

Highlights from TANI's Health Promotion Action and community engagement

16th Annual Asian Forum on Determinants of Health Including Mental Wellbeing



Quarterly Regional Network Meetings to refresh community information and support



Health Literacy Program: Health Talks, Chinese, Korean, and Japanese Health Seminars



(continued at the second page)

TANI Events 2019

Please pen down these
events on your calendar!

TANI Regional Network Meeting

Wednesday, 20 February
10 am - 12 pm

Western Springs Garden
Community Hall

956 Great North Rd,
Western Springs, Auckland

Chinese Health Seminar

Tuesday, 27 February
10 am - 12 pm

Pearce Street Hall,
3 Pearce Street, Onehunga

17th Annual Asian Forum

Wednesday, 17 April
9:30 am - 3:30 pm

Fickling Convention Centre
546 Mount Albert Rd, Three
Kings, Auckland

Collaboration with HPF

IUHPE 23rd World Conference on Health Promotion

7th - 11th April 2019

Rotorua

In This Issues:

TANI Health Promotion for Asian Communities	pg 1-2
Asian Health Initiatives	pg 3
Healthcare Information & Support Services	pg 4-5
Safety Services & FVP Information	pg 6-7
Community News & Events	pg 8

From The Desk of The Chairperson

Kia ora!

Here is the latest summer bulletin that brings you a great information on various wellbeing initiatives & services around you.

Major activities of the Spring season have been; the graduation of two of the Healthy Babies Healthy Future mother groups, a very successful Asian health seminars (Chinese) & health talks (Korean) across wider Auckland region. We have also organised two cultural tours and migrant women mentoring programme in collaboration with the Auckland Council. In the current year, more than 3500 families have benefited by our various initiatives and it continues to grow every month. Glimpses from these activities are highlighted in this issue.

I wish all our readers a very healthy transition to the new year and encourage you to stay safe and take precautionary measures while taking part in outdoor and water activities like, swimming pools, beaches, fishing and so on, this summer.

Please keep sending us your feedback and suggestions to improve this newsletter. Merry Christmas and Prosperous New Year to all our readers. May the New Year bring joy & happiness in everyone's life.

Virinder Aggarwal

(Chairperson, TANI)

Highlights from TANI's Health Promotion Action and community engagement (continued)

Community outreach for health messages at Chinese New Year Festival, Lunar Festival, Japan Day, Korean Day



Cultural Tours and physical activity for ethnic communities





Healthy Babies Healthy Futures (HBHF)

The Asian Network Incorporated (TANI) has been delivering a MoH initiative of Healthy Babies Healthy Futures (HBHF) for South Asian mothers for more than four years. We conduct this programme for Pregnant and lactating mothers with babies under four year. One vital component of HBHF initiative is the Community Learning Programme (CLP), where our lifestyle coach facilitates the participating mothers to learn about nutrition, physical activity and a healthy lifestyle. In this programme, mothers learn to how to focus on their health to make the entire

family healthy and active. We conduct CLP workshops on various locations in Auckland to provide the South Asian mothers with a platform to participate and learn from each other experience. In our last programme, participating mothers learnt about Lifestyle disease in New Zealand, Healthy choice, Reading Food labels, Market Savvy and grocery on a budget, Healthy food preparation and Physical Activity.

Mother was excited after learning the skill of food labels reading. The aim of the session was to prepare the participants to effectively buy healthy food, based on the provided information on food labels. On completion, mothers were able to read and understand different types of food label such as star rating, Nutrition panel, pick the Tick and Traffic lights. This CLP has been conducted in Wesley community centre in Mount Roskill.

Bushra Ibrahim (Associate Registered Nutritionist)
HBHF Coordinator for South Asians

Tel: 022 464 7448 Email: bushra@asiannetwork.org.nz



Living Smokefree Service, Counties Manukau Health

One stop shop for help to stop smoking

Freephone 0800 569 568

Free Text "NOW" to 590

Facebook I HangTuffSmokefree2025

FREE support

Local people helping local people

Individual, whaanau/family or group setting

Home visits or phone support

Drop in Clinics (including after hours)

Quit Bus Visits

White Ribbon supports men to commit to taking at least one of these eight actions to show their respect. They're the right thing to do and when you take The Pledge, we will send you information on how to build these into your life.

- Listening and believing women.
- Reflecting on and changing their behaviour.
- Disrupting other men's violence towards women.
- Treating women as equals.
- Choose how to be a man and how I will act.
- Talk to a young man about breaking out of the Man Box (more information below).
- Think about what they watch and the media they use.
- Talk with young men about respectful relationships and pornography.



**"I will standup, speak out and
act to prevent men's violence
towards women"**



Tips for guarding against Legionnaires' disease:

1. Wash your hands thoroughly after handling compost, soil or gardening, and before eating, drinking, smoking or placing hands near the face. Wash your hands even if you wear wearing gloves.
2. Minimise dust when working in the garden. Dampen dry compost heaps before turning or use. Water compost heaps and bedded plants using a gentle spray.
3. Do your potting in a well-ventilated area or outdoors.
4. Instead of ripping them apart, open compost and potting mix bags carefully using scissors. Open the bag slowly, and keep your head and face well clear.
5. Avoid touching your face or mouth with your hands while gardening.
6. Fold over and clip (e.g. with a clothes peg) the top of compost bags when not in use.
7. Avoid storing compost in greenhouses which heat up and encourage legionella bacteria to grow.
8. Store bagged compost in a cool, dry place but not in sun.
9. Consider wearing a dust mask when handling potting mixes or spreading compost. These should be thrown away after a day in the garden and wash your hands before removing the mask.
10. Follow manufacturer's instructions on the bag of compost or potting mix.



For advice contact Health line on 0800 611 116 or your GP.

A TRIP THAT HELPED ME SOAR LIKE A PHOENIX

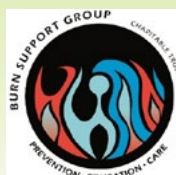
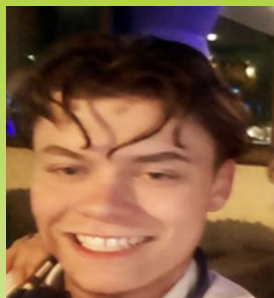
This year I had the honour and privilege of being able to attend an International convention, Phoenix World Burn Congress. Personally for me, many things were experienced over the course of this week. For the first time since I became a burns survivor I felt completely and fully content with my surroundings and the people in it. I felt as though I was a part of a community who understood how I felt and the mental and physical battles I had to endure from my burns. I felt supported and completely accepted. On a daily basis we as survivors have to deal with an utterly foreign image and complexion of ourselves, we have been changed from what we know to something completely different. It is hard to describe and put fully into words.

This event has given me memories and knowledge that I will always cherish. Mostly it has helped me soar like a phoenix and learn to accept me for the survivor that I am.

Thank you to the NZ BURNS SUPPORT GROUP that gave me this opportunity.

If you are a burn survivor and would like to know more about the opportunities offered please visit the website www.burns.org.nz, you never know, you too could share in a event that just may help you soar as well....

by **Joshua Sade-Inia**



Support for carers

Carers NZ was established over 20 years ago to provide advice and information to New Zealand's 420,000+ family carers. We can all expect to give or receive family care during our lives, at times of illness, disability, after surgery, or for other reasons. This can take a massive toll on individuals and families; mentally, physically, and financially.



Kailey Spicer, who supports her mother who has Huntington's Disease, says that Carers NZ has provided her with a sense of community, as well as practical support. "The world of a carer is one that's not fully understood by those who aren't carers. Family carers play an important role in society."

She also notes that the sense of isolation that carers experience can be profound.

"Caring is a common human experience, but the carers need help too," says Carers NZ CEO Laurie Hilsen.

Caring for yourself is the best thing you can do for the person you support. Knowing what funding and other help is available is another way for carers to look after themselves. To request a free Carers NZ infopack and other resources, phone the helpline **0800 777 797** or visit its website to download for free, www.carers.net.nz

Vege Up

Vegetables.co.nz supplies information and recipes on vegetables available in New Zealand. Vegetables.co.nz is a popular site with Health Promoters. The recipe section is easy to navigate – simply type in the name of the vegetable and click on 'search' to see recipes and photos of dishes. You can also find the 'how to cook' videos [here](#). The [veg up recipe leaflet](#) translated into Chinese is available free of charge.



Eliminate hepatitis by 2030

Hepatitis Foundation of New Zealand chief executive Susan Hay says several things can be done to eliminate hepatitis by 2030. These include increasing diagnosis of HBV infection, encouraging all HBsAg-positive New Zealanders to join the foundation's monitoring programme, linking everyone with active hepatitis (CHB) to anti-viral therapy, and linking all HBsAg+ people for HBV CURE clinical trials by 2023.

Hepatitis B affects older people who weren't vaccinated under the national programme introduced in 1989. People of Maori, Pacific Island and east Asian descent are most at risk. New Zealand has a high migration of southeast Asian - predominantly Chinese - and Pacific Island people. There are 120,000 New Zealanders living with CHB.

"We estimate 50 percent of people with hepatitis B are diagnosed, but only 7000 are being treated," Susan says. "There should be three times this number. This means we need to use our patient register nationally to ensure those who need treatment get it."

The foundation's national enrolment register helps track hepatitis management progress, while its long-term monitoring of people with hepatitis B improves liver health outcomes. Through this programme, the foundation cares for 25,000 New Zealanders with hepatitis B. To enrol please phone 0800 33 20 10 or email hepteam@hfnz.nz.



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

Sun safety tips

While summer is a time for hitting the beach, swimming and spending time outdoors in the glorious sunshine, it's wise to remember to protect yourself from the sun's harmful rays. So here's our top tips for staying safe in the sun over summer.

Cover up: always cover up when you're out in the sun. Remember to cover up as much as possible when at the beach and swimming

Wear sunglasses: the sun can cause serious damage to your eyes so always wear sunglasses when you're outside. Remind kids to wear sunglasses – they're never too young.

Use sunscreen: always wear sunscreen. Make sure you apply it about 15 minutes before going outside and re-apply it every couple of hours. You must re-apply it more often if you've been swimming or you've sweated a lot.

Stay in the shade: if you're spending time outdoors, look for shade. This could mean sitting under a tree, bringing sun umbrellas or tents to the beach or seeking shade in the shadow of a building.

Stay out of the sun between 10am and 4pm: the sun is at its fiercest between 10am and 4pm. Try to stay out of the sun during this part of the day.

Keep an eye on your skin: get regular skin checks and get to know your own skin. Make a mental note of your freckles and moles and, if they change, bleed or itch, or if new ones appear or you have any concerns whatsoever, see your GP or skin specialist straight away.

(sources from Health Navigator New Zealand)



Exciting training opportunities for people with learning difficulties

The 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 1 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 \$165 each. Please email us underthelawns@spectrumcare.org.nz for more details.



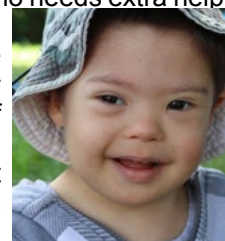
UpsideDowns
education trust

GIVING A VOICE TO KIDS WITH DOWN SYNDROME

The UpsideDowns Education Trust was established in 2003 to support the language and communication needs to children with Down syndrome. The Trust currently has funds available to assist with the costs of private speech - language therapy for children from birth to 18 years with Down syndrome who cannot otherwise afford this opportunity.

If you have a child with Down syndrome who needs extra help to develop their communication, you can receive 50 - 80 % of the costs of private speech therapy. In some cases, you may be eligible to receive 100 % of the cost of therapy.

For more information, please contact Sarah on 022 123 0944 or sarah@upside Downs.co.nz



Renting of a residential property – a minefield?

A client was renting a property that has recently been sold as a tenanted property. The new owner/landlord gave the tenant a new tenancy agreement to sign, which included a higher weekly rent, even though the existing tenancy agreement with the previous owner was still valid. The tenant wanted to stay in the rental property and asked the CAB for help. Our trained volunteer was able to reassure the client that in his case the house was not sold as a 'vacant possession' the original tenancy continues and the new owner becomes the new landlord with the same rights and responsibilities of the previous owner. We navigated our client through his various options as it is our aim to empower clients through making informed decisions.

At Citizens Advice Bureau (CAB) North Shore branches we receive many questions from tenants (and some landlords) about their rights and obligations when renting a residential property. The specific responsibilities relating to a tenancy are specified in a written tenancy agreement which should be agreed and signed by all parties to the tenancy.

At the five CABs North Shore, our trained volunteers receive questions and queries from a wide range of clients. Questions may relate to tenancy issues, employment, migrant information, budgeting, family and personal issues or simple things like where you can find a social event. Our advice is given free and is confidential.



CAB Branches: Northcote, Takapuna, Birkenhead, Glenfield, Browns Bay
Hours: 9.00am to 4.30pm.
Phone: 0800 367 222
Website: www.cab.org.nz Facebook: www.facebook.com/CABNorthshore

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.”

Safety message during Christmas holiday season

As the Christmas holiday season is drawing near, there are some key safety messages that we all should remember, especially for homeowners:

- Record the serial numbers of expensive electronic items and photograph these and other valuables. You are able to store the vital information by visiting www.snap.org.nz
- Get sensor lights fitted.
- Keep valuables out of sight i.e. jewellery, cameras, electronic gadgets, gifts.
- Install an alarm system. Make sure you on your alarm when you are not at home.
- Keep garden sheds and garages locked when not in use and make sure those ladders are tucked away.
- Lock your doors and windows, stop your mail and paper if you are going away for some time (for example, a holiday overseas) or arrange for someone to collect it. Make sure you informed your neighbors to look out for your property.
- Keep the house secure when you are out in the garden or yard.
- Use a chain on the door - don't open the door to strangers, unless the chain is attached.
- Note down registrations of any suspicious vehicles - often burglars will scope out a place beforehand. Notify Police after that.
- Don't drink and drive - you will be caught. Arrange for a sober driver to get you home. Seek to protect your family and friends too, if they have been drinking socially at work functions or special Christmas gatherings.
- Be vigilant for ourselves, as well as for our neighbors.
- Be aware - do not take anything for granted.
- Join or form a Neighborhood Support Group. Your community constable will have some details.

MERRY CHRISTMAS
and
HAPPY NEW YEAR



by Raymong Wong (Asian Liaison Office, Waitemata Police District)

Speak out against elder abuse

With the holiday period almost here, it is an important time to check on the older people in your life- whether it's family, friends or even neighbours. As many as one in ten older people in New Zealand will experience some kind of elder abuse. The majority of cases will go unreported.

The abuse can be psychological, financial, physical or sexual. It may be intentional or unintentional. It affects people of all ethnicities, genders and socioeconomic groups. If you are worried that you or someone you know may be experiencing elder abuse, speak out.

A free, confidential telephone helpline is available, all day, every day, for help and support. Anyone can call 0800 32 668 65 (0800 EA NOT OK) whether you are being abused or are concerned for someone who might be. Translation services are available. For more information, please visit the SuperSeniors website at www.superseniors.msd.govt.nz

ELDER ABUSE
IT'S NOT OK
SPEAK OUT
CALL 0800 EA NOT OK
0800 32 668 65
superseniors.msd.govt.nz/elderabuse

CRAB FISHING SAFETY

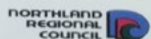


Before you go crab fishing, know the 4 simple rules to help you stay safe

- 1 Be prepared**
- 2 Watch out for yourself and others**
- 3 Be aware of the dangers**
- 4 Know your limits**

DON'T PUT YOUR LIFE ON THE LINE

For more info visit: www.watersafe.org.nz



Tomorrow will be better:

A Chinese Resource for Suicide Prevention

Understanding the cultural context in which suicide occurs is critical for the development of effective strategies in reducing suicidal behaviour in the Asian community. Asian Family Services and a group of Chinese clinician and researchers formed the Chinese Suicide Prevention Advisory group to develop a Suicide Prevention Resources



for Chinese people to address the issues of suicide among the Chinese community. You can find the resources in Mandarin and Cantonese speaking videos alongside with the Report on the Development of Suicide Prevention Resources for Chinese People.

We apologise in advance that the videos did not provide any translation. The Chinese Suicide Prevention Advisory group made a conscious decision not to translate the resources into English. Languages represent culture, and the direct translation would not accurately represent the contextualised information.

Suicide Prevention Resources in Mandarin Language https://www.youtube.com/watch?v=RKL_6vNXjN0&t=46s

Suicide Prevention Resources in Cantonese Languages <https://www.youtube.com/watch?v=yzPBCLDYreA&t=205s>

Report on the Development of Suicide Prevention Resources for Chinese People (Oct 2018) <https://www.flipsnack.com/busternexha/suicide-prevention-resources-report.html>

2019 Chinese New Year Festival & Market Day

Our festival to welcome the Year of the Pig is being held in Halls 3 & 4 of the ASB Showgrounds, **217 Greenlane West, Auckland 1023 on Saturday, 2 February 2019 between 9.30am and 4.00pm**. Auckland Chinese Community Centre Inc has been organising an annual Chinese New Year celebration for over 30 years. The Festival has grown in popularity over these years with attendance now by nearly 30,000 persons.

Our 2019 Chinese New Year Festival & Market Day (with **free entry**) will feature the following activities:-

- Grand Opening by Prime Minister at 10.00am with Lion/Dragon Dance
- Over 200 specialist stalls selling traditional & exotic Chinese hot delicacies, Chinese New Year foodstuffs, Chinese traditional arts & crafts, & promoting advisory services
- Extensive entertainment programme of Chinese cultural songs, dances & musical items
- Outdoor entertainment programme of martial arts, tai chi and other Chinese activities
- Other entertainment and games & rides for children



Date: February 9th 2019

日期: 2019年2月9日

날짜: 2019년 2월 9일

Time: 11am - 6pm

时间: 早上11点-下午6点

시간: 오전 11:00-오후 6:00까지

Location: Northcote Town Centre, Lake Rd, Northcote, Auckland

地点: Northcote 中心, Lake Rd, Northcote, Auckland

장소: 노스코트 타운 센터,레이크 로드,노스 코트,오클랜드

2019 Northcote Chinese & Korean New Years Festival

欢庆猪年

2019 노스코트 차이니즈 & 코리언 새해 페스티벌

Free Entry

免费入场

무료입장



1st Global Summit for Mental Health Advocates 2018 (Singapore)



With the support of Lunbeck and World Federation for Mental Health, Silver Ribbon (Singapore) hosted the 1st Global Summit for Mental Health Advocates on 4 & 5 Oct 2018. This was to commemorate World Mental Health Day 2018, to launch the Global Alliance for Mental Health Advocates. - the theme was 'Unite for Mental Health'.

The Global Alliance serves as a platform to connect all stakeholders across the world to share best practices and resources on mental health promotion and advocacy, improving the quality of those with mental health issues & their caregivers, leading to a more gracious society. 22 local and 17 overseas speakers from 14 countries were invited to share their knowledge and skills with 229 representatives from the parliament, mental health organizations, agencies, grassroots, hospitals, school institutions, voluntary welfare organizations, etc.

Andrew(Lu) and I did a presentation entitled 'My Recovery Journey' where we shared insight from our own lived experience of recovery in mental health, giving examples of the supports and treatments that were helpful for our recovery. We shared our wellness tools, WRAP(Wellness Recovery Action Plan), meaning and purpose we found, and our dreams and vision for the future.

Mental Health Association in Taiwan will be hosting the coming of 2nd Global Summit for Mental Health Advocates 2019 in Taipei, Taiwan. (5-6 October 2019). The Theme: Prioritizing Mental Health Promotion. <http://www.mhat.org.tw/node/828>

(By Debbie Siau)



ARTHRITIS
NEW ZEALAND

KAIPONAPONA AOTEAROA

Want information about
arthritis?

VISIT www.arthritis.org.nz

On the bottom left hand side of the home page we have a translation service so you can read all the information in your language. Just select the flag of your language.



Give us your feedback

After you have looked at our website we would love to hear your feedback.

Go to the page "get-involved/share-your-opinion".

This has a survey which is only in English. Either complete this or complete the form below it where you can write your feedback in your language.

We would really appreciate your feedback.



IUHPE

23rd World Conference
on Health Promotion

7-11 APRIL 2019 ROTORUA,
AOTEAROA NEW ZEALAND

WAIORA:

Promoting Planetary Health &
Sustainable Development for All

Register NOW!

- Don't miss the **biggest event for health promotion professionals**, 2000-3000 participants from all over the world, only once in every 3 years!
- Organized by **IUHPE - International Union for Health Promotion & Education**, world's most prominent professional organization for health promotion, in official relations with WHO, and the **Health Promotion Forum of New Zealand**.
- Conference theme: **WAIORA: Promoting Planetary Health and Sustainable Development for All**
- For more information: <http://www.iuhpe2019.com/>

Call for volunteer to help fight New Zealand's single biggest killer

With one in five Kiwis dying from heart disease, the Heart Foundation is calling for people to join with it and help tackle the sobering health statistic, by volunteering as street collectors for its Big Heart Appeal 2019. Heart Foundation Medical Director Gerry Devlin says every year around 6,000 New Zealanders die of heart disease. While the time commitment for volunteers is small - a few hours on one day - the reward is huge and will play a vital role in the fight against New Zealand's single biggest killer, heart disease. Street collections take place on Friday 22 February and Saturday 23 February 2019.

"Since the Heart Foundation was founded 50 years ago, we've seen a phenomenal reduction in death from heart disease but there's still a lot that needs to be done. Not only does heart disease remain our single biggest killer but we have more people living with heart disease than ever before all around New Zealand."

Funds raised during the appeal are used to support heart-related research and specialist training for cardiologists. Visit <https://www.heartfoundation.org.nz/volunteer> to sign up for the Big Heart Appeal street collection.



Auckland South East Asian Society

ASEAS

Presents

Cultural Performances

Food

Music

South East Asian Christmas Celebration

Sunday 2nd December 2018

3pm - 6pm

Mt Eden War Memorial Hall,
489 Dominion Rd, Mount Eden, Auckland

More information facebook.com/aseas2016/

Building Connections within and Across Communities.

The Incredible Years for children age of 5 to 12

Period: 1st Feb (Fri) - 5th April (Fri) 2019 for 10 Weeks

Time: 09:45am - 12:15pm Cost: FREE

Venue: 44 Taharoto Road (Lower Ground
Training Room, WDHB building), Takapuna

Asian Mental Health WDHB is running the 5th Incredible Years Parenting Group in Korean language. It will be a greatly helpful venue for the Korean families who have desire for their children's brighter future in looking at the potential of the child. Please note registration due date and contacts below: Asian Mental Health Service (Hannah/Mina)

와이테마타 지역 보건부의 아시아 정신건강 서비스에서 한국 부모님이나 어린이보호자들을 위한 자녀양육 프로그램 (**the Incredible Years** 해당 아동연령 5세~12세)를 모국어로 10회동안 무료 실시합니다.

어린이들의 성공적인 미래를 계획하고 계시는 분들과 자녀양육에 자신감을 얻고자하시는 분들에게 유익한 기회가 될 것을 확신합니다.

금번 그룹 부모교육과정은 전 세계적으로 널리 알려지고 실 생활에서 그 효과가 입증된 부모역할교육과정이며, 부모님들에게 유익한 정보를 제공하고 실습하게 함으로써 자녀들과 바람직한 관계형성과 더불어서 그들의 행동발달과 사회성을 키울 수 있는 실질적인 지침을 제공하게 됩니다.

참여를 원하시는 분은 아래를 참조하여 예약 신청해 주십시오

신청기간: 2019 년 1 월 25 일 까지,
전화: 487 1321/1328 : 이 하나/ 이미나 (문자 신청) 021 240 9584
e.mail 신청: Hannah.lee@waitematadhb.govt.nz
mina.lee2@waitematadhb.govt.nz