

# Community Health Information Centre (CHIC) Newsletter

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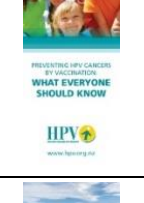
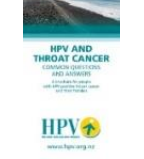
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**Issue 123 – April 2021**







## New Resources

	<p><b>MNH0075A Tried something a little different lately?</b> A4 Poster</p> <p><i>Reintroduced resource.</i></p> <p>All Right?</p>
	<p><b>MNH0075E When did you last get your sweat on?</b> A4 Poster</p> <p><i>Reintroduced resource.</i></p> <p>All Right?</p>
	<p><b>MNH0075H When did you last get caught up in the moment?</b> A4 Poster</p> <p><i>Reintroduced resource.</i></p> <p>All Right?</p>
	<p><b>THW0007 Keen to ditch the smokes for good?</b> Pamphlet</p> <p>Te Hā – Waitaha</p>
	<p><b>THW0008 I quit smoking for my health</b> A4 Poster</p> <p>Also available as an A3 Poster (THW0008A).</p> <p>Te Hā – Waitaha</p>
	<p><b>THW0009 I quit smoking to boost my savings</b> A4 Poster</p> <p>Also available as an A3 Poster (THW0009A).</p> <p>Te Hā – Waitaha</p>

	<p><b>THW0010 Free support can be a real game changer</b> A4 Poster</p> <p>Also available as an A3 Poster (THW0010A).</p> <p>Te Hā – Waitaha</p>
	<p><b>THW0011 A free quit coach can make all the difference</b> A4 Poster</p> <p>Also available as an A3 Poster (THW0011A).</p> <p>Te Hā – Waitaha</p>
	<p><b>THW0012 I quit smoking for my whānau</b> A4 Poster</p> <p>Also available as an A3 Poster (THW0012A).</p> <p>Te Hā – Waitaha</p>
	<p><b>THW0013 I quit smoking to protect my baby</b> A4 Poster</p> <p>Also available as an A3 Poster (THW0013A).</p> <p>Te Hā – Waitaha</p>
<b>Revised Resources</b>	
	<p><b>MED0014 Cervical Smears and the Human Papillomavirus Infection (HPV)</b> Pamphlet</p> <p>HPV Project – Updated June 2019.</p>
	<p><b>MED0015 Some questions and answers about HPV and genital warts</b> Pamphlet</p> <p>HPV Project – Updated June 2019.</p>
	<p><b>MED0022 Preventing HPV cancers by vaccination: What everyone should know</b> Pamphlet</p> <p>HPV Project – Updated November 2019.</p>
	<p><b>MED0238 HPV and Throat Cancer</b> Pamphlet</p> <p>HPV Project – Updated November 2019.</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>SAF0069 Noise around the home can cause hearing problems</b> Pamphlet</p> <p>MoH – Revised April 2021.</p>
	<p><b>SMF0017 Time to Quit</b> Booklet – HE1109 Was previously DRU0116.</p> <p>MoH – Revised February 2021. <b>PLEASE DESTROY ANY PREVIOUS COPIES AND REORDER.</b></p>
	<p><b>THW0001E Keen to quit smoking for your pēpi/baby?</b> Flyer</p> <p>Te Hā – Waitaha – Revised April 2021.</p>
	<p><b>WOH0065 Now that you've had your mammogram</b> Pamphlet – HE10117</p> <p>MoH – Revised March 2021.</p>
<p><b>Deleted Resources – No longer in print</b></p>	
	<p><b>MEH0008 One life, one chance</b> A3 Poster</p> <p>Prostate Cancer Foundation</p>
	<p><b>MEH0018 Man up and get checked</b> A3 Poster</p> <p>Prostate Cancer Foundation</p>
	<p><b>MNH0178 Pacifiactly Fun Stuff/ Pacifiactly Speaking</b> Pack</p> <p>All Right?</p>
	<p><b>SAF0012 Removing lead-based paint</b> Pamphlet – HE4157</p> <p>MoH</p>

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<i>Awareness Dates</i>	<i>Useful Websites</i>
<b>May</b> <b>Haratua</b>  <b>5</b> World Asthma Day  <b>8</b> World Red Cross Day  <b>8 – 16</b> Youth Week  <b>21</b> Pink Shirt Day  <b>30</b> World Multiple Sclerosis Day  <b>31</b> World Smoke Free Day  <i>CHIC may not stock resources for featured awareness days.</i>	 <a href="http://ginasthma.org/wad">ginasthma.org/wad</a>  <a href="http://www.redcross.org.nz">www.redcross.org.nz</a>  <a href="http://arataiohi.org.nz/youthweek">arataiohi.org.nz/youthweek</a>  <a href="http://www.pinkshirtday.org.nz">www.pinkshirtday.org.nz</a>  <a href="http://worldmsday.org">worldmsday.org</a>  <a href="http://www.smokefree.org.nz/smokefree-in-action/world-smokefree-day">www.smokefree.org.nz/smokefree-in-action/world-smokefree-day</a>

**Note:** Smokefree resources have been reclassified under a new category to separate them from drug and alcohol related resources. Their codes have changed and now all start with SMF – rather than DRU.

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 **July 2021**.  
Download from our website or order a copy by fax or email.

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

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