



The Peoples Centre News

Caring for those in need

January 2009

Issue 2

City Peoples Centre, 33 Wyndham Street, Auckland City, 09 302 2496
Mangere Peoples Centre, 366 Massey Road, Mangere, 09 275 6111
Manurewa Peoples Centre, 7 Halver Road, Manurewa 09 267 6331

NEWS IN BRIEF

1 New Signs at Mangere

To make us easier to find we have had some new signs made for our Mangere location. The signs have our new blue logo and we hope they will brighten the exterior of the building.

2 Website

The website is currently being worked on – we want to get it just right! When its up and running you'll be able to get info about services, prices, your rights and much more by visiting www.tpct.org.nz or www.peoplecentre.co.nz

3 Updates

Manurewa Renovations: Painting is almost underway and we should have the whole lot complete by the end of this month. Thank you for your continued patience – it will be worth it in the end!

We believe all members of society should have access to medical and dental services from caring practitioners

HAPPY NEW YEAR!!!

Well, the year is back into full swing now and The Peoples Centre has started with a bang- Manurewa is being spruced up at this very moment, Mangere is easier to find with it's new signs and our new phone system has been successfully installed at our city location- Mangere and Manurewa are to follow.

2009 holds lots of possibilities and challenges for the Peoples Centre as we look for new ways to continue to provide our communities with best services possible. We wish you all a happy and healthy 2009!

Lael Meredith

Now it's even easier to contact us
Call 0800 4 PEOPLE (0800 4 73675)

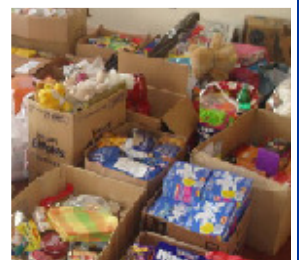
Christmas Appeal

By Peter Gillan

Before Christmas I was asked by the fabulous Dr Tracey Bryan to see if we could get a couple of food parcels for some patients who have extremely difficult financial situations. Never being for the faint hearted I launched an email food appeal amongst friends and family.

My appeal seemed to hit the hearts of many and I was not prepared for such a positive response. We were given vouchers for exclusive accommodation, new Casio watches, boxes of Christmas treats, and a good supply of pantry basics, not to mention two new kids' trikes. Being a 'wheeler dealer' I went about the process to convert some of the donated items into more practical and tangible items. I even asked the Police on Halver Rd to raffle a new watch. All the funds collected were used to buy basics from laundry detergent to pasta to cat biscuits (for us animal lovers!)

I have been asked if this will continue, to that I cannot fully reply, but today I have been offered a truck full of boxes of Wheat Bix from the ASB Bank, due to a promotion for a Triathlon event and they are keen to donate after the event, so lets watch this space. Happy New Year to you all!! Slip Slop Slap, and let's do what we can in 2009



Community Notices



Is your home cold or damp?

Apply for **FREE** home insulation **NOW!**

Are you eligible?

Get an information pamphlet and application form from reception

Is there something going on in your community? Tell us about it and we can include it in our next newsletter. For more details call 09 302 2496 or email admin@peoplescentre.co.nz

DENTAL SERVICES WHEN AND WHERE

City:

8.30am to 5.00pm
Monday to Friday

Manurewa:

8.30am to 5.00pm
Monday to Friday

Mangere:

8.30am to 5.00pm
Monday & Wednesday



Health Update

By Dr Simon Garlick

According to United States medical researcher, Dr Neal Barnard, a low fat vegan diet is more effective in treating type 2 diabetes than medications. This is achieved by cutting out all meat and dairy products and reducing the intake of vegetarian oils and avoids the need to watch carbohydrate content. Professor Rod Jackson from the University of Auckland also suggests that New Zealander's would be well advised to reduce their Cholesterol levels by reducing the amount of saturated animal fat in their diet.

So what can you?

- ❖ **Eliminate** Fat spreads such as butter and margarine & sausages, or if you must, try and buy sausages with at least 60% meat - it is better to buy meat that is twice as expensive and eat half as much
- ❖ **Avoid** Cream, Ice cream & chocolate
- ❖ **Use** low fat milk, low fat yoghurt and low fat cheeses like edam, feta and parmesan

Quote of the month:

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

Dalai Lama

Staff News

CONGRATULATIONS AND WELCOME BACK: Sokunna and Roseanne
The Peoples Centre is pleased to welcome back two of our valued staff members who have been on Maternity leave. Roseanne and Sokunna both had beautiful baby girls. Roseanne's daughter Caitlynn is now five and half months old. Sokunna welcomed her baby girl Solina to the world in September. Both babies are doing well and we are pleased to have their mum's back on board.

FAREWELL: Merata Snedden

Merata is moving to Wellington to take a position with Healthcare Aotearoa. The Peoples Centre wishes you luck in your new role Merata, it is with regret that we say good bye. Thanks for all your hard work.

NEW NURSE IN MANUREWA: Welcome Rebecca

The Peoples centre is excited to be welcoming a new member to our team. Registered Nurse Rebecca Shaw is going to be our Chronic Care Management and Self Management Education facilitator. Rebecca will be starting with us on Monday the 19th January and will be based mainly in Manurewa on Mondays, Tuesdays and Fridays. Rebecca enjoys walking, swimming and Pilates and is married to Richard and they have one son called Joshua.



Rebecca & Joshua

**Don't forget...
The Peoples Centre
does Medicals**

- *Immigration*
- *Drivers License*
- *Employment*
- *Insurance*

Call your local Peoples Centre or ask the receptionist for more details

DENTAL DISCOUNTS FOR SUPERGOLD CARD HOLDERS

- ▶ **Relief of Pain \$40.00**
- ▶ **Dental Exam, Scale and Polish \$20.00**