

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

Upskilling Leaders 2010 in Churches

CM ACTIVE
PUSH PLAY

The CM ACTIVE Community Leaders Training is a beginner's level introductory course for those interested in delivering Group Exercise within a community setting.

It is designed as a practical approach to learning fundamental aspects to delivering Group Exercise and acts as a pathway for participants to continue on to complete the NETFIT Community Coach Course once they've started delivering and then onto other specialized programmes such as Zumba.

CM ACTIVE held their first Community Leaders training in March and had 23 people from Pacific Churches affiliated with Lotu Moui complete the training who have now become delivery leaders. Each of these have been partnered up with a CM ACTIVE Mentor who's role is to provide support in terms of instructing, setting up group exercise activities and showing them how to utilize their Tool-kit that each person receives upon completion. To ensure that delivery leaders are supported and are continuously up-skilling, CM ACTIVE provides Group Exercise trainings once a term for new and current delivery leaders to attend and gain more knowledge.

Since the CM ACTIVE Workforce Development Scheme was introduced in 2009, it has been able to provide support and training for 11 Lotu Moui Churches to assist in setting up new physical activity programmes and to enhance existing activities already happening.



Above: Some of the graduates from the Community Leaders Training after a Group Trainers Night. They are pictured with CM ACTIVE Pacific mentor Vivienne Tonga

Workshops etc

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

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

The CM ACTIVE Project objective is to increase Physical Activity Levels within Counties Manukau and is a collaboration of the following partners:



Te Kaunihera o
MANUKAU
City Council

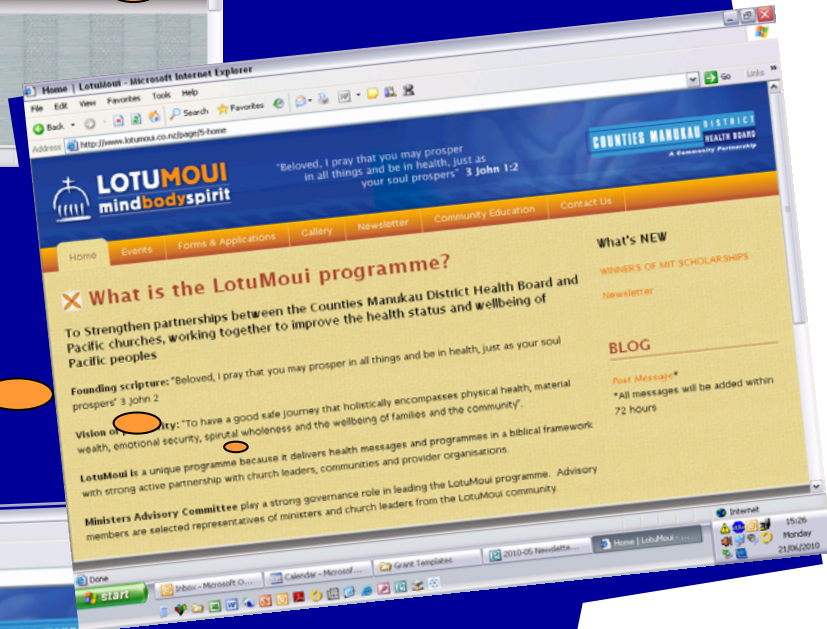


Don't forget to visit our Website...

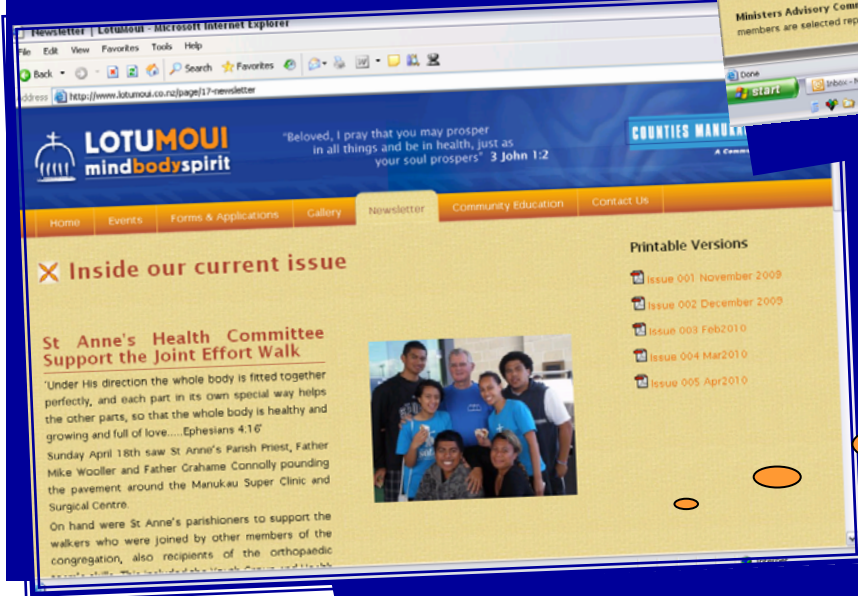


So much you can share with the rest of the community!!!

You can post a comment or ask us questions...



What's going on in our community???? Send us a story...



TUNE IN to 531PI every Thursday morning at 7.45am to hear one of the Pacific Health Team members from CMDHB, talk and address relevant health topics and issues relating to Pacific peoples in Counties Manukau

Anti-Discrimination Workshops



value of having consumer experience within the training team. There was also a desire for more workshops throughout the community and requests for follow up workshops with organisations.

Some participants believed small group sessions would be better and requested there be individual workshops for men and women and maybe also delivering to youth groups, parents and families separately. The team will look over this feedback and accommodate gender specific and youth sessions. Other youth participants felt there is a need for further education on the effects that substance abuse has on their mental, emotional and social state and more first-hand success stories from people with lived experience of mental illness. In particular young people.

Since November 2009, the Vaka Tautua Pacific Like Minds, Like Mine team in partnership with the CMDHB LotuMoui Team have delivered 15 anti-discrimination workshops to the Pacific island church community groups - 440 people in total. These groups included a number of young people who demonstrated a high level of awareness in mental illness, stigma and discrimination.

Each workshop includes exploration of attitudes and values around stigma and discrimination. A range of teaching tools are utilized, including PowerPoint presentations, DVDs and interactive worksheets.

The Vaka Tautua presenters used first hand experiences from their own cultural backgrounds and their experience as consumers of mental health services. Pacific protocols such as songs and prayers were used to open and close the workshop/presentations.

Participants clearly stated in their evaluations the value of the Like Minds, Like Mine program in addressing the issues of stigma and discrimination, along with increasing their own awareness of these issues.

Positive feedback was received regarding both the format and delivery of the Like Minds, Like Mine workshop and the

Below: Workshop held at Manurewa SDA Church with the Vaka Tautua Team



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	21st Jun - 2nd Jul (2nd Jul)
Nga Hau E Wha Marae (rear carpark) 92 Beatty Rd, Pukekohe	5th Jul - 9th Jul (9th Jul)
Papakura Marae Carpark, 29 Hunua Rd, Papakura	12th Jul - 6th Aug (6th Aug)
Howick Club Inc Carpark, 107 Botany Rd, Botany Downs	23rd Aug - 17th Sep (17th Sep)
Clendon Library Carpark, 17 Palmers Rd, Clendon	20th Sep - 1st Oct (1st Oct)

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

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

REMINDER NOTICE

Quarterly LotuMouí Ministers and Health
Committee Fono
Tuesday 13th July 2010
Holiday Inn, 2 Ascot Rd, Airport Oaks
6pm - 8pm

For more information contact

Diana Faleao
09 2629558
diana.faleao@cmdhb.org.nz

