



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!

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.

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.

From the Managers Desk

The health system was one of the few government sectors to receive an increase in funding in the 2010 Budget. Health Minister Tony Ryall announced \$93m for disability support services over the next four years, including \$20 million in the next two years to help reduce waiting times for patients who needed disability equipment. Mr Ryall also announced an extra \$59.5 million over the next four years for elective surgery. \$8 million of that has been tagged to breast reconstruction surgery for breast cancer survivors.



Liz Kelly

Other announcements included:

- \$40m for mental health over the next four years (but \$12m of this will be funded by cutting some existing mental health initiatives).
- 20 new medical training places for 2010/11.
- An extra \$40m from the national budget for medicines.
- \$1.4 billion of the total \$2.1 billion over the next four years will go straight to district health boards, Mr Ryall said.

“This is a significant funding increase in the light of the continuing difficult economic situation. It will help protect our public health services in real terms against inflation and fully fund population growth.” Lets hope health and social services in Porirua will receive their share of funding rather than the funding cuts that have been announced regularly in recent months. Take a look at our website www.poriruahealthlinks.org.nz.

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 STORY

While the Pacific Smoking Cessation Programme is doing extremely well with meeting and exceeding contractual obligations, the Pacific Services know there is much more to be done. There are tens of thousands of people still to work with and to help quit. We cannot be complacent!! We want our people to be free of diseases caused by smoking. It's hard work but can be achieved. We promote anywhere and everywhere in Wellington either at events, churches, youth groups, universities etc or we run our mobile clinics at shopping centres. The team have also been invited to present outside of Wellington.

It's pleasing to know that every quarter; there is something new to report. A dairy in Cannons Creek does not sell cigarettes any more. Some churches have disallowed smoking on their grounds - now that deserves a medal! Currently we have 512 clients enrolled on cessation programmes without NRT and 660 enrolled with NRT with only 88 supported on an ongoing basis and only 160 clients with relapse maintenance support.

Eleni Mason - Pacific Health Service Porirua Inc.

Community Services - Fanau Centre

16 Bedford Court, PO Box 53 026, Cannons Creek, Porirua 5243

Phone : (04) 237 9824 (Community Services)

Phone : (04) 237 8422 (Pacific Smoking Cessation Programme)

Fax : (04) 238 4076 (Community and Smoking Cessation)

NEWS IN BRIEF

World Smoke Free Day - 31 May 2010

www.worldsmokefreeday.org.nz • www.facethefacts.org.nz

World Smokefree Day is all about celebrating and working towards smokefree auahi kore lives for New Zealanders.

Internationally the day is known as 'World No Tobacco Day' and was first marked by the World Health Organisation in 1988. In New Zealand the day is known as 'World Smokefree Day' and has been nationally coordinated by the World Smokefree Day Group since 1998.

The theme for World Smokefree Day is:

'Me mutu – kia kaha / Give quitting a go – you can do it!'

Pacific Health Services Porirua, Pacific Smoking Cessation Team



Pacific Smoking Cessation

HAVE FUN WHILE QUITTING! - RELAX WHILE QUITTING!
BE SUPPORTED WHILE QUITTING! - YOUR PLACE OR OURS!
PAY NOTHING TO QUIT! - MAKE THE DECISION - PATCHES, GUMS, LOZENGES WILL BE PROVIDED AS APPROPRIATE.

CHOICES, CHOICES, CHOICES – AND THEY ARE FREE! FREE! FREE!

If You Want To Know More, Phone The Team At:
Porirua 04 237 8422 • Wellington 04 388 2157

BETTER STILL – COME TO PORIRUA SHOPPING CENTRE – UNDER THE CANOPIES ON THURSDAY 27 MAY AT 10:00AM.

REGISTER WITH TOVILA AND HER TEAM
BE SERENADED BY ROSITA VAI – FORMER NEW ZEALAND IDOL
SEE THE HAPPY FACES OF YOUR SUPPORTERS WHO WILL HELP YOU QUIT
HAVE FUN WHILE DOING GENTLE EXERCISES WITH OUR NOOROA
REGISTER AND BE IN TO WIN A PRIZE – FIVE TO DRAW FROM

WE DON'T GIVE UP EASILY AS HELPING YOU QUIT IS IMPORTANT TO US! WE WILL BE AT THE SAME PLACE ON THE 31ST MAY WITH THE REST OF THE GROUPS PROVIDING QUIT SMOKING SERVICES.

Come and see us again on the 31st May – the place will be pumping with activity. It's Smoke Free Week – quit today and live tomorrow!!!

BOOM! BOOM! BOOM! –

Better that your kids hear your heartbeat than not at all.

- Giving up smoking means spending more time :
- Smelling the freshness of nature
- Visiting the great nephews and
- Encouraging affection to potter with
- Plants – not puff away money.

