

Respect
Whakamana tangata

Integrity
Mana tu

Self determination
Rangatiratanga

Co-operation
Whakawhanaungatanga

Excellence
Taumatatanga

Health Highlights



Well Wairarapa - better health for all
July 2017

Find us on



Featherston mum of three, Makere Sargent, has continued to breastfeed her son Taine (18 mths) throughout her nursing studies and subsequently while embarking on her new career.

"I want to persevere with breastfeeding because I know the rewards are worth it," Makere says. "It's working for us at the moment and I'd like to keep going until he's three years old."

Makere finds their time breastfeeding provides an excellent bonding opportunity with Taine, as well as offering all the nutritional and added advantages, like boosting her baby's immunity.

"Also, with me working four days a week, I find breastfeeding is a great way to comfort

and settle him quickly when I've been away from him for the day."

Her own experience breastfeeding her three boys led Makere to train last year as a 'Breast Friends' peer counsellor. Makere now provides support and advice to other breastfeeding mums in the community and brings her knowledge to the fore in her role as a Tamariki Ora Nurse at Whaiora.

Makere will be joining The Big Latch On, Friday 4 August at the Carterton Events Centre. The event acknowledges the amazing effort mums and families put in to successfully breastfeed their babies. The latch count is at 10:30am, with morning tea, stalls and spot prizes.

See Breastfeeding Wairarapa on Facebook www.biglatchon.org.nz.



Makere and baby Taine are photographed with his big brothers, Te Maire (9) and Wairangi (6) and with Makere's husband, Thomas.

Join Makere at the Big Latch On at the Carterton Events Centre on Friday 4th August
Doors open at 9:30am, Latch count at 10:30am
For more information phone Regional Public Health on 06 377 9137



The bowel screening test ...it's so easy!

The bowel screening test is free, quick and clean

It is easily done by yourself at home

All you need to do is collect a small sample from your bowel motion (poo), and put it into the tube

Post it in the specially designed FREEPOST envelope as soon as possible.

Bowel screening... it's HERE!

Screening is being offered to Wairarapa residents aged 60 - 74.

The first of the invitations will be received in the mail this week. The timing of mailing distribution will be managed in accordance with when the target group birthdays fall. More than 8,700 Wairarapa residents will be invited to participate during the first two years of the programme.

The test is easy, quick and clean to do and is posted away free of charge for assessment.

Estimates suggest up to 20 cancers may be detected during the first two years of screening.

For more information:
www.bowelscreening.health.govt.nz
or phone 0800 924 432.

Wairarapa has the highest number of suicides per capita



As a community we can:

- Raise awareness
- Seek engagement
- Learn how to talk about suicidal thoughts
- Support early intervention
- Navigate channels of help
- Strengthen public wellness and build a resilient, confident, healthy Wairarapa

Thank you to our local media partners:
Wairarapa News
Wairarapa Times Age
Wairarapa Midweek
NZ ME
Arrow FM
Newsnet.Live

Lifeline 0800 543 354 www.mentalhealth.org.nz