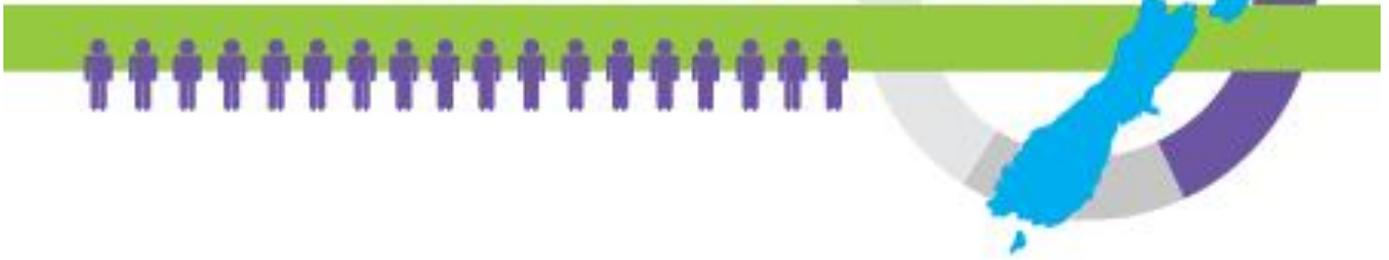


MidCentral DHB

Well communities



Kia ora

As the end of the year is fast approaching, we would like to wish you all a relaxing holiday season. If you are spending time out in the sun, make sure you take care of yourself and your whānau by protecting your skin and eyes (slip, slop, slap and wrap) and also keep hydrated by drinking plenty of water.

Feilding St John Health Shuttle

The Feilding St John Health Shuttle will be taking a break from 21 December and will resume on 6 January. For shuttle bookings, please call (0800) 323 565.

Strength and Balance Classes available in Feilding

Community Strength and Balance classes are available in Feilding for people who are at risk of a fall, have had a fall, or are over the age of 65.

Sport Manawatu is the Lead Agency for Community Strength and Balance classes for the MidCentral District and is part of a wider falls and fractures network. The network works together to support older people to stay independent and injury free.

Approved Community Strength and Balance classes assist people to increase their strength and balance, reduce their risk of falls and fall related injuries, continue to contribute to their families and communities, and live independent lives.

Classes in Feilding include: Aqua Fit; Freestyle; Manchester House Huff and Puff Exercise Group; Sport Manawatu Green Prescription Let's Get Active Healthy Lifestyle Programme (featured below); Steady As You Go; and Water Walking. You can find out more about these classes here:

<https://www.livestronger.org.nz/home/find-class/find-a-class-near-you/>

If you'd like to know more, contact Sport Manawatu's Community Strength and Balance Coordinator, Tina Solja, strength.balance@sportmanawatu.org.nz, or call (06) 357 5349.

Green Prescriptions programme helping people live healthy lifestyles

Green Prescription is a 10-week programme for adults who are currently inactive but who are looking for support to improve their health and wellbeing through increased physical activity. Sport Manawatu runs the programme locally in Feilding.

You can join Green Prescription by filling in a self referral form online on the Sport Manawatu website; getting a referral from your GP, nurse or community health worker; or contacting Katrina Gemmell on 021 765 685.

Comments from previous Green Prescription Programme participants include:

'Very interesting and helpful speakers and feel really motivated to exercise and improve my eating habits.'

'This has been wonderful and extremely informative. I have made some lifestyle changes and feel my mobility has improved. I have also reduced my coffee intake from 8 to 4 cups per day.'

'I want to congratulate the team on their positive and inclusive approach. I like the way you try to minimise the obstacles people think they have.'

Clinical Pharmacists provide support with your medications

Primary care Clinical Pharmacists do not work in pharmacies or dispense medicines. Rather they work from general practices and provide consultations with patients in a similar way to consultations with a doctor or a nurse.

Primary care clinical pharmacists review the many and various medications a person is taking. Then they work with that person (and the general practitioner or nurse practitioner) to help them manage their medications safely and in a way that will result in a greater quality of life.

The key role of the Clinical Pharmacist is to:

- Review medications;
- Manage safety of multiple medication use and reduce chances of adverse reactions;
- Improve overall quality of life for people using multiple medications.

People who will benefit the most from a medication review with a Clinical Pharmacist are:

- Older people who are taking multiple medications;
- People living with chronic conditions and taking multiple medications;
- People taking multiple medications and who experience adverse side effects.

This is a FREE service in the MidCentral district through participating general practices for any person with one or more long-term conditions who takes five or more medications each day or suffers side effects from the medications.

If you think you could benefit from a medication review, you can discuss this with your doctor, nurse practitioner, pharmacist or practice nurse – or ask for an appointment with a clinical pharmacist by booking through the reception of a participating General Practice. There is a Clinical Pharmacist based at Feilding HealthCare.

