



# 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 Points!

### 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](mailto: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](mailto:liz@healthlinks.org.nz).



Liz Kelly

## From the Managers Desk

The National Nutrition & Physical Activity Pacific Fono is coming to the Wellington region for the first time after being run successfully in Auckland for the past 6 years. Brilliant news! And lucky for us it will be held in Porirua City in September 2010.

Dedicated local Pacific Health

Promoters and communities are combining forces with Agencies for Nutrition (ANA) to promote this amazing event.

Who is ANA? ANA is a national organisation made up of various health groups such as:

The Heart Foundation of NZ, Cancer Society, Te Hotu Manawa M ori, Diabetes N Z, HETTANZ, NZ Dietetic Association, NZ Nutrition Foundation, Stoke Foundation, Asian Health Foundation, Pacific Island Food & Nutrition Action Group, and the NZ Recreation Association. Their aim is to work cooperatively with communities to promote nutrition and physical activity in New Zealand for New Zealanders, by New Zealanders.

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

The Fono will discuss and share information of health programmes and initiatives that Pacific groups are working in. Also, the latest research based on Porirua will be presented. It will be an opportunity to review and consider nutrition and physical activities relevant to our Pacific peoples.

## 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.

## Allergy Awareness Week 16-22 May

One in five New Zealanders suffer from allergies, and symptoms range from relatively mild to severe and potentially life-threatening. This year the theme 'Allergies. No walk in the park' aims to draw attention to the wider community the significant impact allergies have on individuals and their families.

Any type of food can trigger an allergic reaction. The majority of allergic reactions are triggered by egg, cow's milk (dairy), peanuts, tree nuts (e.g. cashews, almond, Brazil nuts), soy, wheat, seeds, fish and shellfish. Milk and egg are the most common triggers in young children.

Allergies can be one of the causes of eczema and managing eczema involves a team approach. One of the team members who will help you to manage allergies is a New Zealand Registered Dietitian. The dietitian will help to create a plan to ensure good nutrition while ensuring the allergic food stays well away. Your doctor will refer you to a dietitian if this is needed.

Studies have found that up to 25 per cent of people believe they have an allergy to food; however, food allergies only affect 6-8 per cent of children and 2-4 per cent of adults. It is essential self diagnosis must be followed up with the allergy being diagnosed by a doctor. Removing a food group can lead to the diet being nutritionally inadequate. If you suspect you or your child has an allergy, talk to your doctor.

To stay healthy over winter months it is important that you eat a wide variety of different foods, including plenty of fruit and vegetables and most importantly avoid any foods that your doctor has said you are allergic to.

For more information see [www.allergy.org.nz](http://www.allergy.org.nz)



Any behaviour that makes someone else feel controlled and fearful is never OK. Everyone in a family should feel safe and nurtured. It's hard for many of us to make sense of what is OK and what isn't.

A healthy relationship is supportive, trusting and warm. But in some relationships one person uses power and fear to control the other. These relationships are emotionally abusive and can become extremely unsafe. People in violent relationships feel frightened. They feel as though they cannot be themselves because their actions, thoughts and choices are determined by the person who is controlling them. No one should be frightened or scared by someone in their family. *If you are worried about your safety phone 0800 456 450*

### THE LAW

In law family violence is known as domestic violence. In the Domestic Violence Act 1995 it is defined as "violence against (a) person by any other person with whom that person is, or has been in a domestic relationship". It defines domestic violence as more than physical abuse; it includes sexual or psychological abuse. Psychological or emotional abuse includes threats, intimidation, harassment or damage to property. In addition, psychological abuse is committed against a child if that child witnesses the abuse of a person with whom the child has a domestic relationship. A single act of violence or a number of acts that form part of a pattern can be regarded as domestic violence.

### THE ACT COVERS PEOPLE IN MANY DIFFERENT RELATIONSHIPS:

married couples family/whanau  
couples in civil unions anyone in a close personal relationship  
de facto couples flatmates or other people who share accommodation.  
gay and lesbian couples  
children

No matter what your age or sex, it's never OK if your partner or any member of your family:  
Scares or intimidates you with words or actions



- Makes you feel like everything you do is wrong
- Insists you always have to agree with what they say
- Always ignores your opinions and ideas
- Constantly criticises you or your friends
- Humiliates you in front of your friends
- Makes you isolated and alone
- Forces you to have sex or do other sexual acts you don't want to do
- Makes you drink or take drugs when you don't want to
- Touches you in a way you don't want
- Uses unsafe driving to frighten you
- Hits, pushes, bites or pulls your hair
- Blames everything on you
- Threatens the safety of family members
- Makes you feel scared of what might happen next
- Frequently accuses you of sleeping with other people
- Threatens to take the children away if you say anything
- Damages property/walls/possessions to scare you
- Keeps your money from you
- Uses threats to control or frighten you.

### Jazz Heer

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## Community Voices

### CANNONS CREEK GEM

I am a local General Practitioner who has worked in the Porirua area for the past 30 years. I currently work in Cannons Creek and I use the Cannons Creek pool regularly in the week and weekend. I was astonished to hear that there is a proposal to close the pool to the public. Physical activity and exercise is fundamental to the well being of all of us and enjoyable exercise imperative.

Many of my patients suffer from major joint problems from osteoarthritis and gout, never mind the diabetes, the heart problems and all that goes with poor communities. Statistics with regards to their health status are dire. Opportunities, role models, access to health and access to suitable facilities to achieve good social and health outcomes are all imperative. I mention the pool to my patients as an exercise option whenever discussing lifestyle issues.

The fact that there is actually a pool in this area is commendable to PCC please factor into your considerations the community good before making what I believe will be a terrible loss to a Community in need.  
Dr Kathy Stone  
General Practitioner

### VALUE OF GOOD HEALTH

I am alarmed to hear that PCC is proposing to close Cannons Creek Pool to the public, rationalising the action on monetary values. What has happened to community and health values?

Cannons Creek is an area with a high incidence of health inequality – supported by the fact that there are three PHO's within 2 minutes walking distance. It is a community of special needs with a high prevalence of diabetes, hypertension and obesity. A community where for example, exercise regimens based on 'aqua aerobics' at the Cannons Creek Pool would be particularly beneficial. We need to be careful how we evaluate an underutilised amenity. If currently there isn't enough patronage to make it commercially viable, take a step back to assess the possibilities for alternative uses that will promote healthy lifestyle values and benefits for an underprivileged population.

What the council should be doing is providing leadership for communities who are reticent about speaking out, who find it difficult to articulate their needs and values in an alien and intimidating culture. Once these expanded uses have been defined, there will be a budget to advertise and promote the proposed new use.  
Peter Turner  
Whitby

### ELDERLY CARE

I am very grateful for the home based support I receive. It is two hours a day and I don't know what I would do if I were to lose it. I have been told about a phone assessment and to be careful what you say. If you say everything is ok then you maybe dropped from receiving this service. Do I answer my phone? This is not good. Name withheld