

# Community Health Information Centre (CHIC) Newsletter

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Issue 107 – November 2019







## New Resources

	<p><b>CHH0012 Ear Infections, earache and glue ear</b> Pamphlet – HE1414</p> <p><i>Reintroduced resource.</i></p> <p>MoH</p>
	<p><b>DRU0144A Vaping Facts – Te Reo Māori</b> Pamphlet – HE2579</p> <p>MoH</p>
	<p><b>DRU0149 Alcohol Drug Helpline</b> Card – HE2587</p> <p>MoH</p>
	<p><b>DRU0150 Ngā Kaupapa Here: School Alcohol Policies</b> Leaflet</p> <p><i>Limited to 10 copies per order.</i></p> <p>CPH</p>
	<p><b>MAH0122 Fruit and vegetables for wellbeing (Kete) – Te Reo Māori</b> A3 Poster</p> <p>5+ A Day</p>
	<p><b>MNH0250 Maramataka Calendar</b> Card</p> <p>All Right?</p>
	<p><b>THW0001E Pregnancy Incentive Programme</b> Flyer</p> <p>Te Hā – Waitaha/CDHB</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)

## Revised Resources

	<p><b>MED0127 Healthline</b> Magnet – HE2588</p> <p>MoH – Change in supplier</p>
	<p><b>MEH0002 The Blokes' Book</b> Booklet</p> <p>Canterbury Men's Centre – Reprinted October 2019 (10th Edition).</p>
	<p><b>MNH0179 Parenting Questions: My daily routine</b> Pamphlet</p> <p>All Right? – Updated October 2019.</p>
	<p><b>MNH0179A Parenting Questions: What I'm up to this week</b> Pamphlet</p> <p>All Right? – Updated October 2019.</p>
	<p><b>NUT0135 Easy Recipes for One or Two</b> Book</p> <p>Updated content and price – now costs \$20 per copy plus postage. Previously titled "Cooking for Older People".</p> <p>Pegasus Health – Updated October 2019. New supplier.</p>
<h2>Deleted Resources – No longer available</h2>	
	<p><b>NUT0086 What to drink?</b> Sheet</p> <p>CPH</p>

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<i><b>Awareness Dates</b></i>	<i><b>Useful Websites</b></i>
<p><b>December</b> <span style="float: right;"><b>Hakihea</b></span></p> <p><b>1</b> World Aids Day</p> <p><b>3</b> International Day of Disabled Persons</p> <p><b>7</b> National Safe Sleep Day – Te Rā Mokopuna</p> <p><b>10</b> World Human Rights Day</p> <p><b>18</b> International Migrants Day</p> <p><i>CHIC may not stock resources for featured awareness days.</i></p>	<p><a href="http://www.nzaf.org.nz">www.nzaf.org.nz</a></p> <p><a href="http://www.dpa.org.nz">www.dpa.org.nz</a></p> <p><a href="http://sudinationalcoordination.co.nz/safe-sleep-day">sudinationalcoordination.co.nz/safe-sleep-day</a></p> <p><a href="http://www.un.org/en/events/humanrightsday">www.un.org/en/events/humanrightsday</a></p> <p><a href="http://www.un.org/en/events/migrantsday">www.un.org/en/events/migrantsday</a></p>

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

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The latest version is now current until January 2020.  
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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