



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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Liz Kelly

From the Managers Desk

Porirua Healthlinks hosted a well attended community forum last week, appropriately the event begun with a presentation from Mayor Brash to Eleni Mason, the winner of the Service to the Community Award. I say appropriately as we learned in the presentation from the Capital and Coast District Health Board (CCDHB) that Pacific Island is leading the way in health care. Eleni Mason is the Manager for Pacific Health in Porirua and the Service to the Community Award is nominated from the community

Healthlinks were pleased that Cathy O'Malley CEO for

Compass Health PHO accepted the invitation to address our Community Forum. The presentation began with the need to find savings of which Compass Health had identified an \$185,000 that had been returned to CCDHB from recent restructuring.

Attendees were given the background to the Accident and Medical (A&M) after hour's service. Of interest was the fact that the contractual requirement for General Practitioners (GP) is to provide 24/7 care within one hour of the home. Cathy further provided some interesting statistics around the usage of the A&M and in particular from 11pm – 8am. It seems on average there is 7 people, 5 from Porirua 1 outside Porirua and 1 per week from Kapiti. There was an assurance that after hours care would not be terminated but rather an approach was to look at what is the best service that is affordable. Suggestions like perhaps an ambulance service or a visiting nurse and doctor service to the home from 11 pm – 6 am are some ideas being looked into in "a whole system planning approach." Porirua Healthlinks will continue to monitor and ensure the community are involved in what ever suggestions are put forward. The issue of charging under six year olds was meet with a "we are looking into that" which was disappointing and further advocacy will be needed. The CCDHB provided information around the increase in services now being offered at Kenepuru which equates to the higher volumes of out patient visits.

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.



Cholesterol

Cholesterol is a fatty, waxy substance carried in the blood.

Cholesterol is essential for your body, but too much creates a fatty build up in the artery walls of the heart. This fatty build up creates narrowing of the arteries and restricts the blood flow which can eventually contribute to a heart attack or stroke.

Your liver makes about 75 percent of your blood cholesterol; the other 25 percent comes from the foods you eat. A cholesterol test shows information on all your blood lipid levels, not just cholesterol. This will include:

- Total cholesterol
- LDL-cholesterol or 'bad' cholesterol as it deposits cholesterol in artery walls
- HDL-cholesterol or 'good' cholesterol as it transports cholesterol back to the liver, where it is removed
- Triglycerides - carried in the blood alongside cholesterol
- HDL-cholesterol /total cholesterol ratio shows the ratio of good fats to bad fats.

The risk of a heart attack or stroke is greater if your cholesterol levels are high but your doctor will also look at a number of other factors including your body weight, blood pressure and if you smoke. Following a healthy diet and doing regular physical activity can improve cholesterol levels. Your doctor may also prescribe cholesterol lowering medication if needed. A New Zealand registered dietitian can work with you to help improve your food choices to reduce your risk of having a heart attack or stroke. Ask your doctor if you think this would be helpful for you. If you know your blood pressure and cholesterol levels you may find the website www.knowyournumbers.co.nz interesting. Alison Pask, Porirua community dietitian



Alison Pask, local dietitian for the Porirua region

Phone: 237 1026

Email: alison.pask@poriruahealthplus.org.nz



Volunteer Awareness Week (VAW)

20th - 26th June 2010 www.volunteerwellington.org.nz

THEME: "Volunteering Across the Generations"

A key objective of the Awareness Week is to encourage more people to volunteer – "raising people not money". The theme will highlight the opportunities for volunteering across all generations, how different forms of volunteering appeal to particular generational groups and various examples of intergenerational volunteering, including family volunteering. Family volunteering is a way in which all the members of a family through all their different ages are able to go together and serve their community.

Diary of Events in Porirua:

Launching of the "Porirua Business Volunteer Group Project" With Habitat for Humanity

A collaborative project initiated by Volunteer Porirua and Volunteer Wellington, Chamber of Commerce, BNZ, Bunnings, BRANZ, Porirua City Council and the Ministry of Social Development. Habitat for Humanity is building a new house with assistance from all the businesses involved, for two weeks. After the launch all Porirua business will be encouraged to contribute materials and volunteer teams to the project.

DATE: Thursday 24th June 2010
PLACE: The Peppermill, Norrie Street
HOSTED BY: Porirua Chamber of Commerce's 'After 5' Function
TIME: 5.00pm

Morning Tea for Volunteers

Come and have morning tea with local volunteers in your community. Special Guest Speakers are: Mayor Jenny Brash and National List MP Hekia Parata. These well known women in leadership roles will talk about their personal and family experiences of volunteering over the generations and what volunteering means in their culture.

DATE: Friday 25th June 2010
PLACE: Mana Education Centre, Aotea Room, 5 Heriot Drive, Todd Park
TIME: 10.00am – 12.00pm



NEWS IN BRIEF

Capital Coast District Health Board have a \$50 million deficit. \$40 million is interest to repay the loan to build the new hospital in Wellington. (Basically our hospital was build with the plastic.... visa)

Well we all agree a new hospital was needed, what was our District Health Board thinking when they committed such sums with no way of repaying it? Or we could even ask further why would Central Government require this interest – isn't it double dipping after all we all pay taxes and have a right to insist on a quality hospital and services.

World Refugee Day 2010

Approximately 24% of the 750 refugees that arrive in New Zealand each year are settled in Wellington, the Hutt Valley and Porirua. This equates to about 180 refugees arriving in the Wellington area each year. Each year on this special day we come together to acknowledge the strength of our refugee communities and the diversity they bring us, and there were activities happening all over New Zealand. On Sunday, 20 June, refugee and local communities from Wellington, Porirua and the Hutt Valley celebrated World Refugee Day with exciting activities, which included two football matches, a cultural festival, delicious, great value ethnic food, and a tree planting event in partnership with Rotary Club of Wellington World Refugee Day is an opportunity to reflect and acknowledge the courage, resilience and strength of refugees. Global attention is focused not only on the plight of refugees and causes of their exile but also on their determination and the contribution they make to their

host communities. The global theme for World Refugee Day in 2010 is "Home." Through the simple statement, "They took my home but they can't take my future," UNHCR are highlighting the plight of refugees worldwide and recognizing their courage and resilience. As an expression of solidarity with Africa, which hosts the most refugees, and which traditionally has shown them great generosity, a special UN General Assembly Resolution was unanimously adopted in 2000, designating 20 June as international World Refugee Day. Refugees are supported in Porirua on arrival by Refugee Services for a year and then by Settlement Support New Zealand. If you are interested in becoming a Refugee Services Volunteer, contact Jay Edwin, Manager Refugee Services Porirua on 2377315. Contact Annette Woods on 2373578 for Settlement Support



COMMUNITY VOICES

The irony of it all.....
I attended the Healthlinks community forum on Friday 18th June at the Hosanna Church. But I had to leave abruptly as I received a phone call from my teen's school asking me to collect her and take her to Kenepuru A&M Hospital. She had cut her hand after crushing a glass test tube during her science class. Unfortunately the school nurse does not attend the college on a Friday and I was unable to see my GP. We booked in to reception at 1.00pm, my daughter's hand was X-rayed at 3.30pm and we left the hospital at 4.20pm. That cost me \$43. The reception did inform me that Wellington A&E is free. Yeah Right! So what's the irony in this? The community forum was about why it costs so much to go to the Kenepuru A&M and the fact that the CCDHB want to reduce it's opening hours.

P. Williams. Takapuwahia

A&M Charges

Why are our under 6year olds not free at A&M? Our PHO's are funded for them to be seen free, why not the hospital?

We have many parents that can't afford the fee and then there's the prescription. Parents won't pay the fee because they know the prescription is more important; in turn these fee's end up accumulating. We have written off billions of dollars of foreign sick people seen by our health system, they leave the country and can't be contacted and yet we can chase our legal residents for outstanding fees!

Litea Ah Hoi,
Deputy Mayor