beech

Te Hauora O Ngati Rarua

Phone: 03 577840

Email: [aukati@ngatirarua.co.nz](mailto:aukati@ngatirarua.co.nz)

Te Roopu Me Mutu – The Quit Group:

Phone: 0800 778 778

[www.quit.org.nz](http://www.quit.org.nz)

**A – Ask** all people about their smoking status and document this.

**EVERY PERSON, EVERY TIME, BY EVERYBODY**

**B – Provider Brief Advice** to stop smoking to all people who smoke.

**KEEP IT BRIEF – 30 SECONDS**

**C – Offer, provide or refer to smoking cessation treatment.**

**Our office will be closed from 12noon Friday 24<sup>th</sup> December 2010 until 8.30am on Wednesday 5<sup>th</sup> January 2011.**

**On behalf of Kimi Hauora Wairau, Marlborough Primary Health Organisation, we would like to wish you a safe and happy Merry Christmas.**

**We look forward to working with you in the New Year.**



**For more information contact our office:  
Telephone: 03 520 6200 Fax: 03 578 1198  
Freephone: 0800 499 430  
[www.marlboroughpho.org.nz](http://www.marlboroughpho.org.nz)**