

Kidz First Child & Youth Health Resource & Information Service provides information and support for anyone interested in the healthy development and wellbeing of children and youth. The service is provided by Counties Manukau District Health Board.

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Pasifika for Life!



FLO: Pasifika for Life empowers Pacific communities in suicide prevention.

Part of the **Waka Hourua** initiative to prevent suicide in Māori and Pasifika communities, **FLO** is New Zealand's first Pasifika suicide prevention programme. **FLO** aims to build strong, resilient Pacific families and communities. The programme incorporates a number of initiatives to Lead, Equip, Engage and Inform Pasifika communities to tackle this issue. A few of these initiatives include:

- [Pasifika suicide information](#)
- [Top 5 Tactics for Pasifika suicide prevention](#)
- [Pasifika suicide prevention ambassadors network](#)
- [17 suicide prevention community initiatives](#)



One of the goals of this project is to increase communication about suicide in Pacific communities. Le Va CEO Dr Monique Faleafa believes it's a myth that talking about suicide increases the risk, and in fact talking about it increases help-seeking behaviour. However, to be effective Pacific suicide prevention needs to be led and driven from Pacific communities.

According to Le Va "New Zealand has staggering rates of suicide and attempted suicide – and the death and attempt rates are alarmingly higher among Pacific and Maori people." Statistics show that Pacific people attempt suicide three times more often than the general population.

For more information or support visit <http://www.leva.co.nz/suicide-prevention>



23-31 May 2015

We are the future, Kō tātau te ao o āpōpō

What Works?... Let's Find Out.

Are we making a difference? How can we do better? Developed by [Community Research](#), the [What Works Project](#) helps organisations answer these questions.

What Works is a new programme designed to help community and volunteer organisations share the experiences and outcomes from their projects. Supported by a grant from the Ministry of Social Development, *What Works* will include:

- A 'What Works' website
- Training via webinars, workshops and hui
- Advocacy and awareness-raising, and
- Peer-learning networks.

With the website currently under development, the developers are looking NGOs who are willing to share their evaluation and learning stories. Feedback can easily be shared via an [online survey](#).

For more information visit <http://www.communityresearch.org.nz/>



Any Questions? Many Answers!

Many people know that a librarian is a good person to ask if you need help with school or homework, but did you know these librarians are available online?

[Any Questions](#) is a service that connects school student (primary, intermediate and secondary) to librarians via their computer or mobile device. Students can visit *Any Questions* between 1 pm and 6pm weekdays and chat with a specially trained librarian, who will help them find resources to answer these questions. Librarians come from all over the country, the one thing they have in common is their passion for helping young people. The programme has been developed in consultation Netsafe to ensure safety for young visitors. Students who visit outside the chat hours are able to search the companion database [Many Answers](#) for advice on researching a wide variety of topics.

This is a great tool for students (and their families) wishing to start the year with an educational bang!

For more information visit <http://anyquestions.co.nz/>



Dyslexie: Improving Reading for Dyslexics

[Dyslexie](#) is a font specially designed to make reading easier for people with dyslexia.



Developed by graphic designer and dyslexic Christian Boer, *Dyslexie* is a font specially designed to make reading a less arduous task for dyslexics. The font has variety of features which assist reading for dyslexics. These include varying letter shapes (as can be seen in the accompanying image) and changing the character size and spacing – meaning that each character's appearance is completely unique and easily flipped shapes like 'p' and 'd' are harder to confuse.

A *Dyslexie* basic package is [free to download](#) for personal use, meaning this tool will be accessible to a number of New Zealand families. There is also a free [online Dyslexie extension](#) which allows websites to display *Dyslexie* on any browser. The *Dyslexie* website contains a number of hints and suggestions for families, teachers and publishers to make their documents more accessible for dyslexics.

Dyslexia is an often misunderstood condition that according to the Dyslexia Foundation of New Zealand [affects an estimated one in ten New Zealanders](#). Tools like these allow the printed and digital worlds to be accessible to all.

Centre for Youth Health Education & Training 2015

The Youth Health Workshops provide practical programmes to enhance professional skills when working with young people in clinical and community settings.

The HEEADSSS Assessment 05 Mar 21 Apr 29 Jun 04 Aug

A one day introduction to clinical practice in youth health including: communication and engagement in youth health and using the HEEADSSS assessment model.

Fee: \$75 (Free for CMDHB and ADHB Staff).

Who should attend? Anyone working with young people.

What Comes After HEEADSSS? 26 May 24 Sep

This one day course gives an introduction to intervention skills when working with young people such as problem solving, motivational interviewing and discussing principles of behaviour change in young people.

Fee: \$75 (Free for CMDHB and ADHB Staff).

Who should attend? Those who have completed the HEEADSSS Assessment training.

**For bookings or further information please contact the
Centre for Youth Health**

Phone: (09) 261 2272 **Fax:** (09) 261 2273

E-mail: cfyh@middlemore.co.nz

Transitions In Health

Developmentally appropriate healthcare for young people with chronic conditions forum.

The Centre For Youth Health are pleased to be hosting *Transitions in Health*, a forum for service providers and those interested in service development for young people with chronic health conditions. There has been growing interest in how health services can better meet the needs of young people. This forum will bring together professionals from a range of paediatric and adult services across the region to present programmes and initiatives to improve their service delivery for young people.

Cost: FREE. Afternoon tea provided.

Date: 9th March 2015; 1-4pm.

Venue: Ko Awatea, Middlemore Hospital.

Target Audience: Clinicians and those interested in service development for young people with chronic health conditions.

To register your interest please contact Centre for Youth Health at cfyh@middlemore.co.nz or phone 09 261 2272.

Join the Starlight Trial

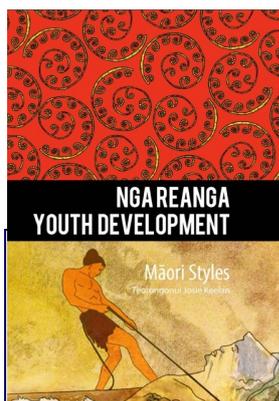
*Want to be involved in developing an innovative new phone app? Want to find out more about nutrition? Want to be rewarded for your time? **Starlight** may be the opportunity for you!*

The University of Auckland National Institute for Health Innovation are looking for 1500 volunteers to take part in a 5 week study on nutrition labelling. Participants need to:

- **Be 18 years or older**
- **Have a smartphone with at least occasional internet connection (e.g. free Wi-Fi zones)**
- **Do at least half of your household shopping**
- **Shop at a supermarket at least once a week**

No appointments are needed and you can start the study at any time. **For more information visit the [Starlight Website](#).**

Ngā Reanga: Youth Development - Māori Styles



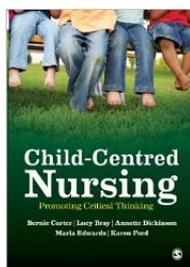
*Written by Teoronganui Josie Keelan,
Ngā Reanga: Youth Development - Māori Styles uses the stories of Māui to describe Māori youth development in a new context*

In this e-book Keelan brings together ten years of experience and research in *taiohinga Māori* Development. The publishers believe this is the fourth book on youth development from a New Zealand perspective and the first from an indigenous world view.

This e-book has been published under a Creative Commons License, making it accessible to all.



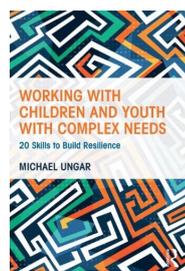
New Books



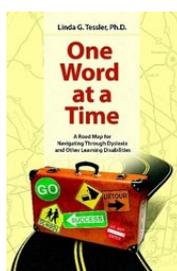
**Child-centred nursing:
Promoting critical thinking.**
by Bernie Carter and others



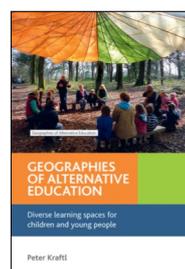
**Stand by me: Helping your
teen through tough times.**
by John Kirwan and others



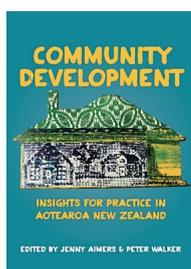
**Working with children and
youth with complex needs:
20 skills to build resilience.**
by Michael Ungar



**One word at a time: A road
map for navigating through
dyslexia and other
disabilities.**
by Linda G Tessler



**Geographies of alternative
education: Diverse learning
spaces for children and
young people.**
by Peter Kraftl



**Community development:
Insights for practice in
Aotearoa New Zealand.**
by Jenny Aimers and Peter
Walker

For information on these and additional
resources please contact
Healthinfo@middlemore.co.nz

Getting Help: Finding Accurate Health Information Online

All of us sometimes need to find out information about our health, and one of the first places we may turn to is the information on the Web.

Websites can be great sources of accurate and useful information on any health condition. However there is also a lot of inaccurate or out-of-date information online. The following tips will help you **evaluate** any health information online, so you can make the best decisions for yourself and your family.

Whenever you find information online ask yourself the following questions:

Who

Who is sharing this information? Where can you find out more about this person/group?

When

When was this information published / updated? If they are linking to other sources or websites, are these up-to-date too?

How

How did they find out this information? Does the source seem credible? Did they do any research?

Why

Why are they sharing this information? Does the information seem balanced? Do they want to sell something? How do you feel when you read it? (...when in doubt trust your instincts.)

For more information and tips for evaluating health information (no matter what the source) visit following websites:

- [Trust It or Trash It?](#)
- [Health Information on the Web: Finding Reliable Information](#)
- [MedlinePlus Guide to Healthy Web Surfing](#)



23-25 September 2015

SkyCity Convention
Centre, Auckland,
New Zealand

LEADING HEALTHCARE TRANSFORMATION

Sponsored by Ko Awatea and Counties Manukau Health