

Sports events go pro-water this summer

Outdoor sports events in the Hutt Valley are going pro-water this summer, with some organisations not only promoting water as the drink of choice at their events but making sure people who attend them can access fresh and free water.

Total Touch Wellington coordinates 2,500 school children in touch rugby modules played at Hutt Park and Fraser Park during the first and fourth school terms.

This year Total Touch worked with Healthy Families Lower Hutt to find a portable hydration station that could be set up at each park.

Total Touch wanted to offer young players, volunteers and supporters fresh and free water every week, to discour-

age them from choosing less healthy sugar-filled options like juice, fizzy drinks and sports drinks.

"We gain a great sense of gratification knowing we can show leadership and make a difference through so many kids in our competitions," says Total Touch Director, Bronwyn Jahnke.

The hydration station also follows Total Touch to all events they help organise, including the recent Pasifika Choice Fun Family Touch Tournament at Hutt Park, which is owned by Pacific Health Service Hutt Valley.

The Pasifika Choice Tournament is four years into its Smokefree and Fizz Free event kaupapa (policy). Healthy Families Lower Hutt



Above: Jodie-Ann Webster and Perise Iupeli warm up the crowd at the Pasifika Choice Fun Family Touch Tournament.

also worked with Hutt City Council to re-design 'Player of the Day' certificates so they promote drinking water, as well giving the child a free entry to any Hutt City Council swimming pool.

The portable hydration station is also making appearances at other pro-water events like Lower Hutt Primary Schools Sports Association's Interzone Events.

Right: Zoe So'otaga and Mason Henry fill up from the hydration station at a touch rugby module at Hutt Park.



Read more news at www.huttvalleydhb.org.nz

Quick work reassures patient



Wainuiomata man John Quinn (pictured above) had a sore knee for some time and when it suddenly got a lot worse he went to see his Hutt City Health Centre GP who immediately considered the possibility of a blood clot (deep vein thrombosis or DVT) in his lower leg.

John's GP quickly phoned the Person-Centred Acute Care (PACC) service which organised an urgent blood thinner injection at the After

Hours Medical Centre for him that evening and an ultrasound scan the next day. The service sorted out the appropriate paperwork to ensure the cost of treatment would be covered and assured Jim there would be no charge.

It was good news for Jim that the ultrasound confirmed the problem was a burst cyst and not DVT.

John is feeling better and he's impressed by how quickly everything was set up for him.

"It all happened really fast and everything was taken care of for me so I just had to turn up. And I still can't believe it all cost me nothing."

- John Quinn

Hutt Valley DHB is working in partnership with other healthcare providers to provide better quality health care for our community.

You can read more stories like John's in the DHB's new publication *Striving For Excellence Quality Accounts*. See our website for your copy: www.huttvalleydhb.org.nz.

HVDHB meetings open to the public

Friday, 16 December 2016
HVDHB Board 1.00 pm.

Boardroom, Pilmuir House,
Hutt Hospital Campus,
High Street, Lower Hutt

Keep soil safe don't risk legionellosis

Keep soil safe this summer when you are gardening to protect yourself from catching legionellosis.

Legionellosis is caused by Legionella bacteria, which are often found in compost, potting mix, mulch and soils. You can become infected if you breathe in dust or fine water vapour. People at highest risk are the middle-aged to elderly, current and ex-smokers, people with other serious illnesses, or people with poor immune systems.

When working with compost potting mix, mulch and soils:

- work in well ventilated areas
- open bags away from your face with scissors
- wear a secure fitting mask and gloves (the double-strap type with a nose clip)
- dampen the soil before using it
- don't eat, smoke or touch your face when gardening
- wash hands thoroughly.



Symptoms usually develop 2-10 days after being infected and can include: fever/chills, muscle aches, headache, dry cough, and exhaustion. Although the illness is rare, it can cause severe pneumonia and even death. See a doctor immediately if you develop these symptoms, as antibiotics are effective if given early.

For more information go to: www.rph.org.nz/legionellosis