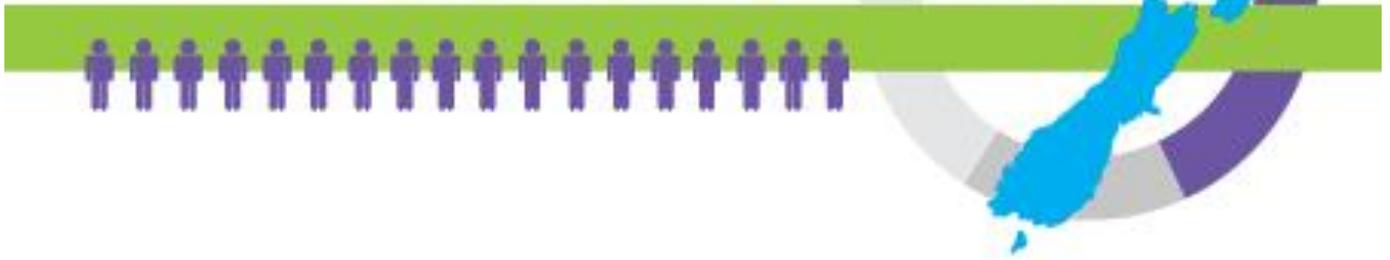


MidCentral DHB

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.

Addiction 101 Workshop in Dannevirke

A FREE workshop to help people better understand problematic substance use and other behaviours is being held in Dannevirke on Wednesday 19 February at Tararua REAP, 15 Gordon Street, Dannevirke. 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=23289f6314d34d7597b05719b28d0727> or call blueprint for learning (04) 473 9009.

Health Shuttle Holiday Hours

The Dannevirke St John Health Shuttle will be taking a break from 25 December and will resume on 6 January. The Pahiataua St John Health Shuttle will also be taking a break from 25 December and will resume again on 13th January.

To book the Dannevirke Shuttle please call (06) 374 5691 or for the Pahiataua Shuttle call 0800 589 630.

People now able to get some forms of chemotherapy in the Tararua District

This year a new initiative has started in the Tararua District, which enables District Nurses to deliver some forms of chemotherapy treatment in the community.

District Nurses have undergone training and are now delivering some specific types of chemotherapy in Dannevirke and Pahiatua. This avoids people having to travel to Palmerston North, saving them time and travel costs.

The National Bowel Screening Programme (NBSP) is live in MidCentral District

The roll out of the National Bowel Screening Programme in the MidCentral DHB district has begun and will continue over the next two years. The programme is aimed at detecting early signs of bowel cancer – a disease that kills over 1,200 people every year.

Early detection and treatment of bowel cancer can see a 90 per cent chance of long term survival. “The National Bowel Screening Programme is being progressively rolled out throughout New Zealand with MidCentral DHB the 10th DHB to ‘go-live’ with the free national screening programme,” said Denise Mallon, Project Manager, MidCentral DHB NBSP Implementation Project. “The screening programme is for eligible men and women aged 60-74 years who are entitled to receive public healthcare, and who are not currently receiving treatment or surveillance for bowel cancer.

“Those eligible will receive an invitation letter, home testing kit and consent form through the mail. The test is quick, simple and clean to do by yourself at home and is returned by post. The test detects minute traces of blood in a sample of faeces (poo). This can be an early warning sign for bowel cancer, alerting that further investigation is required, typically through a colonoscopy procedure.”

People who are eligible do not need to register to participate in the screening programme as they will automatically receive an invitation in the mail around the time of their birthdays.

If their birthday date is an even number in the month they will receive an invitation to participate in Year 1 (between November 2019 and November 2020) of the roll out and if their birthday date is an odd number they will receive an invitation in Year 2 (between November 2020 and November 2021) of the roll out. Those that are ageing into the programme, i.e. people having their 60th birthday, will receive an invitation around the time of their birthday, regardless of their birthdate. After a person has been invited for the first time, future correspondence will be based on their previous screening dates.

People aged 60-74 years of age are encouraged to check that their address details are up to date with their GP.

For more information on the National Bowel Cancer Screening Programme, go to www.timetoscreen.nz or talk to someone about the bowel screening programme on **Freephone 0800 924 432**.

Please note: If you have unusual bowel symptoms, don't wait to be screened. Screening is for people who have no symptoms of bowel cancer. People of any age with unusual bowel symptoms should contact their doctor immediately.

Strength and Balance Classes available in the Tararua District

Community Strength and Balance classes are available in the Tararua District 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 the Tararua District include: Aqua Aerobics, Gym Circuits, Lite Pace, Sit and Be Fit and SuperCue Seniors in Dannevirke; and Push Play Aerobics in Pahiatua. 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.

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.”

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



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.



Te Pou o te
Whakaaro Nui

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

Phone: 04 473 9009

Website: www.blueprint.co.nz