

HEALTH BEAT

THIS EDITION: • MENTAL HEALTH AWARENESS WEEK • FAMILY FUN DAY • IMMUNISATION • STAY ON YOUR FEET



NATURE IS KEY

UNLOCK YOUR WELLBEING

09 - 15 OCTOBER 2017

#MHAWNZ

Mental Health Awareness Week

Nature is Key: 9-15 October 2017

Mental Health Awareness Week will run from the 9-15 October and provides an opportunity for us to connect or reconnect with nature, inspire others to do the same, spread the word and enjoy the sunshine. The website www.mhaw.nz has some fantastic suggestions on activities to take you away from the day, giving your brain time to relax. Our favourites are:

2 minutes...

Look at a photo of a favourite place. Take a moment to notice the details, imagine how it smells, sounds and feels to be there. Pause, breathe and smile – then carry on with your day.

10 minutes...

Take your shoes off and stand on the grass, on the sand at the bay, or on the pebbles at Patiti Point. Close your eyes and take 20 deep breaths.

30 minutes...

Take a photo walk. Walk around your neighbourhood with your phone or camera and take pictures of unexpected splashes of colour, wildlife and nature.

5 minutes...

Pick some flowers and put them where you can look at them often. Or water the plants on your desk or in your home. Feel adventurous? Why not roll down a really big hill or jump in a puddle!

20 minutes...

Find a tree to sit under, lean back against it and take five deep breaths. Look up at the clouds - what shapes can you see?

45 minutes...

Move your mood! Do what you can to get your heart rate up - climb a mountain, go for a brisk walk, do some yoga or tai chi in the garden and then cool down with some slow stretches.



Mental Health Awareness Week resources (including the poster above) and activities can be found at www.mhaw.nz

Let's celebrate

Family fund day: Tuesday 10 October

South Canterbury DHB would like to invite you and your family to help us celebrate mental health awareness week at our family fun day on Tuesday 10 October up at Talbot Park. Conveniently coinciding with the school holidays, the team have organised for a range activities for various age groups. And as the event runs from 11 am - 2 pm, there will be a free BBQ for lunch.

What: Family fun day and BBQ

When: Tuesday 10 October

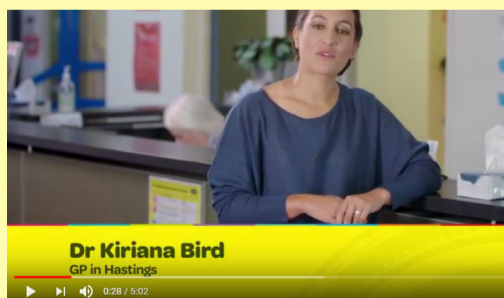
Time: 11 am - 2 pm

Where: Talbot Park, 156 Otipua Road, Watlington, Timaru

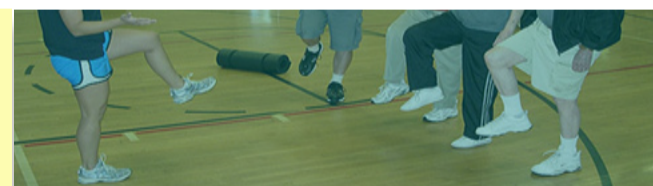
Immunisation

New video shows how it works

Finding information about immunisation online is easy. In fact, sometimes it seems like everyone has a story to tell or something to say about it. So where can you go to get the facts about immunisation? And find out how it works?



The Ministry of Health are working to make it easier for people to know more about immunisation so they can make an informed decision about what's right for their health or the health of their family. You can find the video above and more by searching minhealthnz on YouTube.



Stay on your feet

Classes starting soon!

Anyone 65+ years of age, living in a community dwelling, who would like to improve their leg strength and balance are invited to attend.

TIMARU Wednesdays - 1.30 pm

Timaru Indoor Bowls Stadium & Community Centre, Ranui Avenue. Start date – Wednesday 11 October

GERALDINE Wednesdays – 1.30 pm

SeniorCare Centre, Waihi Lodge.

Start date – Wednesday 11 October

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