

Winter is Approaching - Are You Ready?

A healthy home positively affects our health in all sorts of ways. In particular, a warm dry home helps to reduce the severity of respiratory illnesses and other chronic health problems.

Over the past few months Community and Public Health's Ann Currie has been working with other agencies on a home insulation and heating programme called **Warm Families**. The programme is designed to reduce illness and disability in Canterbury families with lower incomes by turning their damp, cold homes into energy efficient, warm, dry and healthy homes. Participants have been referred by their GP and this year 400 homes will be upgraded in time for the colder winter weather. There is an intention to run this programme again in 2010 if positive results are achieved. So if you believe that your home is contributing to ongoing ill health, raise this with your GP so that you can be referred for the next intake.

Canterbury Home Energy Advice Centre (HEAC) has recently been established in Christchurch. HEAC will be able to provide people with impartial advice on making homes warmer, healthier and more energy efficient via a free phone line (0800 388 588), which is available Monday - Friday from 10am to



4pm or online at www.energyadvice.org.nz

Did you know, the **Community Energy Action (CEA)** charitable trust sell DIY plastic window insulation kits? They also run a free recycled curtain bank for those who may not be otherwise able to afford these items. *CHIC stocks several of CEA's home heating resources for families with children, and the elderly.*

For more information, contact:

Warm Families Project: (03) 378 6766
Community Energy Action: (03) 374 5698
CEA Curtain Bank: (03) 377 8741

FLU IMMUNISATION

The influenza season is upon us and vaccination is now available from your family doctor. Vaccinations are free for some people, including those over the age of 65, or those with health problems like heart or lung disease, or diabetes.

Influenza is much more serious than a common cold. It can leave you ill for up to 10 days, with symptoms like high temperatures, tiredness, muscular pains, sore throat and headaches. This year's flu season is predicted to be more severe.

Even healthy individuals are encouraged to consider a vaccination, especially health care workers, teachers, and those with a lot of public contact. There may be a charge associated with this if you are not eligible for a free vaccination.

New Free Resources

Please note that only Ministry of Health and CPH resources can be viewed or ordered from our website: www.cph.co.nz

All the posters released for the HPV programme are now available, including the Pacific and Asian language variants.

An additional B4 School Check resource has been released (**MED0041** or **HP4728**), which covers how early childhood educators (or in some cases, the new entrant teacher) can contribute via completing a strengths and difficulties questionnaire. Store Only for Health Professionals.

A new resource has been released on partner abuse, and currently we have the English (**VI00007** - shown) and Te Reo Maori (**MAH0046**) versions available.



NZFSA in conjunction with Consumer have produced a handy foldout resource, **Healthy Food Checklist (SAF0018)** which gives information on what to look for on the nutrition and ingredients panels on items at the supermarket.



A new plate-shaped resource, **Make Half Your Plate Vegetables (NUT0019** - shown) illustrates one of the key Feeding our Futures messages.



The 4 minute Breakfast Challenge (**NUT0026**) gives fast, easy, low-cost breakfast ideas for children for less than 50 cents per day.

Revised Resources

The following Ministry of Health resources have been recently been reprinted with minor changes:

- **ENH0008** Save Water and Stay Healthy Poster. Revised December 2008. HP4604P.
- **HES0004** Health Promoting Schools Book 1. Reprinted January 2009. HE1425.
- **MED0059** Tuberculosis. Reprinted March 2009. HE7023.

- **SAF0046** Avoiding Listeria. Revised and Reprinted February 2009. HE9007.
- **WOH0017** Breastfeeding: You Can Do It. Reprinted March 2009. HE9015.

Your Rights (**HEA0014** - shown) has been redesigned and is now called “Learning from Complaints”, and no longer folds out into a poster.



Deleted Resources

The following resources have recently been deleted as they are no longer being printed or available:

- **FAI0002** Everyday Families - shown
- **HEP0002** Environmental Health Poster
- **MAH0019** Walking - Te Reo Maori
- **MAH0021** Stretching - Te Reo Maori
- **MED0041** Pneumococcal Vaccine
- **MEH0008** Checking for Prostate Cancer
- **MNH0013** Depression: There is a way through it
- **PHY0025** An Introduction to Active Movement
- **SEH0028** He Loves Me... Poster

- **ZZZ0020** Children’s Snacks
- **ZZZ0021** Children’s Active Living
- **ZZZ0022** Children’s Drinks

Infant Feeding: Guidelines for NZ Health Workers (**NUT0038** or HP3165) has been deleted and replaced by a new document, Implementing and Monitoring the International Code of Marketing of Breast-milk Substitutes in New Zealand: Code of Practice for Health Workers (HP4419), which is available from the Ministry of Health website (www.moh.govt.nz).



NEW STOCKLIST AVAILABLE

Visit us at www.cph.co.nz!

Awareness Dates

June

1	Queen’s Birthday
5	World Environment Day
14-20	Volunteer Awareness Week
14	World Blood Donation Day
20	World Refugee Day
24	Matariki
26	International Day against Drug Abuse

July

3	End of Term Two
7	Dyspraxia Awareness Week
20	Term Three Begins
20-26	Women’s Refuge Week
23-2 Aug	Maori Language Week
26-1 Aug	Alzheimer’s “Forget Me Not” Week

Useful Websites

World Environment Day

www..org.nz

Volunteering New Zealand

www.volunteeringnz.org.nz

NZ Blood Service

www.nzblood.co.nz

Matariki

www.korero.maori.nz/news/matariki/

Dyspraxia Support Group NZ

www.dyspraxia.org.nz

Women’s Refuge

www.womensrefuge.org.nz

Alzheimers New Zealand

www.alzheimers.org.nz



Family Planning have recently released Chinese translations of several of their popular resources including: **This Isn’t Love... This is Control, Only When You’re Ready and Open and Honest.** Currently, these are only available for download from their website: www.familyplanning.org.nz.

From the Community Health Information Centre (CHIC) Staff: Sue, Lesley, Claire and Sarah

Free Health Resources. Supporting active and healthy lifestyles