

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers” 3 John 1:2

St Anne's Health Committee

2010

Support the 'Joint Effort' Walk

‘Under His direction the whole body is fitted together perfectly, and each part in its own special way helps the other parts, so that the whole body is healthy and growing and full of love.....Ephesians 4:16

Sunday April 18th saw St Anne's Parish Priest, Father Mike Wooller and Father Grahame Connolly pounding the pavement around the Manukau Super Clinic and Surgical Centre.

On hand were St Anne's parishioners to support the walkers who were joined by other members of the congregation, also recipients of the orthopaedic team's skills. This included the Youth Group and Health Committee members.

For the occasion Father Mike and Father Grahame were given t-shirts with the above quote from Ephesians which relates to the community of St Anne's working together in His love.

St Anne's are grateful to the LotuMoui team for their support, which has enabled them to develop a Health Committee consisting of 6 people who meet twice a month to discuss improving the health outcomes for their Parish community.

The following initiatives have been

implemented within their parish since joining LotuMoui in November 2009:

- Blood pressure checks and advice
- “Walk the Talk” a 40 day challenge leading into Easter – pedometers were given to participants and base line measurements taken. We gathered before and after measurements in regards to blood pressure, weight and Quality of Life
- Exercise sessions: aerobics and zumba are underway on a weekly basis with some of our parishioners going to the Ngaa Mahi a Rehia Aquatic Centre in Sykes Road for water aerobics during the-week.
- Parishioners have volunteered to train as leaders in regard to nutrition, first aid and aerobics so we will be ‘self-sustaining’ in the future.
- Supported the insulation of homes prior to winter “Get Warm – Warm Up Counties Manukau”
- Established a “Healthy Notice board” in the Church foyer with constantly changing information e.g. flu vacs for winter



TUNE IN to 531PI every Thursday morning at 7.45am to hear Manu Sione, General Manager Pacific Health for CMDHB, talk and address relevant health topics and issues relating to Pacific peoples in Counties Manukau

Workshops etc

- ALCOHOL & DRUGS
- LIKE MINDS, LIKE MINE - MENTAL HEALTH
- SMOKEFREE
- SMOKING CESSATION
- NUTRITION COURSES
- PHYSICAL ACTIVITY LEADERSHIP COURSE
- BREAST SCREENING

IF YOU WOULD LIKE MORE INFORMATION ON THE WORKSHOPS OR COURSES ABOVE PLEASE CONTACT EITHER SAUMALU TUITAMA 09 2629522 OR SUZANNE NIO 092629550.



CELEBRATE PACIFIC DISABLED PEOPLES

OFFICIAL LAUNCH OF THE
PASIFIKA CHURCH DISABILITY TOOLKIT
PACIFIC PROVIDER PACKAGE

TO BE LAUNCHED BY THE HONORABLE MINISTER OF DISABILITY ISSUES TARIANA TURIA

10AM-2PM, FRIDAY 28TH MAY 2010

MALAEOLA COMMUNITY CENTRE
16 WAOKAURI PLACE, MANGERE

FOR MORE INFORMATION PLEASE CONTACT GAYLENE HARVEY
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“Together I am able!”



Lu'i Ola Group include Pacific disabled peoples, Pacific disability support services and the following agencies

THE EVENT IS PROUDLY SPONSORED BY THE LU'I OLA GROUP



ORGANISED BY

