

HEALTH MATTERS

BOWEL CANCER SCREENING PROGRAMME LAUNCHES IN WHANGANUI



Over the next two years 12,000 Whanganui locals, aged 60 to 74 will be invited to participate in the National Bowel Screening Programme (NBSP).

If you are eligible to take part, you will be sent:

- an invitation letter
- a consent form
- a free bowel screening test kit, with instructions on how to use it.



The test is simple to do, can be performed at home, and could save your life.

Needing help and support to manage your diabetes?

How about coming along to the 'Living well with Diabetes' self-management programme, starting 10am on 11 November at Te Oranganui. Call Mary Hirini 029 222 5388 for more info.



KA TŪ
AHAU, KA KŌRERO
ME TE MAHI KIA
AUKATI AI E TŪKINO
I NGĀ WĀHINE

TAKE THE PLEDGE
WHITERIBBON.ORG.NZ
#RespectfulRelationships

We welcome your support in this year's November Campaign as we continue to reduce men's violence against women by promoting respectful relationships. This year we want to Challenge the #Unspoken Rules which are the messages given to young boys and men such as Boys Don't Cry, Be The Man, Toughen Up etc.

For more details go to the White Ribbon Whanganui website www.wrwn.org.nz or visit their Facebook page.

1

Home (Self Care)

UNWELL OR INJURED?

Where should I be?

2

General Practice (GP) & After Hours

- Call Healthline 0800 611 116 – for free medical advice 24hrs/day.
- Home for rest, regular fluids and pain relief, if required.
- Talk to your pharmacist – they are a good source of information.
- Contact your general practice team first.

3

Emergency (ED)

- For urgent or after hours care, contact your general practice in the first instance for advice. Or visit the Whanganui Accident & Medical (WAM) service located at Whanganui Hospital. Open every day from 8am-9pm.
- Emergency Department for emergencies.

