



Hokianga Health Hauora Hokianga

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COMMUNITY NEWSLETTER No. 175

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This newsletter is published monthly to keep you informed of what is happening at Hokianga Health. If you have any comments, contributions or questions, please contact Chrissie Williams at the hospital on (09) 4057-320, or the Trustees for your clinic area.

SUICIDE PREVENTION

There is a high suicide rate in Hokianga, but families usually don't like to talk about it. Nationally this affects about 500 people a year of all ages. Maori men are most at risk. As a community we have to be caring and supportive to help our people. Seminars have been held recently to raise awareness of what to look for if someone is at risk of suicide – sometimes the symptoms may not be recognised. The key to helping is the QPR method.

- Question the person about their thoughts
- Persuade them to accept some help
- Refer them to someone with the ability to help them

If you have any concerns about anyone in your whanau please contact your GP or our mental health team.

BREAK-IN AT PANGURU CLINIC

There has been another break in at our Panguru clinic. Security at outlying clinics is a tricky issue for Hokianga Health, and we rely on the community to be our eyes and ears. It is disappointing that anyone would steal from our service which is YOUR service. Hokianga Health is always striving to maintain a service accessible in all the isolated areas of Hokianga – and we do this on a very limited budget. We can ill afford to replace all the items that have been stolen again. Please, if you know anything that could help us catch the people stealing from your community, please contact the clinic staff or the facilities Manager at the hospital.

THE 'BRO-FILES'

If you are a male between 35 and 55 years of age, you are in a risk area for cardio vascular disease and other health problems. Your choices now could make a big difference to your quality of life in the years to follow.

If you have a story to tell about something you have done to change your lifestyle for the better - changing your risk profile – we'd love to hear from you.

Sometimes it takes a shock before we make a change – sometimes its someone else's experience that can prompt us to make the change.

The important thing is that we take that hard look at our lifestyle. Our kaimanaaki tangata are co-ordinating this programme – so if you have something to share please contact your local KMT.

FLUVAX

We have a good supply of the vaccinations. Free for those over 65 and others with a chronic condition. Anyone else can have a vaccination for \$20. Contact your local CHN or clinic.

BREASTSCREENING CARAVAN

The caravan will be in Rawene from 24 May to 7 June. There will be four "pampering" days during this time for those who have a breast screening appointment. Our KMTs are contacting eligible women for free screening – women between 45 and 69 are eligible. If you have not been contacted please feel free to call 0800-

BEFORE SCHOOL CHECKS

Calling all four year olds. This is a health check to make sure your child has the best chance of doing well at school. Vision and hearing tests will be done by the technicians. Kohukohu on the 10th, Taheke on the 11th, Rawene on the 12th of May. Contact your local CHN.

DENTAL SERVICE

We now have two dentists working in Hokianga two days per week, alongside our dental service. This is an adult service but is primarily for pregnant women registered with Hauora Hokianga for LMC care, and young women under 30 years of age. Appointments for other adults are only available for relief of severe acute pain, and only through referral from the GP or community health nurse to the Community Health Services Manager Lyn Foster.

Our dental therapist service will continue with treatment of adolescent and primary school children.

The dental service will be at Taheke, Opononi and Broadwood in May 2010. Service phone 4057 656.

Hokianga Health- The First Hundred Years

The following local outlets stock copies for sale of our photo history book at \$30.

Rawene: Boatshed Cafe

Omapere: Hokianga Museum Kohukohu: Village Arts

Waiotemarama: Labyrinth Woodworks, Morrell's Cafe

WEBSITE: The Hokianga Health Website is updated regularly. It provides up to date information and news about the service:
www.hokiangahealth.org.nz



Hauora Hokianga

Pouaka Poutapeta, Kaikohe

Waea: (09) 4057 709 Waea Whakaahua: (09) 4057 329

PANUI-A-IWI KOTAHI RAU WHITU TEKAU MA RIMA

MEI 2010

E tūhia ana tēnei pānui kia noho mohio ai te iwi whānui ki ngā whakahaerenga o Hauora Hokianga. Mehemea he whakaaro ōu, he pātai rānei, he awhina rānei, me whakapā mai ki a Kirihi Wiremu i te Hōhipere o Rawene; nama waea (09) 4057 320; me whakapā atu ranei ki te tarahiti o tōu rohe kainga noho.

KIA PIKI TE ORA

Te nui o nga tanga e kohuru i a ia ano, he awangawanga ki a tatou te iwi Maori. No reira me tiakina o tatou whanau i nga wa katoa. Mena e mauui ana te tahi o to whanau, me patae atu ki a ia, i te tuatahi, he aha o whakaaro, e hiahia awhi ana koe, maku e tiki atu he tangata mohio kite korero ki a koe. Kua e waiho noikore ana. Mena e ware tonu ana koe, me waea atu ki nga rata.

BREAK-IN AT PANGURU

Ko tukinongia ano to tatou whare Hauora i Panguru. Ko ngaro ano etahi taonga mo tenei whare. Te nui hoki o te utu o enei taonga, mena e mohio ana etahi o koutou na wai i tukino to tatou whare me waea mai ki nga nahi, nga rata, me to tatou kaitiaki whare, it e hohipere.

THE “BRO-FILES”

He kaupapa “brofiles” mo nga tane i nga tau 35yrs-55yrs. Mena ko koe tenei, kia tupato, kai pa to tinana ki nga mate patu Manawa, me e tahi atu mamae o te tinana. Mena e pai ki a koe, kei a koe he korero tuturu mo te tiaki to tinana, kororongia o whakaaro ki to kai manaakitanga, mana a hopu enei korero.

FLUVAX

Kko tae mai enei rongoa ki te hohipere. Mena e hiahia ana koe, me waea atu ki to nahi, i to whare hauora. Horekau he utu mo nga tangata pakeke (65yrs). Mo nga tangata atu \$20.00.

BREAST SCREENING

Te waka whakaahua U – kei Rawene tenei waka e tu ana mo nga ra 24th May atu ki 7th June. Ma nga kai manaakitangata e waea atu ki nga wahine kia tae mai mo tenei kaupapa. I enei ra, kei konei ratou e awhi ana koutou nga wahine papai.

BEFORE SCHOOL CHECKS

Nga tamariki horekau kia tae ki te kura (under 4yr olds) kei te haere mai etahi hauora tangata kite titiro ki o ratou taringa, me o ratou kanohi, ki te whakareri enei pepi nohinohi mo te kura. Kohukohu 10th May, Taheke 11th May, Rawene 12th May. Waea atu ki o nahi.

NGA NIHO HAUORA

Ko whiwhi e rua niho rata mo rua ra i te wiki ki Hokianga. Enei niho rata e tiaki ana nga tangata pakeke, engari te tuatahi ko nga wahine e hapu ana, me nga wahine (under 30yrs age). Mo nga tangata atu, ma raua e hoatu he rongoa mo te tino mamae, ma to rata hauora e whiriwhiri enei tikanga. Enei rata niho kei nga whare hauora o Taheke, Opononi, Broadwood e timata mai ana it e marama o May.

TE RAUTAU TUATAHI

Kei konei tonu etahi pukapuka mo te utu \$30.
Rawene: Boatshed Cafe
Omapere: Hokianga Museum,
Kohukohu: Village Arts
Waiotemarama: Labyrinth Woodworks