

Christchurch
Phone: 03 364 7844
Fax: 03 379 6125
chic@cdhb.health.nz

Ashburton
Phone: 03 307 6902
Fax 03 307 8081
ashburton.chic@cdhb.health.nz

Timaru
Phone: 03 687 2600
Fax: 03 688 6091
timaru.chic@cdhb.health.nz

Greymouth
Phone: 03 768 1160
Fax: 03 768 1169
westcoast.chic@cdhb.health.nz

Issue 30 January / February 2012

Get Ready for Walk 2 Work Day in March

There are many good reasons to walk. It's fun, free, and good for your health. Walking to work will also help you have a happy healthy start to your day. Walking is great for the community as it allows people to become familiar with their neighbourhoods and encourages them to shop locally and boost the local economy. Walking can also help reduce road congestion.



Walk 2 Work Day is being organised by Living Streets Aotearoa. Living Streets Aotearoa is New Zealand's primary advocacy organisation for people on foot. Living Streets actively encourages more people to walk for some of their journeys, and to combine walking with public transport.

For more information, visit www.livingstreets.org.nz, or contact your local representative [Canterbury (03) 366 2645, West Coast (03) 768 1160 ext 716]

CHIC has the following resources you might want to use to encourage or promote walking:

- PHY0022 Be Active Every Day: Physical Activity for Adults - shown
- PHY0003 Push Play
- PHY0021 Green Prescription
- PHY0014 Be Active Every Day Poster
- PHY0012 Push Play – Walk Poster
- PHY0013 Push Play - Walk Dog Poster



Source: Living Streets Aotearoa website

New Resources

Our men's resources has some new awesome additions on prostate and testicular cancer:

- **MEH0006 Detection is in your hands** - shown
- **MEH0008 One life, One Chance A3 Poster**
- **MEH0009 One Life, One Chance Pamphlet**
- **MEH0010 Your Family Needs You A3 Poster**



Menz Sheds (MEH0007) promotes places where men can share their skills and connect with others.

We have added two new posters and one new resource about increasing your vegetable intake:

- **NUT0055 Try to make at least ½ half the meal vegetables** - shown
- **NUT0052 Eat Your Colours - Yellow Poster**
- **NUT0053 25 Ways to Eat more Vegetables**



The CDHB has introduced unofficial translations of the two key Ministry of Health cervical screening resources to improve access for migrant women:

- **Cervical Smear Tests: What Women Need to Know** is available in Cambodian, Japanese and Korean (**WOH0118, 115 and 116 respectively**).
- **Understanding Cervical Smear Results** is available in Chinese (**WOH0117**) and Thai (**WOH0114**).

Other new resources recently added are:

- **MED0116 Information about Hepatitis C A5 Booklet**
- **MNH0050 Worried About Gambling** pamphlet on problem gambling - shown
- **MNH0051 Get in the Game: Training for Happiness A3 Poster**



Update on the new Christchurch Community and Public Health Office

The new Community and Public Health office at 310 Manchester Street will open in late February 2012. All previous direct dial phone lines and fax numbers will be restored. All C&PH resources have been updated with the new Christchurch office address and the revised C&PH email addresses (@cdhb.govt.nz has been replaced by @cdhb.health.nz).

Order resources online at www.cph.co.nz/resources

Deleted and Revised Resources

Revised Resources

The following Ministry of Health resources have recently been revised—check you have the latest version:



- **DRU0087 The Quit Book** A5 Booklet (HE10106). Revised September 2011 - shown
- **WOH0022 Menopause.** A5 Flyer (HE4141) Revised & Reprinted December 2011
- **MED0168 Year 7 Immunisation** (HE1503) Revised & Reprinted December 2011
- **MED0145 Year7 Immunsation** (HE1313) Revised & Reprinted December 2011

Also Community Energy Action (CEA) pamphlets have now been replaced by flyers, they are as follows

- **ENH0007 Warm Babies**, (formerly titled New Baby? Cold House?)
- **ENH0010 Elderly Health** (formerly titled Senior Citizen? Cold House? Poor Health?)
- **ENH0011 Energy Advice Service** (formerly titled Comfort, Warmth Health)

Deleted Resources

These resources have been deleted and are no longer available:

- MAH0041 **Being Active when you live with Mental Illness**
- MAH0042 **Physical Activity for Mental Well Being**
- PHY0006 **Going to the Gym**
- PHY0009 **Water Activities**



Update on a couple of Ministry of Health resources

The following resources are in the process of being revised (the current versions are shown):



- **NUT0097 Feeding your Baby Infant Formula** (HE1306) is being redesigned with new imagery.
- **NUT0028 Eating for Healthy Vegetarians** (HE1519) is expected early February.



Awareness Dates

February	Hui-tanguru
Bike Wise Month (10th Anniversary)	
1	Go by Bike Day
4	World Cancer Day
6	Waitangi Day
11–17	Variety Charity Bash
13–19	Heart Foundation Heart Health Week
17–25	Neuromuscular Alliance Awareness
18–24	IHC Appeal Week
March	Poutu-Te Rangi
Endometriosis Awareness Month	
3	Children's Day
5-11	Well Child Week
12-18	Brain Awareness Week
22	World Water Day

CHIC may not stock resources for featured awareness days.

Useful Websites

Bike Wise www.bikewise.co.nz
Variety: The Children's Charity www.variety.org.nz
National Heart Foundation www.heartfoundation.org.nz
IHC www.ihc.org.nz
Muscular Dystrophy Association of NZ www.mda.org.nz
Endometriosis NZ www.nzendo.co.nz
Well Child Tamariki Ora www.wellchild.org.nz
World Water Day www.worldwaterday.com

Updated 2012 Stocklist

The latest up to date version is now current until April 2012. If you require an updated copy, please add to your next order or download from our website.

**From the Community Health Information Centre (CHIC) Staff
Free Health Resources. Supporting active and healthy lifestyles.**