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How to contact us:

This newsletter is the property of Northern DHB Support Agency (NDSA), a shared services agency jointly owned by Auckland, Counties Manukau, and Waitemata DHBs. NDSA also provides services to Northland DHB as a client.

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An Intersectoral Collaboration to improve Asian Health

Asian people are believed to have low access rates to health services due to a number of factors such as language, stigma, and lack of information.

To address the last problem, **Kitty Ko**, the Asian Service Development Coordinator of Counties/Manukau DHB has taken an innovative approach to inform Asian communities on the mental health and addiction services that are available in the Counties/Manukau area. To ensure that the key information on mental health and addiction issues is covered, Kitty has teamed up with:

- **Mark Cheng**, Adult Rehabilitation and Health of Older People from CMDHB,
- **Ivan Yeo**, Chinese Like Minds Like Mine Project, and
- **Rebecca Zhang**, Asian Service, CADS

to embark on a community out-reach programme.

This team, with members coming from different Asian countries, share the same goal of seeking better health for Asian communities. They visit schools, churches and community groups and offer free seminars on the range of health services including mental health and addiction services currently available in the district and how to access them.

In the last month, presentations have been made to various religious organisations including the Buddhist Foundation and Christian churches, as well as the Citizens' Advice Bureau in Papatoetoe.

Responses from attendees have been very positive and encouraging. Anyone in CMDHB who wants to contact the team for a **free health information seminar** please contact Kitty: kos@middlemore.co.nz



The intersectoral team (left to right): Mark, Rebecca, Kitty, and Ivan

Hindu Elders Bridge the Cultural Gap with Visit to a Marae

Cultural understanding is to be built and happiness is to be shared.

Sunday 8 June 2008 was a historic day for many Hindu elders from the Mangere-based Hindu Council of New Zealand. More than 100 elders from the Hindu Elders Foundation, the senior citizens arm of the Hindu Council, paid a courtesy call to Te Puea Marae at Mangere Bridge to mark Maori New Year, Matariki, and also to enhance cross-cultural understanding.

They were traditionally welcomed by the elders and Kaumatua of the Marae and they exchanged gifts of goodwill and shared presentations by the leaders of both parties where they explained the cultural significance of various facets of each other's cultures.

It was indeed an historic and memorable day for most of the elders who came from India, as this was their first ever visit to a marae and they really appreciated the significance of assimilation in their adopted country.

The communities at Te Puea Marae were invited to a sumptuous vegetarian Indian lunch at the Hindu Heritage Centre, and the Marae elders and youth took this opportunity to further their understanding of the migrant community by accepting this honour and sharing meals with the Hindu elders.

The day ended with emotional farewells and prayers by both parties, with a promise to build up on the acquaintance built on Matariki of 2008.



What's On

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| 26 August | Cross-Cultural Interest Group Seminar at Botany Downs, Auckland
Topic: Spirituality, its relationship with Mental Health and Current Applications
Speaker: Dr. John Turbott, Consultant Psychiatrist
Contact: ValuF@adhb.govt.nz |
| 2-5 September | 18 th annual TheMHS conference
Theme: Be the Change You Want – Workforce Ingenuity
Venue: Auckland Convention Centre at The EDGE
Contact: info@themhs.org |
| 8-9 September | 3 rd International Asian Health and Wellbeing Conference
Theme: Building Healthy Communities: North and South
University of Auckland, Tamaki Campus
Contact: sw.kim@auckland.ac.nz |
| 11 September | 3 rd International Asian Health and Wellbeing Conference
Post conference Symposium, Christchurch
Contact: sw.kim@auckland.ac.nz |
| 10 September | Seminar sponsored by RASNZ and NZ Tamil Medical Association
Speaker: Dr. Daya Somasundaram
(Dr. Daya is a consultant psychiatrist at Glenside Hospital, Adelaide, Australia and Clinical Assoc. Professor in Psychiatry. Dr Daya was a refugee himself and is Australia's first "refugee scholar" at the University. He has just completed a study on collective trauma in northern Sri Lanka, comparing effects on the community of the chronic war with those of the 2004 tsunami which killed 31,000 Sri Lankans.)
Topic: Psychosocial needs of refugees
RSVP to admin@rasnz.co.nz |