



14 February 2018

Asian Health & Wellbeing event

Imagine this: you're new to New Zealand; English is your second language and you've come from a country where the health system is completely different to what's on offer here.

In fact, back home there is no such thing as a GP.

Grace Ryu, Operations Manager for Waitemata DHB's Asian Health Services, says that's the reality faced by many migrants who simply don't know how to engage with the Kiwi health sector when they first arrive in Waitemata.

Fortunately help is available. Asian Health Services was established in 1999 and provides a diverse range of support services for a population of approximately 136,550 Asian people in the Waitemata DHB catchment.

It will be showcasing some of what it has to offer during the Asian Health & Wellbeing Day at the Netball North Harbour Stadium in Northcote on 27 February from 10am until noon.

The day is designed to give people an overview of the health system and the role family doctors play. Grace's team will be on hand providing advice and encouraging people to enrol with their local GP practice. Free health checks will be available through the non-profit Primary Health Organisation (PHO), Comprehensive Care, and there will be various stalls and demonstrations.

"This day is all about making sure everyone knows what health and wellbeing services are available to them in their communities," Grace says. "Our census team will also be able to offer useful advice and information about how to participate in the upcoming March 6 census. Information gathered through the census helps our DHB to plan for the future and meet the needs of the many different ethnic groups who make up its population."

Waitemata DHB CEO Dr Dale Bramley says the event recognises the rapid growth of Waitemata's Asian population.

"22% of the Waitemata population is Asian and within 10 years it will be 28%," he says. "It's important for our health system to respond to these changing demographics to ensure that everyone is fully engaged with the sector and comfortable accessing our services."

Resources available through Asian Health Services include:

- Culturally appropriate literature on a range of health issues
- A free primary health interpreting service
- Bi-lingual cultural support coordinators to assist Asian inpatients & clinical teams at North Shore and Waitakere hospitals.
- Interpreters for hospital appointments (covering 90+ languages and dialects. Available 24/7)
- A culturally appropriate Asian Mental Health service

Contact Asian Health's iCare call centre on 442-3232 for more information.

Ends.

CAPTION: Members of Waitemata DHB's Asian Health Services team include, left to right, Anna Kim, Tiffany Tu, Grace Ryu, Ivy Liang, Rachel Oh, Stella Luo, Belle Zhong, Jenny Kim & Hong Lo

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