

HealthNews

NELSON MARLBOROUGH HEALTH WWW.NMDHB.GOVT.NZ NELSON (03) 546 1800 MARLBOROUGH (03) 520 9999 APRIL 2017



GET THEM TALKING

Start a conversation that counts with your family and whānau about what matters to you when you near the end of your life. Advance Care Planning gives everyone a chance to say what's important to them. It helps you, your family and your healthcare team plan for future and end of life care. The Advance Care Planning website has lots of free resources to help you prepare your plan.

www.ADVANCECAREPLANNING.org.nz/ctc/

our voice
to tātou reo



BOARD TALK

With winter approaching it is time to protect yourself and your family from the influenza virus. We may not have had a 'flu season last year, but this doesn't mean we won't have one this year. Elderly people, pregnant women, infants and people with certain medical conditions such as asthma or heart conditions are more likely to get very sick from influenza. As a healthcare organisation we vaccinate our staff to protect our patients, visitors and clients from infectious viruses like influenza and we encourage families to do the same. The influenza vaccination is safe, effective and cannot give you the 'flu'. Talk to your GP, midwife, pharmacy or healthcare provider about getting your injection today.



Jenny Black

Jenny Black, Chairman
Nelson Marlborough Health

STAND UP TO FALLS

Did you know in Nelson Marlborough 673 people over 50 are hospitalised after a fall each year?

Falls are also the main reason why older people lose their independence.

Get a WOF for your WALKING STICK



Too high, too low, won't do the trick,
And a worn out tip can end in a slip.
Next thing you know you've got a broken hip!

Don't let this happen to you.

FREE walking stick WOF's are available region wide.

Have the 'tip and fit' of your walking stick checked at:

Nelson:

Collingwood St Pharmacy • Hardy St Pharmacy • Life Pharmacy Nelson City
• Life Pharmacy Prices • Stoke Pharmacy Hurst & Taylor

Richmond:

Mobility 4 U • Access Mobility • McGlashens Pharmacy

Motueka:

Bay Pharmacy • Life Pharmacy • Unichem Pharmacy • Greenwood Pharmacy

Marlborough:

Access Mobility • Community Care Pharmacy • Picton Health Care Pharmacy



MATERNITY SERVICES SURVEY

We want to hear your thoughts about the current maternity services in our region.

We would like recent or current users of our maternity services, including fathers, partners and support people, to take part in a survey.

Share your thoughts about our current services, what we

can do better and if we need to consider different options. The results will help us improve our configuration of maternity facilities and services.

The survey will take about 10 minutes to complete.

Go to nmdhb.govt.nz/maternity-survey.



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- facebook.com/wairauhospital
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