



Porirua Healthlinks Trust

"Ka piki te oranga mo nga iwi katoa kei Porirua"

To achieve better health and wellbeing for all people of Porirua

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From the Managers Desk

This week is Women's Refuge Awareness and Appeal Week.

Domestic violence is the greatest social problem facing New Zealand today with 1 in 3 women experiencing psychological or physical abuse from their partners. Each year, up to half of all the murders are family violence related.

As of October 2009, a staggering 41 New Zealanders were killed directly by members of their own family.

Women's Refuge is New Zealand's most significant family violence organisation with a 37 year history of providing comprehensive services for women and children.

Women's Refuge provides a safe place to turn where women and children can get help and support 24/7. Every woman and child has the right to safety. To continue to sustain this service support is needed. Please give generously.

Porirua's innovative youth project "Oi What about us!" was highlighted on the Good Morning programme this week. Under the umbrella organisation Porirua Alcohol and Drug Cluster (PADC) 60 Porirua Youth spent the April school holidays filming a youth's perspective to Alcohol. The DVD was recently launched and is to be used as a discussion tool for adults and youth.

PADC is a cluster of community health and social service organisations who look at finding solutions – raising awareness to the on going problems drug and alcohol have on our communities and families in a collaborated way.

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.



Community Voice

Porirua Healthlinks are looking at re branding and want community input. We are running a competition to see what can come from the community and are offering free 3 month membership to Porirua City Fitness if we use your idea. For those graphic or aspiring young designers can you come up with a new brand with the focus of Health and Community? For further information contact liz@healthlinks.org.nz or phone 238 4756.

Our Community Dietician says...

Facts about Saturated fats in our food

Our health is influenced by the food we eat and in particular fats and oils play an important role in influencing our risk of a heart attack or stroke. All fats and oils are high in energy and eating too much will also result in extra weight gain.

The Bad Fats

Tran's fats are known as the worst fat, they should be avoided. These are usually found in commercially fried foods and processed snacks and baking eg pies, pastry, cakes and biscuits. They are sometimes called hydrogenated vegetable oil on a food label.

Saturated fat is found mainly in animal foods, eg fat on meat and in many commercial fried foods. These influence the bad types of cholesterol in our bodies. Low fat choices should be used where possible eg low fat milk and removing the solid fat on meat before cooking. Palm and coconut oils are also saturated despite coming from a plant; therefore it is important to use only small amounts of coconut cream or use lite coconut cream instead.

Foods containing saturated fats and trans-fats

- Beef tallow
- Butter
- Cheddar
- Chicken fat and skin
- Chocolate
- Cocoa butter
- Coconut oil
- Coconut cream
- Cohpa
- Cream
- Ghee
- Clarified butter
- Hydrogenated oils
- Kremetta
- Lard
- Suet
- Dripping
- Milk solids
- Palm oil
- Shortening
- Fat on meat



If you have a high cholesterol levels then making healthy food choices can help. A dietitian will recommend practical ways to reduce the amount of fat eaten to improve your health.



Alison Pask, local dietitian for the Porirua region

Phone: 237 1026

Email: alison.pask@poriruahealthplus.org.nz



News In Brief

A bid to axe GST on healthy food is likely soon. A Maori Party MP's bill that would remove GST from healthy food could come up for debate in Parliament this week.

Rahui Katene who is championing the bill says "While all consumers will benefit from the removal of goods and service tax from healthy food, those on lower incomes spend a greater proportion of their income on food and will receive a significant benefit as a result."

"Research conducted both in New Zealand and overseas shows that the lowering of the price of healthy food...leads to a significant increase in purchases of healthy food."The bill defines healthy food as fruit and vegetables, breads and cereals, milk and milk products,

(excluding ice cream, cream products condensed and flavoured milk) lean meat, poultry, seafood, eggs, nuts, seeds and legumes.

MORE TEENAGERS QUIT SMOKING

A survey just released shows smoking rates among teenagers have plummeted, with the number of daily smokers among year 10 pupils down 5.6 per cent from 15.6 per cent in 1999.

The Action on Smoking and Health Survey, which runs each year since 1999, shows there has been a dramatic turnaround since 1999 when most pupils reported trying tobacco.



LIVE FREE FROM FEAR

This year the Women's Refuge is asking the nation to consider how it must feel for women and their children to live in fear. The refuge highlights psychological abuse and the constant fear that women and their children feel when living in these relationships.

Although physical abuse is recognised because there is something to see, psychological abuse is far more sinister, far more prevalent and destroys the soul.

We want to ensure people understand that domestic violence can take many forms. It doesn't necessarily have to be physical because abuse affects the mind as well as the body.

The Woman's Refuge is the only national domestic violence organisation to offer a 24/7 service. Cases are becoming more complex and require more intense advocacy. The Women's Refuge' Advocates are experienced, innovative and progressive with much of the work that the Women's Refuge engages in going unnoticed. They help thousands of women and children every year.



Margaret McDonald, Karen Tau and Sue Lamositele

For confidential and sympathetic advice and support, phone your local Women's Refuge NOW!

Te Whare Tiaki – Maori Women's Refuge

Ph 04 237-7027

Te Whare Manaaki – Women's Refuge

Ph 234-6118

DONATIONS

The Women's Refuge provides the advice and support a woman needs BUT they need your support and donations. PLEASE make your donation through the phone line 0900 REFUGE or online at: www.womensrefuge.org.nz

NATIONAL COLLECTIVE OF INDEPENDENT WOMEN'S REFUGES INC.



RECESSION 09/10

While increased demand for services may be due to a number of factors, such as raised awareness, increased reporting or improved interagency responses, Women's Refuges around the country are reporting significant impacts as a result of the economic downturn. Several Refuges have reported an increase in first time reporters, triggered by job losses or rising living costs. Though these are not the cases of violence, issues like alcohol abuse or financial pressures are compounding factors

Statistics:

- We take 1 crisis call every 9 minutes
- Our Refuges provided 86,184 safe beds during 2009
- Statistics show that domestic violence reporting has increased by 46% in the last 2 years.
- Of all the women that seek help, over 90% report psychological abuse compared with 65% reporting physical abuse.
- Women's Refuge provides a safe place to turn where women and children can get help and support 24/7. Every woman and child has the right to safety.
- Rural Refuges are noticing increased workloads as redundant workers return home, unable to make ends meet in the cities or overseas
- Refuge workers are providing services to community clients with more and more complex needs
- Refuges are working more closely with foodbanks and other charitable donation organisations as the need for donated goods increases
- There has been an increased demand for services from middle class women. Some are going into safe houses where previously they might have been able to afford a motel or other accommodation – or the means to relocate to another area
- Running costs have increased for Refuges. Reported increases are for food, transport, gas and electricity, particularly when Refuges are at capacity
- We need your help more than ever!

Quit Today - Live Tomorrow!



Tovila Fomai is the Coordinator for the Pacific Smoking Cessation Programme and she is based at Pacific Health Services Porirua (PHSP).

"I've been with this programme from the beginning and whilst we are pleased with having exceeded the targets set by

the Ministry of Health, I know we still have a lot of work ahead of us to help our people quit smoking.

As a new Pacific Smoking Cessation pilot. We found that FACE TO FACE consultations were the best method of delivering our message and supporting our clients. **CALL ME TODAY!**



Phone: 04 237 8422, or 027 689-9511. Patches, Lozenges and Gums are free. We can come to you anywhere within the Wellington region. We will help you for free!