



Rongoā Kākāriki **GREEN** PRESCRIPTION

GREEN PRESCRIPTION NEWSLETTER JULY-AUG 2010

Welcome to the third Green Prescription newsletter for 2010.

This issue covers:

- Success Story: June Moyles
- Southland's Best GRx Referrers
- Patient a Falls Risk? Movement for Health Classes start again in August

The aim of our newsletter is to keep medical practices in Southland and Wakatipu up-to-date with latest news regarding the free Green Prescription service, and also to remind you to *prescribe "Green"* at any time it may be beneficial for a patient. We hope you find this issue interesting and useful.

For any further information please contact us at the details provided below:

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SOUTHLAND'S BEST GRx REFERRERS

Prescribing "Green" provides the following benefits:

- Patient may make healthy lifestyle changes and have improved health outcomes
- Patient appreciates you recommending the GRx programme which costs them nothing
- Patient receives the in-depth support and help they need without taking up your valuable time discussing walking versus cycling... versus gyms, Pilates, Tai Chi... when and where and how much? etc. etc.
- Patient will also receive help with healthy eating lifestyle choices
- PLUS... Referrer gets credit towards "Southland's Best Referrer": Each month the GP's or Practice Nurses who made the most GRx referrals will be recognised in the Top 5 Referrers in this newsletter.
- **Southland's Best Referrer each month will receive a \$20 sports voucher. ***

ACC FUNDED 'MOVEMENT FOR HEALTH' FALLS PREVENTION

NEXT TERM STARTS IN AUGUST - ENCOURAGE TO REGISTER NOW

'Movement for Health' is a falls prevention programme developed for those at risk of falls. ACC funds a weekly programme for 16 weeks, for those at risk of a fall aged 65+ years (or 55yrs+ for Maori or Pacific people). Movement for Health Modified Tai improves balance and strength through standing and seated exercises including modified Tai Chi. Classes are fun, social and FREE.

Venues for Aug - Dec 2010 are in: Invercargill, Otatara, Otautau, Riverton, Gore, Wyndham and Winton. Patients can call Sport Southland at (03) 211 2150 to register.

Graduate classes are run by Sport Southland for previous participants at a small cost.

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Success Story: Tai Chi proves life-changing for June



Suffering in pain and forced to give up the recreational activities she loved, June Moyles made a life-changing decision 10 months ago – she embarked on a Green Prescription.

A working life spent walking all day on a concrete floor delivering medical records, carrying kerosene tins of spuds for her 'potato farmer father' and general farming duties such as hand milking cows had taken its toll.

June's eagerly anticipated retirement was thrown into a spin when, in 2005, she couldn't walk without limping. Medical intervention, steroids and other medication seemed like her only avenue of help.

By early 2009 her health had deteriorated further – her knees were giving her severe pain and her "balance was in the balance". June ceased white-baiting, walking and her beloved bowls. She felt her active lifestyle was over. Her confidence had been undermined and she was worried about becoming a 'burden' to her family, which included her elderly mother who still relied on her for support and transport.

"I hated feeling like an old person," June said.

Her physiotherapist recommended a Green Prescription, which was sent to Sport Southland.

Sport Southland patient support person Ann Robbie made contact and, after discussions, suggested the ACC-funded Movement for Health Modified Tai Chi programme could help. June was hesitant and a little

sceptical

but felt "nothing ventured, nothing gained" and started the classes in September 2009.

By the end of the year, June was walking distances again, pain was minimal and her mental wellness was gaining confidence. She realised the exercises and Tai Chi had improved her stiffness to the point she is now able to sit for a period of time and not rise with pain or difficulty.

An avid Sting now Steel netball fan, June used to love the bus trips, but the pain of being seated for such a long time had put paid to this. Now she can travel for the three hours, enjoy the day out and, more importantly, climb the stairs to her seat.

"It's great having my independence back," June said.

Rapt with the help she received, June is now looking forward to attending graduate Tai Chi classes.

"It's simple - if you want to remain independent then you have to exercise, otherwise you get lazy and problems will confront you from all angles," she said.

"Green Prescription is the way to go. Ann had the knowledge and answers, but more importantly she encouraged me to start – gently and positively – and I owe my new lifestyle to her and the Movement for Health classes."