



East Health Trust Primary Health Organisation

NEWSLETTER

JUNE 2017



Asian Health Working Group
and Facilitators of the Asian
Health & Wellbeing Day
page 5

ASIAN HEALTH & WELLBEING DAY

The Asian Health and Wellbeing Day was an idea that came from the East Health Trust Community Advisory Committee who wanted to engage with the growing Asian population in the East Auckland area to further their knowledge of how to navigate the New Zealand Health System and what they should expect from their family doctor.

The 180 people turnout on the day was much higher than expected considering the low rate of pre-registrations and the wet weather forecast.

Two workshops were run concurrently in four different languages - English, Chinese, Korean and Hindi. Doctors and health professionals in the medical field facilitated these sessions on how to navigate the New Zealand Health System (video courtesy of Waitemata DHB and Asian Health Services) and What to Expect from their Family Doctor, including a Mental Health and Wellbeing component.

The Chinese workshops were the largest with 60 attendees. Most of the conversations took place in Mandarin but there were enough people to deal with questions in other Chinese languages. We had very few Hindi speaking participants so this session was merged with the English session. The merged session and the Korean group were less well attended but the audiences were attentive. Speaking to the Hindi representatives we learned that they were not disappointed at the low attendance because they had run several sessions (about 40) at local libraries throughout Auckland over the previous twelve months so had reached their target audience.

The East Health brochure describing the range of NZ health services was very popular (as were others in Chinese and Korean). Several attendees commented that these brochures ought to be available at every GPs

clinic for the benefit of new immigrants (or possibly on a well-publicised web site).

The Auckland Chinese Medical Association stand for basic health checks was notable for the continuous queue of people waiting their turn. Many assessments resulted in recommendations that the 'patient' ought to make an appointment to see their family doctor.

Exhibitors were generally pleased with the numbers of enquiries they were receiving and all said they would come again if East Health were to hold another day like it or something of the same style. Only two exhibitors commented on a poor response from visitors. Others said they had taken note of questions they had been asked and by looking at what was provided on other stands, they had picked up ideas that would help improve their displays next time.

We would like to formally thank the Community Advisory Committee for making this day happen and in particular the Asian Health Working Group who worked tirelessly to make the day the success it was with the logistics of understanding the different languages/cultures, translating materials, contacting exhibitors, registrations etc).

Huge thank you to the Facilitators:

Dr Fredrick Goh, Picton Surgery
Dr John Ng, Sommerville Surgery
Dr Kulvant Singh, Eastside Family Doctor
Dr Ranjini Ram, Eastside Family Doctor
Dr Sunee Kim, Torbay Medical Centre
Charlie Tang, Mental Health Foundation & Kai Xin Xin Dong
Martha Kim, Sae Woom Tor
Priya Srivastava, Ko Awatea
Rudy Bakker, East Health Trust PHO



Auckland Chinese Medical Association (ACMA)

Support to Screen (CMH)

Like Minds, Like Mine
(Korean & Chinese)