

Respect  
Whakamana tangata

Integrity  
Mana tu

Self determination  
Rangatiratanga

Co-operation  
Whakawhanaungatanga

Excellence  
Taumatatanga

# Health Highlights



Well Wairarapa - better health for all  
February 2018

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## Celebrate positive parenting on Children's Day, Sunday 4 March

**Put tamariki first**

Children's Day  
Sunday 4 March 2018



Join in the fun and celebrate at an event in your community  
[childrensday.org.nz](http://childrensday.org.nz)



#ChildrensDayNZ  
**Let's all join together to celebrate tamariki**

We all want to see children in New Zealand raised in a positive way by parents and caregivers who feel confident about managing children's behaviour as part of a loving, nurturing relationship.

Parenting is the most important job there is. It's rewarding, but sometimes it's tough. This Children's Day we encourage families everywhere to treasure their children. When you're a parent that might mean making sure your kids have the things they need, and looking after yourself so you can be there for them. It's good to take time out to be you.

For parenting tips and tricks: [www.skip.org.nz](http://www.skip.org.nz).  
To find out what Children's Day events there are near you: [www.childrensday.org.nz](http://www.childrensday.org.nz)

**Let's get all of New Zealand celebrating children! We can all help tamariki thrive.**

Complete your census online on or before 6 March

## Census 2018

**Households around the country will have started to receive their access code letters. Once you have your code, you can take part on or before 6 March.**

Information from the Census helps determine how billions of dollars of government funding is spent across New Zealand. The detail collected helps to inform decisions and service planning, and determine where services should be made available.

The information you provide will be kept confidential by Stats NZ and is protected by the Statistics Act 1975. Stats NZ does not share information that can identify you as an individual with anyone.

Call 0800 Census (0800 236 787) for support, or find out more about the 2018 Census at [www.census.govt.nz](http://www.census.govt.nz).

Paper forms will still be available for those that need them.

**[www.census.govt.nz](http://www.census.govt.nz)**  
**ph 0800 236 787**

It's time to find out

## Bowel screening invitations

### How and when will you receive yours?

Wairarapa men and women aged 60 - 74 years who are eligible for public healthcare will be invited to join the free bowel screening programme.

When it is your turn, you will receive an invitation letter, a consent form and a bowel screening test kit. You will receive the invitation within the next two years, on or about your birthday month. If your birthday falls on an "even" date (e.g. 10 March 1955) you will receive your invitation this year. If your birthday is on an "odd" date (e.g. 11 March 1955) you will receive your invitation next year.

The test is easy, clean and simple to do at home. For more information on the bowel screening programme, phone 0800 924 432 or visit [www.bowelscreening.health.govt.nz](http://www.bowelscreening.health.govt.nz) and remember, see your doctor straight away if you notice any bowel symptoms that concern you.

## Teddies donated to help comfort distressed children in hospital

The TLC (Teddies for Loving Care) Appeal visited Wairarapa Hospital last week to deliver a very special cargo - 150 teddy bears that have been donated to help bring comfort to young children.

The project mirrors a programme that originated in the UK, which has now seen more than 2.5 million teddies donated. It is being rolled out throughout New Zealand by Freemasons New Zealand.

The offer of a teddy to soothe a child in the hospital setting is not just a feel-good thing, it provides a unique tool for clinicians to add to their toolkit when providing care. Demonstrating a procedure on a teddy bear first can make it less intimidating for a child, and allow the young patient to better understand what is planned for their treatment.

The Freemasons delivered their special gifts to Tairāwhiti Hospital first, before coming to us, and will work their way throughout New Zealand.

Local Freemasons representatives Peter Dieckermann (left) and Gordon Reid, nurses Ramona Griffin and Laura Margetts, and TLC Appeal New Zealand chairman Tony Mansfield.

Photo credit: Jake Beleski, Wairarapa Times Age

