

# Community Health Information Centre (CHIC) Newsletter

CHRISTCHURCH  
Phone: 03 378 6721  
Fax: 03 379 6125  
[chic@cdhb.health.nz](mailto:chic@cdhb.health.nz)







ASHBURTON  
Phone: 03 307 6902  
Fax: 03 307 8081  
[ashburton.chic@cdhb.health.nz](mailto:ashburton.chic@cdhb.health.nz)

TIMARU  
Phone: 03 687 2600  
Fax: 03 688 6091  
[timaru.chic@cdhb.health.nz](mailto:timaru.chic@cdhb.health.nz)

GREYMOUTH  
Phone: 03 768 1160  
Fax: 03 768 1169  
[westcoast.chic@cdhb.health.nz](mailto:westcoast.chic@cdhb.health.nz)









Issue 105 – September 2019

## New Resources

	<p><b>DRU0145 Energy in alcoholic drinks</b> Leaflet</p> <p>HPA</p>
	<p><b>DRU0146 What happens when I drink alcohol?</b> Sheet</p> <p>HPA</p>
	<p><b>DRU0147 Long-term health effects of drinking alcohol</b> A4 Poster</p> <p>HPA</p>
	<p><b>DRU0148 Short-term health effects of drinking alcohol</b> A4 Poster</p> <p>HPA</p>
	<p><b>ENH0034 Stay cool and well this summer</b> Pamphlet</p> <p>CPH</p>
	<p><b>MAH0120 Let your baby guide you: what, when and how to introduce solid foods – Te Reo Maori</b> Pocket Resource</p> <p>HPA</p>





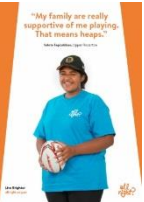




Order CHIC resources online from: [www.cph.co.nz/order-resources/](http://www.cph.co.nz/order-resources/)

View or order the new resources available from CHIC: [www.cph.co.nz/resource\\_list.php?mc=999](http://www.cph.co.nz/resource_list.php?mc=999)

	<p><b>MAH0121 Let your baby guide you – Te Reo Maori</b> Magnet Set</p> <p>HPA</p>
	<p><b>NUT0071A Let your baby guide you: what, when and how to introduce solid foods – Mandarin</b> Pocket Resource</p> <p>Also available in Hindi, Korean, Punjabi, and Urdu.</p> <p>HPA.</p>
	<p><b>NUT0072A Let your baby guide you – Mandarin</b> Magnet Set</p> <p>Also available in Hindi, Korean, Punjabi, and Urdu.</p> <p>HPA</p>
<p><b>Revised Resources</b></p>	
	<p><b>NUT0137 How to look after your bones</b> Pamphlet</p> <p>CPH – Revised August 2019</p>
	<p><b>SAF0014 National Poisons Centre: Poisoning Prevention and First Aid</b> Pamphlet</p> <p>National Poisons Centre – Updated September 2019</p>
<p><b>Deleted Resources</b></p>	
	<p><b>CHH0012 Ear infections, earache and glue ear</b> Pamphlet – HE1414</p> <p>MoH – Available to download from <a href="http://www.healthed.govt.nz">www.healthed.govt.nz</a></p>
	<p><b>CHH0071 Be Smarter Practitioner Manual</b> Book</p> <p>Sport Waikato</p>
	<p><b>DRU0125 Dance Party Goers: What U should know</b> Pocket Resource – HE1304</p> <p>MoH – Available to download from <a href="http://www.healthed.govt.nz">www.healthed.govt.nz</a></p>

Order CHIC resources online from: [www.cph.co.nz/order-resources/](http://www.cph.co.nz/order-resources/)

View or order the new resources available from CHIC: [www.cph.co.nz/resource\\_list.php?mc=999](http://www.cph.co.nz/resource_list.php?mc=999)

	<p><b>ENH0001 Blue print for safe drinking water</b> DVD – HE1331D</p> <p>MoH</p>
	<p><b>IMM0015 Meningococcal Disease: Know the symptoms</b> Pamphlet – HE2395</p> <p>MoH – Available to download from <a href="http://www.healthed.govt.nz">www.healthed.govt.nz</a></p>
	<p><b>MED0133 Has your blood been exposed to someone else's blood?</b> Pocket Resource</p> <p>Hepatitis C Trust</p>
	<p><b>MED0159 Hepatitis C Community Clinic</b> Pamphlet</p> <p>Hepatitis C Trust</p>
	<p><b>MNH0139 Pacific: All Right? Pacific Inspiration</b> A3 Poster Set</p> <p>All Right?</p>
	<p><b>MNH0140A Pacific: It's all right to love your Pacific culture: Embracing who you are...</b> A3 Poster</p> <p>All Right?</p>
	<p><b>MNH0186 Comment or no comment?</b> Booklet</p> <p>MHF – Available to order or download from <a href="http://shop.mentalhealth.org.nz">shop.mentalhealth.org.nz</a></p>
	<p><b>MNH0188 Choice not Chance – Chinese</b> Pamphlet</p> <p>HPA – Available to order or download from <a href="http://order.hpa.org.nz">order.hpa.org.nz</a></p>
	<p><b>MNH0209 Manly As</b> Coaster Set</p> <p>All Right?</p>

Order CHIC resources online from: [www.cph.co.nz/order-resources/](http://www.cph.co.nz/order-resources/)

View or order the new resources available from CHIC: [www.cph.co.nz/resource\\_list.php?mc=999](http://www.cph.co.nz/resource_list.php?mc=999)



## NUT0057 Snacks don't have to come in packets

Sheet

CPH

### **Awareness Dates**

### **Useful Websites**

**October**

**Whiringa-ā-nuku**

Health Literacy Month

[www.healthliteracymonth.org](http://www.healthliteracymonth.org)

Breast Cancer Awareness Month

[www.nzbcf.org.nz](http://www.nzbcf.org.nz)

**1** International Day of Older Persons

[www.un.org/en/events/olderpersonsday/](http://www.un.org/en/events/olderpersonsday/)

**5** Big Blood Pressure Check

[www.stroke.org.nz/big-blood-pressurecheck](http://www.stroke.org.nz/big-blood-pressurecheck)

**12** World Arthritis Day

[www.eular.org/eular\\_campaign.cfm](http://www.eular.org/eular_campaign.cfm)

**11** International Day of the Girl Child

[www.un.org/en/events/girlchild](http://www.un.org/en/events/girlchild)

**13** International Day for Disaster Reduction

[www.unisdr.org/disasterreductionday](http://www.unisdr.org/disasterreductionday)

**15** Global Handwashing Day

[globalhandwashing.org/globalhandwashing-day](http://globalhandwashing.org/globalhandwashing-day)

**16** World Food Day

[www.greeningtheblue.org/event/worldfood-day](http://www.greeningtheblue.org/event/worldfood-day)

**20** World Osteoporosis Day

[www.worldosteoporosisday.org/](http://www.worldosteoporosisday.org/)

*CHIC may not stock resources for featured awareness days.*

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

## STOCKLIST

The latest version is now current until October 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.***

Order CHIC resources online from: [www.cph.co.nz/order-resources/](http://www.cph.co.nz/order-resources/)

View or order the new resources available from CHIC: [www.cph.co.nz/resource\\_list.php?mc=999](http://www.cph.co.nz/resource_list.php?mc=999)