



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 Maori Language Week the theme for the year is "The language of food" our community dietician gives us some tips on healthy weight.

It is also Glaucoma Awareness Appeal Week.

Glaucoma usually comes without warning. Glaucoma is an eye disorder in which the fluid pressure inside the eye causes progressive damage to parts of the optic nerve.

The pressure usually increases when there is inadequate drainage of fluid from inside the eye. A gradual but permanent loss of vision occurs unless the condition is treated.

Liz Kelly

Regular eye examination is a good start to ensuring healthy eyes.

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...

Weight and Health

Having a healthy body weight is the key to good health and to preventing weight – related risks such as high blood pressure, cholesterol and blood glucose levels. The result is a reduced risk of ill – health from cardiovascular disease (stroke and heart attack), type 2 diabetes and certain cancers.

A healthy body weight means your energy intake (from food and drink) is balanced by your energy output (your body's activity levels). Also it means your body mass index (BMI) is between the levels of 18.5 and 24.9.

To lose weight you need to have a sensible, practical and realistic plan for healthy eating and physical activity – one that fits with your lifestyle.

A little means a lot

Clinical studies have shown that a loss of 5-10% of initial body weight can result in a significant decrease in your risk of illness from, or the severity of illness like, diabetes, high blood pressure and heart disease. Weight loss also can improve breathing and sleeping patterns, increase energy levels, give a sense of well being and reduce joint and muscle pains.



A weight loss of 0.5 to 1kg per week is a healthy weight loss; however, some people may only achieve this amount per month. When weight is lost slowly it is more likely to come from stored body fat, rather than other tissues like muscle.

This means that you are also less likely to gain it back.



Alison Pask, local dietician for the Porirua region

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Food theme for Māori Language Week 2010

"Te Mahi Kai – The Language of Food"

"Our key message for the language this year is encouraging use in communities, so we have deliberately chosen an activity based theme to promote and widen spoken language in communities" says Acting Chief Executive, Dr Wayne Ngata.

It is universally acknowledged that food as a culture and all the customs around it creates its own sense of community. It's an appropriate means for disseminating a message about language therefore, and certainly from a Māori point of view, our own food culture, more particularly food gathering and preparation is a very



central part of our identity.

"We encourage a very liberal interpretation of the theme for this year because "te mahi kai" means not just partaking in a meal, but includes all the activity undertaken to create that meal, traditional as well as contemporary. This can include hunting, diving, fishing, foraging, as well as shopping, through to food preparation in the kitchen. The language contained within just these activities alone is extensive, and provides a rich base for people and organisations to develop what we hope will be original and innovative Māori language initiatives and projects across the community", says Dr Wayne Ngata.

Māori Language Week takes place from 26 July through to 1 August 2010. www.koreromaori.co.nz



Some light relief – Are you the Father?

A father passing by his son's bedroom was astonished to see the bed was nicely made, and everything – books, clothes etc had been picked up from the floor and put away.

Then he saw it – an envelope, propped up prominently against the pillow. It was addressed, "Dad".

With the worst premonition, he opened the envelope and with trembling hands, read the letter.

It read....

Dear Dad

It is with great regret and sorrow that I'm writing to you. I have had to elope with my new girlfriend Stacy, because I wanted to avoid a scene with you and Mum.

I've been finding real passion with Stacy. She is so nice, but I knew you wouldn't approve of her because of all her piercings and tattoos, and because she is so much older than I am.

But it's not only the passion, Dad. She's pregnant. Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood – enough for the whole winter. We share a dream of having many more children.

Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves, and trading it with the other people in the commune for all the cocaine and ecstasy we want.

In the meantime, we'll pray that science will find a cure for AIDS, so that Stacy can get better. She sure deserves it!!

Don't worry, Dad, I'm 15 and I know how to take care of myself. Someday, I'm sure we'll be back to visit, so you can get to know your grandchildren.

With love, your son,
John.

PS. Dad, none of the above is true. I'm over at Tony's house. I just wanted to remind you that there are worse things in life than the school report that's on my desk. I love you! Call when it is safe for me to come home.

Sourced from "Court in the Act" published by the office of the Principal Youth Court Judge of New Zealand.



Glaucoma NZ

To help raise awareness of Glaucoma and prevent more unnecessary blindness Glaucoma NZ is holding a Nationwide Awareness Appeal in July.

What is Glaucoma

Glaucoma is the name given to a group of related diseases where the optic nerve is being damaged. The nerve fibres progressively die taking away the peripheral or side vision first. Therefore visual loss goes undetected until it is quite advanced.



Glaucoma is the number one cause of preventable blindness in New Zealand and other developed countries. Blindness from glaucoma can be prevented by early detection and appropriate treatment.

The '45 Plus 5' Message

Glaucoma NZ recommends that everyone has an eye examination for glaucoma by the age of 45 then every 5 years after that until age 60 and three-yearly after that. Those with risk factors for glaucoma such as a family history of glaucoma or steroid use should be examined earlier.

Kiti's Reflections

Kitiona Taura is the Social Worker for Pacific Health Services Porirua (PHSP).

Kiti says: "I have a lot of dots after my role i.e. Social Worker 'dot, dot, dot. This is because when you work for our community, the roles intertwine and the dots reflect the many roles that one plays. We need to be able to step in at any level and support our colleagues. Our daily 9:00am sessions start with a prayer, then an update of what we did the previous day, followed by what's happening next. I love it that there is transparency at every level, and I love it that we move as a team".

Being able to translate for my community and especially with the

importance of taking medications Successfully assisting families with their benefit entitlements and housing issues

Prioritising is key, but even then, the best intentions to work methodically can be thrown out the door when an urgent referral comes through.

For our people to enjoy good health, their social issues need to be addressed. I am part of a great team who are passionate about working together to improve the health of our people.

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