

TalaLelei

Issue 003 January/February 2010



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

WATCH THIS SPACE

Our MONTHLY NEWSLETTER will have a scripture nominated by one of our very own Ministers for encouragement for each month...

Our Health Our Wealth

2010

Our LotuMoui Summit held on Wednesday 10th February was a great success with just over 320 participants in attendance at the Telstra Pacific Events Centre in Manukau City.

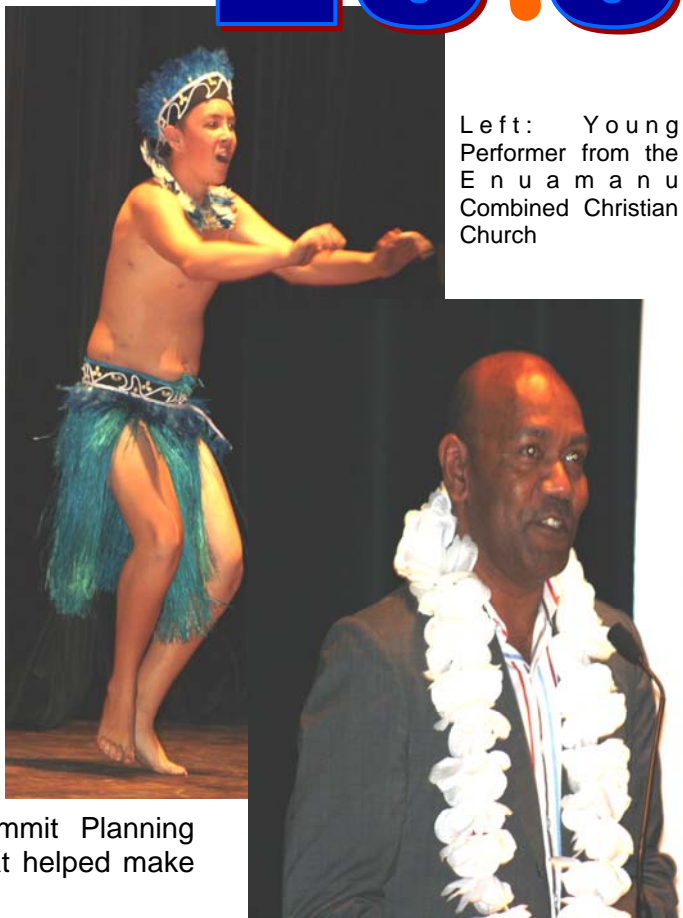


This was the third major fono where the Counties Manukau District Health Board wanted to present the achievements and milestones of the partnership with the Churches/Community.

The Summit provided an opportunity for the Pacific Community and Church leaders to share the learning and successes of health programmes operating within their congregations and the effectiveness of the programme. But the main aim was to seek the community input around future directions for the Pacific Health and for planning and development of the LotuMoui programme beyond 2010.

Discussions on the day covered health issues affecting Pacific men, women, youth and children and also those with longterm conditions. Specific topics related to engagement with Primary Care and the impact of Pacific communities were also discussed with several presentations.

A special thanks from the LotuMoui Team, to our Summit Planning Committee and other volunteers from different churches that helped make our Summit successful.



Left: Young Performer from the E nu a ma nu Combined Christian Church

Right: Keynote Speaker, Dr Api Talemaitoga - Chief Advisor Pacific Health at the Ministry of Health

Below: Presbyterian Group doing a Healthy Lifestyle Skit



Upcoming Events

CALENDAR OF EVENTS INSERTED

INCLUDES:

- WORKSHOPS
- MEETINGS
- TRAINING

The bigger the snack the bigger the slack

Megan Fowlie



Above: Vaine Russell

That's the advice from Lotu Moui Health Coordinator Vaine Russell from the Manurewa Seventh Day Adventist Church. It is a little quip which people will remember during the day – so when they reach for something to eat in between mealtimes they know that the bigger snack they have the more weight and flab they'll be adding to their body.

Vaine mentors people in her community whose weight is causing them health and family problems. She often works with people weighing more than 200kgs.

Vaine says that it is really important to help people to be disciplined around the way they eat. She helps them take ownership about what they are putting into their bodies, starting with getting them to make a food diary of everything

they eat and drink everyday so that people can see what they need to change.

The discipline of eating the right foods at the right time is the crucial step for lifestyle change which Vaine is determined to get through to the people she helps.

To many people Food is Food, it isn't good food, or bad food. It is just food that we can eat and we can eat now and we don't have any limits on how much we are eating. I tell lots of the people I work with eating lots of the food you love will kill you and eating the food you don't like to eat so much will keep you alive and nourish you.

Vaine writes out an individual meal plan for each person and enlists the support of family members and the Church community so that each person on the programme has one main support person that they can contact at any time. Her advice is practical and real. She's adamant about people increasing their vegetables and salad, eating less meat and cutting out fizzy drink and moving on to water. She tells people if they buy less food they will have enough money for better food.

She's a tough teacher and she has been known to do a few surprise home visits to see what people are preparing for lunch!

Vaine is a very compassionate woman, and she sees helping big people in her community as part of her mission. She will take people to GP visits, run weekly swimming sessions, teach people how to cook some basic healthy meals, she's on the phone sending messages of encouragement and advice everyday.

She enjoys seeing her people's successes and as they learn to take control over their lives she encourages them to support other people's journey's and see begins to support the next person in line. "There's only one of me!"

Right: Vaine and her Coronary Health Improvement Program group at Manurewa SDA Church.



If you would like to support work such as Vaine's in your Church Community contact Saumalu Tuitama or Suzanne Nio Lotu Moui Community Development Officers at Counties Manukau District Health Board via 092629558 or contact the Health Coordinator at your Church.



2009 Champions

LotuMoui offer it's congratulations to the following people and their churches for successfully completing the following courses conducted in 2009.

Listed are our champions so far:

2 day Community Nutrition Course

South Auckland Tongan SDA Church

Akenese Fepuleai Siulai; Lupe Finau; Mafi Fonua; Sue Finau; Elina Wolfgramm

Samoan Papatoetoe Methodist Church

Tuleiese Alainuuese; Mulipola Morris

Worship Centre - Mangere

Otila Vaelaa; Taulago Brown

Mangere Samoan SDA Church

Papafo Taala; Latafale Iuli; Mataina Taala

Lotofale'ia Tongan Methodist Church

Akanesi Vaihu; Victory Taione; Fifita Atirai

St Josephs, Samoan Catholic Community

Toilalo Lemalu

Papakura Uesiliana Methodist Church

Tila Maresela;

First Samoan Full Gospel Pentecostal Church

Temukisa Tolovae; Marie Sinclair;

Otara SDA Church

Hannah Koronui; Pao Rere; Frances Kaiaruna;

Manurewa SDA Church

Jewellyn Nadruku; Eroni Nadruku; Tungane Puroa; Kimi Monga; Melani Mani Teararoa; Turi Williams; Helen Karomatangi; Vaine Russell; Teariki lotua;

St Annes Catholic Church

Hana Faaesea; Penina Ifopo; Naomi Esera; Soifua Aiono; Antonette Fletcher; Nicholas Duffy;

Mangere PiPC

Nana Mataroa; Tangi Brown;

East Tamaki Samoan SDA Church

Tutaima Fetalaiga;

Equippers Church - South

Valdina Campbell;



Above: Community Nutrition Course held at the Samoan Papatoetoe Methodist Church.

2 day Community Nutrition Course cont..

Church of Tonga - Manukau

Ofa Fakalata; Laukau Fakalata;

Pukapuka Community

Terua Tikinau;

Unknown

Tere Filimaua;

Smoking Cessation Training

Cook Island SDA Church - East Tamaki

Tangi Upu; Tearoa Upu;

Otara SDA Church

Pao Rere;

Lotofale'ia Tongan Methodist Church

Fifita Atirai; Fifita Atirai Jr;

Manurewa SDA Church

Jewellyn Nadruku; Eroni Nadruku; Vaine Russell

9 day Certificate in Pacific Nutrition

Equippers Church - South

Valdina Campbell;

Bahai Faith Community - Manurewa

Sauaga Poliko; Sula Sannyasi;

Alcohol & Drugs Train the Trainer

Manurewa SDA Church

Mama Tere



Left: Group from the Smoking Cessation Training held at the CMDHB Board Offices



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

Choose Lite Blue Winners



December 2009 Competition

Winners -Prizes	Churches
First Prize : Milk for a year	First Samoan Full Gospel Pentecostal Church (right)
Second Prize: Milk for three months	Samoan Papatoetoe Methodist Church



Above: Pastor Albert Atoa and the Youth from First Samoan Full Gospel Pentecostal Church

Congratulations to all the winners of our Choose Lite Blue Milk Initiative. The winners from the December competition were announced at the LotuMoui End of Year Gathering 15th December 2009 at the Holiday Inn Hotel. .

The winners of the second competition were announced at the LotuMoui Summit 10th February 2010 at the TelstraClear Pacific Events Centre.

Special thanks to our sponsors: Goodman Fielder Ltd and

February 2010 Competition

Winners -Prizes	Churches
First Prize : Milk for a year	Otahuhu/Mangere Methodist Church of NZ
Second Prize: Milk for three months	Samoan Livingtone Evangelism Ministry
Third Prize: Milk for three months	Manurewa EFKS

The Mobile Breast Screening Unit is coming to YOU!

Our mobile unit will be at the following areas for free breast screening for women aged 45-69. Breast Screening is also available at Manukau Super Clinic and at our sub sites in Papatoetoe, Howick and Pukekohe .

Manukau Super Clinic offers appointments on Saturday from 8.30 to 12.30pm, and every Thursday until 7pm.

Location	Screening Dates (Moving Unit)
Pukekohe Town Square, Roulston Lane, Pukekohe	15 th Mar – 26 th Mar
Clendon Library Carpark, 17 Palmers Road, Clendon	29 th Mar – 9 th April
(Next to East Tamaki Healthcare), 12 Waddon Place, Mangere Township	12 th April – 30 th April
Highland Park Community Centre, 47 Aviemore Dr, Highland Park	3 rd May - 14 th May
Otara Town Centre Car Park, (Next to Clock Tower), East Tamaki Road, Otara	18 th May – 27 th May

To enrol to or arrange an appointment please phone our FREEPHONE

For more information

Breast Screen Counties Manukau Team is happy to provide educational sessions regarding the breast screening programme at anytime convenient to your community.

Please call our Pacific Health Promotion Team on (09) 261 3374 ext 3074 and ask for Helen or Leemo, Or contact our Health Promotion Co-ordinator - Jude Manuel on (09) 261 3392 ext 3092.

“Early detection is your best protection”

Breast Screen Service is always **FREE** for women aged 45 to 69



Breast Screen Counties Manukau