



Tararua Health Group LTD

- Dannevirke Community Hospital
- Barraud Street Health Centre
- Te Rongopai
- Pahiatua Medical Centre
- Norsewood & District Health Centre
- Woodville Health Centre



NORSEWOOD & DISTRICTS' HEALTH CENTRE

Te Whare Hau Ora O Nga Mokopuna

SPRING NEWSLETTER 2016



Health Centre Staff:

Nurse Practitioner - Ingrid Cheer

Nurse - Rochelle Murphy

Relieving Nurse – Lisa Dine

Address:

War Memorial Community Centre, Coronation Street, Norsewood

Postal Address:

Box 36, Norsewood 4943

Telephone:

(06) 374 0995 (call minder in operation)

Fax:

(06) 374 0993

Email:

norsewood@thg.org.nz

Business Hours:

Mondays from 9:00am to 12:00noon

Wednesdays from 1:30pm to 4:30pm

Fridays from 9:00am to 12:00noon



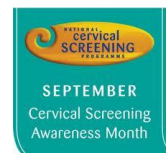
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MONTHLY HEALTH FOCUS

SEPTEMBER

Cervical Screening Awareness Month

Did you know that New Zealand has one of the best screening programmes in the world, with the number of women who die from cervical cancer dropping by 60% since 1990? September is Cervical Screening Awareness month and the National Cervical Screening Programme (NCSP) encourages NZ women to consider their health and make cervical screening a priority. Cervical cancer is one of the most preventable forms of cancer and screening every three years can reduce the risk of developing it by up to 90%.



"While a smear isn't necessarily something we women look forward to, it can save your life. We recommend screening every three years to pick up changes early on and reduce the risk of developing cervical cancer. Having regular smears means any abnormal cells will be detected and treated early on, before they become cancerous" says Dr Jane O'Hallaran, Clinical Director of the National Screening Unit.

You are welcome to come and see Rochelle for a smear at the Norsewood clinic.



This September is the inaugural respiratory awareness month, known as Breathe Better September.

Kicking off Breathe Better September is Balloon Day, where Kiwis join together to raise awareness of asthma in various ways, including fundraising events in their local communities. How we support this locally is by:

Tararua Breathe Easy Support Group is developed for adults with Asthma, Chronic Bronchitis and Emphysema. The group has been developed to improve the quality of life for those suffering from respiratory disease and to support their carers, partners and spouses through fellowship and knowledge. The group was developed as Shortness of Breathe is frightening, particularly for people suffering from chronic lung conditions. Lung Disease is a stressful life event, which can lead to lifestyle change causing panic, isolation, and depression.

The Tararua Breathe Easy Support Group meet every month on the third Thursday of the month from 10am to 12noon, at the Tararua REAP building on Gordon Street, Dannevirke – there is NO charge for this service.

Information brochures are available from the Community Respiratory Nurse and the Respiratory Physiotherapist – ask one of our staff members for their contact details.

OCTOBER

Breast Screening Awareness Month

BreastScreen Aotearoa is New Zealand's free national breast screening programme for women aged between 45 and 69 years. Organised breast screening programmes aim to reduce breast cancer mortality by routinely screening an entire, defined population at regular intervals (in this circumstance, women with no symptoms of breast cancer). A reduction in mortality at a population level depends upon high levels of coverage of the population, quality screening and follow-up services. If you have any questions, please do not hesitate to contact one of our nurses on (06) 374 0995 to discuss further or contact BreastScreen Aotearoa on FREEPHONE 0800 270 200.



Quit Smoking

If you are a smoker, you'll know smoking is expensive! Imagine how much money you could save if you stopped! We are not talking small amounts here... someone smoking a pack a day spends about \$160 a week on cigarettes, which is nearly \$8,500 each year! With the money saved from stopping smoking, you could:

- Go on holiday... pay off some debt... buy a car... rent a bigger house, or pay more off your mortgage... treat yourself and your whanau to a nice meal out – every week!

Talk to our nurse for advice on quitting smoking.

A holiday break for Ingrid!

Our Nurse Practitioner, Ingrid Cheer, is off on a holiday from 18th August through to 4th October

– we wish her a relaxing and enjoyable break.

Please note: the Monday clinic will still be running during this time, but will be nurse-led clinics, not a Nurse Practitioner.

CENTRE CLOSED FOR ONE DAY

The Centre will be closed on FRIDAY 14TH OCTOBER due to staff training, but will re-open on Monday 17th October as normal.



Manage My Health – Access your healthcare information online at home

ManageMyHealth™ is a place where you can access medication information specific to yourself online. You can view: your medical conditions, allergies record, latest lab results, past prescriptions (and request repeat prescriptions), check your recalls and that your information is correct.

Tararua Health Group fully supports the concept of a patient held electronic health record. For us, it is a way to have secure electronic communication with you, which can help us manage the day to day running of our practice. Talk to your GP for further information.

Please note that you can only access your records from your registered general practice, i.e. if you are NOT registered with Tararua Health Group as your regular general practice, you CANNOT register for ManageMyHealth through Tararua Health Group.

Health Centre Committee

Contact details for our Committee are:

Neil Malcolm (Chairman) – phone 374 0701

Marianna Domper (Secretary) – phone 374 0792

Craig Bishop (Treasurer) – phone 374 1774

Michele Buckley – phone 374 0494

John Read – phone 374 0716

Charlotte Heald – phone 560 8115

Hiraina Tamihana – phone 374 0933

Fees - Payment is by cash or cheque at time of consultation.

Our contract with Tararua Health Group allows us to keep our fees extremely low with the aim of improving access to our local community. Fees apply as follows:

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|---|---------|
| * Nurse Consultations | \$5.00 |
| * Nurse Practitioners - consultations: | \$5.00 |
| - where the consultation involves referral to specialist services, renewal of WINZ Jobseeker Support Benefit, ordering of tests (laboratory or radiology), or prescriptions are required: | |
| Community Service Card (CSC) holder | \$20.00 |
| Non-CSC holder | \$25.00 |
| * Repeat prescriptions | \$10.00 |
| * ACC claimants – prescription fee..... | \$10.00 |
| * Cervical smears | \$10.00 |
| * Toe-nail trimming | \$10.00 |

Free services:

We do not charge for services for children under 13 years of age, or for ACC consultations (not including prescriptions)

For any feedback regarding clinical aspects of our service please inform the staff or contact Kylie Hoskin (THG Director of Nursing/Allied Health) or Sharon Wards (THG CEO) on (06) 374 5691