

## MeNZB concerns

The Ministry of Health and health professionals are concerned that the Norwegian television documentary which aired on Sunday night contains a number of claims which are likely to cause unwarranted alarm. Claims that safety monitoring in NZ has not been comprehensive, for example. MoH insist that safety monitoring of the MeNZB vaccine here has been paramount and that an independent safety monitoring board, made up of national and international experts in the field, oversaw the whole exercise. No safety concerns were found. The Board reviewed all the data plus 2,212 reports of events during the time that three million doses of the vaccine were administered. Overall the main pattern of events observed was that of mild temporary local reactions such as inflammation, headaches and skin reactions. More serious reactions were extremely rare. This needs to be weighed against the risk of disability, amputation or death from the epidemic strain of meningococcal B, the Ministry says. A summary of these reports can be found at <http://www.immunise.moh.govt.nz/documents/safetymonitoring-0606.pdf> The Ministry will continue to monitor the situation in Norway and provide information to health professionals and the public about any significant developments.

## Social Club Activities

**Wed 15<sup>th</sup> Nov.** – Social club AGM 12.00-12.30, Room A Personnel. If you are a member please come and support this meeting, so that the committee can continue to put on events for you!

**Fri 1<sup>st</sup> Dec** – Roger Hall show at MATS 'Making it big'

**Sun 10<sup>th</sup> Dec** – ASB Triathlon

**Wed 13<sup>th</sup> Dec** – Roger Hall play at Harlequin 'Spreading Out'

**Fri 15<sup>th</sup> Dec** – Thai banquet with Fred Wheeler's Christmas quiz!

For further info /entry forms /bookings contact any of the social club members, or look at the posters displayed on the electronic noticeboard.

## Weigh In



17 teams of 10 DHB staff have now completed the 12 week '10,000 Steps at Work' programme. Some of the participants, like Ngaire Clark from CAMHS and four of her teammates walked a million steps before the end of the programme. Here she does her post assessment to check

how many inches have fallen off and whether her weight and blood pressure have changed. Over the last 12 weeks Ngaire has swum three times a week, been to cycling 'spin' classes 2-4 times a week and has walked regularly. She feels great, looks terrific and reports improved energy levels. She says one of the real benefits for her was being part of the CAMHS team, motivating each other and enjoying the activity together. The prizegiving and wrap-up is this Friday at 4pm behind the DHB Board Room.

## Happy what?

Working at Wairarapa Hospital is full of surprises, as Physio, Laura Hurley, found out last week. She turned 26 on the 26<sup>th</sup> of October - and to mark the occasion, one of her patients, who runs a balloon business - presented her with this cheerful token of esteem. Enough to brighten up anyone's day! Belated happy birthday, Laura.





## By Satellite

There was a great turnout for the clinical education sessions beamed by satellite from Christchurch. Medical staff from the DHB, rest homes and medical centres attended the five hour-long sessions which were interactive and lively. Clinical Nurse Educator, Lesley Marsh was very pleased with the positive feedback about the content and style of the presentations. She hopes to organise more sessions next year.

*Left: Lesley Marsh wraps up the final session which was on pain management. Participants Vivienne Petersen, CNE, and practice nurse, Marthie Van Niekerk stand beside presenter Ann Morgan who is sitting in the Christchurch studio.*

## Occupational Therapy Week

Last week was Occupational Therapy Awareness Week and to raise awareness some of the OTs visited medical centres, health providers with balloons and leaflets promoting the role of Occupational Therapy as a profession enabling people to lead meaningful and satisfying lives.

*Right: Some of the OT team: Annette King, Franky Spite, student Michelle Batchelor and OT assistant Sandie Wilson.*



## New to the region?

### Then come to a good old Kiwi BBQ

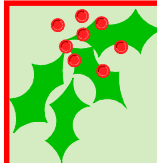
Being new to a region can be an exciting time, as well as an apprehensive one. If you have recently come to the Wairarapa and you want to meet other new arrivals or locals, how about bringing your family along to a BBQ.

*GO Wairarapa*, whose job it is to promote our fantastic region, is organising social events to welcome new residents into the region and give them the opportunity to meet each other. *Go Wairarapa* plans to hold regular BBQs for new arrivals or for people who have recently settled here. Trust House is sponsoring these events, so there is no cost.

The first BBQ will be on Sunday 3rd December at 4.30 at the Solway Driving Range Cafe behind the Copthorne Hotel in High Street. Bring the whole family. We do need numbers for catering. Please email [jan.mclaren@wairarapa.dhb.org.nz](mailto:jan.mclaren@wairarapa.dhb.org.nz) or ring 956 9883 or Ext.5883.

**RSVP by 29 November.**

## All Staff BBQ



CEO David Meates invites all staff to a Christmas celebration BBQ, with thanks for all the hard work and achievements of 2006.

**Date:** Friday 8 December

**Time:** 2.00 - 6.30pm

**Place:** behind the Boardroom, DHB building

Christmas drinks, nibbles and BBQ food,  
**Music** by 'UNCLE MONKEY'

**Spot prizes** for the most creative / daring headwear!



**Weblink:** [www.wairarapa.dhb.org.nz/about\\_wairarapa\\_dhb/news](http://www.wairarapa.dhb.org.nz/about_wairarapa_dhb/news)