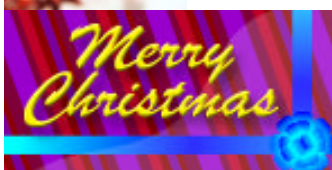


Rural Canterbury PHO Newsletter



Rural Canterbury PHO Chair, Board members and staff wish you all a safe and happy Christmas and New Year.

WELCOME TO RAKAIA HEALTH CENTRE DOCTORS



Dr Jean-Marc de Maroussem and Dr Samantha Rambadga I a

Ashburton Youth Health Centre Opening

Deputy Mayor John Leadley and Ashburton Youth Health Trust Chairman Michael Holdaway officially opened the Youth Health Centre, corner of Park & Burnett street, on Wednesday 3 December at 6 pm. On the same day, an open day was held for all providers to visit the centre.



Bec Whyte (Ashburton Youth Health Centre Coordinator) said she already has had enquiries from youth as to services available in the Ashburton District and appointments have been made for youth with the Ashburton Community Alcohol and Drug Service (ACADS) clinic that will be held at the Centre.

The Centre initially will be open several hours a day three days a week. Youth Health Centre contact phone number: 03 3082248.

Monthly "Health Day at the Pa" 28 November 2008

Dianne McLaughlin (Respiratory Nurse) and Jill Robinson (Project Officer HP SIA) represented RCPHO at the final monthly Health Day for 2008.

The day had a Christmas theme with a prize for the best hat. Secret Santa gifts were exchanged and a Christmas lunch supported by Maori Women's Welfare League was enjoyed.



Health Day at Tuahiwi Marae - Christmas Hat Competition



Ashburton Community Services Expo 2008 5 December 2008

This full day, held in the new Ashburton Event Centre, replaced the networking meeting and it was also to celebrate international volunteers day. Geraldine, Susan, Marie-Lyne and Jill attended and were able to network with other providers and answer question from the public as the expo was open to public from 12 noon. The Ashburton District Social Wellbeing strategy 2009-2014 was also launched at this time. (See new banner below which was used for RCPHO display at the Expo.)



Kathy Lohrey (Practice Nurse); Elizabeth Giacomi (Manager); Sharon Court (Admin-Receptionist); Alf Scragg (General Practitioner)

The staff of the Rangiora Medical Centre who have for the third time in a row achieved 100% in the PHO Performance Programme. Twice this achievement has been shared with Dr Fairhall's Practice (Kaiapoi).

Congratulations to both teams on such superb results.



Banner for use at Health Days etc. Contact RCPHO office to check availability. (Jill Robinson and Susan Kovacs)

Rural Canterbury PHO Office, 567 Wairakei Road, Christchurch 8053
P O Box 14021, Christchurch 8544
Phone 03 357 4970 Fax 03 357 4372
Free Phone 0800 800 743

RURAL CANTERBURY
Primary Health Organisation
Te Roopu Hauora Matua O Waitaha Taiwhenua



SUCCESSFUL UTILISATION OF FUNDING - Fay is now 5kg healthier and going strong to continue to reach her health weight goal with the help of [eatfit](#) Nutritionist, Katy, and funding from the RCPHO's Packages of Care and Services to Improve Access funding.

"I feel 100% better, have more energy and am more comfortable in front of people," Fay says. "I am also noticing that my clothes are getting too big, too!" Through [eatfit](#) and the funded nutrition service she was able to receive from the RCPHO, Fay says [eatfit](#) "taught me, guided me and was like a coach behind me at all times. I wouldn't have been able to do it without ([eatfit](#))."



Smoking Cessation Practitioner Training "Health care workers providing evidence based cessation support should seek appropriate training". **2007 Smoking Cessation Guidelines Training is available FREE by Dr Mark Wallace-Bell**

Stage 1 - Tuesday, 17th February 2009 9 am - 4 pm

Who should attend? Health professionals who wish to gain a knowledge base in smoking cessation and gain the practical skills necessary to be able, in the context of effective brief intervention, to accurately assess a patient's readiness to change, to assist them accordingly or refer appropriately for more intensive cessation treatment

What is included? The Wider Picture; Prevalence in NZ; Nicotine Addiction; Measuring Nicotine Dependence; Benefits of Quitting; 2007 NZ Guidelines; Pharmacotherapy; Resources; Quit Cards Programme

Stage 2 - Wednesday, 18th February 2009 9 am - 4 pm

Who should attend? Health professionals who have completed Stage 1 and seek to gain the specialist skills to be able to effectively assist the patient who is ready to quit through the process of quitting

What is included? The Opportunities; Facilitating Change; NRT Assessment and Quit Card Provision; The Pre Quit Session; Documenting Cessation Services; Introduction to Relapse Prevention

Pre-course reading and pre-course questionnaire to be completed for stages 1 and 2.

Venue: Seminar room, 3rd floor, National Addiction Centre, 4 Oxford Terrace, Christchurch

All registrations or queries, please contact Jenny Ansley, Heart Foundation Cessation Training Coordinator, 03 366 2112, jenny@nhf.org.nz



Phone: 03 389 4001 or 0800 688 732 Fax 03 389 4042
 Email: info@stepahead.org.nz Website: www.stepahead.org.nz
 Address: 167 Stanmore Road, PO Box 32-025, Christchurch 8147

Step Ahead is a member driven organisation that provides an activity based rehabilitation service for people who experience mental illness.

Step Ahead provides comprehensive and varied programmes that offer educational, recreational as well as social activities and opportunities at Linwood, Riccarton, Amberley, Rangiora, Darfield and Ashburton. Most activities are on during the day, though some evening activities, day trips and occasional overnight trips are available to members. Participation enables members to achieve a sense of purpose and belonging, socialisation, increased confidence, independence, having choices and opportunities to try something new and contributes to the wider community and towards employment readiness.

Discretionary Funding

A reminder that discretionary funding is available until the end of June 2009. If you have patients who would qualify for funding please send in your applications.

If you are unsure as to whether an application is appropriate, please contact Geraldine on 03 357 4970 extension 209.

As of 18 December we have received permission from CDHB to continue using Discretionary Funding as before, until processes for funding under ISSO Referral Project are further developed.

Women's Wellness Checks Reminder



RCPHO Practices will receive their second allocation of Women's Wellness Checks in January 09. This initiative commenced in June 08 and is going very well with 18 of the 22 RCPHO Practices participating. Seven Practices have either completed their current allocation or only have one or two places remaining. As of 12 December 08, 124 women have received wellness checks. 112 have had an LDL greater than 2.5; 33 with Triglycerides greater than 1.6 and 4 with an HDL less than 1; 85 have High Blood Pressure; 82 have a BMI greater than 25 and 60 with a waist greater than 90cm. 20 women have been picked up as being pre-diabetic with 1 diagnosed as a diabetic. 20 have had 3 or more metabolic syndrome factors and 8 need CVD risk management.

For any inquiries regarding Women's Wellness checks please contact Jill Robinson, RCPHO Project Officer, HP and SIA, 03 357 4970 ext 205



New Zealand European	54944
European	1714
Other European	3293
Maori	3525
Pacific Island	606
Other	1088
Not Stated	2513
Total Enrolled Population as at 1 January 2009	67683

CHECK IT OUT
New website launched in December
www.rcpho.org.nz
Freephone 0800 800 743