

South Taranaki forum update

June 2018

Taranaki DHB is committed to improving communication with South Taranaki people through the South Taranaki Community Health Forum and Taranaki Ki Te Tonga.

Taranaki Disability Information Centre Trust

provides accessible resources which will empower people with disabilities to make personal choices about their quality of life around the Taranaki region. Phone (06) 759 0019 or 0800 693 342 for more information.

Brains in Action - Cognitive Stimulation Therapy is a fun and successful way to improve cognitive function and/or reduce cognitive decline in people with dementia, and improve their quality of life. For more information phone 027 756 5872 or visit www.brainsinaction.co.nz

South Taranaki GP situation is currently well resourced and there is on going work being done to ensure it stays this way.

South Taranaki Women's Institute recently held their AGM where volunteer hours were just over 4100 hours.

The South Taranaki District Council encourages community members to report any unsafe footpaths or obstructions/safety concerns.

Coastal Care located in Opunake now have an independent social worker and physiotherapist along with many other services available.



Winter Readiness

- Get your flu vax** – from your GP or pharmacy
- Renew your prescriptions** early
- Stay warm** – wear coats and hats when outside
- Get plenty of sleep**
- Eat well** – fruit and veges when able
- Wash your hands** regularly – after toileting, coughing and before eating
- Exercise regularly**
- Cover your mouth** when coughing or sneezing
- Go to your chemist** for coughs and colds
- Stay home if unwell** – don't spread it around

Endorsed by Hawera local health professionals

TARANAKI
District Health Board

