HEALTHBEAT

THIS EDITION: • PICK THE BEST SPOTS TO SWIM THIS SUMMER • S.T.A.R CENTRE • SAATS • AMBULANCE BAY RENOVATIONS • BEST OUTCOMES IN STROKE REHABILITATION AWARD 2019

Pick the best spots to swim this summer in South Canterbury...

When you're heading to the beach, local river or lake to swim this summer, don't forget to look out for water quality information signs. These will tell you if there's a health alert in place or whether to avoid swimming if it's been raining in the past two days.

Each summer, key recreational sites around South Canterbury are monitored weekly by Environment Canterbury to check for bacteria or cyanobacteria (toxic algae) that might be harmful.

If the results show the water is unsuitable for recreation, Community and Public Health will issue health alerts and warning signs will be erected.

It's also important to avoid swimming for 48 hours after there has been rainfall. This is because rain can wash bacteria from roads and paddocks into the waterway.

Here's an update on the key swimming spots at the start of the 2019/20 season.

The Beach:
Caroline Bay has good water quality for swimming near the yacht club and in the middle of the beach. It's recommended to avoid swimming near the stormwater outlet 'Whale Creek,' on the western end of the bay, especially up to 48 hours after rainfall.

The Rivers:
Pareora River at the Huts settlement is not recommended for swimming this season. Evan's Crossing on the Pareora River is suitable for swimming but should be avoided for 48 hours after moderate or heavy rainfall or when there is any discolouration of the water.

Nearby sites at Otaio River Gorge, and Opihi River at Saleyards Bridge, SH1 and Waipopo Huts, are all suitable for swimming.

All other monitored river sites in South Canterbury are suitable for swimming except for the Black Hole on the Waihao River.

The Lakes:
If you're heading up to the lakes, there is generally very good water quality at Lake Opuha – Recreation Reserve, Lake Ruataniwha - Camping Ground and Lake Tekapo Beach. All other sites are also recommended as suitable for swimming by Environment Canterbury.

You can also find out weekly results of water quality and cyanobacteria risks for any monitored site in the country at the Land and Water Aotearoa website www.lawa.org.nz/explore-data/swimming.

Sexual Trauma Abuse Recovery (S.T.A.R Centre)

- If you are a survivor of sexual harm either recent of historical.
- If you are supporting a whanau member, friend or partner who has survived sexual harm.

Contact the S.T.A.R Centre, 12 Sarah Street, Timaru, 03 684 2820 ext. 2, 021 214 4228.
Afterhours 0800 00 77 50.

Sexual Abuse Assessment and Treatment Services (SAATS)

SAATS is a sexual assault/abuse service provided by South Canterbury DHB. The service provides an acute and historical assessment service, forensic and non-forensic, covering adult, adolescent and children and works in partnership with Paediatricians and other specialities as required.

Contact 03 687 2100 - urgent referrals will be directed to the on-call SAATS clinician.

Ambulance Bay Renovations

Please notre from the 16 December 2019 the Timaru Hospital Ambulance Bay area will be undergoing renovations.

Due to these renovations there will be no access to public car parking spaces at the front of the hospital.

Public parking is still accessible on Edward Street, behind Kensington Centre on Queen Street, and off High Street.

We ask for the community to be understanding when they arrive at the Timaru Hospital.

Best Outcomes in Stroke Rehabilitation Award 2019

Congratulations to the AT&R ward for receiving the Australasian Rehabilitation Outcomes Centre (AROC) award of "Best Outcomes in Stroke Rehabilitation" for the year 2019.

What a fantastic achievement for the AT&R Team!