



# 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

Well, I didn't think it would happen but it has. Liz is terribly sick so I am holding the fort on my own. And the winter season hasn't even begun. This is a timely reminder to everyone that you need to say to your family and friends “**ARE YOU READY?**” Don't wait until the bug gets you. Deal with the bug now and take action.

Here are some tips you could follow:

- Stock up on some panadol
- Ask your friendly neighbour if you can have some of their lemons from their trees
- Purchase some active manuka honey from the supermarket (yes, I know it's expensive but you should use it wisely, and not on toast),
- Clean that ugly black mould around your windows while the sun is out
- Block up all the drafts
- Have some blankets handy on the couch rather than turning all the heaters on. Unless you can afford to pay for the power bill

...then have a nice cosy time with your family with a cup of hot milo. Doesn't that thought just make you feel warm and cosy? But don't get too relaxed because you still need to get some exercise in to keep your body fit and healthy.

I've been out to visit Liz at home because the work still has to get done. And she doesn't look too good. Oh well, better her than me eh. I'll keep the fires burning at Healthlinks and you all keep yourselves in good order because this winter could be Fereezzing!

By the way, check out our new website [www.poriruahealthlinks.org.nz](http://www.poriruahealthlinks.org.nz). We've got a pole on there that changes every week. Your feedback is important!

Paula Williams  
Administrator/Reception  
Porirua Healthlinks Trust

**Phone 0800 611 116** for free 24-hour health advice

**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.

Healthline uses Language Line Monday to Friday, 9 a.m. to 6 p.m. When you call Healthline during these hours, the nurse or call handler can usually arrange for an interpreter. Outside these hours Healthline uses other interpreter services as far as possible. It is not always possible to locate an interpreter in a particular language at short notice.

## Taeaomanino

Taeaomanino has a range of free services for you to access.

“I went to Taeaomanino Trust for alcohol and drug counselling. I heard about the service on Samoan Capital Radio. I thought, enough is enough. I want my grandchildren to be happy. To make them happy I needed to get help and support for my problems. They helped me deal with the Court. They supported me and my family. They were there for me”  
Ring 237-6062 and ask for Thomas Issako or Silipa Take. Our service is free and confidential.



Taeaomanino Trust we provide Pacific CARE with PACIFIC FLAIR to children and families. We want happy, health and safe children!



## News in brief

### Mixed Reaction to Cigarette Price Increase

Word out on the street is that the population have mixed feelings about the increase of prices to tobacco over the next three years. Increasing the costs of tobacco by 50% would do that to you. Now the pressure is on for smokers to either quit smoking or at least reduce the amount of cigarettes they buy. People are reluctant to feel they should change their habit but others are definitely willing to stand up and make a decision to quit smoking.

If you want to quit smoking here are a few services you could contact :

- **Quitline**  
Phone 0800 778 778 if you would like to speak to a Quitline Advisor. The Quitline offers free telephone

support, resources and low cost nicotine patches, gum and lozenges to New Zealand residents. Or email [quit@quit.org.nz](mailto:quit@quit.org.nz)

- **Pacific Health Services Porirua**, Cannons Creek Pacific Smoking Cessation Programme – Finito Nicos. Phone 04 237 8422
- **Ora Toa Clinic**  
A nurse is on sight available to educate you quit smoking
- **Kokiri Marae Health Services**, Seaview, Lower Hutt Aukati Kaipapa – Educators who are based in Pember House, Porirua CBD. Phone 04 237 0066
- **Maraeroa Marae Health Services**, Waitangirua Project Maui – Contact Hamiora Ritete – Educator. Phone 04 235 8000

## Community Voices

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More Creekfest Feedback

“Creekfest was great....I loved the concept of no fizzy drinks, healthy drinks only and promoting health in our communities. Utilizing and exposing more of our local talent would be good for future events. The set up was great!! Car park passes and information would be good if we received prior to the event so that when we cannot find organisers we all have the

required documentation. Other than that great happy organising team...great day!!

Thank you for the opportunity to introduce Tao Ti Fruity Flavoured Green Tea to Porirua Community. We hope to see you next year!”  
S Su'a-Elia - Auckland

The Law Commission Report – What Now?  
“I don't think changing the age limit from 18 to 20 years will stop youth from trying to purchase alcohol or even stop them from drinking. But, increasing the price of alcohol may deter them. In that way it will reduce the amount of alcohol they will consume, but they won't stop. I guess it's a start”  
M J Hainey – Whitby

Have your say write to Community voices, PO Box 50 778, Porirua or email [liz@healthlinks.org.nz](mailto:liz@healthlinks.org.nz).

## Fanau Centre, Cannons Creek Porirua



Fanau Centre, Cannons Creek Porirua

“Focusing on Self Care and Looking after ourselves!”

This is a 4 week course for women, Tuesdays from 10:30am to 12:00 midday.

On the following dates:

- \* 11 May 2010
- \* 18 May 2010
- \* 25 May 2010
- \* 1 June 2010

Free to attend...accept your commitment to being there over the 4 weeks!

Please ring Robyn at the Fanau Centre to secure a place ...as places are limited! Ph: 237-7749. Or complete a registration form at reception.

Details on the registration form are below.

### “Focusing on Self Care and Looking after ourselves!”

Name:

Address:

Contact phone number/s:

Date of Birth:

Any Health Issues we may need to know about?:

What you would like to get from this course? (your goals):

We look forward to seeing you there!

