

# Community Health Information Centre (CHIC) Newsletter

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

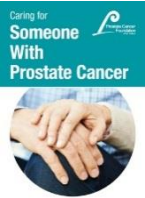
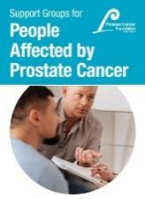




**ASHBURTON**  
Phone: 03 307 6902  
Fax: 03 307 8081  
[ashburton.chic@cdhb.health.nz](mailto:ashburton.chic@cdhb.health.nz)

**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 94 – October 2018**

## New Resources

	<p><b>MEH0027 Caring with someone with prostate cancer</b> Leaflet</p> <p>Prostate Cancer Foundation</p>
	<p><b>MEH0028 Support groups for people affected by prostate cancer</b> Leaflet</p> <p>Prostate Cancer Foundation</p>
	<p><b>MNH0219 The things that make us feel all right</b> Concertina Pocket Resource</p> <p>All Right?</p>
	<p><b>VIO0034 It is OK to ask for help – Tongan</b> Pocket Resource</p> <p>MSD</p>
	<p><b>VIO0035 It is OK to ask for help – Samoan</b> Pocket Resource</p> <p>MSD</p>
	<p><b>WOH0144 Sleep on side when baby's inside</b> Flyer – HE2550</p> <p>MoH</p>


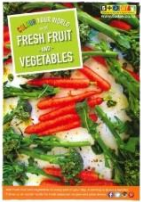
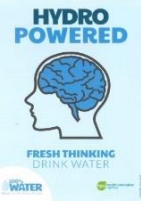


Order CHIC resources online from: [www.cph.co.nz/order-resources/](http://www.cph.co.nz/order-resources/)

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>SLEEP ON SIDE WHEN BABY'S INSIDE</b> FROM 28 WEEKS OF PREGNANCY</p> <p>www.chic.co.nz</p>	<p><b>WOH0145 Sleep on side when baby's inside</b> Sheet – HE2551</p> <p>MoH – Health Professionals Only</p>
<p><b>Revised Resources</b></p>	
 <p>What You Need to Know About Prostate Cancer</p>	<p><b>MEH0026 What you need to know about prostate cancer</b> Leaflet</p> <p>Change in format and title. Prostate Cancer Foundation – Updated for 2018.</p>
 <p>PREVENTING LEGIONNAIRES' DISEASE ADVICE FOR GARDENERS</p>	<p><b>SAF0036 Preventing Legionnaires' Disease: Advice for gardeners</b> Flyer</p> <p>CPH – Revised October 2018.</p>
 <p>Water collection tanks and safe household water</p>	<p><b>SAF0064 Water collection tanks and safe household water</b> Pamphlet – HE10148</p> <p>Change in format – was a leaflet MoH – Revised June 2018.</p>
<p><b>Deleted Resources</b></p>	
 <p>CARE AROUND THE CLOCK</p>	<p><b>HEA0022B Care Around the Clock – Older Person</b> A3 Poster</p> <p>CDHB – No longer in print</p>
 <p>IT'S ALL RIGHT IF YOU'RE FEELING PRETTY STOKED</p>	<p><b>MNH0070D It's all right if you're feeling pretty stoked</b> A3 Poster</p> <p>All Right? – No longer in print</p>
 <p>WHEN DID YOU LAST SHARE KAI WITH THE WHANAU?</p>	<p><b>MNH0074I When did you last share kai with the family?</b> A3 Poster</p> <p>All Right? – No longer in print</p>
 <p>Call the Canterbury Support Line 24/7</p> <p><b>0800 777 846</b></p>	<p><b>MNH0161 Canterbury Support Line</b> Pocket Resource</p> <p>CDHB – No longer in print</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>MNH0163 Connect with Nature (MHAW 2016)</b> A4 Poster</p> <p>Mental Health Foundation – No longer in print</p>
	<p><b>NUT0074D Colour Your World with Fresh Fruit and Vegetables – Broccoli and Carrot</b> A4 Poster</p> <p>5+ A Day – No longer in print</p>
	<p><b>NUT0081 100% Water Pack</b> Kit</p> <p>HPA – No longer in print</p>
	<p><b>OLP0002 Long Term Residential Care for Older People</b> Booklet – HP5510</p> <p>MoH – No longer in print</p>
	<p><b>OLP0010 Treasure our older people</b> A3 Poster</p> <p>MSD – No longer in print</p>

<b>Awareness Dates</b>	<b>Useful Websites</b>
<p><b>November Whiringa-ā-rangi</b></p> <p>Movember</p> <p><b>12</b> World Pneumonia Day</p> <p><b>14</b> World Diabetes Day</p> <p><b>19</b> World Day for the Prevention of Abuse and Violence against Children</p> <p><b>25</b> White Ribbon</p> <p><i>CHIC may not stock resources for featured awareness days.</i></p>	<p><a href="https://nz.movember.com/">https://nz.movember.com/</a></p> <p><a href="https://stoppneumonia.org/worldpneumoniaday/">https://stoppneumonia.org/worldpneumoniaday/</a></p> <p><a href="https://www.worlddiabetesday.org/">https://www.worlddiabetesday.org/</a></p> <p><a href="http://19days.woman.ch/index.php/en/">http://19days.woman.ch/index.php/en/</a></p> <p><a href="https://whiteribbon.org.nz/">https://whiteribbon.org.nz/</a></p>

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

## STOCKLIST

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)

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