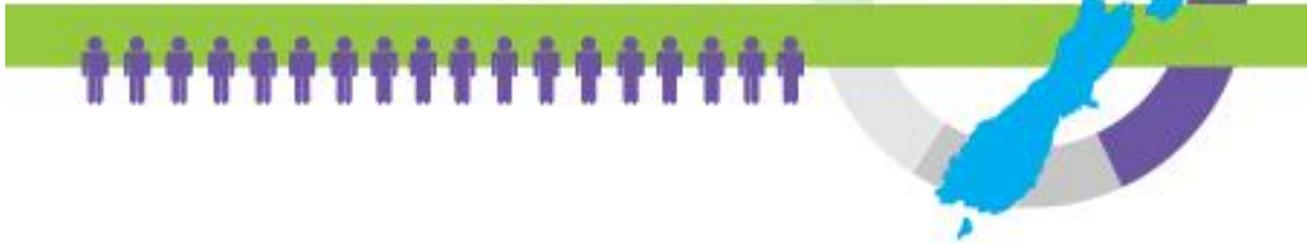


MidCentral DHB

# 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.

The Ōtaki Health and Wellbeing Group have been up and running for over a year now and are proving to be a valuable conduit between the community, health service providers and government agencies. Recent work has included supporting Ōtaki Medical Centre in their efforts to recruit an extra GP and advocacy for the development of a respite centre in Levin (not quite Ōtaki, but certainly 'closer to home' for Ōtaki residents). Thank you to Adrian Gregory, chairperson, and all the other members for the time you voluntarily put into this group.

## **Strength and Balance Classes available in Ōtaki**

Community Strength and Balance classes are available in Ōtaki 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 Ōtaki include: Kori Kaumatua Group Fitness and Precious Goldies – Dance for Fitness. 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](mailto:strength.balance@sportmanawatu.org.nz), or call (06) 357 5349.

## **My Health Myself – Self Management Course for people with Long Term Conditions**

My Health Myself is a free self-management course for adults who have a Long-Term Condition or who live with, care for, or support a person with a Long-Term Condition. Led by two trained facilitators and set in a friendly, group environment, the course consists of one 2½ hour session each week for six weeks. The interactive classes focus on developing effective self-management skills, including: problem solving, action planning, managing symptoms, healthy sleep, emotions, relationships, exercise and healthy food choices.

Previous participants have said:

*“Would highly recommend for anyone with a long-term condition”*

*“The ability to share feelings and have support from other people. All the content was relevant but having people to discuss things was the best.”*

Courses will be running in Ōtaki in 2020. If you would like to know more about this course contact THINK Hauora on (06) 354 9107 and choose 0 for general enquiries or email: [mhm@thinkhauora.nz](mailto:mhm@thinkhauora.nz)

## **New location for Ōtaki Work and Income Service Centre**

On Monday 16 December Ōtaki Work and Income moved to 21 Main Street, Ōtaki. The new office has a much more welcoming feel and clients will have a lot more privacy when they talk to service centre staff. There will also be added security for clients, staff and visitors.

## **Addiction 101 Workshop in Levin**

A FREE workshop to help people better understand problematic substance use and other behaviours is being held in Levin on Friday 21 February at the Horowhenua Culture and Community Centre, 10 Bath Street, Levin. This workshop is suitable for anybody interested in addictions, but would also benefit people who have family or friends experiencing issues with alcohol and drugs. Further information about the workshop is provided on the last page of this newsletter.

Register for the workshop at:

<https://blueprint.arlo.co/register?sgid=ccf043174e9f4eeba410c850ac94816b> or call blueprint for learning (04) 473 9009.



## Addiction 101

Understanding problematic  
substance use and other  
behaviours

### Course outline

Addiction 101 will help participants:

- develop the knowledge and confidence to understand and recognise addiction and wellbeing challenges
- explore their own values and attitudes
- provide appropriate support for people experiencing and affected by problematic substance use, including substances such as synthetic cannabinoids and methamphetamine.

### Our workshop

The workshop will cover the following learning objectives.

- Explore the impact of attitudes, values and assumptions about people who use substances, or who gamble or game.
- Introduce basic substance types and effects.
- Introduce some theories about why people may use substances, gamble and/or game problematically.
- Introduce signs that someone may be using specific substances, gaming or gambling problematically.
- Introduce recovery processes, harm reduction, brief interventions and treatment options.
- Explore how to approach and support someone experiencing addiction and wellbeing challenges.
- Promote self-care and wellbeing strategies, including where and when to get help and support.

### Highest quality learning

Blueprint for Learning is one of the largest training providers for the New Zealand mental health and addiction sector, dedicated to both workforce development and community training projects. It is an NZQA accredited Private Training Establishment, rated as the highest quality Category 1 provider. All Blueprint for Learning training includes commitment to a philosophy of recovery and empowerment using best practice to help people become full and active members of their communities.

### E-learning

Participants will be required to complete a short interactive e-learning module prior to attending the workshop. This e-learning module is designed to help participants recognise a range of substance, gambling and other problematic behaviours, explore perception of harm associated with substance use, gambling and other problematic behaviour, and introduce the Te Whare Tapa Whā model of wellbeing.

### Co-facilitation

The workshop is co-facilitated by someone who has lived experience of problematic substance use and other behaviour, and someone who has clinical experience working in addiction services. This is a powerful way to explore stigma and discrimination. The discussion of recovery conveys to people that recovery is possible.

### Across the year and across the country

The workshop is open to anyone who is interested to learn about problematic substance use and other behaviours.

Workshops take place across New Zealand and there is no cost to participants.

Time: 9am to 4.30pm (with 30 minutes for lunch)

Participants: Maximum 24 people in each workshop

Participants will receive a comprehensive workbook with course notes, additional information and a directory of resources for where to get assistance related to problematic substance use and other behaviours.

### For more information and to book

If you'd like to find out more or are interested in requesting this workshop for your organisation, please contact us.

Email: [addiction101@blueprint.co.nz](mailto:addiction101@blueprint.co.nz)

Phone: 04 473 9009

Website: [www.blueprint.co.nz](http://www.blueprint.co.nz)