

The Asian Network Incorporated 2019 Autumn Newsletter

A flu shot may be free for you



Flu immunisation is free for New Zealand residents, citizens and some visa holders from a doctor, nurse or qualified vaccinating pharmacist from April till the end of December, if you're in one of these groups:

- Anyone aged 65 years or over
- Pregnant women (any stage of pregnancy).

Flu immunisation is also free but only from a doctor or nurse if you're in these groups:

- People under 65 years of age (including children) with long-term health conditions such as heart or respiratory disease, severe asthma, diabetes, cancer and other serious conditions that can put you at greater risk of complications from influenza.
- Children aged four and under who have been hospitalised for

chest or breathing problems or have a history of significant chest or breathing-related illness.

Influenza is not the same as a cold. It is a more serious disease that can also make other existing medical conditions worse. Getting an influenza or 'flu' shot may reduce the severity of the infection, even when the vaccine doesn't prevent the influenza virus itself, a recent study has shown.

The finding is especially important for people aged 65 years and over. This group experiences up to 90 percent of flu-related deaths and more than half of flu-related hospital stays.

And, if you're between 65 and 80 years old, ask if you're also eligible for free shingles immunisation.

Check out www.fightflu.co.nz to find out whether you qualify for free flu immunisation or call 0800 IMMUNE 0800 466 863.



TANI Events 2019

Please pen down these events on your calendar!

17th Annual Asian Forum

Wednesday, 17 April 2019
9:00am – 3:30pm
Fickling Convention Centre
546 Mount Albert Rd,
Three Kings

Collaboration with PHF

IUHPE 23rd World Conference on Health Promotion

7th -11th April 2019
Rotorua

Chinese Health Seminar

Wednesday, 29 May 2019
10:00am – 12:00noon
Pearce St Hall,

Onehunga Community Centre
3 Pearce Street, Onehunga

TANI Regional Network Meeting

Tuesday, 25th June 2019,
10:00am – 12:00pm
Western Springs Garden
Community Hall

956 Great North Rd, Western Springs

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Congratulates on QSM award!

Mr Virinder Aggarwal is one of the founding members of the Asian Network Inc in 2002 and a current chairperson.

The Asian Network provides a platform to assist Asian communities residing in Aotearoa, New Zealand, by identifying and responding to the needs of these communities through information sharing, training opportunities, health education and addressing their wellbeing issues at various decision-making tables.

We are grateful to have Mr Aggarwal as part of our Governance team and wish him the very best for the future years.

Team TANI



Strengthen communities with health literacy

Connecting with communities and health messages

Team TANI outreached to diverse communities and shared health messages and health programme information.



“Community Health Literacy Program”

continuously delivered by team TANI to the community Auckland wide in order to improve their capacity to find, understand, and use health information and services, hence make effective decisions more independently for the prevention and management of their health

Collaborating in promoting Flu immunization



TANI team supported the Immunisation Advisory Centre (IMAC) for their annual advertising campaign to promote influenza Immunisation and develop a poster with Asian image to appeal the message for Asian community. The image will be used in posters for display in health service waiting rooms and bus shelters. The National Immunisation Coordinator acknowledged and appreciated TANI support and providing network.





Healthy Babies Healthy Futures (HBHF)

We are a public service initiative organised by the Waitemata and Auckland District Health Boards with the aim of giving babies and toddlers a healthy start to life! We run workshops, and offer a free texting service (expert advice sent directly to your phone!) to pregnant mums and mums with babies less than 4 years old

We also run very interactive and informative workshops where mums learn how to live a healthier lifestyle. Examples of the workshops are – how to shop

smarter, how to read food labels, healthy cooking demonstration and SO MUCH More! Come join in the fun, meet other Mums, learn some great tips or relax and enjoy a hot cuppa!

The Asian Network Inc (TANI) delivers this service to the South Asian population in the WDHB and ADHB areas. Currently we are running a workshop with Sri Lankan Mums. Some quotes heard from them 'I have started implementing most of the healthy eating advice with my family from the first week of the workshop...' 'This is such a great workshop and everybody should take part ...'

Please check out the website <https://healthybabies.org.nz/> and contact me directly for more information- Nutan – 022 464 7448 or nutan@asiannetwork.org.nz



Your community pharmacist

Do you have a spot or mole that you've "always been meaning to check"? Some pharmacies now offer a skin check programme. Appointments are not required. Enquire at your local community pharmacy today to see if they offer a skin check service.

Urinary Tract Infections (UTIs) are a common condition which typically affect women. Symptoms may include pain and a burning sensation when urinating, nausea and vomiting, pain in the lower back or sides, and even blood in the urine. If left untreated, UTIs can lead to serious complications, so it's important to discuss any concerns with us once they arise. Did you know that many pharmacists can provide advice and treatment for UTIs in women aged between 16 and 65 years, saving you a trip to the GP? Appointments are not necessary, however a consultation fee applies.

Do you struggle to keep track of which medicines to take throughout the day, and when to take them? Many pharmacies offer a medicine management service, using compliance packing to pack your medicines according to the directions from your doctor, which may help you to better manage your medicines. Check with your community pharmacy to see if they offer these services. Or visit pharmacyplace.co.nz for more information. (source: Waitakere Health Link)

Developing communication strategies for young Asian women's health

TANI team took part in the research project that was initiated by the Ministry of Health's National Screening Unit by coordinating and facilitating three focus groups for those young Asian women living in lower social-economic area in Auckland and Christchurch.

The purpose of this research was to inform the National Screening Unit's strategy for improving communications and improving the engagement into the cervical screening programme for the least screening coverage group of young women.

The respective focus group meetings were held on 19th February in West Auckland, 22nd February in South Auckland, and 27th February in Christchurch.



DIABETES SELF MANAGEMENT SUPPORT

1 DAY WORKSHOP
FREE, Whanau welcome to attend

Asian Specific
Saturday April 27th 2019 | 9.30am-3:30pm
Auckland PHO
Level 4, 210 Khyber Pass Road, Grafton.



Understand Type 2 Diabetes
Monitoring & Management
Healthy Lifestyle
(Food, Physical Activity)
Preventing Complications
Medication Adherence
Living Well with Diabetes

If you've been diagnosed with diabetes, one of the best things you can do is attend a diabetes self-management workshop. These are designed to help you develop the skills, knowledge and confidence to keep well and reduce your risk of complications.



Regular breast & cervical screening can save lives

Free Breast & Cervical Screening schedule for Counties Manukau
(South and East Auckland Residents)

Breast screening (Mammogram) saves lives by finding breast cancer early when it can be treated before it grows or spreads. Call 0800 270 200 for Breast Screening appointment now.

Regular Cervical screening (smear check) can prevent 90% of most common form of cervical cancer. Cervical screening every three years is the best way of finding and treating abnormal cell changes and preventing cervical cancer from developing. Call 0800 729 729 for cervical screening/ smear appointment.

Free BreastScreen (Mammogram) for women aged 45-69 years

Main screening site is at Manukau SuperClinic

We also have subsites at:

- Mangere Community Health Centre

- Mercy Radiology –
- Botany SuperClinic
- ARG Howick
- ARG Pukekohe

• Mobile van at various locations- e.g. Pakuranga, Highland Park, Clevedon, Beachlands

Call for an appointment 0800 270 200 or email:

bscm@middlemore.co.nz



Free Cervical Screening (smear) for women aged 20 - 69:

We provide free smears at Manukau Super Clinic, Botany SuperClinic, Otara and Mangere Community Centre.

Call for an appointment 0800 729 729 ext 3 or email :

supporttoscreening@middlemore.co.nz

Grant funding available for physically disabled children

The Wilson Home Trust is a private Trust, based in Takapuna Auckland, who provide services and support to physically disabled children and young adults up to the age of 22 and their families, in the upper North Island.

One area of support the Trust provides is financial support via its grant funding programme. Funding rounds take place monthly, and there are several types of grants available

• **Equipment and Activities** --- For activities such as Riding for the Disabled, Music Therapy, Swimming Lessons.
--- Equipment not funded by Ministry of Health such as theratogs, specific sport wheelchairs, gravity chairs.

• **Holidays** --- The Trust will assist with accommodation costs for holidays in New Zealand

• **Counselling** --- Available for any member of the family who may need additional support.

• **Emergencies** --- To assist with urgent unexpected costs which families can't afford to pay.

Application forms, eligibility criteria and details of the dates for each round are available on the Wilson Home Trust website www.wilsonhometrust.org.nz/grants/. You can also call the Wilson Home Trust staff on 0800 948 787, or 09 488 0126 or email info@wilsonhometrust.org.nz

if you would like further information about their grant funding or if you need help completing an application.



The Wilson Home Trust

For Children with Physical Disabilities

www.wilsonhometrust.org.nz

Camp Awhi 2019 – Annual children's burn camp

... 2019 saw 25 young burn survivors attend MOUNTAIN VALLEY Camp, Napier.... yet another successful event organised to support and benefit those young children throughout NZ that have sustained burn injuries. The Camp provides a wonderful environment for the kids to be kids, workshops for support and a ton of fun activities to share.... at the end of these 5 lifelong relationships have been formed. With the incredible support from local organisations ie. Napier Fire Station, R.R. Team, McDonalds, Laser tag, Napier bikes, Gannet Tours and Splash Planet the children along with the supportive leaders and volunteers where given the opportunity to experience fun times. Burn Support Group would like to THANK all those for their generous contributions towards the Camp.

2020 will see Camp taking place at Teapot Valley, Nelson... for further information please visit the website www.burns.org.nz/helpingyou/camps



GUESS WHAT??

Free health advice
when you need it



Healthline

0800 611 116

www.healthline.govt.nz

“Call Healthline for free advice from our trained registered nurses. Healthline nurses can help you any time - 24 hours a day, 7 days a week. Phone calls are free from within New Zealand – this includes calls from a mobile phone. Call Healthline if you're feeling unwell – but not sure whether you need to see a doctor needing some advice about a family member or friend who's sick (if you are with them), On holiday and want to know where the nearest doctor or pharmacy is. Our Healthline nurses are specialists in assessing and advising over the phone.”

Funding available for children with Down syndrome

Being able to speak is so fundamental to who we are, that it can be easy to take it for granted. Often, it's not until we're up against a language barrier, lose our voice to an illness, or are struggling with a dodgy Skype connection that we realise how important being able to communicate is to us. For children with Down syndrome, the ability to communicate is never taken for granted. For the majority, it will take a concentrated effort from parents, schools, and speech language therapists to ensure these awesome kids can express themselves and unlock their potential through the power of speech. Unfortunately, the specialist speech therapy required to ensure this is no longer available through the Ministry of Education. So, if you know a child with Down syndrome, tell them and their family about UpsideDowns.

We can provide between 50% and 100% of speech therapy costs up until the age of 18. We currently fund over 160 children in all corners of New Zealand and of all different ethnicities. We have further information on our website – www.upsidedowns.co.nz – in English, Mandarin, Hindi, Maori, Samoan, and Tongan.

upsidedowns
education trust

GIVING A VOICE TO KIDS WITH DOWN SYNDROME

Waitakere Health Link - Babies Out West Brochure

The Babies Out West brochure provides information about services from pregnancy and childbirth to counselling and parenting education available in West Auckland. Brochures are distributed through Waitakere Hospital maternity, midwives, and Plunket, and also available at all health and social service organisations in the west and CABs, Libraries, GPs, kindergartens, day cares etc.

An A3 version can be downloaded from the Waitakere Health Link website <http://waitakerehealthlink.org.nz/babies-out-west/> or email info@waitakerehealthlink.org.nz or phone 839 0512 to request brochures to be posted to you.



Citizens Advice Bureau

Te Pou Whakawhirinaki o Aotearoa



Free clinic for family matters at CAB

The Remuera Eastern Bays branch of the Citizens Advice Bureau has been operating a successful Family Matters Clinic since 2016. The clinic was set up in response to high numbers

of enquiries related the Family Dispute Resolution Service operated by the Ministry of Justice.

The clinic offers a free one-on-one, confidential appointment with an experienced family mediator. The branch manager, Tess Porter reports that the clinic has been able to help clients by giving them advice and referrals suited to their particular circumstances. Clients calling the CAB about complex family issues may be offered clinic appointments. This type of clinic is new, and was developed by Barbara McCulloch who works as a Family Mediator. Barbara donates her time to support the clinic.

Enquiries can be made to: **Remuera/Eastern Bays Citizens Advice Bureau** at 4 Victoria Avenue, Remuera, Auckland Open 9am – 5pm weekdays. **Phone** 09 524 0298 **Email:** remuera@cab.org.nz www.cab.org.nz

Training opportunities for people with learning difficulties

'Our Business Enterprise department of Spectrum Care Trust has two exciting training opportunities for people with learning difficulties aged 18 and over. In a 10 weeks program in Term 2 (or 3) the participants learn about Health & Safety, equipment basics and the safe handling of machinery, as well as doing weed-eating, leaf blowing and lawn mowing in the Lawns Training Program, in the Small Engine Repair course they will learn the core basics of small engines and some helpful easy fix steps.

All participants will receive a certificate by completion of the course. The course comes to a cost of \$95 and \$165 each. Please email us under thelawns@spectrumcare.org.nz or call 0275533271 for more details.'



Stress management workshops

Join our free mindfulness based group programme to help reduce stress, anxiety and depression.

When: Tuesday 10am -12noon
Thursday 4pm - 6pm

Where: Fresh Minds, Manukau, Westfield Mall, Level 2 (life next to Burger King)

Book now: Ask reception or enquiries@freshminds.co.nz or 0800 356 111 for more information

What you'll learn over the four sessions:

- * how the mind and body responds to stress, anxiety and depression
 - * self compassion
 - * skills to help you live well
 - * how to feel calmer, more content and better able to concentrate and relax
- Hopsted by a Dr Balveer Sikh

Are you feeling stressed, anxious or not able to enjoy life?

fresh minds.
by ProCare

**No one is invincible.
Don't drive distracted.**

Driver Distraction campaign

In the Auckland region between 2013-2018, there were 277 serious injuries and 26 deaths due to drivers who had their 'attention diverted' and driving impaired. The number of distracted drivers is increasing due to the increase of people using Smart Phones while driving and in car entertainment/electronics, as well as other distractions such as looking at something on the side of the road, diverted by food, cigarettes, or passengers, or by people being emotionally upset. These distractions can cause drivers to

take their eyes off the road, their hands off the steering wheel and their minds off the road. A distraction for more than a second can significantly increase the likelihood of a crash or near crash.

For Auckland Transport's new Driver Distractions campaign, AT teamed up with popular Kiwi stuntwoman and actress Zoë Bell, to create a video for social media and cinema advertising. This campaign highlights that Driver Distractions are dangerous, even for Zoe. The campaign aims to change behaviours of 18-54 year olds.

Zoë has performed stunts in Hollywood movies such as Kill Bill, Thor Ragnarok and Iron Man and was a stunt double for Lucy Lawless in New Zealand's Xena: Warrior Princess. More info and the video - <https://at.govt.nz/driving-parking/road-safety/distractions/>



Noise

Noise that is too loud can damage your hearing forever

March is Hearing Awareness Month – it's a great time to get your hearing tested. Please read more information about [hearing tests](#) on Health Navigator. Read more about hearing tests on Health Navigator. It's also a great time to learn how to protect your hearing every day. The Ministry of Health provides tips for [managing exposure to noise](#).

If you only spend a short time near a loud noise, the damage to your ears may not last. Your hearing can return after a few hours away from the noise. But if you keep spending time around a loud noise, your ears can't recover and the damage lasts for life.

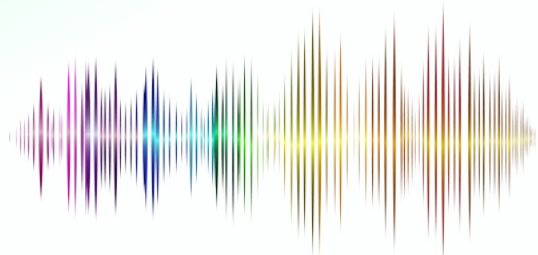
Whether you're at home, or out and about, it's important to protect your hearing.

* Keep the noise level down – remember that devices like mp3 players and car stereos can damage your hearing if turned up too loud.

* Use noisy equipment only for short amounts of time – the louder the noise, the faster it can damage your hearing.

* Wear earplugs or earmuffs if you're in a loud environment or using noisy equipment.

If you're worried about noisy parties or other neighbourhood noise, contact your local council.



Need Healthcare Information?

Go to www.healthpoint.co.nz

Health Point is a healthcare services information directory which provides empowering and accurate information to



What are you looking for?

Search for a suburb, name, service or keyword



New Community Strength & Balance Classes

Indian Association Manukau NZ

YOGA Yoga aims to improve your quality of life through enhancing flexibility, improving breathing habits, minimise stress, improve muscle tone/strength, improve sleep patterns and promotion of inner wellbeing and relaxation. Participants are seated on or supported by a chair. Routines are designed for persons with mobility limitations but are suitable for the able bodied.

Venue: 57 Hillside Road, Papatoetoe, every Sundays

Time: 8:00am – 9:00am Cost: \$5 per class

Class Level: Level 1 – limited mobility and Level 2 – reasonable mobility catered for

New Waters Tai Chi beginning in East Auckland

An enjoyable Tai Chi for Arthritis exercise programme, with a sequence of easy flowing exercises that are low impact and gentle on joints. These exercises are designed to improve balance and core strength.

Venue: Sommerville Intermediate School, 39 Sommerville Road, Howick, Auckland

Day(s) of the Week: Tuesdays and Thursdays Time: 6:15pm-7:15pm Cost: \$5 per class for those referred

Level: This class is suitable for those people who can stand for a minimum of 30 minutes - Level 2 reasonable mobility class.

We have a variety of classes to suit all levels across Counties Manukau. View the website for a list of all the approved classes. **Bookings for all classes are essential.** Please use the enrolment form <https://www.ageconcernauckland.org.nz/strengthandbalance> or phone Community Central on 0800 262 368 or for more information please phone our Age Concern Counties Manukau office on 09 2794331



**LIVE STRONGER
FOR LONGER**
PREVENT FALLS & FRACTURES

Parenting Through Separation

Dates:

Saturday 20th April	10am-2pm
Wednesday 24th April	6pm-10pm
Saturday 4th May	10am-2pm
Thursday 9th May	6pm-10pm
Saturday 18th May	10am-2pm
Thursday 23rd May	6pm-10pm
Saturday 1st June	10am-2pm
Thursday 6th June	6pm-10pm
Saturday 15th June	10am-2pm
Thursday 20th June	6pm-10pm
Saturday 29th June	10am-2pm
Thursday 4th July	6pm-1ppm
Saturday 13th July	10am-2pm
Thursday 18th July	10am-2pm

Cost: This course is fully funded by the Ministry of Justice and there is no cost to you.

Register: to register or for more information, contact Jess Hale - ph. 818 6834, email: jessh@lifewise.org.nz

Lifewise Family Services:
3131 Great North Rd,
New Lynn



Glenfield Playgroup
Glenfield Library- Every Monday from 9.30am to 10.30am

Blockhouse Bay Playgroup
Blockhouse Bay Community Centre- Every 2nd & 4th Tuesday from 9.30am to 11.30am

Te Atatu Playgroup-Mandarin Story Time
Te Atatu Library- Every Thursday from 10.30am to 11.30am

Pakuranga Playgroup
11 Reeves Road, Pakuranga-Every Friday from 10am to 12noon

Glenfield Playgroup
Glenfield Library- Every Friday from 11am to 12.30pm

Orewa Playgroup
Orewa Library- Every 2nd & 4th Friday from 11am to 11.30am

Call us on 0508 00 88 00

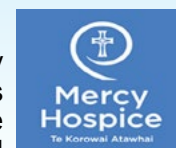
Visit us at www.kuddles.co.nz

Mercy Hospice Celebrate the Chinese Lantern Festival

The 'Year of the Pig' was celebrated on the 11th of February 2019 by a gathering of Chinese patients and their families at Mercy Hospice; a free service that provides palliative care for people living in the Auckland District Health Board area. Organised by Jane Lai - Chinese Cultural Liaison - This was the second time Mercy Hospice has marked the Chinese New Year.

Over 40 people attended, including nine Chinese patients and their families, others from the local Chinese community. The event aims to raise awareness of palliative care in the Chinese community.

Families were then treated to a range of traditional performances by the Epsom Chinese Association. A Chinese 'Advanced Care Plan' resource was launched by Maree Goh and Jane Lai who work as part of the Auckland Palliative Outcomes Initiative (POI), followed by a traditional Chinese meal. It was an enjoyable event and Mercy Hospice would like to continue to mark the event annually. (picture: the Epsom Chinese Association perform traditional dances at Mercy Hospice in celebration of the Chinese Lantern Festival)



Hurihia Matou
ki te haere tonu whakarangatira ngaa hapori

CHANGE TOGETHER FORUM
TO CONTINUE
GROWING CONFIDENT COMMUNITIES TOGETHER

Guest speaker:
Maori Climate Commissioner
Donna Awatere Huata

Everyone is welcome to join us
on Saturday, 18 May 2019 from 9:00 am to 1:30 pm
at Mt Roskill War Memorial Hall (13 May Road, Mt Roskill for a gathering of community-minded and solution-oriented people



Humanity is on a collision course with Nature.
A damaged Nature will survive. We may not.
We can take actions to reduce the impact of climate change.
Collectively we can make a big difference.

For more info please call 027 532 6251 or email info@earthactiontrust.org.nz



Mental Health Association
in Taiwan

2nd Global Summit for Mental Health Advocates, 2019



5-6 October, 2019 Taipei Taiwan

It is an honor for Mental Health Association in Taiwan to be hosting the coming of 2nd Global Summit for Mental Health Advocates 2019 in Taipei, Taiwan. The Global Alliance build the unique platform that bring together those dedicated to mental health from the globe. It will be an invaluable forum to exchange knowledge and strengthen the network during the summit.

"Prioritizing Mental Health Promotion" as the 2019 theme will craft an exciting opportunity for delegates to present results and assess progress on strategies to promote mental health in various settings and populations. Recognizing the emerging challenges of aging population and the raise of technology usage, we also hope to address issues on gender and how best to promote mental resilience in schools. With effective strategies and tools which can ultimately strive towards achieving optimum health and well-being for all. We believe that "none of us is as smart as all of us."

Organizer: Mental Health Association in Taiwan (<http://www.mhat.org.tw>). e-mail: mhat.tw2@gmail.com

The Asian Network Inc. (TANI) cordially invites you to



17TH ANNUAL ASIAN FORUM

*A collective approach for ageing population and Asian older people:
an insight from the community, NGOs and Government agencies*

When: Wednesday 17th April 2019

Time: 9:00am – 3:30pm

(Door open from 8:30am for registration)

Where: Fickling Convention Centre

545 Mt Albert Road, Three Kings, Auckland

COME ALONG AND JOIN THE FUN WITH US!

HELLO
Kia Ora
Talofa
Marhaba
Mālō e Lelei

DIVERSITY FESTIVAL

NAMASTE
Sat Sri Akal
Nî Hào
Bula
Salam

6th APRIL 2019

10am – 5pm
Hayman Park, Manukau

CULTURAL SHOW | FASHION SHOW | DANCE COMPETITION | KIDS PERFORMANCES | CELEBRITY MEET UP | CULTURAL FOOD

For More Information Contact: 0274 274 6401
www.diversityfestival.co.nz

Free Shuttle for staff and patients



Now stopping at Manukau and Papatoetoe train station. Visit countiesmanukau.health.nz for more information.



**Manukau
Train Station**

Manukau SuperClinic
(Main entrance)

Middlemore Hospital
(Building 26/ Kidz First)

Lambie Dr Office
(on request)



**Papatoetoe
Train Station**

Come celebrate with us

Disability & Age-friendly

AWARENESS DAY

SATURDAY 13TH APRIL 2019

10AM – 3PM

Fun filled event for the whole family!

FACE PAINTING
BALLOONS
KIDS STANDS

WHEELCHAIR TAI CHI
WHEELCHAIR SELF DEFENCE
SIGN LANGUAGE MUSIC
KOREAN DRUMS
AGE 70+ CAN DANCE
INDIAN DANCE AND MORE!

St Kentigern College, GYM 1, 130 Pakuranga Rd, Pakuranga

Come celebrate disability awareness, health and wellbeing. Talk to one of the 40+ stall holders specialising in disability and wellbeing. Get your questions answered, learn something new, enjoy the entertainment and have fun!

BROUGHT TO YOU BY



#Wanna talk

Asian Youth Life Skills & Wellbeing Workshop

Life is full of ups and downs and sometimes we struggle to cope. This workshop is designed to give you some of the skills we all need from time to time get through some of the tougher days. It might also help friends and family understand the issues you're working through and how they can help.

Date & Time: 21st May 2019 7pm – 9:30pm

Venue: Dove Theatre, Kristin School (Gate2, 360 Albany Highway, Albany)

Key speaker: Mr. Patrick Au (Registered Psychiatric Nurse & counsellor)

Dr. Hyeen Kim (Lecturer, Laidlaw College Inc, & Registered counsellor with NZAC)

Attendee: Asian youths (age 14 to 18) and their families and friends. Certificates of completion will be available for participations on the day

RSVP: Please contact Hannah Lee by 17 May 2019 with your name, age, and spoken language (for interpreting service support)

Email: Hannah.lee@waitemataadhb.govt.nz
phone: 09 487 1321 Mob: 021 240 9584

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