



Your Community Health Newsletter

JULY 2024



Community Health Services Online Zoom Meeting

10am to 12pm, Wednesday 24 July 2024

Discussion and Feedback

Community Health Service Space in Waitakere Hospital Foyer

Discussion and feedback on a possible pilot to establish a regular schedule of Community Health Services in the Waitakere Hospital Foyer



Followed by...

Community Health Service Providers

Community Health Service organisations will present an overview of the services they provide in the local community.

General Updates

- Waitakere Health Link letter to the Minister of Health
- Youth Mental Health and Wellbeing Project

RSVP by 19 July to Tracy@waitakerehealthlink.org.nz

Everyone Welcome



The **Waitemata Community Support Brochure** provides a comprehensive resource that serves as a guide to a wide range of services available in our local community. It aims to assist patients to access the support they need in the community. Local health providers offer essential services that contribute to the well-being of the community.

To download your own copy visit:
[Waitemata Community Support - Waitakere Health Link](#)

Waitakere Health Link is a community driven organisation committed to improving health in West Auckland by promoting community participation in healthcare decision making and fostering collaborative relationships between healthcare providers and the West Auckland community.

- THIS ISSUE BRINGS YOU:**
- Community Health Services Zoom Mtg
 - Vaping and Young People
 - Online health information
 - Community Support Events



New Children's Therapy Playground at Waitakere Hospital

The Well Foundation is supporting a revamp of Children's Therapy Playground at Waitakere Hospital



The outdoor therapy play space at Waitakere Hospital was originally constructed and gifted to Waitakere Hospital by Rotary Henderson over a decade ago. The space has been appreciated by many specialist therapists and their young patients over that time. The space is now in need of a revamp and Rotary Henderson have generously offered to renovate the playground by creating a new concept design, removing all the old equipment, preparing the ground and installing the new equipment.

Well Foundation is fundraising to outfit the playground with safe, high-quality, appropriate equipment which will enhance therapy options for clinicians and improve outcomes for their young patients, and to cover the ground in high-quality, state-of-the-art, artificial turf. An upgraded children's therapy play area at Waitakere Hospital will enhance the support and quality of resources for children receiving therapy, their whānau, and the clinicians who work with them.

Anyone wishing to support this project or know more about it please contact Heidi Wilde on heidi@wellfoundation.org.nz call 021 543 790

Vaping and Young People

Vaping rates in children and young people continue to rise in New Zealand. It is harmful and can have an impact on their health and wellbeing. Action for Smokefree 2025 (ASH) Year 10 Snapshot surveys 20,000 to 30,000 New Zealand students every year. The 2022 results report that 10.1% of year 10 students vape daily. This has increased from 9.6% in 2021. What is Vaping? A 'vape' or an 'e-cigarette' is a device that heats vape liquid to create a vapour that is inhaled and exhaled. Vape liquid often contains nicotine as well as chemicals and flavours. You can also get vape liquid that is nicotine free.

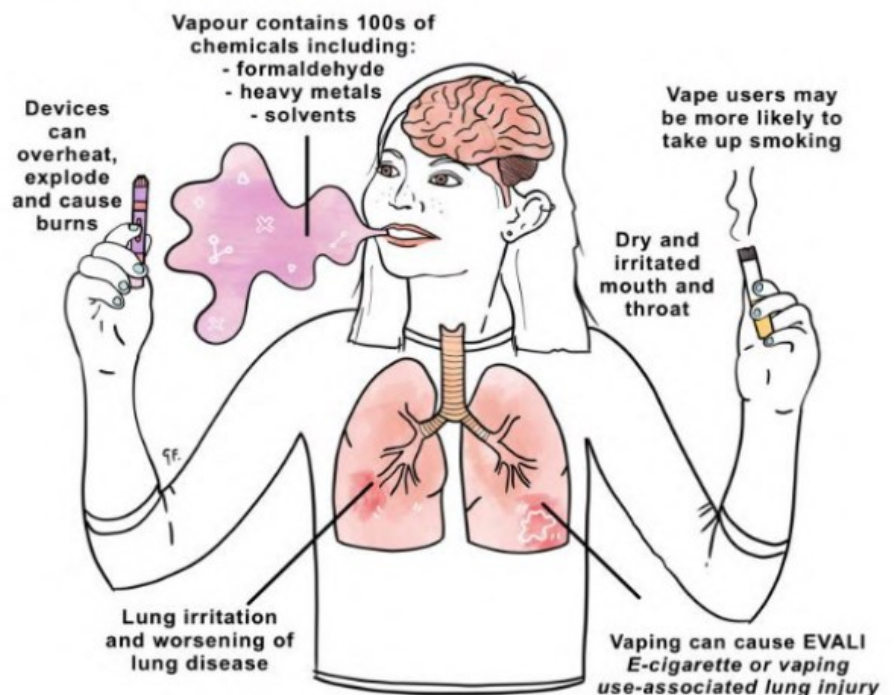
Some of the harmful effects of nicotine

- ◆ nicotine can change the way the brain develops and works in young people
- ◆ there is an association between nicotine use and depression and anxiety
- ◆ a young person's vaping behaviours may negatively affect school, work and relationships
- ◆ nicotine can cause death at high doses

Signs of vaping addiction

- ◆ vaping as soon as they wake up or overnight
- ◆ cravings all the time
- ◆ irritability
- ◆ trouble sleeping
- ◆ they can't function if they don't use their vape
- ◆ they can't stop vaping despite wanting to

The image below shows some of the negative health impacts of vaping.



How to support young people

There are lots of ways to help your young person quit vaping, and starting a conversation is important. Listen to them with patience. Ask your young person why they like vaping and help them to think of other ways to meet this need. Talk about what they don't

like about vaping and help them identify reasons for stopping. Talk about the benefits of being vape-free such as saving money. If you think your child has a nicotine addiction, get help to support them to quit. You can visit Quitstrong or talk to your family doctor.

Source: www.kidshealth.org.nz/vaping-young-people

Click on the Links for online health Information

Call Healthline free for advice

Healthline provides a free 24/7 days a week health service for advice, information and treatment from professional healthcare providers.

Call free on 0800 611 116. Language support is available

Find a healthcare provider on Healthpoint

Find up to date information about healthcare providers in your area. Find the services you need, where you need them.

[Find a healthcare provider — Healthpoint\(external link\)](#)

Your local pharmacy

Get advice on medicines and common issues like coughs and colds, bladder or eye infections, minor cuts and grazes, emergency birth control. They can suggest over-the-counter treatment, fill prescriptions, and some give immunisations.

[Find a pharmacy — Healthpoint\(external link\)](#)

General Practice (Local Doctor)

If you are enrolled with a GP — a doctor, nurse, or other team member can look after most of your healthcare. They review your symptoms, treat illness or injuries, prescribe medicines, and order tests or procedures.

[About GPs and how to enrol\(external link\)](#)

After hours and urgent medical centres

Go to a clinic that offers urgent care if you cannot wait for your doctor, or do not have one, for bad cuts, sprains or breaks, minor head injury, or feeling really sick. You do not need an appointment but might have to wait. Fees apply.

[Find your nearest after hours clinic — Healthpoint\(external link\)](#)

After hours rural healthcare

If you live or are staying in a rural area, you can contact Ka Ora Telecare afterhours to get medical advice or a consultation.

Call [0800 252 672](tel:0800252672)

[Book online Ka Ora Telecare\(external link\)](#)

In an emergency

In any critical or life-threatening emergency call 111 for an ambulance.

[About EDs and how to find one\(external link\)](#)

Domestic Violence

If you're in danger now:

- ◆ Phone for police on 111 or ask neighbours or friends to ring for you.
- ◆ Run outside to where there are other people.
- ◆ Scream for help so that your neighbours can hear you.
- ◆ Take the children with you.
- ◆ Don't stop to get anything else.
- ◆ If you are being abused, remember it's not your fault. Violence is never okay.

Where to go for help:

- ◆ **Shine** free national helpline 9am-11pm every day - 0508 744 633; www.2shine.org.nz
- ◆ **Women's Refuge** Free national crisis line operates 24/7 - 0800 refuge or 0800 733 843; www.womensrefuge.org.nz
- ◆ **Shakti** Specialist cultural services for African, Asian and middle eastern women and their children. Crisis line 24/7 0800 742 584

If it is an emergency or you feel like you or someone else is at risk, call 111.

Coming Up

Grief Centre Webinars

Palliative Care: Conversations with people living with a life-limiting illness Tuesday 16th July, 1pm

People living with a life-limiting illness facing significant losses that impact their sense of self, relationships, quality of life and hopes for themselves and their loved ones.

Neurodiversity: challenges and strengths Tuesday 23rd July, 1pm

This interactive (through the chat function) webinar explores the background, the research, the appropriate language, the challenges, the benefits.

Register: griefcentre.org.nz/webinars

Lifewise Courses

Mana Whānau – 6 months Intensive support for everyone in the home

Tōku Whānau – Family Violence prevention focus on healing and recovery through 12-week course for women out of crisis

Parent Education Courses – Parenting Through Separation/ Toolbox - Pre School, Primary and Teenage years. Building Awesome Whanau 0 -12 years.

Visit: www.lifewise.org.nz

Man Alive

Boys Alive programme will start 24th of July. Meets every Wednesday at our Man Alive in Henderson from 4 pm to 6:30 pm for 8 weeks. The focus is anger management skills and developing their character.

Info: Jose.Valdivia@manalive.org.nz

Ph: 8350509 Ext 804

Disability Connect Support via Zoom

Parents Support Group - Every Monday 7-8pm Open to anyone seeking advice or support for parenting, upcoming Needs Assessments, starting or leaving school and anything in-between.

Parent Support Group - Wednesday 5th June 2024, 6 - 8pm. **Topic:** Winter Blues - Navigating environmental changes, with a focus on autistic neurodivergent children.

Planning For Adulthood - Thursday 20 June, 11am - 2:00pm via Zoom. If you are wanting to understand the difference amongst welfare guardianship, power of attorney, property management and how a Trust may be useful for managing property.

Disability Supports in the Community - Thursday 18 July, 6:30 - 9pm. A presentation from Taikura Trust and Work and Income. Come and find out what financial and disability supports you may be able to access .

Education Legal Issues - Thursday 25th July, 6:30pm to 9pm. Come along and learn about enrolment rights, decision processes around special education, processes around an ORS funding decline, requests to parents for teacher aide funding contributions, requests to parents for funding.

To register: admin@disabilityconnect.org.nz

HEALTH SERVICES AVAILABLE IN THE WEST

asthma NEW ZEALAND

Our Nurses help people with Asthma & COPD live well

LET US HELP YOU TO LIVE WELL

OUR SERVICES ARE FREE

www.asthma.org.nz

To find out more contact the team:

Phone: 0800 227 326

Email: anz@asthma.org.nz



Register now

Living Positively with Parkinson's
CONFERENCE 2024

AUCKLAND • 28-30 AUGUST

www.parkinsons.org.nz

Amitabha
Hospice Service



offering kindness and clarity



Amitabha is seeking volunteers to be support companions to people in their own homes. You could make a difference to someone simply by giving a few hours each week. Training starts August 7th. Apply online.

For more information:

www.amitabhahospice.org/volunteer-training
Ph: 09 828 3321

Community to hospital shuttle service

To reserve a seat, phone:
(0800) 809 342 – press 5 or (09) 426 0918
9.30am – 4pm, Monday to Friday



NEW

Community to Hospital
Shuttle Service Brochure Visit:
[Community to hospital shuttle service -
Waitakere Health Link](#)



AOTEAROA AFRICAN FOUNDATION

FLOODS RECOVERY MUSANGANO

208 RICHARDSON ROAD, MT ROSKILL

SATURDAY 29TH JUNE - 2:30PM-4:30PM



AnxietyNZ

Support for people living with
anxiety and other mental health
experiences.

Specialist clinical services, peer
support groups, educational
resources, and immediate help
via our free 24/7 helpline

0800 ANXIETY
0800 269 4389

www.anxiety.org.nz

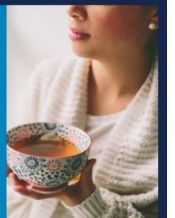
Disability Connect Events for the Community

WINZ & Taikura Trust
Understanding Disability Supports
Thursday 18 July
from 6.30 pm to 9 pm

Education Legal Issues
Thursday 25 July
from 6.30 pm to 9 pm

Parent Support Groups
www.disabilityconnect.org.nz
Email:
admin@disabilityconnect.org.nz
for more information or to book
Phone: 09 636 0351

disability
connect.
helping families



GETTING TO THE HOSPITAL AND PARKING

Community to Hospital Shuttle

Monday-Friday 9.30am-4pm— FEES APPLY
Phone 0800 809 342 (press 5) or 09 426 0918

For West Auckland residents attending hospital
appointments at North Shore, Auckland Hospital or
Greenlane Clinical Centre.

Note: you must book a
minimum of three
working days before the
appointment day.



Hospitals Compassionate Parking

The Waitakere and North Shore Hospital 'Compassionate
Parking Guidance' provides for parking fee relief for those
in need. The Compassionate Parking Guidance options are:

1. **Congress Ticket** gives the visitor unlimited entry and exit, free of charge, to the site for one week.
2. **Exit Ticket** for one-off events, it may be suitable to request and exit ticket which can be used once only to exit the hospital site.
3. **\$50 Discounted Ticket** is available providing unlimited entry and exit to the site for one week at the request of a ward/unit charge nurse for family members.

For more info: <http://www.waitemataadhb.govt.nz/patients-visitors/compassionate-parking-guidancenew-page/>