

GUESS WHAT??
Free health advice when you need it
Healthline
0800 611 116
www.healthline.govt.nz

Healthline is a free, confidential 24-hour health advice phone service available to all New Zealanders. Healthline is funded by the Ministry of Health and provided by Medibank Health Solutions New Zealand in association with St John.

Supporting Families in Mental Illness, Auckland

Supporting Families Auckland is offering a range of FREE workshops for parents, siblings, partners, children and friends of people who experience mental distress. Topics include: 'Mental Health First Aid', 'Sensory Modulation', 'Communication', 'Psychosis', 'When Someone You Care About has Mental Health and Addictions Problems', 'Talking About the Elephant in the Room', and 'Recovery and Resilience'.

Along with providing workshops for family and whanau of people experiencing mental distress, Supporting Families also runs monthly family support groups, online family discussion forums, and can provide free one-on-one support, information and advocacy support for family and whanau. Research shows that when family and whanau have the support and information they need, they can make a real difference to recovery of a family member affected by mental illness.

Please contact us on (09) 378 9134 for a confidential chat or visit our website on www.supportingfamilies.org.nz for more information.



Asian Smokefree Communities

Asian Smokefree is a language and culturally specific quit smoking service for Asian people. We began our second decade of operation in May 2016 and continue to achieve exceptional quit rates. The 2016/2017 success rates were 77% at 4 weeks post quit date and 65% 3 months post quit date.

Our team speak Cantonese, Mandarin, Korean and English. For all other languages we use WATIS interpreting services to assist us in providing language specific support. Over the year we have been privileged to support people with the following ethnicities: Chinese, Korean, Indian, Malaysian, Other Asian, Filipino, Vietnamese, Pakistan and South East Asian.

We have noticed a significant increase in clients choosing to use e cigarettes as their aid to stop smoking. Our Asian Smokefree team are happy to provide support for anyone using e cigarettes.



We are informed on product knowledge and appropriate nicotine strengths to alleviate cravings, making quitting easier. For free support for people residing in the Waitemata area, **phone our friendly team Christina (Korean) 027 359 6880, Zhoumo (Cantonese and Mandarin) 027 357 1800 or Freephone 0508 784 8661.**



From left, Raju Ramakrishna (Healthy Families Manukau, Manurewa-Papakura), Daljit Singh (Supreme Sikh Society), Julio Bin (Auckland Council, The Southern Initiative), Yvonne Thomas and Graeme Hanson (Auckland Teaching Gardens Trust), Sam Kunowski and Holly Novis (Ministry of Health), Rachel Enosa (Alliance Community Initiatives Trust)

SIKH TEMPLE OPENS UP EXCESS LAND FOR COMMUNITY GARDEN

The Gurudwara Sri Kalgidhar Sahib Temple, based in Takanini, have embarked on a new project to grow fresh produce on excess temple land.

The aim of the garden is to optimise existing land within the Temple grounds to grow fruit and vegetables for their own community but also more widely, with any surplus production being used in food rescue initiatives in the local area.

The initiative is a partnership between the Temple, Healthy Families Manukau, Manurewa-Papakura and the Auckland Teaching Gardens Trust.

"This is a fantastic project that aims to increase the availability and variety of fresh produce and enhance planting and harvesting skills to better promote local and sustainable food production," says Rachel Enosa, Chief Executive of the Alliance Community Initiative Trust, which runs Healthy Families Manukau, Manurewa-Papakura, along with partners Auckland Council and Nga Mana Whenua o Tamaki Makaurau.

"It's a great example about what Healthy Families NZ is all about and marks the beginning of a number of initiatives we are working on with South Asian communities, including food rescue, gardening and the exchange of cultural knowledge to promote a more holistic approach to health in the places we live, learn, work and play."

If you want to create healthy change at your temple setting contact Raju Ramakrishna: rajur@healthyfamilies-mmp.org.nz

FEEDING ATHLETES FOR SUCCESS

Securing Gold for Singapore – feeding athletes for success. By Dr Kirsty Fairbairn, Consultant Sports Dietitian, www.invigoratenutrition.com.

I have been lucky to work with many wonderful athletes in Singapore; particular highlights are the results achieved by Joseph Schooling (Rio Olympic Gold medallist - 100m Butterfly) and Yip Pin Xiu (double Paralympic Gold Medallist) and Theresa Goh (Paralympic Bronze Medallist).

Did you know that they eat the same healthy diet that you would eat to reduce your risk of heart disease or to control diabetes? Lots of green leafy vegetables for natural nitrate, which helps them get more work done for each molecule of oxygen they suck in. Good quality protein (especially fish) so that their muscles can repair and rebuild from the protein and omega-3 fatty acids fish contains. We prefer athletes to get protein from FOOD rather than supplements, as foods have the wider variety of nutrients that their tired body needs to recover. Lots of nuts and seeds for healthy fats, to help their body repair. Plenty of wholegrain carbohydrates from brown rice, starchy vegetables, wholemeal breads, noodle soups, and other grains to provide the energy they need to get through all those training sessions in the first place. And water!

If you want to know more, follow me on Facebook: [InvigorateNutritionDietitian](https://www.facebook.com/InvigorateNutritionDietitian) or on Twitter @KFSportsNut.



GENEVA SUPPORTS CLIENT'S CHANGE DAY PLEDGE



As part of Change Day 2017, Geneva Elevator's client, Eilish Wilkes, encourages all Kiwis to join her #ChangeDayNZ pledge to support children in need of care by gifting her book, Hospital Happenings, to a child in hospital or a child they know with health concerns.

The book gives children the comfort of knowing they're not alone and helps them feel less afraid of hospital visits.

Inspired by her own story, Eilish wrote Hospital Happenings from her experience as a two year old when she was diagnosed with an irremovable cancerous brain tumour. Eilish underwent extensive treatments throughout her childhood.

Eilish is now twenty one years old and although her health remains a constant battle, she fills her time with writing and giving back to various organisations, and was awarded the 'Youth Spirit Award' at the 2016 Attitude Awards.

Change Day is about everyone, especially those in the healthcare industry, pledging to improve the healthcare experience for every kiwi.

Between now and 31 October 2017, you can join Eilish's #ChangeDayNZ pledge to support children in need of care by gifting her book for just \$23, including GST, excluding Postage and Handling Fees, from www.changeday.kiwi

Support children in need of care by gifting *Hospital Happenings*, to a child in hospital or a child you know with health concerns.

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Gift a book by visiting www.changeday.kiwi