

Asian and Refugee Mental Health Newsletter

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Northern DHB Support Agency

In this issue:

- Happy 2009 and Year of the Ox
- East Health Trust

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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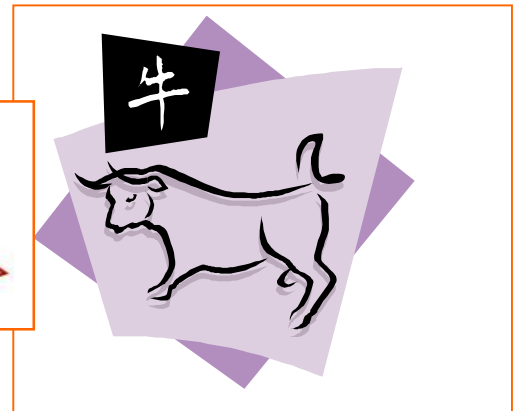
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Happy 2009 and Year of the Ox!

As the Year 2009 unfolds, the new Lunar New Year has also begun. This year is the Year of the Ox for the Chinese and the New Years Day fell on the 26th of January 2009. The Chinese years are symbolised in a cycle of 12 animals which are: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Sheep, Monkey, Rooster, Dog, and Boar. Each animal sign carries a special set of traits for the year and represents twelve different types of personality.

According to the Chinese astrology, the zodiac sign of Ox is a symbol of stability, reliability, hardworking, patience, and prudence. People who were born in the Year of the Ox are known to be dependable, calm, methodical, patient, hardworking, ambitious, conventional, steady, modest, logical, resolute, and tenacious but can also be stubborn, narrow-minded, materialistic, rigid, and demanding!

We hope that by working hard and being prudent, we are going to have a good and productive year in 2009!



Other than the Chinese, the Lunar New Year is also the most important festival of and celebrated by the Koreans, Malaysians, Singaporeans and Vietnamese.

Similar to other cultural traditions and events, the Lunar New Year also has a set of special customs and practices. There are lists of 'dos' and 'don'ts'. People are expected to follow the 'dos' and avoid the 'don'ts' in order to bring good health, good luck and prosperity to themselves and their families.



We warmly wish you and your family a great Year of the Ox!

Now please read on to learn about the good services of East Health Trust.



East Health Trust Primary Health Organisation
260 Botany Road
Howick
www.easthealth.co.nz

East Health Trust is a Primary Health Organization with approximately 80,000 people enrolled in the Howick, Pakuranga and East Auckland area. We have 20 Practices with approximately 68 General Practitioners and 70 Practice Nurses.

We run the usual Primary Health programmes such as Care Plus, Chronic Care Management, Smoking Cessation and support for Practices to deliver all these programmes. We also have an Adolescent Sexual Health program which entitles under-25 year olds to 3 free sexual health visits per year.

In addition to these we have an Eldercare program, catering specifically to the needs of those over 65 years of age. We have an active Health Promotions team, which is now providing Healthy Eating Active Lifestyles (HEALs) assessments and follow-up (similar to the Green Prescription).

In acknowledgement that our enrolled population has an ethnic breakdown which has been identified as 22% Asian we have a strong commitment to improving health outcomes and specifically working with these diverse and various Asian groups:

- We continue to monitor and support the Asian Health Foundation to implement a Healthy Eating project among South Asian Indians. This involved developing a healthy food guide for the Indian 'at risk' community.
- We financially and actively support Bo Ai She Chinese Mental Health Peer Support Group to deliver their programme in East Auckland.
- We support The Asian Network Inc to deliver 2 cultural competency workshops to enhance the understanding of health professionals in our area to deliver more appropriate health care to the Asian population.
- We support Watersafe Auckland to deliver programmes for Asian. The aim is to reduce drowning statistics among Asian. We support the delivery of 5 free Whanau Nui swimming lessons to Asian families and to deliver a Coastguard Boating Education VHF radio course to Asian living in East Auckland.
- We actively carry out 7 presentations per year, to KiwiLife Programme, for new migrants and settlers to our area and we have it translated into Chinese.

The Mental Health and Wellbeing programme is delivered and combined across all the programmes we deliver and specifically assists practices to identify and treat mental health issues within Primary care. We have a Psychologist working from a GP practice and a Psychiatrist working from a rural practice delivering a secondary care clinic as well as supporting the rural practice to manage their clients with mental health difficulties. We have had our Chronic Care Management Depression information brochures translated into Mandarin and we will provide translation services for those Asian people requiring counselling on the Depression programme if necessary.

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