

Cancer Support

Many people who have had or cared for someone with cancer have said they found it hard to find out what services are available.

Hutt Valley, Capital & Coast and Wairarapa DHBs have put together a directory of cancer support services which will be updated every year.

To view the directory please visit www.huttvalleydhb.org.nz/cancersupport



Who are you?

If you are a woman, one in four will experience sexual violence sometime in your life. If you are a man it's one in 20.

Sexual violence can often be prevented if someone does something, however small, to prevent the assault.

The 'Who Are You' campaign focuses on what people can do to stop a possible sexual assault from happening.

As part of the campaign, a short film has been developed and can be viewed at www.whoareyou.co.nz

Board meetings

Community & Public Health Advisory Committee

9.00am Tuesday 25 October 2011
Capital & Coast DHB Boardroom

Hospital Advisory Committee
3.00pm Friday 28 October 2011
Capital & Coast DHB Boardroom

Board Meeting
1.00pm Friday 4 November 2011
Hutt Valley DHB Boardroom

Disability Support Advisory Committee
1.00pm Monday 21 November 2011
Hutt Valley DHB Boardroom



Free child dental care

Free basic dental care is available for all New Zealand children and teenagers up to 18 years of age. Enrol your child as early as possible into the Bee Healthy Regional Dental Service, as their first visit will usually be after their second birthday.

Bee Healthy started in March this year and replaces the previous school dental service. Three of the 11 new community dental clinics are now open, based in schools in Naenae, Cannons Creek and Stokes Valley. Titahi Bay, Johnsonville and Trentham clinics are due to open later this year, and five more will be built in 2012.

Many children will receive their dental care from a campervan sized mobile dental unit which will visit their school. Only those who need treatment will visit one of the new community clinics.

If you'd like more information, or to enrol your child, please phone the service on 0800 825 583 or visit www.beehealthy.org.nz

Measles, are you and your family protected?

Two young adults in the Wellington region have recently been confirmed as having measles.

Measles is a serious and infectious disease that is spread from person to person through the air by breathing, sneezing or coughing. As we have seen in Auckland, measles can spread rapidly. Measles can be prevented by immunisation, so it's important that you're immunised.

MMR (Measles, Mumps and Rubella) is a free vaccine and offers the best protection. Two doses are required to give maximum protection. These are usually given at around 15 months and four years, however you can receive the vaccine at any age after 12 months.

By getting immunised, you will not only be protecting yourself or your child, you'll also be helping stop the disease from spreading in our communities.

If you suspect you or your child is sick with measles please phone your GP or phone Healthline on 0800 611 116.

Measles symptoms include fever, cough, runny nose, sore red eyes and a skin rash.

For more information on measles please visit www.rph.org.nz

Meet our Surgical Admissions Team

At Hutt Hospital we've been working to make improvements to how patients access our services.

One of the things we felt we could do better is the process of admitting patients for their elective (planned) surgery. In the past, patients for certain procedures have spent the night before surgery in hospital, whereas with the right advice and care, some people can more comfortably spend the night at home and come into hospital on the day of their surgery.

Last month our Surgical Admissions Unit opened on the first floor of the new theatre and emergency department complex. The team of nurses and administrators, pictured from left to right, are front row Kahlia Hall, Kate Midgley, Maria Leonard and back row Sharlene Jones, Dianne Fuller, Rose Elsmore.

Their job is to ensure patients are ready for their surgery. Having this specialised unit means patients get a better service, and don't spend unnecessary time in hospital.



Healthy People

Healthy Families

Healthy Communities



Virginia Hope Wayne Guppy Katy Austin David Bassett Debbie Chin Peter Douglas Peter Glensor Keith Hindle Ken Laban David Ogden Iris Pahau John Terris



566 6999



www.huttvalleydhb.org.nz