

MEET YOUR HEALTH PROVIDER

ADVERTISING FEATURE

Offering support in practical ways

Facing cancer or supporting someone who is? Adjusting to life post-treatment? The Cancer Society is here to help you and your whānau, both during and after treatment. You may want extra support, or find it helpful to talk to someone outside your circle of whānau and friends.

"We will listen, and offer information and support services for your personal situation," said Cancer Society Nelson centre manager Michelle Hunt.

The society offers support in many practical ways: cancer information, emotional support, health navigation, support grants to ease financial stress, volunteer drivers to get to hospital appointments, travel assistance, referral to counselling, library resources including children's books, support groups, restorative yoga classes and rehabilitative gym programme (Nelson only). "We also help you connect with other cancer services and health/social services you might need. Our counselling is also available to whānau members, including children."

Valued volunteers support the Cancer Society team in their work, such as helping on the chemotherapy ward, volunteer driving, putting together patient information packs, and assisting in fund-raising events. "We welcome inquiries from people interested in volunteering with us."



The Nelson Tasman Cancer Society team. *Nau mai, haere mai; welcome.*

Cancer prevention is also an important focus. Health promotion activities include free shade loan of marquees and umbrellas to non-profit groups during the summer, health promotion in schools, smoke-free promotion, and 1000 free skin check vouchers issued annually.

■ Contact the team at 03 539-1137; Support Coordinator Cyndy at 027 258-0075; email; info@cancernelson.org.nz or visit www.cancernelson.org.nz. The national website has online cancer/wellbeing information: www.cancer.org.nz. At Red Traffic Light Setting the Cancer Society Nelson office is closed but the team are working from home and still providing all services and support.



Gardener Martin Reading is part of Age Concern's Care & Repair Service that endorses Nelson trades people. *Photo: Stuff*

Age Concern's new Care & Repair Service

Are you looking for some help around your home? Age Concern can help with its Care & Repair Service.

This is Age Concern's latest initiative, set up to connect clients and members who live independently at home, with affordable services.

The Care & Repair Service takes the worry out of finding someone reputable and trustworthy to help people out at home -

whether it's weeding and mowing the grass, changing lightbulbs, or providing some personal care.

Age Concern has a number of handypersons, tradespeople, gardeners, hairdressers and others on its books who have been screened and approved.

■ For more information, contact Jackie on 03 544 7624, ext 4, or email community@ageconcernnt.org.nz



Free services & information for individuals, families and carers facing cancer.



102 Hardy Street, Nelson
03 5391137 • www.cancernelson.org.nz
0800 CANCER (226237)

AGE CONCERN NELSON TASMAN IS A CHARITY
We support older Kiwis to have a healthy lifestyle, full of opportunities and free from harm

SUPPORT FOR YOU!
Our local branch has a great range of programmes. Want to know more?

- Phone: 03 544 7624
- Web: www.ageconcernnt.org.nz
- Facebook: facebook.com/AgeConcernNelsonTasman



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CH-9211679AA

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Here to care for you and your whānau

We are Te Piki Oranga - the leading provider of kaupapa Māori health and wellness services across Te Taihū (Top of the South).

Our kaimahi are nurses, mental health specialists, vaccinators, service navigators and more. We offer a supportive

environment for whānau to access high-quality services.

We place you at the heart of our healthcare, weaving whānau ora and tino rangatiratanga (self-reliance and independence) into our mahi.

Whether you need help with your pregnancy, diabetes management, vaccination, vision and hearing, fitness, solutions for drug, alcohol, smoking or mental health issues, cervical screening, oral health or need a medical appointment, Te Piki Oranga is here. Reach out today. Our contact details are below. Nau mai haere mai.

The kaimahi at Te Piki Oranga offer a supportive environment for whānau to access high-quality health and wellness services in the Top of the South, so reach out today.

Staying free from flu this winter

Covid-19 has shown us how simple but effective steps help us stay well - hand washing, covering coughs and sneezes, staying home when we are unwell, and vaccination. These actions will also help prevent cold and flu viruses.

While Covid-19 vaccination continues (you can find out more about Covid-19 vaccinations on our website) we are now looking ahead to winter flu season.

Many of our whānau get their flu vaccine each year and this year it is even more important as we see the return of seasonal flu with the international borders re-opening.

The flu can be dangerous for older people, hapū māmā, tamariki who have been unwell before with respiratory illness, and any whānau with diabetes, heart and lung conditions and other illnesses.

Vaccination is free if you are in these groups, but the criteria is broader than this so if you are worried about how the flu would affect your health this winter, please get in touch.

Flu vaccines are usually available from April, and we'll provide more information on our website and Facebook page closer to the time. Let's get ready for winter by protecting ourselves against debilitating flu as well as Covid-19 - and yes you can get both vaccinations at the same time.



Get ready for winter: vaccinate against debilitating flu as well as Covid-19.

The flu can be dangerous for older people, hapū māmā, tamariki who have been unwell before with respiratory illness, and any whānau with diabetes, heart and lung conditions and other illnesses.

Whānau comes first with Tamariki Ora

If you are a hapū māmā, a māmā, or care for your mokopuna, Te Piki Oranga's Ngā Pūkenga Hauora Tamariki Ora/Well Child Tamariki Ora service is for you.

Tamariki Ora is an alternative to Plunket where our Te Piki Oranga Tamariki Ora kaimahi offer support to all whānau with tamariki from birth to five years old.

Our specially-trained nurses can help you through the early days - and years - of being a māmā.

This includes immunisation checks, breastfeeding support, creating a smokefree environment for your pēpi, and safe sleeping.

We also help māmā of all ages stay on top of their own health and wellbeing, providing advice on food and nutrition, sleep, and exercise.

And if you need it, a pukenga manaaki/counsellor is available.

As pēpi grows, we provide Well Child checks and advice on nutrition, immunisation, sleeping, hearing and the management of conditions such as asthma.

And at all times, you are at the centre of our care.

A good example of this is our breastfeeding support from lactation experts. New māmā can struggle with milk supply, soreness, getting pēpi in the right position and issues with wind, colic or reflux.



Te Piki Oranga Tamariki Ora kaimahi offer support to all whānau with tamariki from birth to five years old.

We will check in on how you are feeling and to see what you need. Having a kōrero about breastfeeding before pēpi arrives can help you prepare and know what to expect.

And you can get in touch at any time once pēpi is born. You can enrol yourself on our website, or ask your lead maternity carer, midwife, GP, or other health professional to do it for you.

www.tpo.org.nz/well-child-tamariki-ora



Te Piki Oranga
MĀORI WELLNESS SERVICES

Free kaupapa Māori health, wellness & vaccine services – by Māori, for Māori

To refer or enrol go to www.tpo.org.nz
Phone 0800 ORANGA (0800 672 642)
or visit one of our health hubs.

Whakatū/Nelson
17 Bishopdale Ave

Motueka to
Mohua/Golden Bay
117 Pah Street

Wairau/Blenheim
22 Queen Street



MEET YOUR HEALTH PROVIDER

ADVERTISING FEATURE

Partnership key to providing home support

At Nurse Maude, home really is where its heart is.

Every day Nurse Maude's Home Support Workers make someone's life better for being there; providing domestic and personal care so people can stay in their own homes and communities.

Supporting people to retain as much independence as possible, so they can remain at home rather than in hospital or residential care, was the promise made by Nurse Maude more than 125 years ago.

The organisation she founded has now grown from one indomitable woman to around 1500 staff and volunteers, but that promise remains an integral part of their work.

Every year the organisation makes more than one million visits across Canterbury, Wellington and the Nelson-Marlborough regions to provide domestic and personal care.

During the Covid pandemic Nurse Maude prioritises that care so the most vulnerable and health-compromised in the community continue to get the care they need.

In the midst of all the uncertainty and restrictions that Covid has brought, Nurse



The Nurse Maude organisation makes more than one million visits a year across Canterbury, Wellington and the Nelson-Marlborough regions to provide domestic and personal care.

Maude never forgets that all the expertise and skill in the world mean little without the total commitment of its people to keep working through those challenges.

"While we don't know if or when the impact of Covid-19 will end, we are very sure of one thing," says David Lang, chair of Nurse Maude.

"The work we do, regardless of the environment or circumstances we find ourselves in, continues because of the commitment of our people and the support of the community."



for homecare. That demand driven almost entirely by a rapidly ageing population, takes more than just commitment, however.

It takes a skilled, compassionate, and flexible team of Home Support Workers who want to know that every time they turn up for work, they are making a real difference to the lives of others.

Nurse Maude has long been an employer of choice for those looking for support work. Offering regular hours, a phone, and the opportunity to access ongoing training and professional development to advance their career, Nurse Maude continues to make a serious investment in its people.

Alongside that is an equally serious investment in research, development and technology which directly benefit those it cares for.

Nurse Maude is always looking to employ those who believe people's choices shouldn't be unnecessarily limited by age and frailty, and to provide the care needed to live the fullest and most independent life possible. Its website, nursemaude.org.nz has all the information needed to start your career in care.

Nurse Maude's focus on restorative home support services has seen people with chronic health problems and disabilities able to improve their health and independence enough to fulfil their wish stay in their own home.

Nurse Maude's homecare service not just benefits them, but also the health sector as a whole, and an integral part of that is collaboration.

Nurse Maude works in partnership with District Health Boards, GPs and other health providers to meet the increasing demand

Be the Support Worker who makes a difference to their lives

Every day our Support Workers make someone's life better for being there; providing domestic and personal care so people can stay in their own homes and communities.

They need your compassion and commitment and so do we.

We can provide regular hours, a phone and the opportunity to access ongoing training so you can advance your career.



Work for us
nursemaude.org.nz

Nurse Maude

MEET YOUR HEALTH PROVIDER

ADVERTISING FEATURE

Nelson Bays Primary Health services

Hauora Matua ki Te Tai Aorere (Nelson Bays Primary Health) is a primary health provider and commissioning network for primary and community services in the Nelson Bays region.

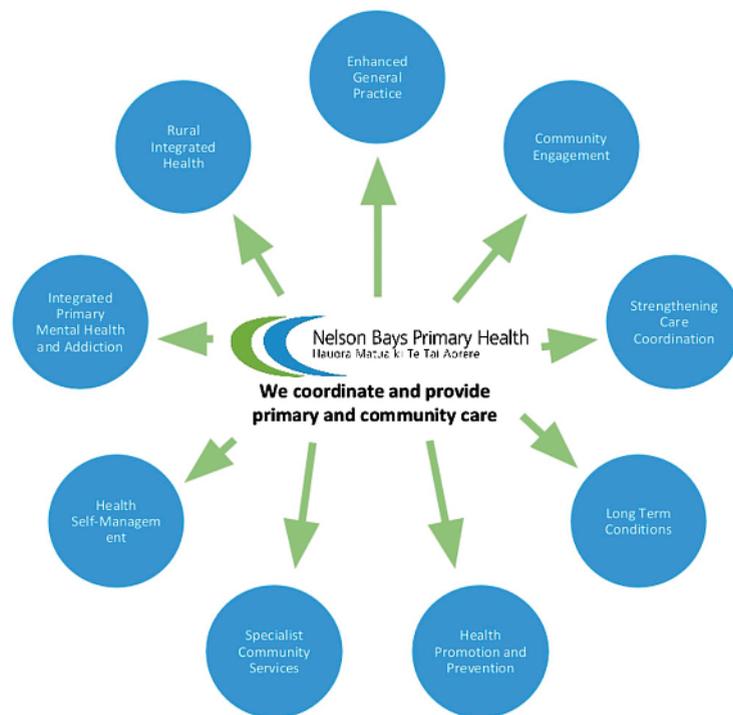
There are 22 general practices contracted to Nelson Bays Primary Health to provide services for our enrolled population. There are also contracts held with our local community groups to provide health-related services to our community.

Nelson Bays Primary Health is also proud to manage Golden Bay Community Health, a rural integrated health facility providing an extensive range of health care services to the community in Golden Bay, and a joint venture in the Medical and Injury Centre, the urgent and after hours medical care facility in Nelson.

Nelson Bays Primary Health is an organisation with a passionate team committed to supporting positive health outcomes locally, through the delivery of primary and community health services.

Embedded in its principles are:

- Te Tiriti o Waitangi and focus in equity
- Centred in people and communities
- Accessible primary health care
- Integrated primary and community care
- A strong primary and general practice partnership
- Strong and supportive networks with community and community non-government organisations and cross government partnership.



Some of the services the Nelson Bays Primary Health team provides for our community are:

- Health Promotion and Community Services
 - Community Cardiac Rehabilitation - Healthy Hearts
 - Community Diabetes Education - Type 2 and Pre-Diabetes
 - Community Falls Prevention
 - Community Nutrition Service
 - Community Podiatry Service
 - Healthy Lifestyles Service
 - Lactation Service
 - Community Respiratory Health Service
 - Refugee Health Services

- Primary Mental Health
 - Adult Alcohol and Other Drug Service
 - Gateway Health Assessment Service
 - Health Improvement Practitioners and Health Coaches
 - Persistent Non-Malignant Pain Programme
 - Primary Mental Health Initiative
 - Brief Intervention Service
 - Youth Alcohol and Other Drug Service
- Primary Health and Nursing
 - Kaiatawhai Nursing Service
 - Advance Care Plans
 - Skin Lesion Removal Service
 - Locality Care Coordination
 - Immunisation Facilitation Service
 - Workforce Education
- Specialist Services
 - Infectious Disease Service
 - Rheumatology Specialist Service
- Golden Bay Community Health
 - Aged Residential Care
 - District Nursing Services
 - Midwifery Services
 - Well Child Services
 - Allied Health Services - Physiotherapy and Occupational Therapy
 - Primary Care - General Practice services
 - Afterhours and Acute Medical Care

For more information on services, please visit: <https://nbph.org.nz/> or contact info@nbph.org.nz. Check them out - Nelson Bays Primary Health is also now on Facebook and Instagram!

NELSON BAYS PRIMARY HEALTH THANKS THE COMMUNITY FOR SUPPORTING US WITH THE COVID-19 MAHI



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Breathe Better!

In New Zealand, approximately 700,000 people are living with a respiratory condition.

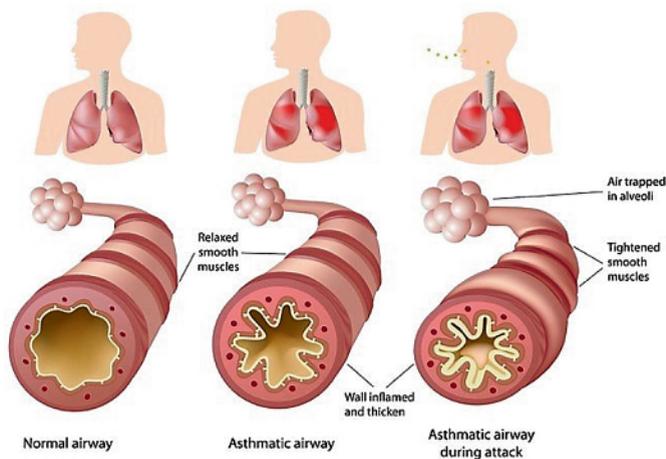
Living with a respiratory condition and managing breathlessness can be scary. The Nelson Asthma Society takes great care in assisting people with asthma and related respiratory conditions, through improved self-management, education and support.

"We are here to support you to manage your lifestyle," says manager Jess Quinney.

The Nelson Asthma Society runs weekly Better Breather Classes, an exercise class for those with breathing conditions. These classes are fun, interactive and help people to feel safe while being active. The society also provides a free 8-week Pulmonary Rehabilitation course for those living with a long-term breathing condition. This course provides people with the tools they need to manage breathlessness and be more active.

Research shows that the Pulmonary Rehabilitation course can help improve people's breathing and overall wellbeing," Jess says. "The results we have seen from past participants have been inspirational."

Avoiding activity can lead to muscles



Living with a respiratory condition can be scary.

becoming weaker and a loss of fitness over time. These classes can help people to break the cycle by increasing their fitness and strength. "Our hope is that you are able to gain confidence and knowledge so you feel better able to cope and live with your respiratory condition."

The Nelson Asthma Society has many written resources available on offer for those who need them.

■ If you are living with asthma or a respiratory condition and would like some support, please contact Jess at the Nelson Asthma Society. Visit www.nelsonasthma.co.nz, email asthma.nelson@xtra.co.nz or phone 03 544 1562.

Tips to combat SAD

The first month of autumn is almost over, the end of Daylight Saving is just 10 sleeps away, the days are getting shorter and the nights are getting longer; before we know it, winter will be here.

Many of us start to feel uninspired, even a little down, as the nights lengthen, and end up spending too much of our spare time tucked up at home with Netflix, a bag of chips and a wine or two.

However, it's important for both our mental and physical health to stay active and social over winter - particularly as more of us work from home - so before you get too comfy on the couch, make a plan. Start by writing a list of all the things you enjoy doing, or have always wanted to try, then get organised and schedule one a week, roping in a buddy if need be, to motivate you.

It doesn't matter what it is, as long as it gets you out and about, and among people: think power walking; book club; salsa classes; life drawing; cycling; coffee group; fishing; pottery classes; archery; calligraphy; tramping; cooking classes; museums; yoga... Just do it.

Feeling SAD?

For a small percentage of the population who suffer from SAD - seasonal affective disorder - winter can be challenging.

SAD is a form of depression related to the change of season from summer to winter, and can range from mild - the



For people who suffer from seasonal affective disorder, winter can be challenging.

winter blues - to seriously disabling, requiring treatment.

According to the Mental Health Foundation, SAD symptoms usually appear towards the end of autumn, and disappear in spring, when the days lengthen. If your 'blues' start to affect your sleep, energy levels, relationships, job and appetite, and getting outside every day doesn't help, talk to your doctor as it can be treated. For more information, see <https://mentalhealth.org.nz/conditions/condition/seasonal-affective-disorder>



nelson asthma society inc

In New Zealand, around 1 in 8 adults and 1 in 7 children live with a respiratory condition.

The Nelson Asthma Society is here to provide support to all those living with a respiratory condition. Through improved self management, education and support, we are here to help you.

Better Breather Classes

Richmond Class: Tuesday and Friday
10am - 11am, held at Club Waimea, Richmond

Nelson Class: Wednesday
1pm - 2pm, held at the Reformed Church, Enner Glynn

Motueka Class: Monday
11.30am - 12.30pm, held at the Brass Band Hall, Motueka

Email: asthma.nelson@xtra.co.nz | Phone: 03)5441562
www.nelsonasthma.co.nz

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**SUNDAY
STAR★TIMES**

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Goodbye to sun damage and varicose veins

What a wonderful summer it has been here in the Top of the South.

But, if you haven't been quite as rigorous with the sunscreen as you should have been, there's a good chance that within a couple of months, you'll be suffering from what the team at enhanceskin refer to as "sun damage remorse".

New pigmentation changes, thread veins under the skin, fine lines and wrinkles are all tell-tale signs that your skin is sun-damaged, has lost nutrients and is generally dehydrated.

Thankfully, help is at hand. Cosmetic Nurse Brittany Fenwick has a whole arsenal of treatments to help rejuvenate your sun-damaged skin, including IPL, Fractora, PRP, Tissue Rejuvenation Therapy and Micro-Needling. All will help counteract this damage, leading to a clearer, brighter, and healthier complexion.

Brittany may even recommend a combination of treatments to supercharge your results. She explains, "It's important to remember that we tailor cosmetic treatment plans specifically for each client; we'll consider each person's rejuvenation goals, their budget and their timeline and get the best results possible within those parameters."

"We don't and never will offer one-stop shop packages because each person is unique."

Brittany also explains that the results from any treatment can be intensified and prolonged by using the skincare solutions



Dr David Orsbourn, left, and Cosmetic Nurse Brittany Fenwick.

available from enhanceskin.

She says, "Once again, we'll tailor a skincare prescription for each client; the products we offer in clinic have been created for a professional medical environment, so they are expertly engineered to target individual skin concerns. While our number one piece of



New pigmentation changes, thread veins under the skin, fine lines and wrinkles are all tell-tale signs that your skin is sun-damaged, has lost nutrients and is generally dehydrated.

time of year. David says, "Many people feel more comfortable wearing trousers or tights following vein procedures. So, now is the perfect time to ready your legs for their spring debut later in the year!"

David says that one of the greatest myths in his industry is that varicose veins are always prominent and unsightly; this is not always the case.

While some may not be visible, most varicose veins will cause pain or discomfort. Your legs may feel achy, heavy or tired. Or you may sometimes feel a burning or throbbing sensation in your legs. All of the walk-in walk-out treatments that David offers can help eliminate that pain, putting a spring in your step once again.

Whether you're considering varicose vein treatment or a cosmetic procedure, the clinic offers a no-obligation, complimentary consultation in Nelson or Blenheim.

advice is to use sunscreen all year round, we can also recommend suitable pigment-reducing serums to use if sun damage has taken its toll on your skin."

While Brittany concentrates on cosmetic treatments, Dr David Orsbourn specialises in varicose vein procedures.

The cooler months are always a busy



enhanceskin
COSMETIC, MEDICAL & VEIN CLINIC

REASSURINGLY LOCAL
consulting in Nelson & Blenheim

AUTUMN - THE PERFECT TIME TO...

READY YOUR LEGS FOR NEXT SPRING

Talk to us about walk-in, walk-out varicose vein treatment options. We are an Affiliated Provider to Southern Cross Health Society for Endovenous Laser Treatment and Ultrasound Guided Sclerotherapy.



Dr David Orsbourn
MBChB, Dip Obs, FRNZCGP, FACAM
Fellow New Zealand Society of Cosmetic Medicine
Certificate of Procedural Phlebology
Member of Skin Cancer College of Australasia

Brittany Fenwick
Cosmetic Nurse

SAY GOODBYE TO SUN-DAMAGE

IPL, Fractora and our new Tissue Rejuvenation Therapy can all address the signs of aging that come from sun-damaged skin. We'll tailor a treatment to meet your needs and show you how to supercharge your results with at-home skincare.



CALL FOR YOUR DOCTOR'S VEIN ASSESSMENT & SCAN OR COSMEDICAL CONSULTATION. BOTH ARE COMPLIMENTARY AND NO-OBLIGATION

7 Buxton Square, Nelson - 03 548 8216 - www.enhanceskin.co.nz

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