



Porirua Healthlinks Trust

“Ka piki te oranga mo nga iwi katoa kei Porirua”
To achieve better health and wellbeing for all people of Porirua

Subscribe to All Point!

What's All Points?

All Points is our weekly e-Bulletin that keeps you informed about the latest information relating to health, social, educational and local issues, including new immigrants and refugees. From events to forums happening in the region or just notifications, you will get it all here. Email info@healthlinks.org.nz or phone 04 238 4754.

Have your say write to Community Voices PO Box 50-778 Porirua or email liz@healthlinks.org.nz.



Liz Kelly

From the Managers Desk

Headlines of “third world” healthcare disgrace in Porirua attributed to children and young people being denied access to free “after-hours” medical care should be of major concern to all Porirua residents.

Dr Nikki Blair and Dr Graeme Lear Pediatricians for CCDHB were guest speakers at Porirua Healthlinks Child Health Forum

in May 2009. They shared statistics about child health issues that included Porirua as the highest rate of rheumatic fever in the country for 5 – 14 year olds then.

Our Community Voice page suggests that people are asking serious questions now. Do you have an opinion? Should after hours fees be dropped for under six year olds at the Kenepuru Accident and Medical Centre?

On another note are you able to contribute to the curtain bank? Check out our local story run by Sustainability Trust and are you interested in reducing your nappy bills?

Check out Healthlinks website www.poriruahealthlinks.org.nz. We've got a pole on there that changes every week. Your feedback is important!

HEALTHLINE

For free 24 hour health advice phone 0800 611 116



What is Healthline?

Healthline is a free telephone health information service for all the family. The service is staffed by registered nurses who will assess your health needs, and give information and advice to help you decide on the best level of care.

Local Stories

What is a “Curtain Bank”?



.. in a cupboard? or under the bed? Curtains that are long forgotten, put aside as a “just in case I need them” and haven't seen the light of day again? Or have you been thinking of replacing your existing curtains but just haven't gotten around to it? The Sustainability Trust and Earthlink are starting up Curtain Banks to service low income residents and those with chronic health conditions in the wider Wellington Region. We would be so grateful for your unused curtains that will be put to great use.

Curtains help to prevent heat loss through windows. A Curtain Bank offers free recycled curtains to people who are low income and/or disadvantaged. Donated curtains (or rolls of fabric that can be sewn into curtains) are sought and will then be lined if necessary, measured out, and given away for free to people who need them most. Faded curtains will be accepted as the faded area can be removed by a machinist. Donated curtain rails are also very useful.

Applicants will be referred through partner agencies and will have their windows measured to ensure the curtains will fit and limit the amount of warmth lost this winter and for winters to come.

We need your help to get it started by donating your old curtains! If you have curtains to dispose of, or know of someone/where who might, please consider this opportunity to make a difference to someone's life. Help spread the word so we can recycle curtains to those in need of the

To drop off curtains in Wellington, please get in touch with me, Christina, on 04 389 3400 x704. The Sustainability Trust is located in Newtown. Pick-ups may be arranged if it is very inconvenient, or if you have gathered a number of curtains for donation.

News In Brief

DID YOU KNOW THAT....Rheumatic Fever starts with a sore throat, commonly known as ‘Streptococcal A’. Rheumatic Fever is a serious disease that can cause permanent damage to the heart.

FAQ's

1. Do all sore throats lead to Rheumatic Fever?

Many people have sore throats that just go away in a few days, BUT...if a sore throat is caused by the ‘Strep A’ bug it could lead to Rheumatic Fever.

2. How do I know if it is a ‘Strep A’ bug?

If a child or young person has a sore throat that lasts longer than 24hours contact the nurse at your local GP services to have a throat swab taken. The nurse will send it on to the lab to get tested.

3. Who is most at risk?

- Children between the ages of 5-15yrs old
- Maori and Pacific Island children

- People who have family/Whanau with Rheumatic Fever
- People who share a house with lots of others

[Source: Community Health – Northland Health]

According to Doctor Professor Lennon, Professor of Population Child and Youth Health at Auckland University, there is strong evidence that treating streptococcal sore throats in at-risk children is effective in preventing rheumatic fever. Streptococcal sore throats are very infectious with up to 50% risk in siblings in a household.

Crowded housing increases the risk of rheumatic fever and at-risk children often have poor access to treatment for various reasons, for example transport to primary care. The idea of developing a programme for throat swabbing children with sore throats at schools in high-risk areas is being explored. This is based on a New Zealand research project and similar community projects overseas.

Community Voices

AUCKLAND CHEAPER HEALTH COSTS

Why do children pay in Porirua for after hours care? I have moved from Auckland and it is free there. If I go to Wellington hospital it is free but not in Porirua. Why do you have a hospital in Porirua?

J. Mata, Cannons Creek

THE COST OF A CHILDS LIFE

I read the front page last week and was not surprised. We have a hospital but no Accident and Emergency Centre. Porirua allowed the District Health Board to support a private enterprise to run an accident and medical after hours centre. Of course it is only the profits that will concern their business. The article in the paper said they would lose \$70,000 in revenue if they dropped the charges for under six year olds. Is that the price of a life these days??

M J Hainey, Whitby

CREEKFEST SWEETNESS

“What is wrong with a good old fashion toffee apple once a year as a special treat at Creekfest.

After all it's 95% Fat Free and 90% Fruit.”

J. Leighton, Porirua

Porirua Healthlinks runs a weekly page to profile and inform the community of health events and news in our City and Region.

Included in the weekly page is the Community Voice – this is your opportunity to write to us and let us know what you think works or doesn't in your community.

Insulation and Heating

Warm Homes / Healthy Homes / Rental Properties



Our Insulation retrofitting program is transforming the lives of Wellington residents. Last year we insulated more than 1,100 homes.

www.sustaintrust.org.nz



Home Energy Advice Line

The home energy advice line provides free, independent and professional advice to help consumers create warmer, healthier, more environmentally friendly homes.



So what does ‘sustainability’ mean?

It's a broad term, but which can simply be understood as creating a ‘culture of care’.

It encourages us to notice the impact that our current living has on the world, and to set about redressing these effects. So that we can all have a chance to live well now, and in the future.

Are your baby's disposable nappies:

Costing you a fortune? Filling up your rubbish bag?

Are you interested in cloth nappies but don't know where to start?

Cloth nappy hire kits are now available in the Porirua area. Nappy hire kits give you the chance to try out different styles of cloth nappies before buying them yourself.

What's available?

- 2 newborn/small nappy hire kits with 15 nappies for up to 7 weeks – \$50 for 7 weeks + \$40 bond.
- 2 medium nappy hire kits with 14 nappies for up to 2 weeks+ – \$30 for 3 weeks + \$40 bond.
- 3 trial packs with 8-9 nappies (newborn/small & medium) – \$20 for 2 weeks + \$40 bond.

NB: Advance Payment of Benefit (clothing category) is available for WINZ clients who wish to hire a kit or purchase modern cloth nappies.



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