

# HEALTH BEAT

## THIS EDITION:

- TOUR AOTEAROA FUNDRAISER
- FIND A WAY THROUGH
- ARE YOU LOOKING FOR A MIDWIFE?
- CHILDREN'S DAY 2020
- AMBULANCE BAY RENOVATIONS

## Tour Aotearoa Fundraiser for Family Works

Peter Doran is an anaesthetist at the Timaru Hospital, but in his spare time he is a cyclist extraordinaire and has started his huge journey on the Tour Aotearoa Bike Challenge.

Peter visited Family Works before he set off on this huge journey cycling from Cape Reinga to Bluff. He told Family Works that he wanted raise money and awareness of our Family Works services for children and youth.

Peter feels that access to emotional health & wellbeing services for young people is so important, and he was aware that a family psychologist was available, but was not fully funded. So, he is raising money for the Family Works Child and Family psychologist, Catherine Feely, to have more hours available for the children and families in South Canterbury.

Family Works will be following Peter on his tour and updating their website with photos and short video blogs as he travels on his journey.

You can follow Peter on his journey by visiting:  
<https://pssc.org.nz/peter-doran-tour-aotearoa-fundraiser-for-family-works/>.

You can also follow Peter and track his progress as he travels down the country by visiting:  
<https://touraotearoa2020.mapprogress.com/>.

Peter would love for you to donate to his fundraiser – any amount and any donation will be most appreciated. You can donate by visiting:  
<https://pssc.org.nz/donate/>.



## Are you pregnant and looking for a midwife?

You can find a comprehensive list of all the South Canterbury midwives on the find your midwife website.

All the midwives have profiles that include information about themselves, the areas they cover, a calendar to show their availability and contact details for you to get in touch.

Check out find your midwife at [www.findyourmidwife.co.nz](http://www.findyourmidwife.co.nz).

**FREE FUN** COME AND CELEBRATE

# CHILDREN'S DAY 2020

AT CAROLINE BAY HALL

SUNDAY  
MARCH 1<sup>ST</sup>  
10AM - 2PM

FACE PAINTING ZORB SOCCER TIMARU ROCKS  
 FREE SAUSAGE SIZZLE AND REFRESHMENTS  
 WUHOO TIMARU GIVEAWAYS CARNIVAL RIDES  
 LIVE ENTERTAINMENT UNDER 5'S AREA  
 WIN PRIZES WITH CPLAY AND LOTS MORE!

#ChildrensDayNZ

## Find a way through... for when you are feeling more sad than happy

**For urgent help 24/7 call the SCDHB CRISIS TEAM on 0800 277 997.**

This is a 24 hour/7 day service for people who are at risk of suicide to receive immediate help. Or call 111 for the police.

**For less urgent help free text or call 1737 to talk to a trained counsellor.**

Seek help early from a GP, practice nurse, Kensington centre, community agency or counsellor. See Page 4 of the Timaru/Oamaru phone book for a list of community agencies or the Yellow Pages for counsellors.

## Ambulance Bay Renovations

Due to Timaru Hospital Ambulance Bay 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.



<b>HOW AM I FEELING?</b>	<p><b>A BIT DOWN</b> Like things aren't going so well but I know I have people I can talk to</p>	<p><b>WHAT DOES THIS MEAN?</b> You are having some challenges right now but in general you are coping and you can work your way through them.</p>	<p><b>WHAT CAN I DO?</b>  <ul style="list-style-type: none"> <li>• Keep doing things you enjoy</li> <li>• Talk to and be with supportive family and friends</li> <li>• Be kind to yourself and don't sweat the small stuff</li> </ul> </p>
<p><b>VERY DOWN</b>  <ul style="list-style-type: none"> <li>• Feeling hopeless</li> <li>• Too tired to do the things I'm supposed to</li> <li>• Having some thoughts of harming myself</li> </ul> </p>	<p><b>Things are getting really tough</b> Get some support and information to help you manage your feelings today</p>	<p><b>THIS IS Serious</b> Get Help NOW!</p>	<p> <ul style="list-style-type: none"> <li>• Call or text 1737 or another helpline number or check out a website like <a href="http://www.depression.org.nz">www.depression.org.nz</a></li> <li>• Make an appointment with your doctor</li> <li>• Talk to someone supportive and be with people you like and trust</li> </ul> </p>
<p><b>CAN'T STAND IT ANY MORE</b>  <ul style="list-style-type: none"> <li>• Like there is no point going on</li> <li>• Having frequent thoughts of wanting to die</li> <li>• Thinking about or planning how I might do it</li> </ul> </p>			<p> <ul style="list-style-type: none"> <li>• Please talk to someone who will listen, immediately</li> <li>• Ring South Canterbury Mental Health Crisis Team 0800 277 997, or police 111</li> <li>• Ask a trusted friend to stay with you</li> </ul> </p>



@southcanterburydhhb

[www.scdhb.health.nz](http://www.scdhb.health.nz)