

# E PĒWHEA ANA TŌ ORA? HOW'S YOUR HEALTH?



TARANAKI WHĀNUI, HE ROHE ORANGA • TARANAKI TOGETHER, A HEALTHY COMMUNITY

Health can be confusing and, let's face it, most of us only think about our health when something goes wrong. Here are some ideas of the things you can do that will make a big difference to you and your whanau's health.

May 2015

## Me tāpoko ki te āhuru o tētehi Tākuta ināiane Enrol with a GP NOW!

Find a low cost GP at  
[www.itsmyhealth.co.nz](http://www.itsmyhealth.co.nz)



### WHAT YOU NEED TO KNOW:

**Going to a GP** is one of the best ways of getting help early for that niggle, which if left can get worse. For adults there are a few GPs that charge \$17 a visit while for tamariki under 6 it's free. From 1 July 2015 under 13 year olds will be free too! Some clinics allow you to pay a small amount each week or fortnight, say \$5 so you can build up a putea that can be used when you or a whanau member needs to see a doctor.

**At the moment** there are around 3,100 Māori in Taranaki who aren't enrolled with a GP. We're keen to get at least 2000 of them enrolled with a GP to be able to get help with medical conditions early. We need your help to do it.

**If you or any of your whanau are not enrolled with a doctor**, please get onto it, find a doctor and enroll. Have a talk with them if the fees could be a problem and they'll help you find a way around this.

### CONTACT

You can find a low cost GP at [www.itsmyhealth.co.nz](http://www.itsmyhealth.co.nz) or if you'd like help to find a GP call the Taranaki Base Hospital on **06 753 6139** and ask to speak to a Kaimahi Hauora in the Māori Health Unit. If necessary they'll put you onto someone in Hawera.

## Parea atu te rewharewha Don't let the flu get you!

E kore te wero ārai rewharewha e  
whāngai atu i te rewharewha ki a koe

MYTH-BUSTER -  
The flu jab won't give you the flu

**Influenza season is here!** This year protect yourself, your whanau and your community by getting an influenza immunisation or 'flu jab'.

**Influenza is not just a bad cold**, it's a serious illness that can put you in hospital or even kill. It can affect anyone, no matter how fit, active and healthy they are.

**The flu jab is available from mid-April and it's FREE** for adults and children with some health conditions, pregnant women and people aged 65 years and over. Talk to your GP or Practice Nurse to find out more.



### He mōhiohio anō

#### For more info:

The Kaimahi Hauora in New Plymouth (Rawiri Doorbar and Raana Solomon) and Hawera (Denise Smith) can help you get information on the things covered in this newsletter, and anything else you would like help with. They can be contacted by phoning the Taranaki District Health Board on 06 753 6139. Lots of information is also available on [www.tdhub.org.nz](http://www.tdhub.org.nz)

Sponsored by:



Produced by:



# E PĒWHEA ANA TŌ ORA? HOW'S YOUR HEALTH?



TARANAKI WHĀNUI, HE ROHE ORANGA • TARANAKI TOGETHER, A HEALTHY COMMUNITY

Health can be confusing and, let's face it, most of us only think about our health when something goes wrong. Here are some ideas of the things you can do that will make a big difference to you and your whanau's health.

## Ko te painga kē atu kia whāngaihia ki te waiū BREASTFEEDING is BEST

It's a pretty well known fact that breastfeeding our pepi gives them the **best possible start in life**. That's why we want most of our pepi to be getting some breast milk until they're at least 6 months old.

### WHAT YOU NEED TO KNOW:

**Breast milk builds up your baby's immunity** to help fight bugs and sickness and their bones and bodies will grow healthy and strong. Plus breastmilk is cheap and babies love it and it helps babies and mum's bond too. Encourage and support mothers of young pepi in your whanau to breastfeed to give their pepi the best start in life.

Kāore i kō atu, i kō mai i te waiū hei  
oranga mā ngā pēpi, ā, he tino kai  
Breastfeeding gives our pepi the  
best start in life and they love it!



## He koretake te kore whakakite A no show is a NO GO!



If you, or any of your whanau have an appointment at the hospital but you know you can't attend, **please ring us** at least two days before so you can arrange another appointment. If transport's the problem or **if you are worried** about what to expect just **call us and have a chat**, we are here to help. You can phone us on (06) 753 6139. Ask for a Kaimahi Hauora in the Māori Health Unit if you'd like help through the systems at the hospital.

**If you or anyone** you know has not kept an appointment at the hospital is what we call a **DNA (Did Not Attend)**. If an appointment has been made for you it means something needs to be checked out. If you attend **you'll get help early** if help's needed. If you don't attend and you need help, the chances of getting more unwell are higher. Also, if you have an appointment and don't keep it, you've wasted time the doctors or nurses could have spent helping someone else, maybe your own whanau or friends. So please whanau, **spread the word** that a no show is a no go!

### CONTACT

**If you are worried about what to expect just call us and have a chat, we are here to help.**

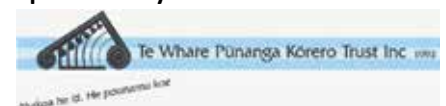
**You can phone us on (06) 753 6139. Ask for a Kaimahi Hauora in the Māori Health Unit if you'd like help through the systems at the hospital.**



## He mōhiohio anō For more info:

The Kaimahi Hauora in New Plymouth (Rawiri Doorbar and Raana Solomon) and Hawera (Denise Smith) can help you get information on the things covered in this newsletter, and anything else you would like help with. They can be contacted by phoning the Taranaki District Health Board on 06 753 6139. Lots of information is also available on [www.tdhub.org.nz](http://www.tdhub.org.nz)

Sponsored by:



Produced by:

