

Pitopito kōrero

Quarterly newsletter from Regional Public Health - Wairarapa
Whiringa-ā-rangi 2015 | Summertime Issue

Issue 13

Public Health: working with you in our community



As this is the last newsletter of the year, we thought we'd give you some ideas to share with your families, networks and communities to make this time of year a little bit less stressful. Please copy and paste anything from our newsletters and include them in your own, and share them with your whānau.

Have a safe, happy and healthy holiday season.
Your team at Regional Public Health - Wairarapa.



Taking the pressure off Christmas

The festive season is looming fast. We all feel like it should be a time of joy and happiness, relaxing with family and friends. The reality is that for many, it can be a time of high stress, budget blowouts and family disharmony. Here are some practical tips to take the pressure off this Christmas season and take time to enjoy your families:

Plan ahead

- Decide on a budget and stick to it. Remember to include your regular outgoings such as rent, power, etc. Avoid using credit cards or in-store finance/special terms as they cost more in the long-run.
- Plan and budget your Christmas lunches and get-togethers. Spread the load and ask guests to bring a plate of food, or drinks to share. Think about your guest list before deciding on your menu and venue – little ones may enjoy a picnic outside, and finger food as opposed to a sit-down meal.
- Plan to join a Christmas club at your local supermarket – a few dollars each payday soon mounts up to a tidy sum by Christmas.
- Shop with a list – you don't want to be duplicating gifts or supplies.

Giving and receiving

- Decide on who you are giving gifts to and how much you can afford to spend. Buy gifts early to avoid impulse buying and allowing more time to hunt for bargains.
- Re-gift unused gifts from past Christmases or birthdays. This is sometimes called a 'mathom.'
- Encourage giving and receiving of home-made gifts, such as baking, homemade toys, sewing.
- Give vouchers for time or services. For example, an hour at the local park, movie night at home, lawn mowing, etc.

Share the load

- Give everyone tasks to do. Match tasks to talents and abilities. One idea is to make an advent calendar with a difference and write up tasks that are to be completed by Christmas.

Make it special

- Think about what is important for your family and don't be tied into traditional norms. Make your own traditions – brainstorm with all family members to see what is important about Christmas for them. The festive season doesn't need to be a chore. Get everyone involved in making it memorable, enjoyable and safe for everyone.

Remembering Summer

Remembering Summer

The memory of what you'd love to do again is on the rise. You'd run barefoot over the grass on a summer's evening.

The sky like candy in the west where the wind and the sun die down, watch light flickering in the bounce of water flowing over a cobbly bed of generous yellow, green and brown stones, your mother's voice calling you home.

BRIAN TURNER

From: *Dear Heart: 150 New Zealand Love Poems*
Edited by Paula Green, Random House 2012

Head lice

- When using hair treatments/chemicals to combat head lice please follow the instructions on the bottle!
- When head lice have laid their eggs, it will usually take about **7 days** for these to hatch. You will find that most of the treatments available work in with the life cycle of the head lice and will ask that you **re-apply the treatment again in approximately 7-10 days.**
- If the scalp/head has any open wounds **do not** use treatments/chemicals. This will irritate the scalp/head further and could cause more serious problems.

A mindful holiday season

The end of year is near upon us. Summer is beckoning and with it the promise of adventures and exploring. How do we prepare for summer holidays when there still seems so much to do?

Dr Christine Carter, Sociologist, writes in her blog about 'Three Steps to a Low-Stress, High-Joy Holiday Season'. She suggests a three-part plan for prioritising connections: scheduling the fun, the tasks and the necessary downtime.

Barrie Davenport, Personal and Career Coach writes that life is simply busier and more expensive during the holiday season. For some, the holidays are a reminder of lost or absent loved ones, feelings of loneliness, or financial difficulties and stress.

Here are a few of our favourite tips of simple ways to make Christmas all that we want it to be:

1. **Begin with gratitude.** Before you begin handing out the gifts and tearing in to them, take a moment to reflect on all of your blessings since last Christmas. Write them down. Look at all of the good you have in your life and be grateful.
2. **Release expectations.** Allow this Christmas season to be what it is without expectations or hopes for perfection. We are often disappointed when things don't go "as planned" during the holidays, so plan loosely and remain open to change. Embrace the reality of life as being part of the season.
3. **Keep it simple.** Part of releasing expectations is simplifying your Christmas season. If you over-schedule yourself with activities, shopping, and travel, you will be stressed and will miss out on the peace and beauty of the season.
4. **Spend time in nature.** Spend time outside absorbing the natural beauty of this time of year. The smells, the sounds, the climate of December are all part of the joyful anticipation of Christmas.
5. **Listen to beautiful music.** Everyone has their favorite holiday music, and it creates background mood for the holidays. Consider music that is peaceful and soothing to bring calm during this hectic time of year.
6. **Give mindful gifts.** Don't purchase a gift just for the sake of having something to give. Give something that is truly a gift for the recipient, something that lifts them up and makes them happy.
7. **Feed the birds.** Get a bird feeder as a family gift before Christmas and set it up near a window. It is such a simple and beautiful pleasure to watch the variety of birds looking for a good meal!
8. **Create simple, healthy meals.** We are often faced with an array of delicious, but often fattening and unhealthy food choices. Whenever possible, create simple and healthy meals to keep your eating choices balanced.
9. **Rediscover meaning and purpose.** As things begin to slow down in the days before Christmas and the week after, take some time to reexamine your own life to determine what is truly meaningful and important to you. Define and uncover your passion and purpose to begin the New Year with a fresh perspective.
10. **Take a drive or a walk.** Get in the car and take a drive just to look at the holiday lights and decorations. Or simply walk around your neighbourhood. Carry a mug of hot chocolate and a box of homemade cookies with you and make it an occasion.

For more tips, see:

<https://www.christinecarter.com/community/blog/>
or <http://www.barriedavenport.com/>

Then and now...

You may have met Rosemary Frizzell, one of our Public Health Nurses. This is one of her summers she remembers as a child with her sister and dad at Woodend Beach. A few years later, Rosemary [below] has fond memories of the beach.



Barbecue food safety: A message from Campbell Gillam, Health Protection Officer

Warm spring and summer temperatures and cooking food outdoors provide the ideal situation for pathogens to multiply and cause foodborne illness. This means we need to take special care when preparing, cooking and storing food for a barbecue. When talking with families, please emphasise the advice to **clean**, **cook** and **chill**.

Clean

- Wash and dry your hands before you prepare food and every time after you touch raw meat or poultry.
- Before you start handling food make sure all barbecue tools and all surfaces on which you put food are clean.

Cook

- Precook chicken, meat patties and sausages before barbecuing.
- Meats should be marinated in a covered container in the fridge, not on the bench.
- Don't place or prepare raw meat next to cooked or partially cooked meat or other ready-to-eat foods.
- Use one set of utensils for raw meat and poultry and another set for cooked food.
- Always wait until the existing food on the barbecue has been cooked through and taken off the barbecue before adding any more raw meat.
- Turn the food regularly so that it cooks evenly.

- Minced meat, meatloaf and sausages should be cooked until steaming hot right through, and pork and poultry juices should run clear – use a meat thermometer to check temperatures.
- Place cooked items on a clean plate, not one that was used for raw meat.

Chill

- When buying meat, if your trip back from the supermarket is likely to take more than 30 minutes, pack your chilled and frozen purchases in a chilly bin. Don't leave food in a hot car - perfect conditions for growing bacteria.
- Keep meat, poultry and other perishable foods cold until you are ready to cook them.
- Use an icepack and cooler bag or chilly bin to keep food cold outdoors.
- Store raw meat and poultry in the refrigerator away from other foods and below ready-to-eat foods.
- When eating outdoors, keep your food covered to prevent contamination from insects, birds and pets.
- Cover and refrigerate any leftovers as soon as possible after cooking.
- Throw out perishable food that you have left at room temperature for more than two hours.

Being SunSmart at events

Summer is an exciting time of the year! There are always a lot of events on offer over the hot summer months. Be it sport, music, art, community or school events, we need to remember how to be safe in the sun when we are out and about.

Remember the 6 **S** checklist:

Slip on sun protective clothing.

Slipping on a long-sleeve shirt is a great way of protecting yourself from those UV rays. Did you know that darker coloured clothing or clothing with a tighter weave increase your sun protection?

Slop on sunscreen.

To avoid unwanted sun damage reapply every two hours. Reapply more frequently if sweating or swimming.

Slap on a broad-brimmed hat.

This will cover up the most common places where we get sunburnt: our face, ears and neck. It is really important that teachers and grown-ups lead by example and wear an appropriate hat as well.

Seek Shade.

When out and about at an event, seek out a shade oasis. Find a place where you can sit out of the sun.

Slide on sunglasses.

When purchasing sunglasses, look for the words 'good UV protection' on the label.

Sip water to keep hydrated.

Check out Undercover Cody!

Make sure you introduce the kids to Undercover Cody this Summer at www.undercovercody.co.nz. Undercover Cody is the Cancer Society's SunSmart turtle from the Waikato/Bay of Plenty. Undercover Cody takes kids on an exciting and interactive adventure as he discovers how to become a SunSmart turtle.

Rap along to his music, look out for his Hiss Pop Splat story book and have a go at one of his fun SunSmart games!

Thank you to the Waikato/Bay of Plenty Cancer Society for this fantastic resource!

Also check out these fantastic SunSmart learning resources for teachers and parents at www.sunsmartschools.co.nz

Healthy fundraising

Often early childhood centres and schools rely on their communities to help them raise extra funds. Fundraising is a great way to involve families and communities in the culture of the school or centre. Unfortunately, many fundraising options fail to promote healthy messages that help support learning and wellbeing for our children.

Here are some fun and healthy alternative fundraising ideas:

- Selling produce from the centre or school garden.
- Producing a personalised recipe book, created by the parents and children.
- Organising a fun car rally, with cardboard cars made by your children.
- Fun run, a walk-a-thon or a trike-a-thon. For example, each participant could be sponsored for \$1 per lap.
- Jump Rope for Heart www.heartfoundation.org.nz
- Car washes.
- Garden tours.
- Selling sunscreen or first aid kits.
- Quiz night.

Snippets

New Mainly Music: **10am every Wednesday** during term time. In the building behind St Matthew's Church, Masterton.

Breast Friends is happening **every Wednesday**. Come along to talk anything breastfeeding, or text or call us on 027 390 2841 for phone support. For details about the drop-in centre see www.facebook.com/breastfeedingwairarapa

Regional Public Health – Wairarapa works to keep the community healthy by providing services that promote good health practices and prevent disease.

We go where you work, learn, live and play to help you stay healthy; health begins before you need medical care. Our vision is health and well-being for the members of our community most at risk.

The team is available for advice and practical help. If you would like a public health nurse or advisor to come to see you or for more information about public health services in the Wairarapa call (06) 377 9111 or visit www.rph.org.nz.