



WAITAKERE Health Link

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NEWSLETTER



BACK SAVING: Nurses Jackie Church and Marizor Acasio show how the hi-low cot and bath can be adjusted to suit the height of the parent or nurse.



An easier start to life

Waitakere Hospital's mothers, babies and paediatric nurses are finding the going easier thanks to specialist equipment bought by the West Auckland Hospital Foundation in the past year.

Last year the Foundation purchased a paediatric ventilator, needed after Waitakere's ED department opened 24/7 for children.

The special care baby unit (SCBU) has also been making the most of a hi-low cot, hi-low bath and phototherapy blanket the Foundation bought after a suggestion from Waitakere Health Link.

Able to be raised or lowered to suit the height of the baby's carer, the hi-low cot and bath are a hit with nurses who don't have to bend so much. They also make it much easier for mothers who have had caesarean sections to pick up and bathe their babies.

Waitakere Health Link also identified a need for a Phototherapy Blanket for babies in Waitakere Hospital Maternity SCBU. The phototherapy blanket treats babies with jaundice, which allows the baby to come out from under static light therapy for extended periods to breast-feed, or even just be cuddled.

SCBU charge nurse manager Janis Stockman says staff are extremely grateful for the donations. "Mothers tell us everything is so easy to use, and our nurses know how much easier they make it for new mothers to adjust."

Waitakere Hospital Auxiliary donating since 1974

The Waitakere Hospital Auxiliary was established in 1974. Members of the Auxiliary have worked together over the years with the

Women's Institute donating their time and efforts for the community of Waitakere.

The current President, Beryl Breekveldt says "Nothing was too much trouble, they cope with whatever we requested, from knitting and sewing for the baby packs, knee rugs, toilet bags to dozens of men's boxer shorts".

Some of the knitting is sold in the Hospital Shop and the money raised goes towards purchasing items for the wards.

During 2011 the Auxiliary has been able to provide TVs for 5 wards, a DVD player, cheques to two areas, as well as being able to help in a small way with stickers and other small items for the Children's ward.

All this is made possible by the knitting and other handcraft provided by women from the Auckland West Federation of Women's Institutes and other women who knit and crochet, to whom the Auxiliary is extremely grateful.

If you would like to find out more about the Auxiliary phone Pam on 818 2443.



Photo: Committee taken in November 2011 as they wrapped gifts for the Huia and adjoining wards. From left: Mavis Marett, Noelene Coppell, Beryl Breekveldt, Elva Coglan and Pam Johnson. Absent: Jan Catton.

Ensuring the community voice is heard in healthcare decision making.

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HEALTH UPDATES

Developments at North Shore and Waitakere Hospitals

Elective Surgery Centre

One key development for the WDHB this year is the start of construction for the \$39 million Elective Surgery Centre (ESC), with the turning of the first soil for the project taking place on February 29. Located next to the new carparking building at North Shore Hospital, the ESC will be a dedicated facility for non-emergency surgery, performing a wide variety of procedures.

As a dedicated facility, the ESC will significantly reduce the time patients wait for non-emergency surgery. Once operational in mid-2013, the ESC is expected to perform around 6,000 surgeries a year, with approximately a quarter of those additional operations. Expect to hear more about the ESC over the coming months.

More child health facilities at Waitakere Hospital

The completion of the \$3.2 million expansion of Waitakere Hospital's Rangitira paediatric inpatient unit later this year. Work started in January and once completed, will add a further 11 beds to the unit's existing 22, along with a new negative pressure isolation room to control the spread of infectious diseases like measles and chicken pox.

Waitemata's New Dental Facilities

Fixed clinics

Ranging from two to six chairs, these community clinics are fitted with x-ray equipment and are being built at schools and other community locations. There are five completed so far and there will be 11 in total across Waitemata.

Transportable Dental Units

Worth around \$150,000 (plus equipment), these two-chair clinics are moved from school to school. They may stay on site for a matter of weeks, depending on the level of need, and are moved by low loader (a type of manoeuvrable trailer). TDUs feature x-ray equipment and carry out diagnostic work and more extensive procedures as required. Currently five, there will be 15 TDUs in total.

Mobile Diagnostic Vans

These single-chair units will travel from school to school and carry out screening, early detection and preventative work.

Children identified as needing more extensive work will be asked to make an appointment at their nearest fixed clinic and attend with their parents. The mobile vans (there will be seven) may stay at schools for a number of days, but will leave the sites each night.



Dental Clinic Hours

Since the project to overhaul dental facilities and services began, the dental clinic hours have extended from 9am until 3pm, to 8am until 4pm.

Waitemata DHB is aiming to further improve access to oral health care and is planning to conduct a survey to find out what extended opening times and days would best work for schools and families. This might include late nights during the week, or Saturday morning clinics. Watch this space!



When bowel cancer is diagnosed early, your chances of recovery are much higher. If you are aged between 50 and 74 years and live in the Waitemata DHB area, you will be invited to check yourself out with the free BowelScreening programme, which launched last October.

Visit www.bowelcreeningwaitemata.co.nz for more information.



BowelScreening

Check Yourself Out

Dave's the first to be tested

Dave Swale of Helensville was "somewhat surprised" to learn he is the first official participant in the new bowel cancer screening programme.

Dave was one of the first 500 randomly selected people to be offered the BowelScreening test from two medical practices (Torbay Medical Centre and Kaipara Harbour Medical Centre). This initial group was tracked through the screening pathway to ensure all systems and processes were working well before being progressively rolled out to the wider eligible population over the next two years. The participation rate from this group has been quite successful, with a large amount of positive feedback.

The death from cancer of two uncles and a friend prompted Dave to take the test.

"They were never checked out by a doctor or medical centre - they were stubborn old Irishmen," he says. By the time their illness was discovered, it was too late to treat. Dave has never been screened for any cancer, so sent his sample within 24 hours of receiving his test kit, and a few days later got a negative result from LabPlus.

"The test was very simple - it only took two minutes - [and] the overall process was so easy," he says.

BowelScreening is a simple screening process for people with no obvious symptoms to check for early signs of bowel cancer. And, you don't even have to enrol to take part because the BowelScreening coordination centre holds a register of the eligible population based on NHI and PHO enrolment data.

Dave told others about the test and encouraged them to participate once they receive a letter. He has some advice for people who receive a kit but don't feel like taking the test. "If you want to live a long healthy life, get it done. It will give you peace of mind."

There are 137,000 people eligible for free bowel screening, so Waitemata DHB asks people to be patient to wait for their invitation to take part. If you think you have bowel cancer symptoms please contact your doctor immediately. However, it is urged that Waitemata residents within the age range should contact the screening centre on 0800 924 432 to ensure their correct details are on the register.

HEALTH UPDATES

New Man Alive Youth Centre

Man Alive now have a Youth Centre! It's a vibrant, colourful, fun place complete with multicoloured walls, comfy couches, kitchenette, big screen television, foosball table and three dedicated youth counselling rooms.

It's been designed as a place male youth feel comfortable hanging out and by extension feel more comfortable coming to counselling. Parents/caregivers can wait with a cup of coffee and a selection of parenting magazines, books and information to pass the time with. We welcome you to pop in and have a look!

Boys Alive Programme

Boys Alive is a fun filled, action packed, nine session group mentoring programme for twelve, year 4-8 boys (8-12 years old) who may have a lack of positive male role models, behavioural difficulties, or issues around anger, selfcontrol, relationships, communication, or self-esteem.

The programme involves a weekly 2½ hour programme and three activity days, including an overnight experience running

for eight consecutive weeks during school term time, as well as an additional follow up session approximately three months later, using the group process, relationship skills are built. The learning from this process link the boys with their own experiences, so they are helped to understand and develop increased personal responsibility surrounding thoughts, feelings and actions. Youth Centre, 11 Edmonton Road, Henderson Ph 835 0509 extn 812 or email youth@manalive.org.nz



Community Meetings

Moving on from Domestic Violence

Starting Wed 15th February
9.30-11.30am, 12 weeks

Group for Women - Personal development for Women, Learn how violence affects families, Understand your rights in relationship, Have fun, be supported & support other women.

Waitakere Abuse & Trauma Counselling
Service phone Jenni or Penny 8372491

Health & Disability Expo

9-10 March, ASB Showgrounds
Explore the latest health and disability products, services, technology and resources. More info: info@adpn.org.nz

Te Ata Courses

Many varied courses available in Term 1.
To find out more ph 837 0671

Womens Centre Waitakere

Term 1 Courses: Beyond the chrysalis, personality types, family and community, friendship, anger management, the journey of the butterfly. Ph 838 6381 or info@womenscentre.org.nz

Man Alive Courses

Fast Forward Youth Programme, Growing Men, Boys Alive Ph 835 0509

Parenting Courses

At Lifewise, Glen Eden.
Early Years (0-6yrs), Middle Years (6-12yrs), Tweens & Teens (12+), Parenting Through Separation. Ph: Griff 818.6834 or GriffR@lifewise.org.nz

Glen Eden Community House Courses

Plunket, dance with life, tai chi, first aid, regular groups, after school programmes, playgroups. Ph818 2194 to find out more

If your health organisation would like to become a member or advertise a meeting or profile the great work it does in the local community, please contact Waitakere Health Link at office@waitakerehealthlink.org.nz

DONATIONS WANTED

Waitakere Hospital would appreciate stretch and grows, knitted booties, hats and cardigans for newborns. Donations can be left at main entrance reception Waitakere Hospital.



NEW Ministry of Health website

www.health.govt.nz/home

The Ministry of Health has launched its new website that is more user-friendly and better meets users' needs. Every day, around 4,300 New Zealanders access the Ministry website. The Ministry is responding to feedback by providing a better web experience, an improved search function and new design and navigation to make information easier to find. A new dedicated section (Your Health) contains quality health information for individuals, families and communities.



Remembering the anniversary of the Canterbury earthquake that took 182 lives on February 22nd.



Waitakere Women encouraged to Start the Year with a Free Mammogram

Women in Waitakere are being encouraged to start the year with a free mammogram. The BreastScreen Waitakere Clinic is part of the national BreastScreen Aotearoa programme that checks women for early breast cancer. Women, aged 45 to 69 years, who have never had a mammogram before or who have not had one for more than two years are being encouraged to take advantage of the free breast screening appointments.

Having a mammogram (breast x-ray) can save your life - and all it takes is 15 minutes. It can detect a cancerous growth as small as 2mm, which is about the size of a grain of rice. By comparison when a breast cancer can be felt, it is on average 2 to 3 cm - the size of a walnut.

The clinic is off Woodford Avenue, on the grounds of Waitakere Hospital and is open Mondays to Fridays from 8.30am to 7.00pm, and on Saturdays from 8.30am to 12.15pm.

Don't put it off - call now to make your appointment on 0800 270 200 or text the word 'breastscreen' to 4040. Free transport is available to and from appointments if required.

Waitakere Health Link acknowledge COGS and Lotteries for their continued funding support



TO:

Ensuring the community voice is heard in healthcare decision making.

Sender: Waitakere Health Link, Freepost 159013, PO Box 21 852, Henderson 0650. Telephone: 839 0512.
Website: www.waitakerehealthlink.org.nz Email: office@waitakerehealthlink.org.nz

WHATS ON / FIND A SERVICE

Support Groups

AD/HD, ASD PARENT SUPPORT GROUP Share experiences & solutions. 1st Wed, 3rd Mon of mth 7.30-9.30pm and last Fri of mth 10-12pm. Ph 836 1941.

AGE CONCERN Carers Support Group every Thursday from 10.30 to 12. Ph 820 2716

ALZHEIMERS SUPPORT GROUPS Monthly meetings held in Te Atatu Peninsula, Massey, Henderson, Kelston & Hsn. More info Ph 835 2387.

ARTHRITIS NZ for info and support ph 0800 663 463

BARNARDOS TEEN PARENT GROUP Meet other young mothers. Ph Sharyn 838 0419

BEREAVED PARENTS GROUP is a support group for parents who have lost children. Meet 2nd Wed of month 6-8pm. Ph Maxine 486 1688.

CANCER INFORMATION HELPLINE For cancer information and support phone Cancer Society on 0800 CANCER (226 237).

CHALLENGE TRUST Mental health family and carers support group, 2nd and 4th Tues of month, 1-2.20pm. Ph 839 7301 or nickit@challenge.co.nz

CHRONIC OBSTRUCTIVE PULMONARY DISEASE SUPPORT GROUP Meet first Thurs of month in Rm 10, West Wave Henderson. FREE session and guest speaker 1-3pm. Ph 630 2293

DEVELOPMENT GROUP FOR PREMATURE AND HIGH RISK BABIES For babies that have been in NICU or SCBU. Ph 307 4949 ext 25469#.

DIABETES SUPPORT GROUPS Avondale: 1st Mon in mth, 9.45-12noon. Ph 827-8315. Blockhouse Bay: 2nd Mon in the mth 1.30 -3.30pm. Ph 626-2711. Henderson: 2nd Mon in mth, 10am-12noon. Ph 836-7225. Te Atatu: 2nd Wed in mth 7.30-9.00pm, Ph 834 4554. Chinese: 2nd Wed in mth 10-12, Mt Eden. Ph 626-2711 or www.diabetesauckland.org.nz

MAORI DIABETES GROUP Last Sat of month 9.30-12. Te Puna Manawa 18 Lincoln Rd Ph 963 7581.

EPILEPSY NZ Provides info and support. Social group meets monthly. Ph 837 2530

INTEGRATED NEUROLOGICAL REHABILITATION Provides rehab service for neurological disorders ie: stroke, parkinsons, MS, head injury. Ph 836 6830.

LUPUS TRUST Support group meets monthly Mar to Nov. More info ph 817 2060 or www.lupusnz.org.nz

PARKINSONS SUPPORT GROUP Offer home visits, info and support. Ph 278 6918.

POST NATAL DISTRESS SUPPORT NETWORK Every Tue 10-12am or ph 836 6967 for more info.

POST NATAL PSYCHOSIS SUPPORT GROUP Provide support and information for families suffering the effects of Post Natal Psychosis. Website: pnpsupport.org.nz Ph: (09) 449 1011

STROKE FOUNDATION Offer information, support groups in Massey, New Lynn & Glen Eden and a hydro therapy group. Ph 475 0070

TOUGHLOVE Weekly support groups in New Lynn, Massey and Takapuna for parents experiencing unacceptable teenage behaviour Ph 624 4363.

TE ATA offers a range of mental health support groups. Ph 837 0671

WAITAKERE ABUSE & TRAUMA COUNSELLING Offer a range of services. Ph 837 2491

WOMEN'S CENTRE WAITAKERE Offer: counselling, phone & drop-in service, library, violence support groups, massage, info and referrals. Ph 838 6381

WOMEN'S MENTAL WELLNESS Weds Ph 818 3723

Information, Services and Courses

AGE CONCERN Provide information presentations for older people, 1st Wed of month. Ph 820 0184.

GRIEF CENTRE Provides counselling, support groups, information, resources, ph 418 1457

HOME HEALTHCARE EQUIPMENT Offers mobility aids, bathroom, kitchen and bedroom aids. Ph 627 6241 or email homehealthequip@clear.net.nz

HOSPICE WEST AUCKLAND Offer free support services for palliative care patients and the people who love them. Ph 834 9755 or trishf@hwa.org.nz

KIDNEY SOCIETY Provide support and information on kidney failure and their families. Ph 278 1321

MAN ALIVE Courses for men. Ph 835 0509.

HOSPITAL CHAPLAINS Comfort, spiritual support, prayer, Waitakere & Nth Shore Ph 358 0825.

OVEREATERS ANONYMOUS Addresses issues of abuse, addiction and overeating. Ph 486 8900.

PARENT AID free help to parents with new baby, stress, accident up to 13yrs. Ph 836 4122

PARENT TRUST Practical help for parents. Ph 376 0400, www.parenttrust.org.nz

PARENTING COURSES Lifewise Family Services Ph 818 0204, griff@lifewise.org.nz

PHOENIX HOUSE COUNSELLING Counselling & psychotherapy, supervision offered. Ph 837 1797.

SENIORLINE free info service for older people and families. Ph:375 4395 www.adhb.govt.nz/seniorline

TE ATATU PENINSULA COMMUNITY HOUSE Courses include: Age concern info, Joggers & Walkers, Infant Massage, Diabetes Clinic, Plunket. Ph 834 5827

THRIVE TEEN PARENT SUPPORT Supports young parents during & after pregnancy, parenting classes, coffee groups, admin@thrive.org.nz Ph 551 4367.

VISIONWEST COUNSELLING CENTRE offer counseling services to children, families and individuals. Ph 818 0760.

WEST AKL PARENTS CENTRE provide childbirth education, parenting courses Ph 837 8481.

WOMEN'S HEALTH CHECKS Free smears for Maori, Pacific and Asian women. For appt ph 846 7886.

WEST LINKS FAMILY SERVICES support families with invisible disabilities eg: AD/HD, ASD ph 836 1941.

For Your Health

ACTIVE CHOICE EXERCISE 2 hour sessions with physiotherapist and info. Ph 027 227 9501

KELSTON WALKING GROUP Ph Rhonda 838 4711 or email packelston@xtra.co.nz

MOVE 4 HEALTH Low to medium fitness to music, Fri 1-2pm, Ranui Community House, Ph 833 6280

TAI CHI FOR HEALTH Weds 2pm in school term. Massey Comm House. Ph 833 9220

WOMEN ON THE MOVE Low impact exercises to music. First time free. Weds Ph 817 7228

ZUMBA CLASSES Glen Eden ph 827 7142, Titirangi ph 021 116 0439, Te Atatu Pen ph 836 3563.

Gratitude Expressed to Waitakere Hospital Staff

Anawhata Ward - "I would like to thank all the nurses, charge nurses, care workers and cleaners for your care during my stay with you. Nothing, has been too much trouble. The hot showers were lovely. Enjoyable meals and hot cups of tea and chocolate. The nurses and care workers were always there to help. Respect was always shown. Thank you all very much. "

Titirangi Ward - "I want all staff, nurses, physios, cleaners to know that the team in this ward were outstanding. Their professional approach and helpfulness was fantastic, nothing was too much in helping the patient "

