

Respect  
Whakamana tangata

Integrity  
Mana tu

Self determination  
Rangatiratanga

Co-operation  
Whakawhanaungatanga

Excellence  
Taumatatanga

# Health Highlights



Well Wairarapa - better health for all  
August 2017

Find us on

## RATS RIDERS COME TO WAIRARAPA

For more information:  
Anna Cardno, Wairarapa DHB 027 205 2422

### RIDERS AGAINST TEENAGE SUICIDE (RATS)

Suicide is a real issue here in Wairarapa and it's one that the Too Many, Wairarapa campaign is encouraging people to address. In a few weeks time, we are bringing in the big guns to help make some real noise on the subject.

RATS riders combine their love of motorbikes with their love for people - specifically for youth, tamariki and rangatahi – our future generations and leaders of tomorrow.

Join us in Farriers Carpark Saturday 9 September 1:15pm - 2:30pm

Around 100 bikes will ride in a tour of Wairarapa on Saturday 9th September, as part of a weekend to raise awareness about suicide prevention. Coming over the hill to Featherston in the morning, they visit the Youth Group and after lunch head to Masterton where they will be supported by Mayor Lyn, our health leaders, and bereaved mother and suicide prevention campaigner, Toni Ryan.

*"When you hear the rumble of our bikes, know that each rider rides not only for his and her own reasons, but for those in this realm and the next. We ride to put that stake in the ground – our Pou – to identify who we are so those in need are aware."*

Join us, and show your support for suicide prevention  
Saturday 9th September 2017, Farriers Carpark, Masterton



Farriers Carpark, Masterton  
Saturday 9 September  
1:15pm - 2:30pm



At the time, Toni Ryan thought suicide was something that happened to other people. "Sam knew how much we loved him, surely he would never go through with it?" "The moment I found my son was the moment my understanding of suicide changed."

Support Toni's work to raise awareness of suicide prevention by joining her and the RATS riders on 9th September.

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](http://www.mentalhealth.org.nz)

## Bowel screening has started in Wairarapa

Wairarapa men and women aged 60 - 74 years who are eligible for public healthcare will be invited to join the free 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. 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 if you notice any bowel symptoms that concern you.



### 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 symptoms to look out for

- a change in your normal pattern of going to the toilet
- diarrhoea or constipation that persists for more than two weeks
- a feeling that your bowel doesn't empty properly
- blood in your poos

If you notice any of these symptoms, don't wait for the screening, talk to your doctor