

Our People



Welcome!

Welcome to the spring edition of "Our People"! This is a bulletin created to share the success stories of our patients, nurses, health coaches, health improvement practitioners and everyone in between. The bulletin will be released quarterly to coincide with the seasons. If you have any success stories to share please contact us at keeganh@easthealth.co.nz or pierre@bjdocs.co.nz so we can share your story with the world!

Health Improvement Practitioner, Kathryn Epps' Guide to getting back on track

As a man growing up in New Zealand, it is easy to get caught up in your work and family, without taking any time to unwind and focus on yourself, often leading to health risks further down the line. Our fantastic Health Improvement Practitioner Kathryn Epps shares her story of how she helped a patient get back on track with their life, and the best way to manage your priorities. Please [click here](#) to read this blog that may resonate with you or a man in your life.

Daffodil Day Celebrations

Cancer doesn't stop, so we won't either! Every day 71 New Zealanders are diagnosed with cancer. For over 30 years New Zealanders have supported the work of the Cancer Society on Daffodil Day, and this year was no different for the East Health Trust Clinics. Our head office led the way for all and did their part to support those in need by helping to fundraise as well as treating the staff to a daffodil day-themed morning tea and wearing daffodils throughout the day. Check out the photos below to see our fabulous decorations!



Tips to support your Tamariki with Diabetes!

Supporting your diabetic children is no easy feat. That's why we're here to help with our top tips on how to help your tamariki in the best way possible. [Click here](#) for more information

Spring Edition – September 2022

Highbrook Medical Hub Business Showcase

Within our PHO network, we look to feature news regarding our providers that have been active within their communities lately.

In August, Highbrook Medical highlighted its new approach to workplace health and wellbeing in a recent local business showcase.

Highbrook colleagues partnered with the local Business in Tamaki association and other providers in the HighbrookMed Health hub to advertise their integrated and mobile health and wellbeing package for local businesses. Local businesses that attended this event have already been in contact with the clinic to organise on-site visits for their workforce. Feedback from a worksite visit last week from one of the employees sums things up nicely, "Very friendly. Very approachable and knowledgeable people. Great set-up and convenient portable unit for health checks. Well organised. Highly recommend."

Please [click here](#) for more insight as to what the Highbrook Medical Health Hub offers.

Blue September

Blue September is a yearly initiative to help raise awareness for prostate cancer. 1 in 8 Kiwi blokes will be diagnosed with prostate cancer in their lifetime! This means if prostate cancer does not affect you directly, then it will affect someone you know. Keep an eye out on our [social media channels](#) for updates on Blue September or better yet take action yourself and go directly to their website <https://fundraise.prostate.org.nz/event/blueseptember>

Free Health Expo

East Health Trust is pleased to announce our, Interactive Health Expo taking place at Howick Market Place on Friday 30th September 9.30am – 2.30pm. We would love for you to come along, chat with us and see what East Health Trust offers to its community. The interactive stalls offer blood pressure & heart checks, promoting immunisation, mental health awareness and so much more. Please [click here](#) for more information about this amazing pop-up.

Steptember

Move together for Cerebral Palsy! At East Health Trust we are showing support for Steptember by getting our hard-working GP's, nurses, health coaches, and office staff members involved in a 'friendly' competition to see which staff members and clinics can get the most steps in throughout the month of September, with some fantastic prizes for the winners! Keep an eye out on our [social media channels](#) for updates as to which one of our clinics is becoming the super stepper!

You too can join a huge community of over 130,000 people and take on the challenge of 10,000 steps a day, your way, for people living with cerebral palsy. <https://cerebralpalsy.org.nz> <https://www.steptember.org.au>

Making a Change

Training your mind is like going to the gym, you can't just do it once and expect to be fit, you need to practice this constantly to see lasting improvement. Please [click here](#) to read Dr Stapelberg's blog on how she treated a patient with anxiety and the practices she put in place to improve her patients mental health.

Upcoming Events Holidays:

- Prostate Cancer Awareness month – September
- Steptember Cerebral Palsy Awareness month – September
- Mental Health Awareness Week – starting 26 September
- Interactive Health Expo – 30 September
- Breast Cancer Pink Ribbon Day – 8th October