

Northland Resource Unit- (NRU) Newsletter- Public & Population Health

Whangarei Northland DHB,
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WHANGAREI 0148

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Access and availability

**OPEN HOURS: Monday & Tuesday 7.30 am to 12.30 pm
Thursday & Friday 10.30 am to 3.30 pm**

Hello , Mālō e lelei , It's Tongan Language week during this month. Come in and see some of the new "other language" resources I have at the Resource Unit.

Orders

- Please email the completed print resource order form (attached) to resources@northlanddhb.org.nz
OR
- Place your order on www.healthed.govt.nz

Resources receipted into stock and now available



HE10144
Quitline Poster
Revised version.



HE10106
The Quit Book



HE1109 Time to Quit
Minor changes



HE1145
Eating Well for Healthy Older People
Minor revision

Hard Copies Out of stock – reprint or under revision



HE1102 Preventing HIV .
Under Revision with MOH

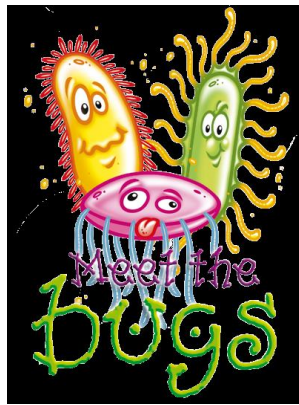


HE9024 Food for Health A2 Poster
Revision under discussion between HPA and the Ministry

You may be interested in



ENV 031 Information on how noise at high decibels affects hearing, potentially causing hearing damage by destroying cells in the ear



SAF012 Meet the bugs
Micro-organisms or bugs that cause illness are called pathogens. This pamphlet looks at some of the common pathogens that cause foodborne illness in New Zealand and gives advice on how you can avoid them.



WEL064 Connect with Nature English .
Released for Mental Health Week



WEL065 Connect with Nature Te Reo






WEL067 Connect with Nature Postcard



WEL066 Connect with Nature Chinese.






 <p>These videos can also be viewed online. Search BreastfeedingNZ. You can also share the DVD with friends and family since you have watched it.</p> <p>Breastfeeding Naturally.</p> <p>A supportive, informative DVD based on the real life experiences of New Zealand women and their families.</p> <p>Breastfeeding A natural part of life.</p> <p>MAT013 These videos can also be viewed online. Search Breastfeeding NZ. Limited copies.</p>	 <p>Give Your time, your words, your presence. BE ACTIVE Do what you can, enjoy what you do, move your body. KEEP LEARNING Embrace new experiences, see opportunities, embrace yourself. CONNECT Talk & listen, be there, feel connected. TAKE NOTICE Remember the simple things that give you joy.</p> <p>FIVE WAYS TO WELLBEING INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.</p> <p>WEL009 Five ways to wellbeing postcard WEL036 Te Reo Five ways to wellbeing postcard</p>  <p>ME WHAKAWAKANGA ME KŌKI, HE WHAKANGA, HE WHAKANGA KŌKI, HE WHAKANGA KŌKI, HE WHAKANGA KŌKI. TUKUA TE KŌKI HE A KŌKI, HE KŌKI, HE KŌKI, HE KŌKI, HE KŌKI. ME ARO TŌNU HE ARO TŌNU HE ARO TŌNU, HE ARO TŌNU HE ARO TŌNU, HE ARO TŌNU HE ARO TŌNU. ME KŌRI TŌNU WHAKA TE KŌRI HE KŌRI, HE KŌRI, HE KŌRI, HE KŌRI, HE KŌRI. ME AKO TŌNU WHAKA TE AKO HE AKO, HE AKO, HE AKO, HE AKO, HE AKO.</p> <p>Ē TAHI ARA E RIMA KI TE NGĀKAU ORA WHAKA TE ARA E RIMA KI TE NGĀKAU ORA, HE RIMA KI TE NGĀKAU ORA, HE RIMA KI TE NGĀKAU ORA.</p>
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HealthEd E-catalogue

Please email resources@northlanddhb.org.nz if you wish to receive a copy of the E-catalogue of HealthEd resources.

Awareness Dates - August - Here-turi-kōkā

1-31 st August @Heart Awareness month	www.heartnz.org.nz
15th-21 st Cystic Fibrosis Awareness Week	http://www.cfnz.org.nz/
26 th Daffodil Day 	http://www.daffodilday.org.nz/
29 th -04 Multiple Sclerosis Awareness Week See the website   as now available in NZ	http://www.msnz.org.nz/
TBC Tongan Language Week	http://www.beehive.govt.nz/release/pacific-languages-celebrated-year
31 st – 06th Asthma Awareness Week	http://www.asthmafoundation.org.nz

Awareness Dates - September -Mahuru

Cervical Screening Awareness Month	http://www.nsu.govt.nz/
Blue September Month –Prostrate Cancer	http://www.blueseptember.org.nz/
Leukemia & Lymphoma Month	http://www.lls.org/
Remember September – Students Against Drink Driving	http://www.sadd.org.nz/
Cerebral Palsy Fund Raising Month	http://www.cerebralpalsy.org.nz/

Northland Resource Unit may not stock resources for featured awareness days, please order in advance

Resource Unit (Public & Population Health Services) Free Health Resources.
Supporting active and healthy lifestyles

PRINT RESOURCES ORDER FORM

Organisation

Contact Person

Postal Address

Ph/ Fax/ Email

Today's Date

Fax to 09 4304493 Attention Maree Lamerton

Or scan to resources@northlanddhb.org.nz

NH use only:					
Resource Title	Resource Code	Quantity	No. sent	Date sent	Backorder

Healthy People.....

Healthy Communities

Health Information & Resource Unit,
Ph: 09 4304101, Ext 60608,
Central Stores Building, NDHB, Carparks 10-15, Hospital Road,
Child, Youth, Maternal Public & Oral Health Services

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