

Health Highlights



Well Wairarapa

March 2021

100 years treating children's teeth

On 4 April, New Zealand's publicly-funded School Dental Service (SDS) turns 100 years old, with the first school of dental nurses graduating in April 1923.

The first service of its kind in the world, the SDS was set up to provide New Zealand primary school children with free dental care, in recognition of the terrible state of children's teeth. The establishment of the SDS was also a reflection of the social policy of the time, which was greatly focused on children's health and wellbeing.

Over time, other countries have followed New Zealand's innovative model of providing dental care in schools to children.

In Wairarapa, Oral Health Service Manager, Lynnette Field, is immensely proud of the service, and of her team. "We get to see 99 percent of children in the region, from birth until they leave Year 8," she says. "And we're extremely fortunate to have very dedicated, experienced and competent staff. Some of the team have been treating families through three generations."



Celebrating a century

If you have been involved in delivering oral health services in Wairarapa, we'd love you to come and celebrate this milestone with us at a luncheon on 22 May.

For more information: Lynnette Field
Oral Health Service Manager E: Lynnette.field@wairarapa.dhb.org.nz

When we roll up our own sleeves, we're helping to protect all of us



Immunisation with a vaccine is recommended for everyone through their lives. It protects you, your family and your community. It also helps protect future generations by reducing or even completely wiping out diseases.

Health Navigator and the Immunisation Advisory Centre have some great information available healthnavigator.org.nz immune.org.nz

Vaccination is a safe, free and effective way to protect ourselves and each other.

- Everyone in New Zealand can be vaccinated if they are 16 years and older.
- If you have serious health conditions, please check with your family doctor first.
- Our vaccination programme in Wairarapa starts next week with Group 2 - high-risk frontline healthcare workers and people living in high-risk places.
- From May, people who are at risk of getting very sick from Covid-19 can be vaccinated, including people over the age of 65, pregnant women, and those with a relevant underlying health condition.
- From July, everyone over the age of 16 can be vaccinated. In the meantime, please stay home if you're sick, use the app to keep track of where you have been by scanning QR codes with your bluetooth tracing on, and wash your hands well and often.

Unite
against
COVID-19

UNWELL OR INJURED?

Where should I be?



1
Medical Centre

- Call your medical centre first
- Ask your local pharmacist for advice

2
After Hours Service

- Call Healthline 0800 611 116 for free medical advice 24/7
- Weekends/public holidays:
Wairarapa After Hours service 9am-5pm
Based at Masterton Medical Centre, call 06 370 0011

3
Emergency Care

- Keep ED for emergencies

NEED TO TALK?

1737

free call or text
any time

Finding things tough? Feeling anxious? 1737

How's your health? Your whānau relationships? Your wellbeing? You can talk about that with us. You can talk about anything. We're here. Free call or text 1737 any time, 24 hours a day. You'll get to talk to (or text with) a trained counsellor or talk to a peer support worker. Our service is completely free.

www.wairarapa.dhb.org.nz

E: communications@wairarapa.dhb.org.nz

Call Healthline free on 0800 611 116 for health advice and information 24 hours/day, 7 days/week

