



# Porirua Healthlinks Trust

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

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

Included in the weekly page will be 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. 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

In New Zealand, over 800,000 people have a respiratory illness. 1 in 4 Kiwi kids is estimated to have asthma and it's the most common cause of hospital admission among New Zealand children.

Anyone can get asthma, and it can start at any time of life. Different people have different things that trigger their asthma. Identifying your asthma triggers enables you

to avoid or reduce exposure to them. Most people with asthma can learn to manage it well so that it doesn't impact too much on their lives. There are lots of things you can do to manage your asthma well. You can start by learning as much as you can about asthma, how it affects you, the steps you can take to manage it well, and following a healthy lifestyle.

Next week our Community Voice Forum will have a guest speaker Barbara Scott from Compass Health. We invite you to come along and be educated and informed about asthma and respiratory care and management. Our forums are open to everyone. By popular demand we now hold our forums in your community. The last two months we have held our forums at Takapuwahia. This month we will be at the Fanau Centre in Cannons Creek Friday 30th April 12.30 – 2.00pm.

## Breast Milk = Super Kai



and Sandy Reid the community breastfeeding coordinator and lactation consultant with the CCDHB.

The team are excited to be able to provide this service in the community where women can easily access the service and receive specialised breastfeeding support free of charge.

The community breast feeding team, steering group has opened a community breastfeeding centre in Cannons Creek. This is a Capital and Coast District Health Board (CCDHB) and Healthy Eating Healthy Action (HEHA) initiative.

The purpose of the centre is;

- To provide an informal and accessible "drop in" breastfeeding centre where women and families / whanau can obtain breastfeeding information and support.
- To promote breastfeeding and to increase breastfeeding rates.
- To establish breastfeeding support groups and to encourage links to community resources.
- To provide antenatal / postnatal breastfeeding education
- To provide learning environment for new Peer Counselling Programme Administrators (la leche league) to work alongside experienced breastfeeding advocates.

The team comprises of Ligi Igasia and Fana To'omaga, breastfeeding advocates and educators from the Pacific Breastfeeding Service, Lyn Selwyn breastfeeding advocate from Ora Toa Health Services

The address is 2 Bedford Court Cannons Creek (next to the Community Police Base) the hours are Thursdays and Fridays 10.00am – 2pm.

Michelle Collins a new mother spoke of the support she has received and emphasised the benefits to her baby. I continue to breastfeed primarily because I know it provides complete food for my daughter for the first six months of her life. It's free and readily available and I have just found out from a lactation consultant that breastfeeding supports correct pronunciation because of the muscles used in the neck and jaw. It also reduces the incidence of cot death, allergies and infections.



Back Left to Right: Ligi Igasia, Sandy Reid, Fana To'omaga

Front Left to Right: Kima Faasalele, Michelle Collins, (baby) Ngawai Collins

## News in brief

### Liquor Review

The Government will have a raft of Law Commission recommendations to consider when it overhauls liquor laws later this year.

The Law Commission's report is due to be released on Tuesday 27 April with indications from a leaked report suggesting they will include a 50 percent hike in excise tax, a ban on off-licence sales after 10pm, raising the drinking age from 18 to 20 and no one allowed to enter bars and nightclubs after 2am.

### Community Voices

I am writing to say what a great event Creekfest was this year.

I would like to thank Healthlinks, Liz and her team for all the hard work that went into the overall organising of this event.

It was great to see our families enjoying themselves and fully participating in this community event.

I feel that the new layout of Creekfest was partly responsible for this as it enabled a good flow so that people could easily access the stalls and activities.

I am aware there has been some community discussion around what food and drink should be available to the people who attend Creekfest.

While the Fanau Centre encourages our community to make healthy choices every day of the year, we feel that true empowerment is about people making their own choices.

I would be concerned if we start trying to make decisions for people in the belief that we know what is best for them

Porirua made head lines inn 2008 when the community of Eastern Porirua mobilised and opposed the liquor licence for another Cannons Creek outlet they gathered much public support along the way. The application was refused by the Authority.

as this does not feel like we are working in partnership with them. However it is necessary to provide the information and resources to create the change and that was available on the day.

Health change, as all change to our behaviours takes time.

I believe we are all joined together in wanting the best possible outcomes for our families and this is reflected in the desire for Creekfest to be the best event possible.

The Cannons Creek Fanau Centre was proud to be part of the Creekfest event.

My team and I look forward to Creekfest next year as it continues to improve each year.

Linda Allen  
General Manager  
Fanau Centre

## Food choices at Creekfest



### Creekfest

What a good idea to allow us to have a voice. I am happy to have this opportunity to express my experience during the last Creek festival. Creek festival is a brilliant idea and like every brilliant idea it needs good people to drive it and keep it relevant to our Community. What is important is the ability of our Community to maintain our identity and vibrant flare. These are some of our natural gifts that can be killed by too much bureaucracy.

An example of this is the rule in selling healthy food stuff. I was pleased that people were given the information about healthy eating and than allow people to make good choices. I find that far more respectful to the Community than being treated like we are all pack of "dim wits" I am sure another Community in a much more affluent area will not be treated this way further more they will not tolerate this kind of ruling, so why do we allow it in Porirua?

It is time now for the Community to make sure our voice is heard in a calm clear and factual way. Thanks Health Links for continuing to pursue the work they are doing. In the early 1980s the Government of the time came out with the idea of devolution of power and created a partnership with the Community because they were at a loss of how to better serve them. Let us remember that and do not let go of our decision making power as we know our Community and our families far better than any bureaucrats around. Health Links belongs to the Community, money is important but let us tell the officials that we have been here before they funded us and we will continue to drive for what we want with or without them. Remember the power is always with the people. I will close with this quote from William Brown "Recession only makes us more resourceful. So heads up everyone!

All the best to each and everyone who has our Community at heart, until next time  
Doris Bubo  
Cannons Creek

### Thank You Porirua Healthlinks Trust

We (our family) travelled from Paraparaumu to attend Creekfest, the main reason, we went was my husband loves Samoan food and we knew that there would be an abundance.... We did have a good lunch of chop suey, rice and taro.

We went to Creekfest primarily to find that **type of food**. We didn't really look at any other options, nor did we really notice any. We did see lots of stalls selling Samoan food though, which was good for our purpose.

My son suffers from food allergies so, we did not look at options for him, We're use to taking our own food for him wherever we go. Because of this we didn't notice whether there were any healthy food choices. It was a great day.

Kind Regards  
Teree Brown

### Thinking about Healthy Food at Creekfest?

*Did we get it right? or should it have been fat free? and confectionary free?*

I felt the selection was fine, other than the toffee apples. My needs were certainly taken care of.

Margaret  
Te Whare Tiaki Wahine Refuge



Porirua Healthlinks Trust

## Community Voice Forum

Keynote Speaker

*Barbara Scott from Compass Health*  
Asthma and Respiratory Care

Where: Fanau Centre

When: Friday 30th April

Time: 12.30 – 2pm

More information:

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