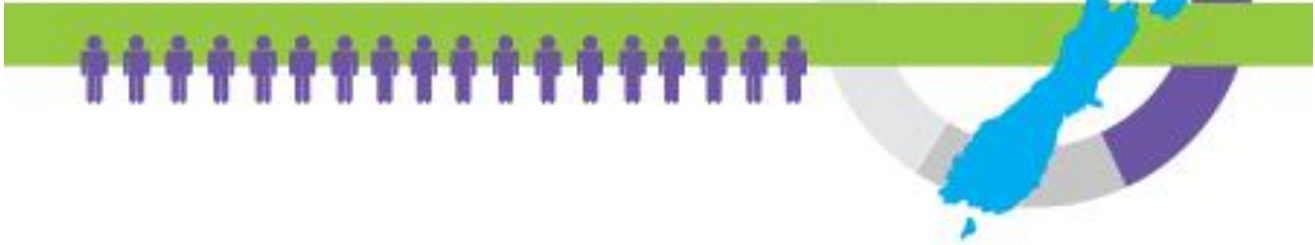


MidCentral DHB

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.

Some really positive results have been seen within local programmes and initiatives to improve health and wellbeing in 2019, and we will be highlighting some of these in the first newsletter of 2020.

Where to go for healthcare over the festive season

While we hope all people in our region enjoy a healthy and safe festive season, we want to remind our communities about the available healthcare options over this time.

The following information provides an overview of where you can go for health advice and care over the summer break.

For any health concerns, except in an emergency, your first call should be to Healthline on 0800 611 116. Healthline is a 24/7, free and confidential phone service staffed by registered nurses. The Healthline team can provide advice on where you should seek treatment if you need it. This service is a phone triage.

You can also contact your General Practice Team to make an appointment. Many General Practice Teams are open on the days between Christmas, although some may be closed or have limited hours. The General Practice Teams that are closed or that have limited hours have signage at the practice, or a message on their phone system to advise you of after-hours care options.

The following after hours care options are operating locally:

In **Palmerston North, The Palms** on Ferguson Street is operating an urgent care service on Christmas Day from 8am through until 8pm. **The Unichem Pharmacy at The Palms** will also be open, from 10am-12pm and 1pm-5pm. City Doctors on Victoria Avenue will be closed on Christmas Day, but their urgent care clinic will be open all other days from 8am through until 8pm.

Feilding Health Care will also be open all days except for Christmas Day, when they will have an on-call GP available via their phone triage service on 06 323 9696. All other days are business as usual, with the after-hours phone triage service available when the facility is physically closed.

If your condition is an emergency or urgent serious medical issue, you should go to the Emergency Department (ED) at Palmerston North Hospital on Ruahine Street. We appreciate your understanding that people who present will be seen on a most-serious-first basis. This means that if your illness/condition is not considered life threatening or serious, you may experience a longer wait time. In an emergency dial 111.

Many community agencies that provide mental health, disability, alcohol and addiction and respite care support will be closing on 20 December and reopening on 6 January. However, **ACROSS Social Services** at 297A Church Street in Palmerston North will be open until Christmas Eve, as will **Manawatu Supporting Families** at 160 Cuba Street in Palmerston North. **MASH Trust** at 180 Cuba Street, Palmerston North, will only be closed on public holidays.

St Dominics Centre in Feilding will be open across the holiday period, with crisis respite available 24/7. Referral for this is through the Acute Care Team, who can be contacted on 0800 653 357.

LUCK VENUE, a Palmerston North drop-in centre operated by the MASH Trust, will be open daily throughout the holiday break. Most days it will be open from 8.30am to 4pm, and on public holidays and weekends it will be open from 10am to 2pm. On Christmas Day, it will be open from 7am to 9am.

LUCK VENUE is based in Berryman's Lane, which runs between Broadway Avenue and Main Street in the city centre, and is open to anyone. There will be free food available, a place to do laundry and have a shower, company and some basic essentials in supply.

In a mental health emergency, call 0800 653 357.

Strength and Balance Classes available in Palmerston North

Community Strength and Balance classes are available in Palmerston North 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 Palmerston North include: Arthritis Exercise Group; DanceXercise – dance for fun, fitness and wellbeing; Kauri Health Strength and Balance class; Legends Circuit; Manawatu Qigong Taiji Centre; Ryman Healthcare Triple A Programme; Sport Manawatu Green Prescription Let's Get Active Healthy

Lifestyle Programme; Steady as You Go; SM Strength and Balance; and Tai Chi Chuan. 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.'

