

AUTUMN HAS ARRIVED!

Welcome to the second Green Prescription newsletter for 2008!

Our Green Prescription team has been working hard to action all 71 scripts received during the month of March.

The annual Green Prescription patient survey is underway again. These patients have been randomly selected from the July to December 2007 period and will receive a survey in the mail this week. If you receive any patient queries about this, please get them to phone us on 0800 ACTIVE (228 483).

This newsletter includes information on *how to refer* suitable candidates to *an approved ACC Falls Prevention programme* and the latest information on our Active Families programme available for your families with children aged 5 – 12 years (see page 2).

This month's patient success story is Pauline Stenning (see page 2), a patient of Dr Roger Baillie.

We also now have a dedicated email purely for Green Prescriptions. You are now able to email your scripts through (as long as they have a signature on them). Or if you have a query simply contact us on:

grx@sportsouthland.co.nz

For any further information please contact us with the details provided below.

Green Prescription Team
Sport Southland
Phone: (03) 211 2150
Fax: (03) 211 2250
grx@sportsouthland.co.nz

Falls Prevention referrals

As you may be aware, Sport Southland are contracted by ACC to receive all Falls Prevention referrals in Southland and distribute them out to the necessary providers. Here is the process below:

Do you have patient(s) that require a falls prevention programme?



Refer them through to Sport Southland on a Green Prescription
Fax: (03) 211 2250



We will refer them onto the appropriate provider (as endorsed by ACC)



Low to Medium Risk	High risk
Tai Chi (Movement for Health)	Otago Exercise Programme (OEP)
Over 65 years of age (55 years if Maori / Pacific) At risk of falls	Over 80 years of age (65 years if Maori / Pacific) History of falls

“Putting myself first”

Morbidly overweight, sedentary, tired and struggling to keep up with demands of teenage children was enough for Pauline Stenning to take action. Pauline joined a nutrition based programme and lost a staggering 20 kilograms towards a healthier weight.

Pauline was pleased with her progress but really wanted to firm up, feel stronger and continue making improvements. Her drive came from her desire to be an active and an involved mother just like her own when she was growing up. Pauline’s GP, Dr Roger Baillie, recommended that physical activity be introduced into her lifestyle and suggested a Green Prescription.

She has not looked back since. With the help of Green Prescription Support Person, Ann Robbie, Pauline began to set some goals. She began by attending aqua jogging at Splash Palace twice per week, which was a difficult step to make as Pauline was very self-conscious of her body shape. This activity has become a very important part of her weekly regime. Pauline has also started cycling outdoors and walking on a regular basis with her family.

Pauline’s family and work colleagues have been really supportive and are very proud of what she has achieved. Her actions have inspired her family to make positive changes to their own lifestyle. Including regularly cycling local mountain bike tracks most weekends, a communal family vegetable plot has also been created and sustained by all family members. Pauline says, “Its fun, we work as a team, its very rewarding and most of all it is physical activity!”

Apart from the obvious physical benefits, Pauline feels she has benefitted mentally as well. She feels more confident within herself and is very proud of what she has accomplished. Pauline now encourages others to, “Stop the excuses and put yourself first - This is not being selfish as you are able to give more to your family and friends when you are fit and healthy.”



Consent given to publish story



(H.Y.P.E)

The Te Ara a Kewa and Wakatipu Primary Health Organisations along with Sport Southland bring you a programme which aims to provide education and support for youth aged 5-12. They will experience different physical activity options, cooking and food sampling and motivational support. This group is for youth who do not participate in regular exercise or sport and is free of charge for participants.

The aim of the programme is to give youth and their families the confidence, knowledge and community support to sustain an active and healthy lifestyle.

The specific objectives of the programme are to help children and their families:

- Increase their amount of regular physical activity
- Improve nutritional habits
- Give opportunity to experience new activities and nutrition
- Positively impact on mental health and motivation

For more information please contact:

Sport Southland
0800 ACTIVE or (03) 211 2150

www.sportsouthland.co.nz



PUSH PLAY