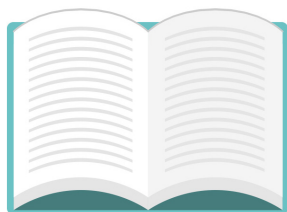


HEALTH EDUCATION NEWSLETTER

Welcome to our new-look newsletter featuring new and revised health education resources.

October 2018



In this issue:

- Meet Wendi
- Bowel Screening Programme
- The synthetics crisis
- New, revised and withdrawn resources



Wendi and the Resource Centre

For those of you who have yet to meet me or visit the Resource Centre, I am Wendi Wolfen-Duvall – part of the Population Health team. I have worked with the Hawke's Bay District Health Board for 18 years; with 15 years as the Health Education Resource Coordinator/Authorised Provider.

Each DHB has an Authorised Provider who is responsible for the distribution of Ministry of Health and the Health Promotion Agency health education resources. To view, download or order these resources go to www.healthed.govt.nz

The resources are spread throughout the ground floor at Napier Health, 76 Wellesley Road, Napier. They cover a wide range of health topics, and translations in Te Reo Māori, Pacific Island and Asian languages are available. **We are open from 7am-3.30pm Monday to Friday, however some resources are available 24/7.** All resources are free of charge and everyone is welcome.

We also carry a wide range of resources from other organisations such as Diabetes NZ, Arthritis Foundation, Heart Foundation, Drug Foundation and many more. If you cannot find what you are looking for I will endeavour to locate it for you.

For health education resources please contact Wendi Wolfen-Duvall, Health Education Resource Coordinator/Authorised Provider, on 06 834 1815 ext 4162 or at wendi.wolfen-duvall@hbdhb.govt.nz

Taking Action on the Synthetics Crisis

The severity of the synthetics crisis has prompted the Drug Foundation to initiate an urgent response to support local communities. They have launched a [website](#) with practical advice to keep people safer, while collecting insights to help inform a coordinated Government plan of action. They are working with the Police, Ministry of Health, Institute of Environmental Science and Research, frontline social service providers and others involved in community responses. [Sign up for regular synthetics crisis updates here.](#)

The website provides a community toolkit which is freely available to read, download, print and/or share. It covers:

- [What to do if you're first on the scene when someone is overdosing](#)
- [How to talk to someone who's using synthetics](#)
- [How communities can help.](#)

News from Napier's Maraenui shows we need to act now. Local Radio NZ reporter Anusha Bradley shared a [heart-breaking feature story](#) of what's happening there, calling it the "suburb swallowed by synthetics".

Bowel Screening Programme

From October, Hawke's Bay DHB will offer free bowel screening for men and women aged 60-74 years of age who are entitled to free health care in New Zealand.

Bowel cancer, also known as colorectal cancer or colon cancer, is any cancer that affects the colon (large bowel) and rectum (back passage).

The disease kills over 1,200 people in New Zealand every year. People who are diagnosed with early stage bowel cancer, and who receive treatment early, have a 90% chance of long term survival.

Bowel screening every two years can help save lives. A positive test can lead to a

colonoscopy which may find and remove pre-cancerous polyps or detect bowel cancer at an early stage when it can often be successfully treated.

Screening is free for those who are eligible, as are any follow-up tests or treatment.

Testing is done at home using a bowel screening test kit received through the mail. The kit is quick, easy and simple to do by yourself at home and is returned by post.

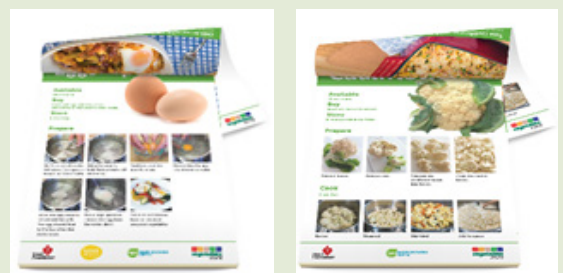
[The resources](#) are in English only, except for Bowel Screening for 60 to 74 year olds which is also available in Arabic, Burmese, Chinese Simplified, Cook Island Maori, Hindi, Korean, Māori, Niuean, Samoan and Tongan languages.



Easy meals with vegetables

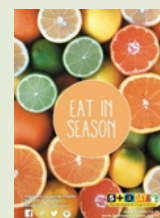
Tear-off pads (20 double sided sheets) are now available for:

- Bok Choy, Broccoli, Cabbage, Cauliflower, Courgette, Eggplant, Lettuce, Potatoes, Spinach, Sweetcorn and Tomatoes
- Fish, Fish-filleting, Poached Eggs



5+ A Day

Eight new posters showcasing beautiful fresh fruit and vegetables have been developed. The 2019 year planner and other colourful resources can be downloaded from [this webpage](#).



Active play guidelines for under-fives

These downloadable resources were designed predominantly for kaiako in kohanga reo, but can be used by any early childhood educators, regional sports trusts and others who provide advice to parents, caregivers and whānau on active play for tamariki under five years of age.

The resources consist of:

- [four infographic posters](#)
- two [videos](#) based on the movements of pūngāwerewere and mokomoko
- an [oriori](#) (sleep lullaby)
- a [waiata](#)
- a [karakia](#).



Preventing suicide for Pasifika

Wallet cards with the top five tactics to help prevent suicide are now [available as a download](#).



Talking about suicide with taiohi/young people

Connecting through Kōrero: Talking about suicide with young people is a guide for having safe, open, honest and compassionate conversations with taiohi/young people. Resources can be downloaded from the [Mental Health Foundation website](#).



Mental Health Awareness Week: 8-14 October

The theme for MHAW this year is Let nature in – strengthen your wellbeing. From learning about native birds and picking herbs from the garden to seeing the sunset from the kitchen window, nature can grow, support and nurture your wellbeing. Resources will be available in September, or can be downloaded from the [MHAW website](#).



Like Minds, Like Mine campaign Just Ask. Just Listen.

The campaign 'Just Ask. Just Listen' targets family, whānau and friends of people experiencing mental distress. It uses humour and existing New Zealand wildlife film footage to highlight people's behaviour by showing 'what not to do' – including deciding what's best for the person, labelling or name-calling, awkward conversations and excluding someone from social occasions. The campaign message is to not assume what someone experiencing mental distress needs or is capable of, but rather to be guided by the person. The call to action is Just Ask. Just Listen. Posters and a set of Tip cards available



Sleep on side when baby's inside

This new leaflet gives information to inform pregnant women about how sleeping on her side in her 3rd trimester of pregnancy is proven to reduce the risk of stillbirth by half.



Alcohol and pregnancy - what you might not know

This pamphlet is now available, giving information for pregnant and breastfeeding women and their partners about the impact of drinking alcohol in pregnancy and while breastfeeding on their unborn and breastfeeding infants.



Where from Here (aged care)

2018-2020 Lower North Island 155 page book covering topics including how to access services, retirement options, help at home, residential care, financial assistance and much more. The book lists all residential homes in the region and specifies the level of care each one provides. There are also lists of all home help providers, Kaumatua services and daycare providers.



REVISED RESOURCES

Please destroy old copies and order replacements

HE2473 I Quit Smoking for Baby & Me, revised June 2018

Intended for smoking cessation providers to use with pregnant women who are thinking about quitting smoking. It contains information about the benefits of quitting for women and their babies, and offers information about where to find help and support. It also contains a magnetised photo frame that can be placed on a fridge with a scan/photo of their baby as a motivator to quit and remain smokefree.



HE1256 Cervical Smear Tests What Women Need To Know

Revised June 2018



HE1837 Cervical Screening What Wahine Need to Know

Revised August 2018



HE10118 Having more tests after a mammogram

Replaces When you are recalled for assessment (further tests)



HE10102 Having a mammogram

The BreastScreen logo has been changed to Time to Screen



WITHDRAWN RESOURCES

Please destroy all copies

Alcohol & your kids

This booklet is under review and the parenting video is no longer available. Please destroy all copies of these. It is likely to be available again later this year.



For health education resources please contact:



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Phone: 06 834 1815 ext 4162

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