

Green Prescription Wellness Update

Inspiring small achievable changes to create a better quality of life

Summer edition
Volume 1, Issue 1 2022

Tena Koutou Katoa,

The rays are getting warmer, the days are longer and the busy summer season is upon us. With the new season the Green Prescription team would like to introduce our newest project: The Green Prescription Wellness Update Newsletter. The newsletters will be available seasonally and can be accessed via email and hardcopy, just contact one of our Healthy Lifestyle Facilitators to request one to be sent to you.

We aim to cover everything health and wellness, connecting with our members and community in another avenue. Keeping you in the loop with programme updates, collaborations within the community and getting personal with our Health Promotion Team here at Nelson Bays Primary Health.

The Green Prescription team have had another busy year increasing the programmes that are facilitated in the community. Introducing the Tane Roopu at Victory Boxing, Wahine Toa Yoga and Aqua Mobility programs. Expanding on what we deliver to our members, offering more options for activity. More information about these programmes are now on the Nelson Bays Primary Health (NBPH) website or, how to register if a programme interests you.

The Green Prescription team would like to thank the partnerships established within our community for the constant support, offering our members great discounts to use their facilities and memberships to improve their health. We are thankful for your partnership with us. Within this newsletter we will expand on who some of those organisations are, and what they can offer you.

Lastly, heading into the holiday season the Green Prescription team hopes you find the time for yourself, be patient with each other in the grocery stores and on the road. Remember to be kind, keep active with friends and family. BUT, most of all to smile, have fun, be safe and be sun smart.

Nga mihi nui,
The Green Prescription team



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Meet the Healthy Lifestyle Facilitators



Debbie Sumner



Heidi Mortimer



Nicola Rae

Lets get to know more about the women behind the Green Prescription service...

If I could only eat one meal for the rest of my life, it would be..

One meal - Mmm so much to choose from Avocado and Poached eggs on Sour dough.

If I could visit any country in the world it would be..

Greece - the history, the food, architecture and the beaches, pure bliss.

Why did you choose a career in community health:

To help support people to live well and to feel good about themselves.

Favourite animal..

A Cat! I have 2 cats, ones called star and the other is called jersey. So snuggly!

If I could only eat one meal for the rest of my life, it would be..

That's a tough question because I'm such a foodie. It would have to be a classic home made beef burger or sushi. I'm a savoury girl over sweet foods.

If I could visit any country in the world it would be..

Nepal. Walking to Mt. Everest Base Camp is a goal of mine and Africa would be my second pick.

Why did you choose a career in community health..

I believe strongly in holistic health and assisting people to make positive changes for a healthier future and improved quality of life.

Favourite animal..

Elephant!

If I could only eat one meal for the rest of my life, it would be..

Caesar Salad, without the anchovies!

If I could visit any country in the world it would be..

Maldives - beautiful beaches, paddle boarding and swimming with the turtles.

Why did you choose a career in community health:

To share my wellbeing knowledge. 'Health is wealth'.

Favourite animal..

The Butterfly. 'Don't be afraid, change is such a beautiful thing,' said the butterfly.

...In The Community: Type 2 Diabetes Education with the Green Prescription Bhutanese Members

Facilitated by Jennie Verstappen - NBPH Dietitian/Community Education Coordinator (Heart and Diabetes)



Pictured above are some of the Bhutanese refugee ladies who participate in a physical activity group with Green Prescription. The group is called Poudi which translates from Nepalese as 'swimming'. Originally, this is where the Poudi group was born. The group started aqua activity in the Nelson Hospital hydrotherapy pool and then later evolved working around the COVID-19 restrictions in 2020.

Due to COVID-19, the Poudi group moved from swimming to an outside walking group, into a yoga and stretch group at the Victory Community Centre. Throughout the two years, Green Prescription has been involved in assisting these ladies with healthy lifestyle changes.

Throughout any Green Prescription programme, feedback is an important element to make sure programmes delivered are meeting the needs of the participants in the community. A common comment made from the group was "more education around type 2 diabetes for the participants"

So we delivered...

Jennie Verstappen is Nelson Bays Primary Health's Community Education Coordinator (Heart and Diabetes) and is also one of the dietitians. Jennie has been working closely with the Bhutanese refugee community support diabetes management so it was a perfect fit bringing Jennie to one of our activity sessions to educate the ladies on Type 2 diabetes for a more in-depth understanding.

There are approximately 260,000 people living in Aotearoa with diabetes. Around 10% of these have type 1 diabetes, and 90% have type 2 diabetes. Approximately 50 people are diagnosed with diabetes each day in Aotearoa. Only 50% of people with diabetes know that they have it!

Diabetes occurs when there is too much glucose (sugar) in the blood. Over time, this can cause damage to blood vessels and as a result to eyes, feet, kidneys, the heart, and the brain if it is not well controlled.

If you have been diagnosed with pre-diabetes or diabetes type 2 diabetes and want to participate in a one-off self-management education session to empower you to be actively engaged in managing your condition and reduce the risk of long-term complications please visit the Nelson Bays Primary Health Website to register or contact Jennie directly on 021 790 997 — it's FREE!

Type 2 Diabetes Education

Living well with Type 2 Diabetes is a FREE one-off self-management education session to empower those with type 2 diabetes to be actively engaged in managing their condition and reduce the risk of long-term complications.

This service will help with:

- The facts and myths about diabetes
- Diabetes treatments and how to lower the risk of long-term complications
- Understanding your numbers: blood glucose, blood pressure and cholesterol
- Managing physical activity
- Motivation and setting goals
- Healthy eating with practical tips
- Emotional well-being
- What support options are available to you and how to access them

Motueka Type 2 diabetes sessions will be held over two sessions and attendees are to attend both sessions.

Thursday 26 January 2023
and Thursday 2 February 2023
6.00pm - 8.00pm

Visit NBPH website to register or for more information.



The Hapori Fruit & Veg Box initiative harnesses our collective buying power which dramatically reduces the cost of our groceries

One box costs \$15.00.

It supports our local growers, and it brings fresh, seasonal produce to your table. The Hapori Fruit & Veg Box is good for growers, good for the community and good for you.

The Hapori Fruit & Veg Box is a collaboration started in 2021 between between Te Whatu Ora Health New Zealand - Nelson Marlborough, the Nelson Environment Centre, and community partners.



Victory Community Centre

Location Contact

2 Totara Street
Toi Toi, Nelson 7010

Email
hapori@victory.school.nz

Phone
03-546 8389





IN THE SPOTLIGHT

With Donna Matson



Introducing the lovely Donna Matson from the Green Prescription Kickstart Programme:

E toru ooku iwi
Ko ngati kuri
ko ngati whatua
Te rarawa hokianga whakapau
karakia ahau
Ko Donna tooku ingoa
Teena ra koourou kaatoa

Tell us why you joined the KickStart programme:

My goal was to give up smoking and I had some issues around cholesterol as well but overall the biggest thing I wanted to kick was the smoking.

Tell us about your journey throughout the KickStart programme:

I came in not knowing what to expect and I got more than what I thought I was going to get. So, it was a great place to start my journey in terms of learning about goal setting, kicking my addiction with cigarettes, nutrition, but also connecting with others. I've learnt so much about myself and how I tick which translated into me having fun. I started KickStart and on the first session of the programme, join up to Miki D's gym as a member afterwards and have been enjoying that also.



Were there any light bulb moments in the programme and if so, tell us about them:

I wanted to know about how things work on the inside and I'm talking about all the elements of Te Whare Tapa Wha (holistic wellbeing) and I think I've got a handle on some of that stuff already but there's a lot more that I don't know. I always hear something new from each session, there's a lot of education around nutrition, exercise, mental health and how that all plays a roll in our wellbeing. I really like the holistic approach.

What's one aspect around nutrition that you would share with others:

A good healthy balanced diet. We are habitual people and we do what makes us feel good and its not always good for us. Getting into good routines around food, eating a variety. My diet is different today from when I first started the programme so I'm looking at things differently now like using soy, almond or oat milk. Portion size is also important and growing food where you can.

What are your plans going forward from completing the KickStart programme:

I will just keep improving on everything that I'm doing at the moment with everything I've learnt at Kickstart and extend my knowledge in Te-Reo. For me, Te-Reo is my native language and I have a good degree of knowledge already but I want to incorporate that into something like this programme but from a Māori perspective.

**Ka pai for all your hard mahi
Donna. Te pai katoa.**

- The Green Prescription Team

Green Prescription Programme Spotlight:

Feedback received from our KickStart participants over the last year:

“Since coming to Kickstart, I have lost 4kg, my blood pressure has reduced, and my mood has improved since attending”

“I am very grateful for this programme. It’s an exciting time for me who wants to make better choices and change my ways. Thanks to the Green Prescription team”.

“Thank you to the whole Green Prescription team for inviting me along to Kickstart, it’s great to learn about health and new exercises. It wasn’t until my poor self care, stress and over working impacted my health so much that I had to resign, that I started to make changes. That was 2 years ago. Thank you as this is really important work that you are all doing”.

KickStart

KickStart is an 8-week programme designed to support people on their way to living a healthier lifestyle. Green Prescription offers this programme to the community on a term-by-term basis with both a pool-based and land-based option.

Sessions run for 60 - 75mins, and each session includes a wellness talk, followed by 30 minutes of gentle physical activity. This can be a great way of starting out your journey if you haven’t been active for some time, or perhaps you’re wanting to build healthier habits into your lifestyle. For whatever the reason will be.. KickStart is available for anyone to join.

We are currently taking bookings for term one 2023, with details below of what sessions are available.

Mondays: Pool option commencing 13 February 2023, 5.45-6.45pm at the Richmond Aquatic Centre. Cost: \$4 each session

Tuesdays: Land-based option commencing 14 February 2023, 9.30-10.45am at Miki D’s Gym (Dance Studio). Cost: Free

Wednesdays: Pool option commencing 15 February 2023, 10.00-11.20am at the Richmond Aquatic Centre. Cost: \$4 each session

Feel free to contact a Healthy Lifestyle Facilitator from the Green Prescription team. For enquires and registration, please get in touch with us.

Email: grx@nbph.org.nz

Phone: 035437811

Community Partnership - Miki D's Gym Nelson

Top 10 Reasons to Stay Active:

(NZ Ministry of Health)

1. You'll be in better overall health
2. You'll have more energy
3. You'll have better posture and balance
4. You'll have stronger muscles and bones
5. It's fun
6. It raises your self-esteem
7. It helps you manage your weight
8. It improves your fitness
9. It can improve your sleep
10. You'll feel more relaxed, and less stressed!

How Much Activity is Recommended?

- Adults

Do 30 minutes of moderate physical activity on 5 days or more per week.

Moderate intensity is slight, but noticeable, increase in breath and heart rate. You can still carry on a conversation.



Rongoā Kākāriki
GREEN
PRESCRIPTION

Join The Green Prescription Team for FREE and reap the benefits!

New partnership with Miki D's Gym

- \$7 per week (RRP \$10.90 per week)
- price is valid for 12 months from day of sign up
 - 24/7 access to the gym
- Free access to a range of group fitness classes
 - 1 free introductory session with a trainer
- Minimum 4-week term, after that 24 hour's notice to cancel
 - no joining fees

Congratulations Ollie Martin Green Prescriptions AUT student graduates!



After three years of hard mahi, Ollie gets to celebrate achieving his AUT Degree in Sports and Recreation.

Well done Ollie. Even though the Green Prescription has only been a small part of your degree journey we are excited to see where your path leads.

You may have seen Ollie at KickStart land-based programme hosted at Miki D's gym, KickStart pool programme at the Richmond Aquatic Centre or you may have even seen him instructing a Matapuna pool programme. No matter where you have seen him, I'm sure you seen a supportive and encouraging face. Ollie has been such an asset in the Green Prescription team, always willing to give a new task a go, putting his knowledge into practice and driven to assist our members to make healthy lifestyle changes.

The following Summer recipe recommendations have been selected by our Primary Care Dietitian team. These recipes can be found on the Heart Foundation website along with Heart Healthy recipe books that can be downloaded in PDF versions. Heart Foundation recipes are designed by nutrition professionals to take the fuss out of healthy eating. The Heart Foundation website also has many great resources that can help you on your health journey.

Below are some other recipes that could feature on your dinner table this summer:

- ⇒ BBQ Corn Salad
- ⇒ Radish, cucumber, tomato and bean salad
- ⇒ Falafel
- ⇒ Vegetable and bean burgers
- ⇒ Pumpkin fritters
- ⇒ Tuna Salad
- ⇒ Egg and vegetable burrito
- ⇒ Warm vermicelli salad



Summer Recipe Recommendations - Rice Salad



Ingredients (serves 4)

- 1 Cup brown rice
- 2 Cups water
- 1 capsicum (diced)
- 1 carrot (grated)
- 1 stalk of celery (diced)
- 2 spring onions (sliced)
- 1/2 cup chopped parsley
- 1/2 Tbsp chopped ginger
- 1/4 cup pumpkin seeds
- 1/4 cup sliced almonds
- 1/4 cup sultanas
- 1 Tbsp olive oil
- 1 Tbsp soy sauce
- 2 Tbsp lemon juice

1. Rinse the rice under cold running water
2. Combine rice and water and cook in a saucepan with lid
3. Bring water to the boil then turn down to low
4. Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes
5. Remove from heat and allow to cool
6. Place all ingredients in a large bowl and mix thoroughly to combine
7. Keep refrigerated until ready to serve

Salad Dressing Recipes - Easy Vinaigrette



Ingredients (serves 4)

Basic vinaigrette

- 2 tbsp vegetable oil
- 2 tbsp white or wine vinegar
- Pinch salt

Lemon and Ginger Dressing

- 1 quantity basic vinaigrette
- 1 tbsp lemon juice
- 1 tsp grated ginger

Honey and mustard dressing

- 1 quantity basic vinaigrette
- 1 tbsp wholegrain mustard
- 1 tsp honey

Balsamic vinaigrette

- 1 quantity vinaigrette, replace white vinegar with balsamic
- 1 tsp mustard

1. Basic vinaigrette

Mix all vinaigrette ingredients together

2. Lemon and ginger vinaigrette

Mix lemon and ginger into basic vinaigrette

3. Honey and mustard vinaigrette

Mix mustard and honey into basic vinaigrette

4. Balsamic vinaigrette

Make the basic vinaigrette with balsamic vinegar instead of the white or wine vinegar. Add mustard and mix well



Free cooking and nutrition course for older people

Learn to plan and cook simple healthy meals for 1 or 2 people plus shopping tips, label reading and time-saving strategies. Ideal for those lacking practical cooking skills or who need a boost of confidence to cook for themselves. Three hour friendly and social classes held over four weeks. Includes morning tea and lunch.

Time: 10 – 1.30pm

Where: Headingly Centre, Headingly Lane, Richmond

**To register contact:
Annette 03 5440272 or 0211344530**

