



Tēnā koutou

This newsletter celebrates events and services that can support people whose lives are affected by a disability.

Let me know what you would like included in future editions.

Kind Regards

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A Quote of note... “ “To be honest, I don't practise all that much," the 74-year-old says. "I run every other day. Sometimes I only do 10km, other days I'll do 14km and once a week I'll do some sprint training." Peter Hanson may be 74-years-old but that isn't stopping him representing New Zealand on the world athletic stage.

<http://www.stuff.co.nz/sport/other-sports/4992070/Athlete-hurdles-the-age-barrier/>



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Safety packaging

Some tablets and capsules are required by law to be supplied in 'blister' safety packs, which makes the medicine more difficult for a child to access. Pharmacists are also required to dispense certain liquid medicines, considered more toxic to children, in bottles with child resistant closures e.g. paracetamol. Child resistant closures make the container more difficult for a child to open, but can also be a problem for older people or those with conditions such as arthritis.

If you find blister packs or child resistant closures difficult to manage, tell your pharmacist. Medicines can be dispensed in ordinary bottles in these circumstances.

If young children live with or visit you, talk to your pharmacist about having all medicines dispensed in containers with child resistant closures.

Storage

To prevent accidental poisonings, store all medicines out of reach and sight of children. For more information please visit <http://www.medsafe.govt.nz/consumers/safe.asp>



For over-65s, fitness is freedom

Older people can gain muscle mass, improve cardio vascular health, **and certainly lose weight well into their 80s and 90s** just by increasing the activities of daily living asserts Dr Walter Thompson, Professor of Kinesiology at Georgia State University

<http://www.stuff.co.nz/life-style/wellbeing/4956971/For-over-65s-fitness-is-freedom>

Cancer experts give Aussies tough warning on the grog

Australian cancer authorities are warning people to avoid drinking, saying new studies overturn earlier beliefs and tightening the links between alcohol and lethal tumours.

www.nzherald.co.nz/world/news/article.cfm?c_id=2&objectid=10723666



The Australian Cancer Council recommends that to reduce their risk of cancer, people limit their consumption of alcohol, or better still avoid alcohol altogether.

It is estimated that 5,070 cases of cancer (or 5% of all cancers) are attributable to long-term, chronic use of alcohol each year in Australia.

www.cancer.org.au/policy/positionstatements/alcohol.htm



PND Marlborough is now a Charitable Trust

Awareness and Information in support of perinatal mental health

At PND Marlborough it is our vision to create a society where the significance of the journey to parenthood is recognised and that parents are valued and supported. That society will accept that perinatal mental illness is sometimes part of this transition.

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Tips to keep healthy and safe through winter:

KEEP WARM – EAT WELL

- If you or a family member is sick, visit your GP early for advice.
- To help stay warm, eat warm food, have hot drinks and dress yourself and any children in your family in layers of warm clothing, even when you are at home.

Don't be afraid to ask for help, especially from your family or neighbours. Keep an eye out for each other, especially if there are vulnerable people in your neighbourhood such as those who are elderly or unwell.

For more information about keeping warm this winter please read:

www.msd.govt.nz/about-msd-and-our-work/publications-resources/brochures/keeping-warm-healthy.html



- Influenza is a major killer. Currently more than 400 people die each year in New Zealand from influenza. This year's influenza vaccine contains protection against a Brisbane-like strain which killed six children in Australia last year and which medical authorities in Europe are warning could be the most deadly influenza virus they have seen for 20 years.

Healthcare workers are at increased risk of catching influenza

- Influenza spreads easily from person to person through coughing and sneezing
- Influenza can also spread from contaminated surfaces and from hand to face contact
- Healthcare workers are at increased risk of catching influenza from patients
- Patients are at risk of catching influenza from healthcare workers
- For high-risk patients, contracting influenza can be severe and life threatening
- Immunisation is the best way to protect your co-workers, patients and yourself from influenza

The annual Seasonal Influenza Immunisation Programme runs till the end of July using this year's seasonal influenza vaccine which also protects against pandemic influenza H1N1 2009 (swine flu). As is the case every year, this vaccine will be funded for people in higher risk groups, but others will also be able to receive it from their GP.

For more information please phone:

Immunisation advice line
0800 IMMUNE 0800 466863

Or Visit:

www.moh.govt.nz/influenza-a-h1n1