

Community Health Information Centre (CHIC) Newsletter

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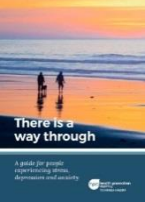








Issue 101 – May 2019

New Resources

	<p>CHH0010 Staying calm with kids Magnet</p> <p><i>Limited to 10 copies per order.</i> SKIP – Updated for 2019. Reintroduced resource.</p>
	<p>CHH0066 Children need 6 things to grown into happy capable adults Sheet</p> <p><i>Limited to 10 copies per order.</i> SKIP – Updated for 2019. Reintroduced resource.</p>
	<p>DRU0140 Guidelines for Safe Zones at Large Events Book</p> <p>HPA</p>
	<p>DRU0141 Safer bars and restaurants: A guide to Crime Prevention through Environmental Design Book</p> <p>HPA</p>
	<p>DRU0143 Safer bottle stores: A guide to Crime Prevention through Environmental Design Book</p> <p>HPA</p>
	<p>HYG0061 Healthy Snacks for Healthy Teeth Sheet</p> <p>CPH</p>
	<p>MAH0117 Sleep on side when baby's inside – Te Reo Māori Flyer – HE2572</p> <p>MoH</p>












Order CHIC resources online from: www.cph.co.nz/order-resources/

View or order the new resources available from CHIC: www.cph.co.nz/resource_list.php?mc=999

	<p>MNH0024 There is a way through: A guide for people experiencing stress, depression and anxiety Booklet – HE2570</p> <p>MoH</p>
	<p>NUT0118 Easy Meals with Vegetables: Carrots Sheet</p> <p>HPA</p>
	<p>NUT0118A Easy Meals with Vegetables: Kūmara Sheet</p> <p>HPA</p>
	<p>NUT0118B Easy Meals with Vegetables: Silverbeet Sheet</p> <p>HPA</p>
	<p>NUT0118C Easy Meals with Vegetables: Pumpkin Sheet</p> <p>HPA</p>
	<p>NUT0118D Easy Meals with Vegetables: Sweetcorn Sheet</p> <p>HPA</p>
	<p>NUT0118E Easy Meals with Vegetables: Courgette Sheet</p> <p>HPA</p>
	<p>NUT0118F Easy Meals with Vegetables: Tomato Sheet</p> <p>HPA</p>
	<p>NUT0118G Easy Meals with Vegetables: Spinach Sheet</p> <p>HPA</p>








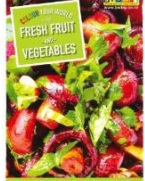
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 <p>Cabbage</p> <p> Anuwhiri Kaitiaki Māori Papatipu Kaitiaki Māori </p>	<p>NUT0118H Easy Meals with Vegetables: Cabbage Sheet</p> <p>HPA</p>
 <p>Eggplant</p> <p> Anuwhiri Kaitiaki Māori Papatipu Kaitiaki Māori </p>	<p>NUT0118I Easy Meals with Vegetables: Eggplant Sheet</p> <p>HPA</p>
 <p>Bok Choy</p> <p> Anuwhiri Kaitiaki Māori Papatipu Kaitiaki Māori </p>	<p>NUT0118J Easy Meals with Vegetables: Bok Choy Sheet</p> <p>HPA</p>
 <p>Cauliflower</p> <p> Anuwhiri Kaitiaki Māori Papatipu Kaitiaki Māori </p>	<p>NUT0118K Easy Meals with Vegetables: Cauliflower Sheet</p> <p>HPA</p>
 <p>Potatoes</p> <p> Anuwhiri Kaitiaki Māori Papatipu Kaitiaki Māori </p>	<p>NUT0118L Easy Meals with Vegetables: Potatoes Sheet</p> <p>HPA</p>
 <p>Watercress</p> <p> Anuwhiri Kaitiaki Māori Papatipu Kaitiaki Māori </p>	<p>NUT0118M Easy Meals with Vegetables: Watercress Sheet</p> <p>HPA</p>
 <p>Broccoli</p> <p> Anuwhiri Kaitiaki Māori Papatipu Kaitiaki Māori </p>	<p>NUT0118N Easy Meals with Vegetables: Broccoli Sheet</p> <p>HPA</p>
 <p>Leek</p> <p> Anuwhiri Kaitiaki Māori Papatipu Kaitiaki Māori </p>	<p>NUT0118O Easy Meals with Vegetables: Leek Sheet</p> <p>HPA</p>
 <p> MOHE FAKATAFA LOLOTONGA KEH-MANAWA HOI-PENSE MOHE UNO ZA HOI-FETAKA www.sleeponside.org.nz </p> <p>   </p>	<p>PAP0157 Sleep on side when baby's inside – Tongan Flyer – HE2574</p> <p>MoH</p>

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 <p>NOHE FAKATAFA LOLOTONGA KEH-MANAWA HO'O PEPE NOHE OHE 'O HO'OTEMUA www.sleepsonside.org.nz</p> <p>care kids</p>	<p>PAP0158 Sleep on side when baby's inside – Samoan Flyer – HE2573</p> <p>MoH</p>
 <p>शिशु जब गर्भ में हो तो करीब के बगल सोए www.sleepsonside.org.nz</p> <p>care kids</p>	<p>WOH0146 Sleep on side when baby's inside – Hindi Flyer – HE2575</p> <p>MoH</p>
<p>Revised Resources</p>	
 <p>Protect your unborn child - Check if you're immune to rubella (German measles)</p>	<p>MED0084 Protect your unborn child Flyer – HE4172</p> <p>MoH – Reprinted April 2019. Formerly “Rubella and Women” PLEASE DESTROY ANY PREVIOUS COPIES</p>
 <p>Understanding cervical screening results</p>	<p>WOH0051 Understanding cervical screening results Pamphlet – HE4598</p> <p>MoH – Revised March 2019. Formerly “Understanding cervical smear test results” PLEASE DESTROY ANY PREVIOUS COPIES</p>
<p>Deleted Resources</p>	
 <p>Guide to Prescribing Nicotine Replacement Therapy (NRT)</p>	<p>DRU0109 Guide to Prescribing Nicotine Replacement Therapy (NRT) Sheet – HP5869</p> <p>MoH</p>
 <p>FIVE WAYS TO WELLBEING CONNECT BE ACTIVE GIVE TAKE NOTICE KEEP LEARNING</p>	<p>MNH0072 Five Ways to Wellbeing A2 Poster</p> <p>MHF. Available to order from www.mentalhealth.org.nz</p>
 <p>WHEN WAS YOUR LAST MATE DATE?</p>	<p>MNH0074G When was your last mate date? A3 Poster</p> <p>All Right?</p>
 <p>FRESH FRUIT & VEGETABLES</p>	<p>NUT0074C Colour your world with fresh fruit and vegetables: Mushroom and Rocket A4 Poster</p> <p>5+ A Day</p>

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	<p>NUT0076B Colour your world with fresh fruit and vegetables: Kumara and Apple A4 Poster</p> <p>5+ A Day</p>
	<p>PAP0038A Cervical Screening: What women need to know – Samoan Sheet</p> <p>MoH – No longer in print</p>
	<p>PAP0038B Cervical Screening: What women need to know – Tongan Sheet</p> <p>MoH – No longer in print</p>
<p>Awareness Dates Useful Websites</p>	
<p>June Pipiri</p> <p>Men's Health Month</p> <p>Junk-Free June</p> <p>5 World Environment Day</p> <p>14 World Blood Donor Day</p> <p>16 – 22 National Volunteer Week</p> <p>20 World Refugee Day</p> <p>25 – 3rd July Matariki</p> <p>26 International Day Against Drug Abuse and Illicit Trafficking</p> <p><i>CHIC may not stock resources for featured awareness days.</i></p>	<p>menshealthnz.org.nz/menshealth-month/</p> <p>nz.junkfreejune.org/</p> <p>worldenvironmentday.global/</p> <p>www.nzblood.co.nz/give-blood/worldblood-donor-day</p> <p>nationalvolunteerweek.nz/</p> <p>www.un.org/en/events/refugeeday</p> <p>teara.govt.nz/en/matariki-maori-new-year</p> <p>www.unodc.org/listenfirst/en/index.html</p>

Find the latest editions of the Healthy Nibbles series online: www.cph.co.nz/your-health/healthy-nibbles/

STOCKLIST

The latest version is now current until July 2019.
Order a copy by fax or email, or download from our website.

From the Community Health Information Centre (CHIC) Staff
Free Health Resources. Supporting active and healthy lifestyles.

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