

COMMUNITY NEWSLETTER

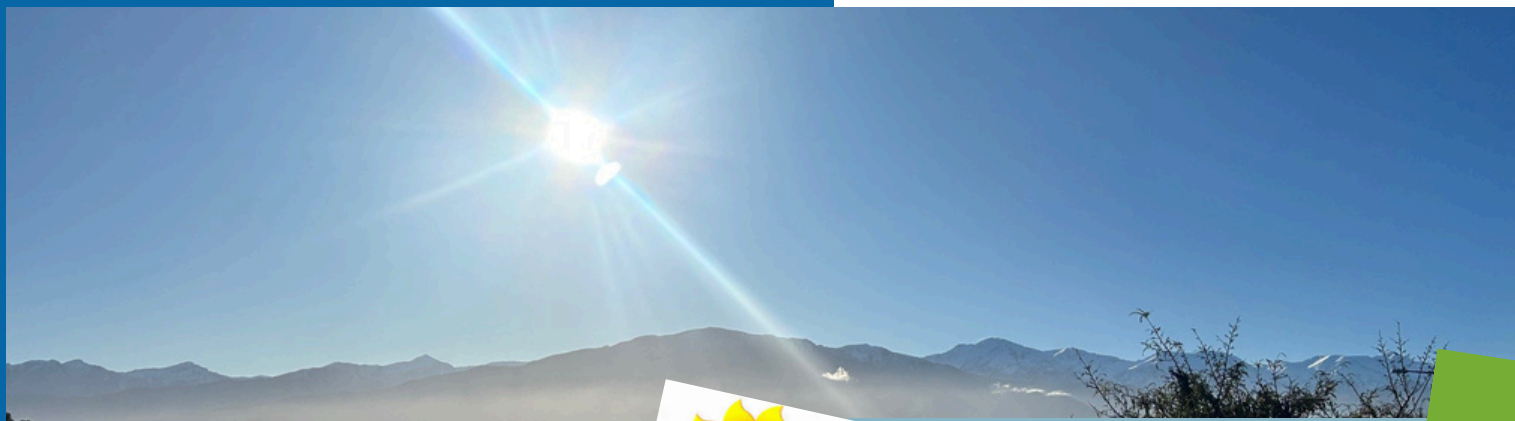
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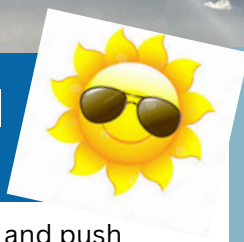


Kaikōura Health

July 2024



Tips to staying well this winter



For many people, winter feels like the time to try and push through and plan for the summer ahead. But others may experience low mood, irritability and lethargy brought on by the start of winter. When noticing these symptoms, it is important to intervene early and be proactive about doing things to stay well.

Here are some top tips and things to try that can help to boost mood and make it easier for you to stay well this winter:

Get outside and get moving. It's important to get outside on those sunny winter days. Movement helps to boost our happy hormones and combat stress. Bundle up in warm clothes and head outside. Take a walk along the beach or throw a ball around and enjoy the winter sun.

Get your daily dose of vitamin D. Vitamin D is important for healthy bones, and being low in vitamin D can affect your mood. Most of our vitamin D comes from the sun – another good reason to get outdoors during winter. Oily fish (tinned salmon and tuna), eggs, lean meats and dairy are good sources of vitamin D, so eat lots of these foods in winter.

Find something to appreciate each day. We can all get a bit gloomy in the winter, and one of the ways we can combat this is by actively hunting for the good stuff in our days. It could be as simple as appreciating having a good pair of socks on that day.

...Continued next page

01/02

Health Promotion in July

Toi Te Ora Public Health publishes an annual Calendar of Events that promotes local, national and international events related to health. In June, check out ...

1–31 July: Mindfulness Month

www.mindfulnessmonth.co.nz

Mindfulness has been linked to a reduction in anxiety and stress, a boost in mood, and enhanced relationships, sleep and general wellbeing.

Week One: Journalling – writing, drawing or noting your thoughts, emotions or things you are grateful for.

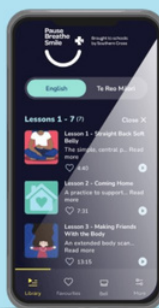
Week Two: Digital or Social Media Detox – taking a break from screens or social media.

Week Three: Meditating – training your mind to be more present.

Week Four: Mindful Eating – slowing down and engaging all of your senses to experience what you are eating.

30 July: International Day of Friendship

www.un.org/en/observances/friendship-day



Try the free Pause Breathe Smile app!

Introducing the Pause Breathe Smile app! Designed for trained educators to support implementation of Pause Breathe Smile lessons in the classroom. It also features a small selection of meditations for whānau to practice at home.

Click the links below to download or find the app on your phone app store.



AUGUST ISSUE:

- Renewing prescriptions
- After-hours

Tukua kia tu takitahi nga whetu o te rangi; Let each star in the sky shine its own light.

Tips to staying well this winter continued ...

Try something new. It's easy to get stuck in a rut in winter, but trying something you haven't done before can be a great way to break routine. Whether it is going to an event or learning a new skill, breaking routine and keeping our brains working can help to boost our mood and sense of achievement.

Prioritise your sleep. Getting enough quality sleep is essential to your wellbeing as it can boost immunity and boost our mood. Follow a good sleep routine – go to bed and get up at the same time each day and try some relaxation exercises before you go to sleep. Falling asleep 15–20 minutes after going to bed is a sign that your body's in a good sleep routine.

Stay connected. It may be tempting to hibernate away the winter months, but connecting with other people is important to keeping us well. Spend time with your friends and family – plan get-togethers, coffee and a walk, or pot luck dinners. Keep up your relationships and connections; positive people make us feel good!

If you think you, or someone you know, is struggling with the 'winter blues', it's important to seek help. You can book in to see our HIP Madi via reception for free support to keep well this winter.

Kaikoura Physiotherapy

We provide a comprehensive range of physiotherapy and rehabilitation services for our patients. Our physiotherapists utilise many modes of treatment to aid and increase function. Our aim is to guide our patients in self-management of their condition and so help them in the prevention of reoccurrences, or further injury.

For accident injury's our physios can lodge an ACC claim for you without the need of a referral. Phone: 03 319 3538.

Clinical areas:

- Pain management
- Neurological and stroke rehab
- Musculoskeletal (muscles and joints)
- Older person Health and falls prevention
- Sports injury rehab
- Continence and women's health
- Orthopaedic rehab
- Occupational health (ergonomics)
- Hand therapy
- Paediatrics
- Respiratory and cardio (breathing and heart)



Conditions treated:

- Neck and back pain
- Leg and knee pain
- Arm and shoulder pain
- Sports injuries
- Neurological, concussion rehab
- BPPV, Vertigo treatment
- Stress management
- Sciatica
- Arthritis
- Post-Surgical rehab



We can carry out home assessments, and organise specialist equipment to assist people with their independence around home, while ensuring a safer home environment.

As part of our occupational health role, we are able to carry out ergonomic assessments of offices and workspaces, as well as carrying out staff training for safe manual handling, to reduce the risk of injury to staff. Phone: 03 319 3538 or visit our website kaikouraphysiotherapy.co.nz

STAFF SPOTLIGHT

Dr Steva Rumsey joined us at the beginning of the year as a Rural Hospital Medicine Registrar and we introduce her to you ...

What do you do?

I'm one of the doctors working between the GP practice and the hospital. I come from the Far North and had spent all of my working years in Northland before moving down in January.

Why did you get into this role?

I had no idea what I wanted to do when I started university. My parents are dairy farmers and I was a terrible farmhand so that was off the list of options! I studied health science because I liked health class at school and then really enjoyed learning about medicine so decided that was the way to go.

If you could be anywhere in the world right now, where would you be & why?

Tramping in Patagonia is next on the travel wish list.

What is your top health tip?

It's amazing how much can be fixed by getting outside, a good nights sleep or a yummy meal.

