

Koriinka ubad-ka habka wanaagsa

**Buuga
Carruurta
5 jirka ilaa
12 jir-ka**

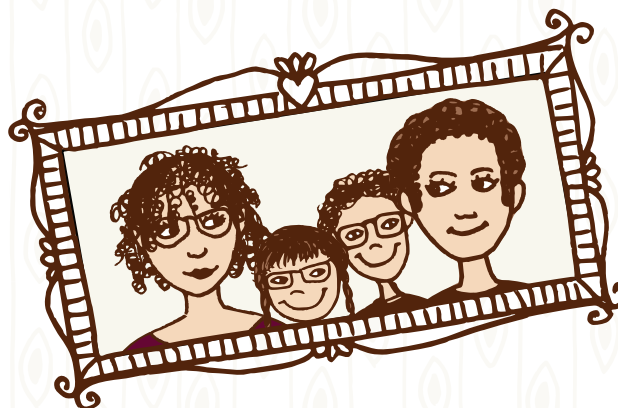
© 2017 Waitematā District Health Board. All rights now vested in Health New Zealand pursuant to the Pae Ora (Healthy Futures) Act 2022. © 2026 Health New Zealand. All rights reserved.

This publication and all associated materials are the exclusive property of Health New Zealand and are protected under the Copyright Act 1994 (New Zealand) and all applicable international copyright laws. No part of this work may be copied, reproduced, distributed, adapted, translated, sold, licensed, stored, or transmitted in any form or by any means without the prior written permission of Health New Zealand.

Health New Zealand
Te Whatu Ora

Contents

Dadka waa weeyn	3
Aniga i quseeya	4
Waxa na wada quseeya...	5
Qoys-keeyga	6
Tiirarka dhisa qoyska adag	7
1. Latacaalka Dareemada	8
Erey raadin	9
Meesha aad ku faraxsantahy	10
Calaamadeey wajiyada oo muujinaya dareemada	11
Maxaa dhacaya marka dadka murugodaan?	12
Wax yaalaha aan sameeyn karo oo iga farxiya	13
Dareenka xanaaqa	14
Qeybtee jidhkaada kadareenta xanaaqa?	15
Sharciga xanaaqa	16
Midaabey waqtiga	16
Wax yaalaha aad sameeyn kartid markii aad xanaaqdid	17
Walwal dareemid	18
Naxdid dareemid	19
Maxaa idajiya markaa aan isku naxo	20
Halxiraale	21
Farshaxanka faraha	22
Eeeg farqiga	24
2. Lataacaalida Xanuunka	25
Qorshaheeyga markii qofka iga ma's uulka ah xanuunsado	28
Cayaarta "Maraadin kartaa..."	29
Cayaarta "Meeyey eeyga"...	30
3. Latacaalida waqtiyada walbahaarka	31
Waxa aad sameeyn laheeyd waqtiyada walbahaarka	34
4. Isla cayaarid	35
My wishes for...	36
Who can help me and my family	39
How to make the best use of the activity booklet	41
How many dogs can you count?	43

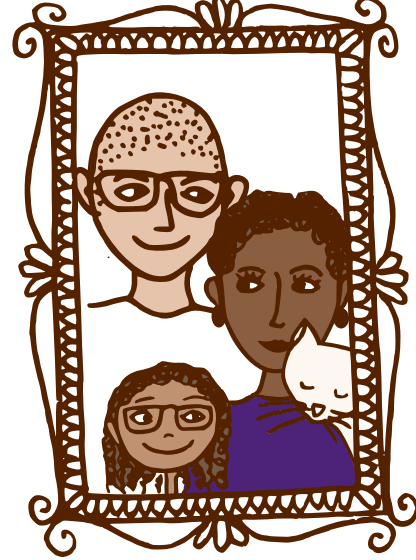


Bogaan waxaa lagu tala galey dadka waaweeyn sida waalidka ama qofka mas'ulka ka ah caruurta

Buuggan waxa loo sameeyay caruurta waalidiintoodu ay qabaan xanuun jidh-ka ama mid maskaxeed

Tusaalooyin xanuunada jirka waxaa ka mid ah:

- Sonkorow
- Xanuunka wadnaha
- Ka soo kabashada qaliinka
- Buroda maskaxda ka soo baxda
- Dhibaatooyin caafimaad oo waqti dheer soconaya, tusaale ahaan cudurka qanjirka tayroodhka
- Cudurada difaaca jirka (auto immune disease)

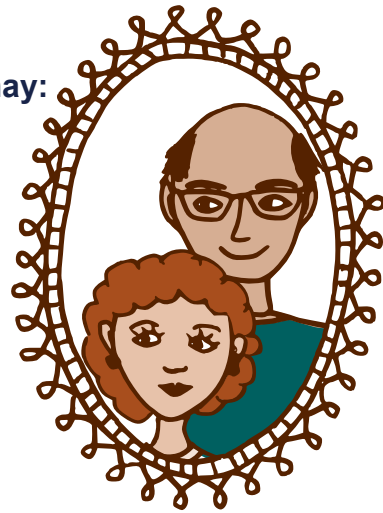


Tusaalooyin xanuun maskaxeed waxaa ka mid ah:

- Murugo/niyad-jab, oo ay ku jirto niyad-jabka haweenka markii eey dhalaan ka dib
- Welwel
- Cudurka qofka labo dabeecadood-ka (Bipolar disorder)
- Cudurka walbahaarka qof-ka ku dhaca ka dib dhacdo naxdin leh (Post-traumatic stress disorder)
- Carruurta culeeys beey dareemaan marka waalidku xanuunsanyahay. Inta badan caruurta si fiican uma fahmaan xanuunka. Caruurta aan fahmin xanuunka waxay dareemi karaan welwel, cabsi, cadaadis ama caro. Buuggan waxa loogu talagalay in ay wada isticmaalaan waalidka (ama daryeele kale) iyo cunugooda

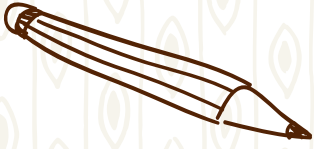
Buuga ujeedadiisu waa in uu ka caawiyo waalidiinta iyo caruurtooda inay:

- Ka hadlaan markii eey xanuunsadaan
- Ka hadlaan dareenkooda
- Raadiyaan sidii eey u yareeyn lahaayeen xanuunka
- Xiriir wanaagsan sameeyaan
- Si wadajir ah u xaliyaan dhibaatooyinka
- Yeeshaan rajo xoogan



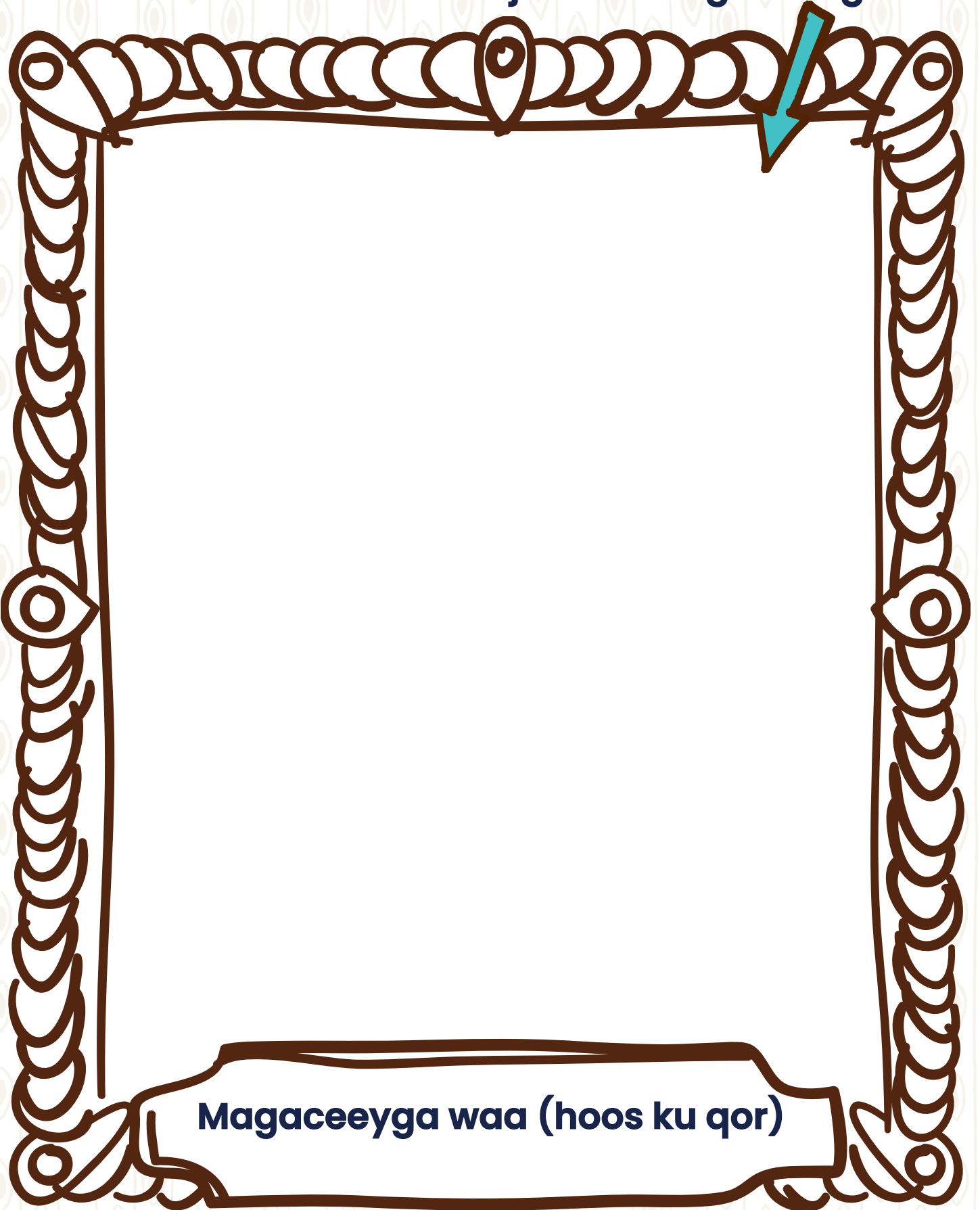
Buuggan waxa ku jira macluumaad, su'aalo, cayaaro, iyo sidii loo maa reeyo sameeynta xanuunka ku dhaca caruurta.

Fadlan lasoco bogagga 41 iyo 42 si aad u ogaato sida ugu haboon ee buuggan loo isticmaali karo



Waxa aan ahay

Hoos ku sawir ama ku dheji sawir adiga kuu gaar ah



Waxaan ahay



Da'deeyda waa



jir

Saaxibadeeydi waa...

Waxaan la daganahay

**Waxaan
jeclahay in aan
daawado....**

Dookheeyga

**Midabka:
Cuntada:
Buug:
Xayawaanka:**

**Waxaayalaha aan
Jeclahay in aan
sameeyo....**

**Hadii aan weeynaado
waxaan jeclaan lahaa in
aan noqdo....**

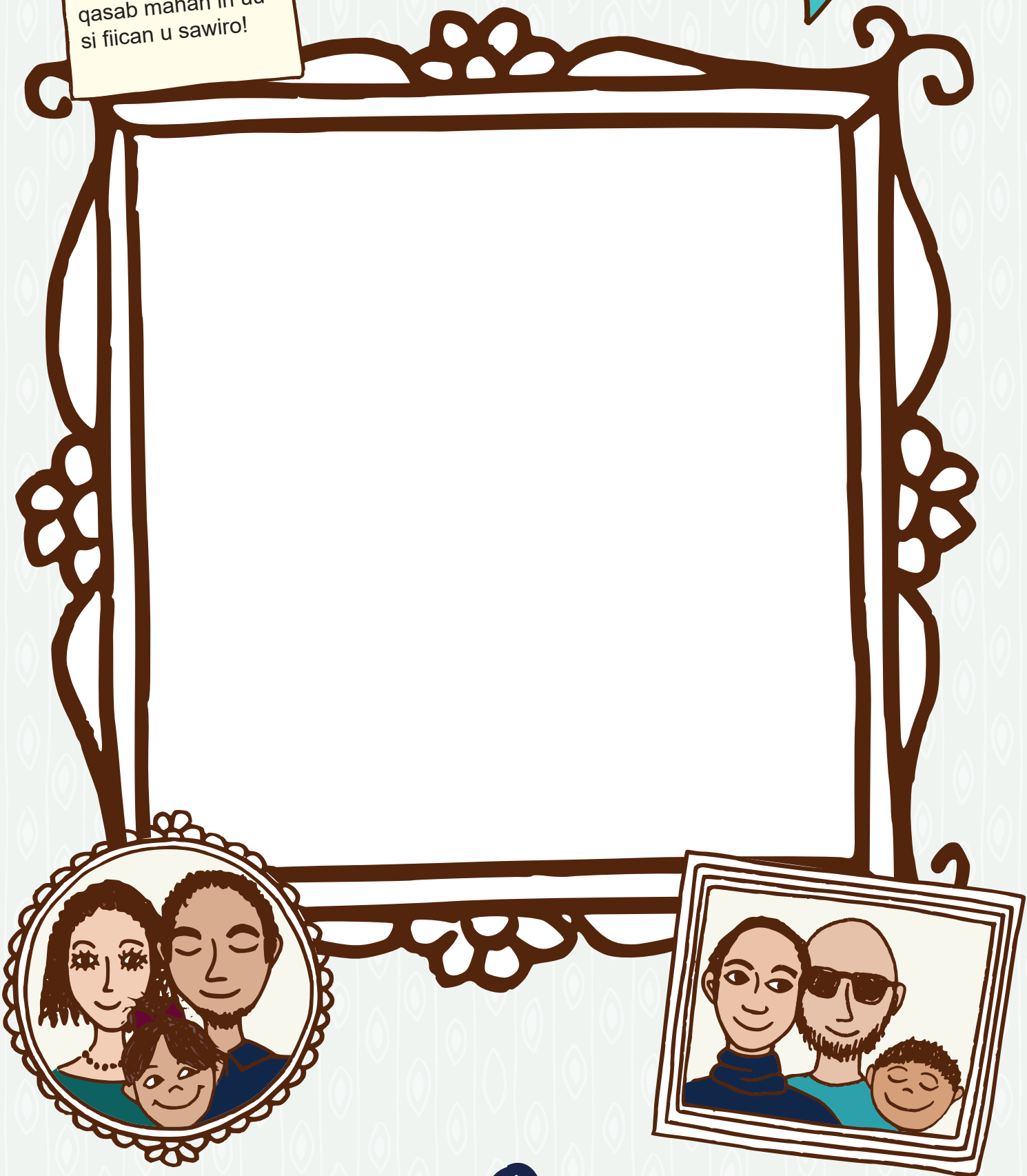
**Waxaan ku
fiicanahay**

**Fikrad ku socota
waalidka**

Dhiiri gali ilmaha
fikradda.
Cunuga wuu qaldi
karaa,
qasab mahan in uu
si fiican u sawiro!

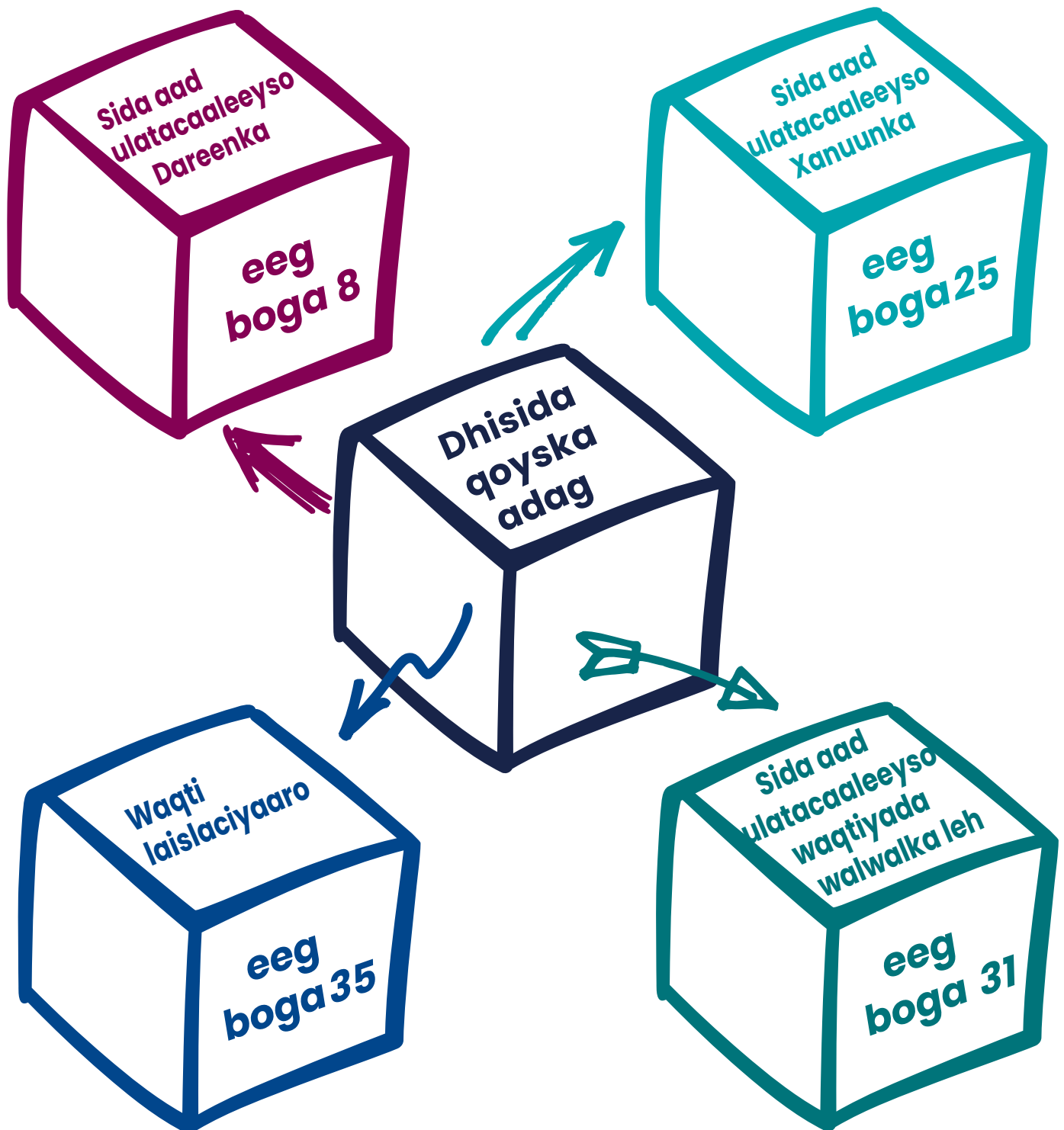
Waxaan ku fiicanahay

Halkaan ku sawir qooykaada



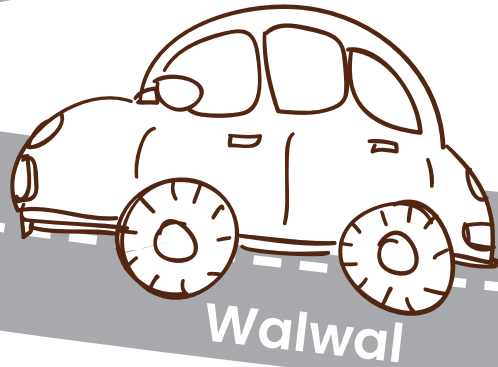
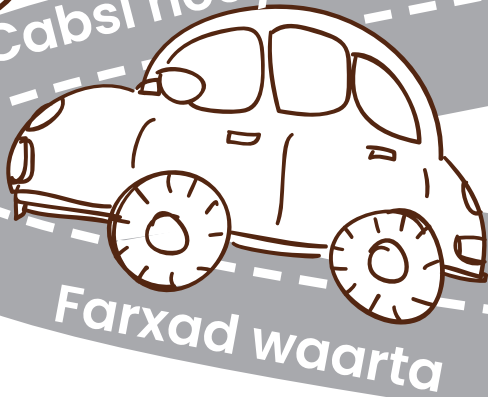
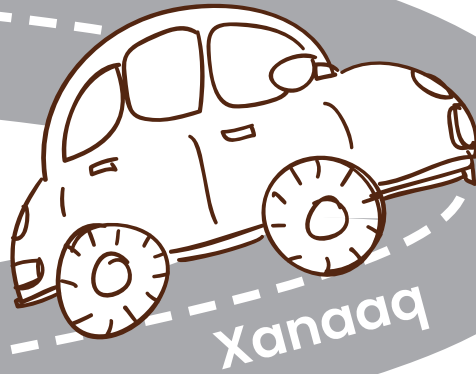
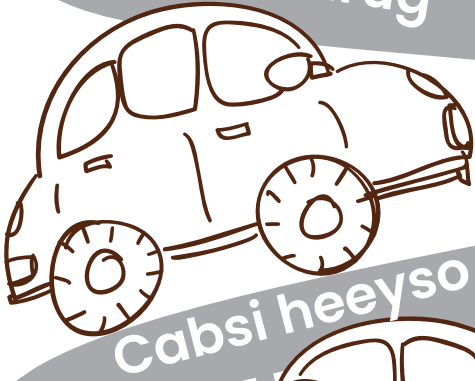
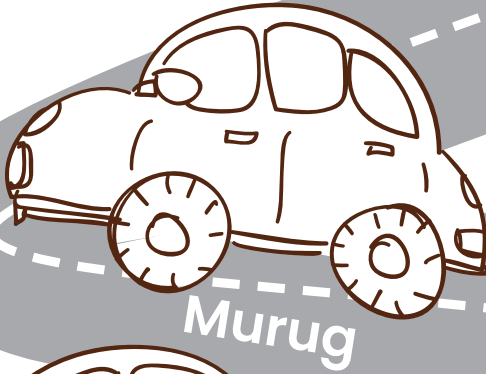
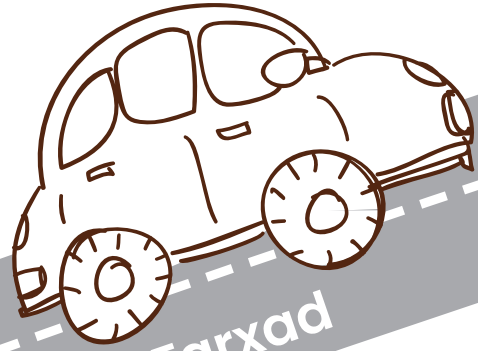
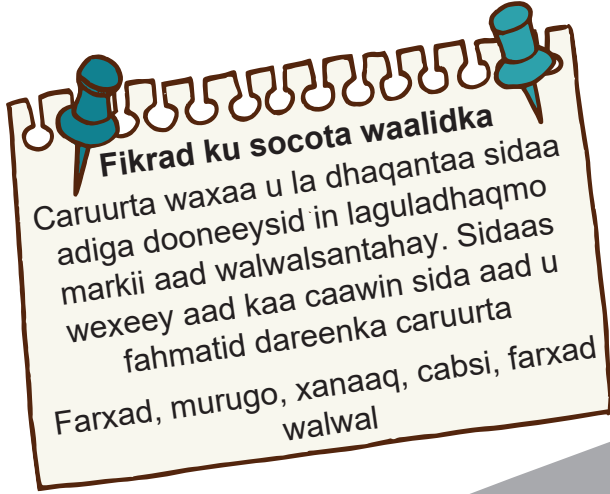
Tiirarka lagu dhiso qoys adag

Buuggan waxa uu ka kooban yahay 4 tiir oo dhisaya qoys adag:



1. Sida ulatacaaleeysid dareemada aad qabto

Kalareey baabuurta muujinaya qaar ka mid ah dareemada aad lahayd todobaadkii la soo dhaafay.



Ereyada sawirka ku qarsoon isku aadi si aad ula soo baxdid ereyeda hoos ku qoran

(Kadhax raadi ereyada hoos ku xusan):

afraid loved unhappy

angry mad worried happy

excited scared sad

a	s	w	r	f	s	h	a
f	r	o	o	s	c	h	n
r	g	r	i	m	a	d	g
a	u	r	a	w	r	e	r
i	n	i	c	i	e	t	y
d	h	e	l	v	d	i	p
s	a	d	o	x	l	c	p
k	p	o	v	u	s	x	a
a	p	a	e	h	l	e	h
b	y	s	d	v	a	e	d

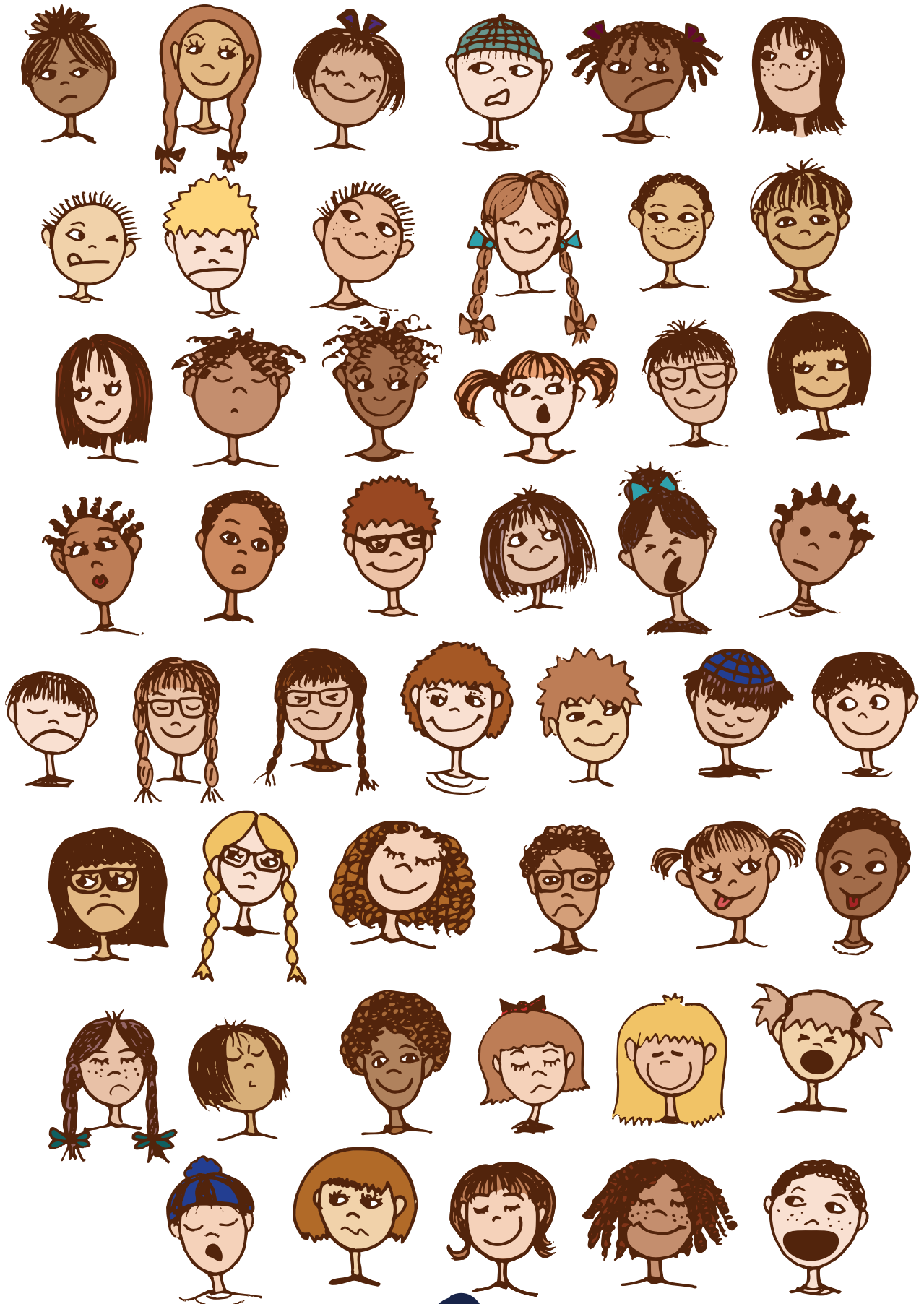
Waxa aad ku faraxsantahy maxaa aka mid ah



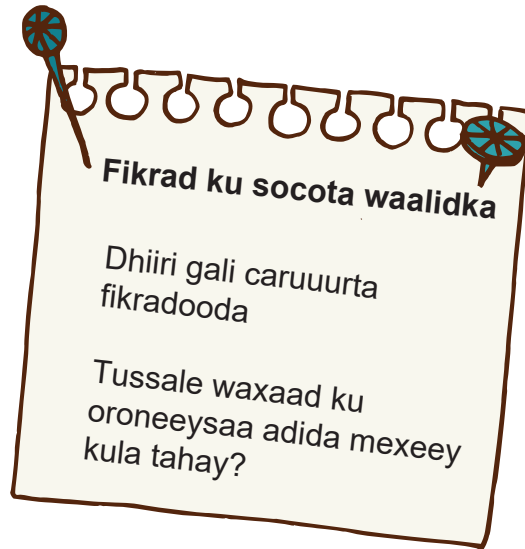
Hoos ku naqshadeey ama sawir wax yaalaha
aad jeceshahy in aad ku faraxsanaato:

A large, irregularly shaped white area with a dark brown outline, intended for drawing or writing. The shape is roughly rectangular but has wavy, hand-drawn edges.

Hoos ku calaamadeey sawirada tu saayo dareenkaada



Maxaa dhacayaa marka dadka muruugeeysanyihiin?



**Weey oo yaan
Ma dhool cadeeyaan
Wexeey daree maan
walaac**



**Waxyaalaha murugoda igu rida ama ii keena
waxaa ka mid ah (hoos ku qor)**

1.
2.
3.
4.
5.

Wax yaalaha aan sameeyn karo oo iga farxiya

1. In aan la ciyaaro saaxibadeeydi
2. In aan ciyaaro hal cayaarta hal xiraalaha
3. Kalareeynta ama naqshadeeynta
4. In aan qof kalasheeykeeysto wax yaalaha iga murgiya
5. In aan heeso
6. In aan wax akhriyo

7.

8.

9.

10.

11.

12.

13.

14.

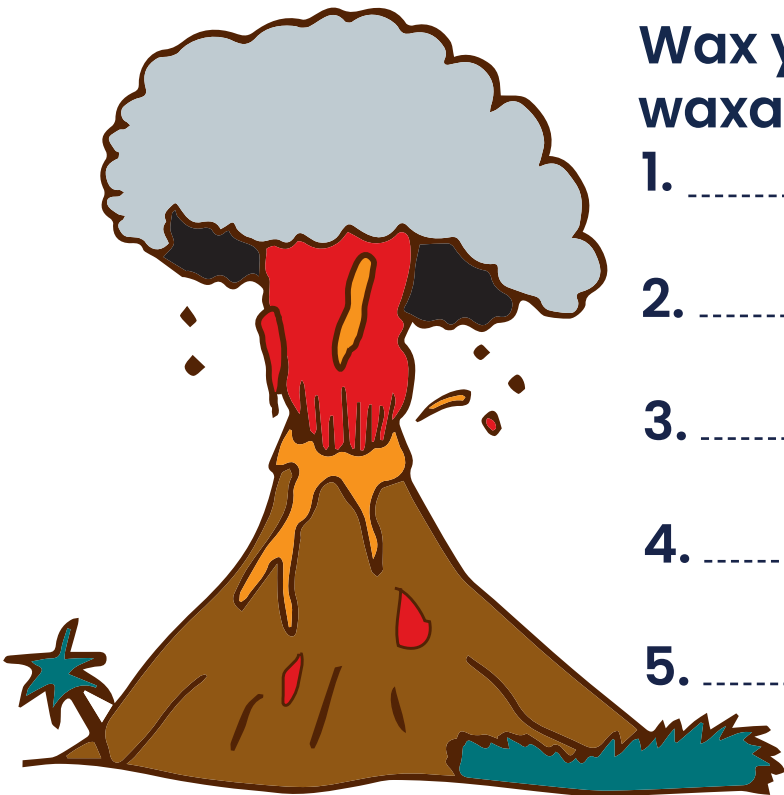


Markii aan xanaaqo

Qof walba mararka qaar wuu xanaaqaa. Xanaaqas mararka qaar buurta foolkaanaha gudahaaga ka qarxaya buu la mid yahay.

Mararka qaarkood caruurta si aad ah ayay u xanaaqaan ilaa ay sameeyaan waxyaabo aan habboonayn.

Haa, Caruurta qaar weey qayliyaan, albaabada ayay garaacaan, waxa ayay jebiyaan ama tuuraan, waxayna ku dhacaan derbiga ama qof kale. Maskaxda waa in aan kashaqeeysiinaa oo aan u isticmaalnaa wax yaala faaidada leh.



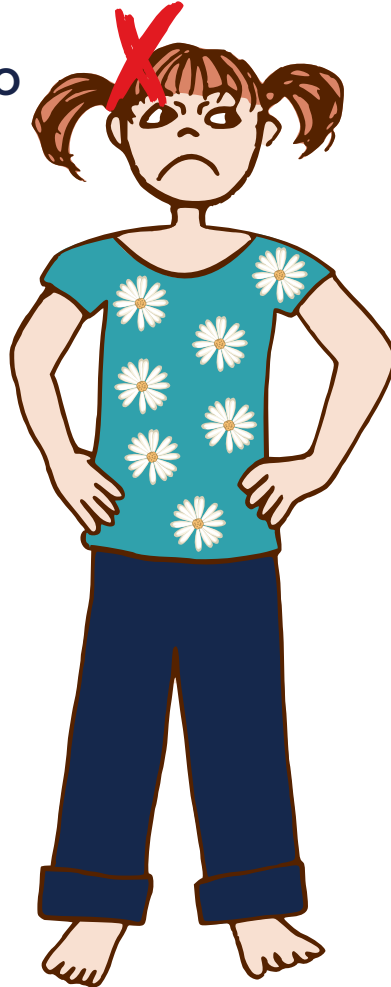
Wax yaalaha iga xanaajiya waxaa ka mid ah (hoos ku qor)

1.
2.
3.
4.
5.

Xagee jidhkaada ka dareenta xanaaqa?

Tus Meesha aad ka dareentid, kadib qor waxa aad dareemeysid

ale: madaxa oo wareeraayo



Fikrad ku socota waalidka

Taageer caruurta dareenkooda oo la soco. Tusaale waxaa ku dhaheysaa caruurta “waan ogsoonahay in aad kaxuntahay in laguu ogoleeyn in aad saaxibadaada raacdid”

Marka aan xanaaqa waxaan (ku qor waxa aad sameeyn laheeyd)...

1.

2.

3.

4.

5.

Xeerka u yaalo markii qof-ka xanaaqa

Wax yaalaha aad sameeyn laheeyd: Si taxadar leh isku daji,

waayo

Isku day in aad xaliso arinkaan oo aad kahadasho.

Waa maxay waxa aan lasameeynin: Sheey ha tuurin ama jabinin,

sabaabtoo ah.....

Naftaada, kan dadka iyo xayawaanka ha dhaawicin.

Waqti ku kalareey



Waxaa yaalaha aad sameeyn kartid markii aad xanaaqsantahay

Hoos ku qor waxyaalaha aad sameeyn kartid marka aad xanaaqsantahay. Adigu ku dar waxa kale oo aad sameeyn kartid?

Cayaarahaan waad sameeyn kartaa:

- Dibada ku ciyaar
- Kubada ku ciyaar
- Sboortiga cayaar
- Jaas
- Kor iyo hoos u bood



Qof lahadal:

- U sheeg qofka waxa kaa xanaajiyo.
- Dareenkaada ka hadal. Tusaale: waxaad dhahdaa:
- “Waan xanaaqa markii laiga joojiyo daawashada TV-ga waqtiga hurdada.”

Wax yaalo kale aan sameeyn markii aan xanaaqo waxaa kamid ah:

1.
2.
3.
4.

Markaad walwashid

Qofwaliba marmar weey cabsadaan

Markii eey caruurta walwalaan Wexeey dareemaan:

- Walbahaar iyo cabsi
- Wadno garaac
- Calool xanuun

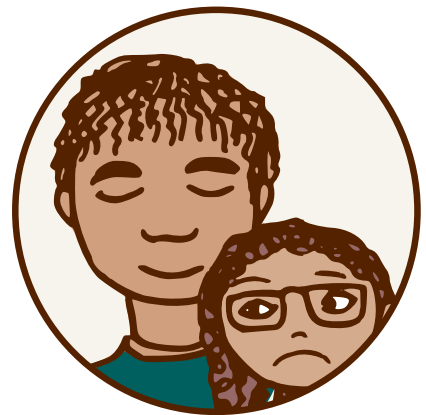


Wax yaalaha aan ka walwalo waxaa ka mid ah:

1.
2.
3.

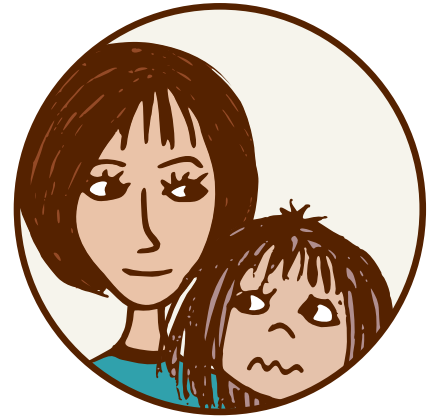
Markii aad walwashid:

1. Qof u sheeg
2. Caawimaad weey diiso
3. Si tartiib ah u neefso
4. Biyo qaboow
5.
6.



Marka aad cabsatid

Qof waliba marmar wuu cabsan karaa



Markii eey caruurta cabsadaan:

- Wadna garaac beey dareemaan
- Jidhkooda u gariiraa
- Wexeey rabaan in eey meel xasiloon isku qariyaan
- Wexeey doonayaan in eey caraaraan cabsi awgeed

Hoos ku qor waxa aad ka cabsatid?

1.

2.

.....

3.

Markaan aan cabsado, Waxaan...

1.

2.

3.

A notepad with a blue pushpin at the top left corner. The notepad has a brown border and a scalloped top edge. It contains text in Somali.

Fikrad ku socota waalidka

Caruurta ku dhiiri gali in eey dareenkooda sheegtaan.
Tusaale ha oraninin “haisku nixin laakiinse waxaa ku oran kartaa waan ogsoonahay in aad isku naxdey sababo jiro awgeed”

Waxa yaalaha qalbiga ii dajiya markii aan cabsado?

- Qof markii aan lawa daago cabsideeyda
- Hab lai siiyo
- Maarkii aan weeydiisto caawimaad ama qeeylo dhaan sameeyo

1.

2.

3.



Cayaarta hal xiraalaha

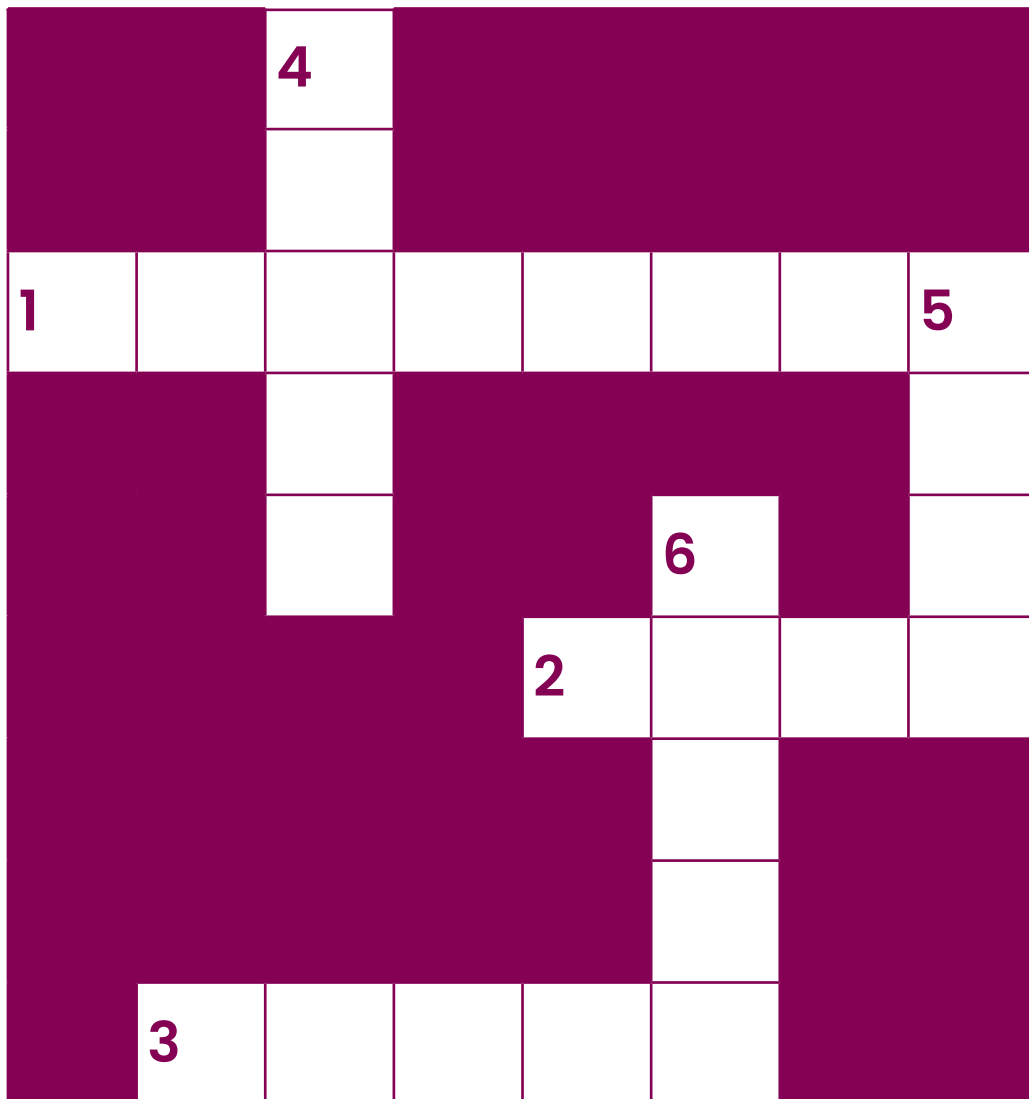
Ka shaqeysii hal xiraalahaan.

Midig ila bidix ka bilaaw qoraalka:

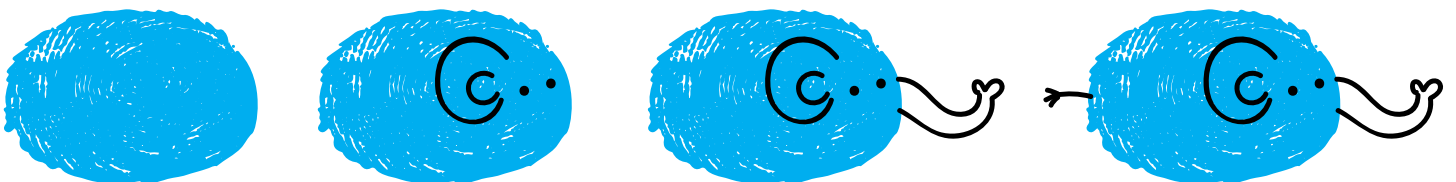
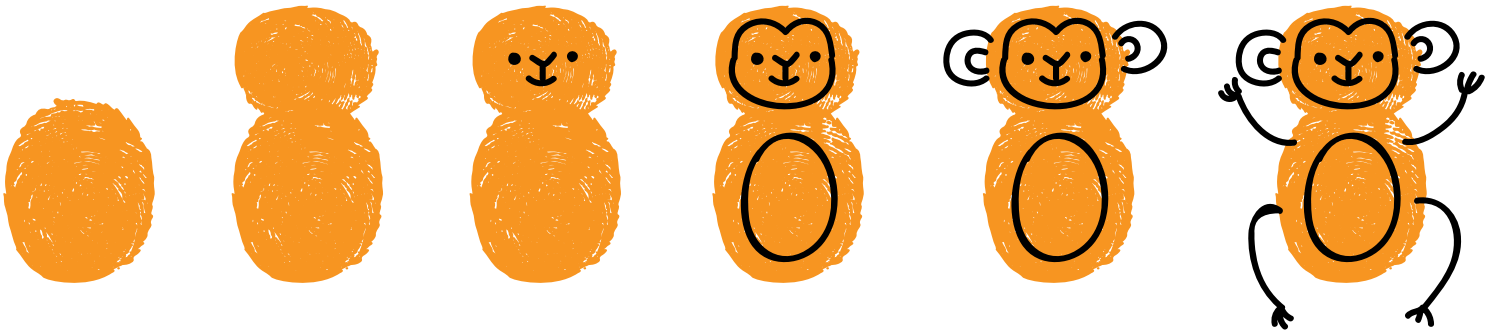
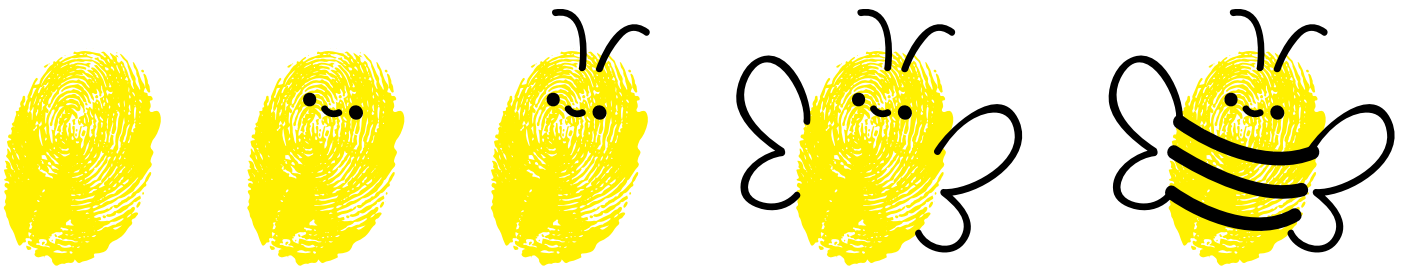
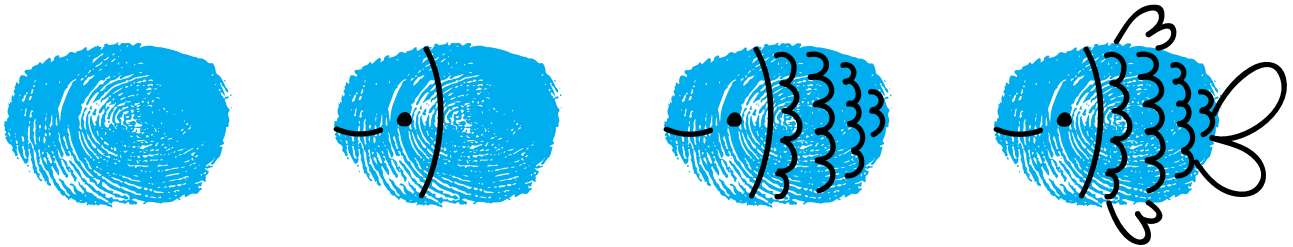
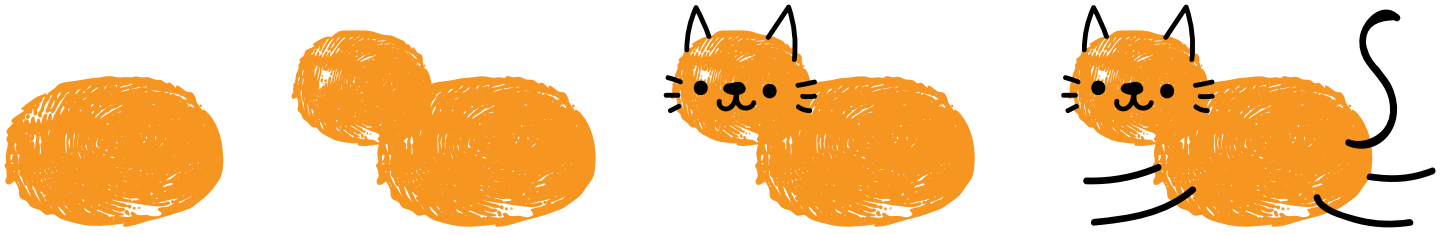
1. Aad beey ii caawisaa markii aan ka hadlo f_ _ _ _ _ _ .
2. Aad beey u wanaagsantahay in aan t_ _ _ qof in aan la hadlo markii aan cabsado.
3. I w_ _ _y markii dabeeyl badan dhacdo.

Hoos:

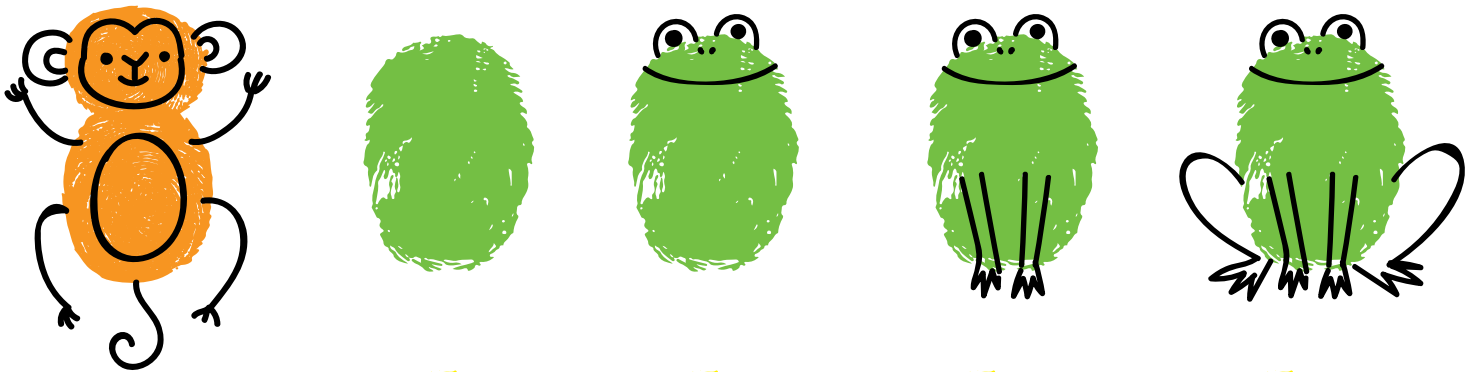
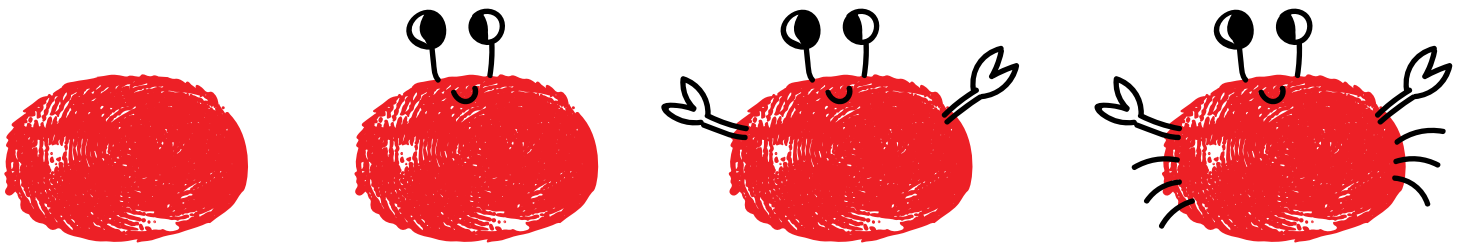
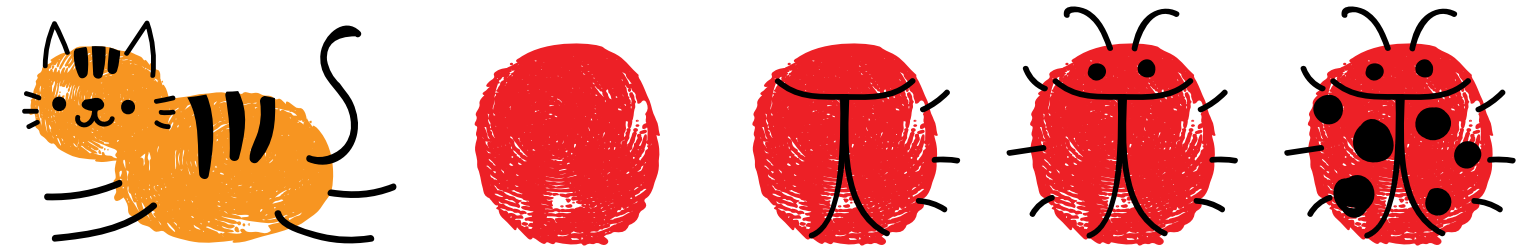
4. Waxaan s_ _ _ _ markii aan daalo.
5. Aad baan u murugoodaa markii qof ka mid mid ah qoyskeeygas s_ _ _ .
6. Waan dhoola cadeeyaa markii aan h _ _ _y.



FARSHAXANKA FARAHA

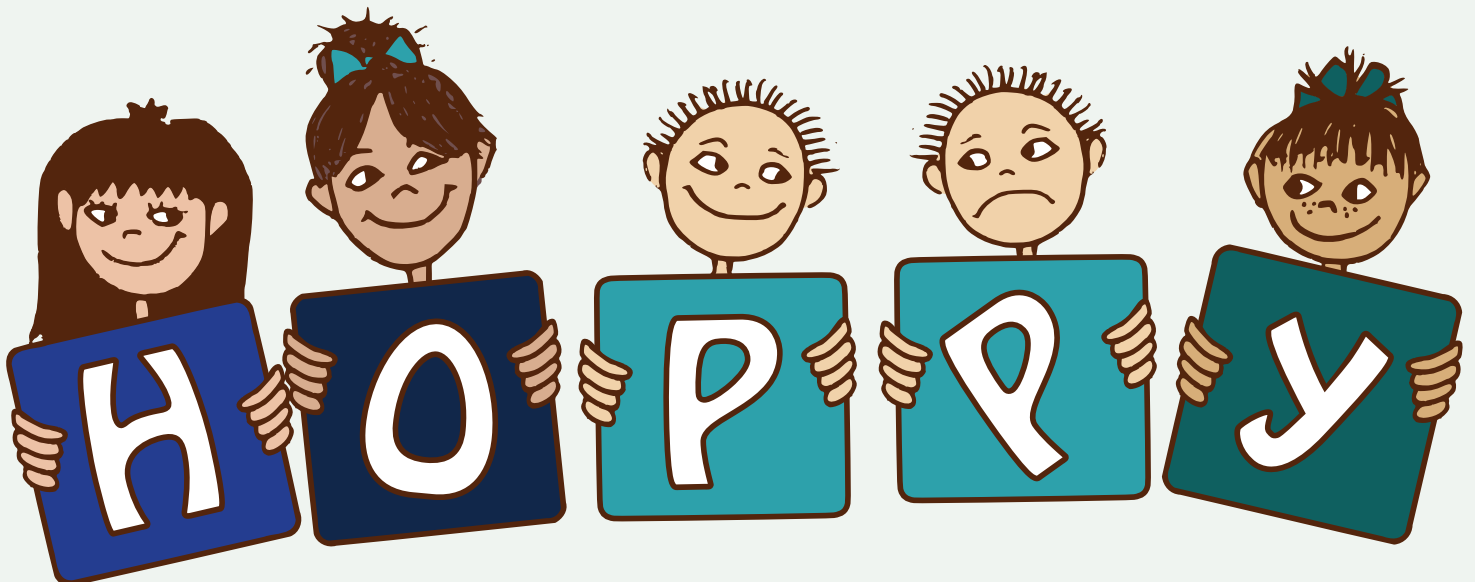
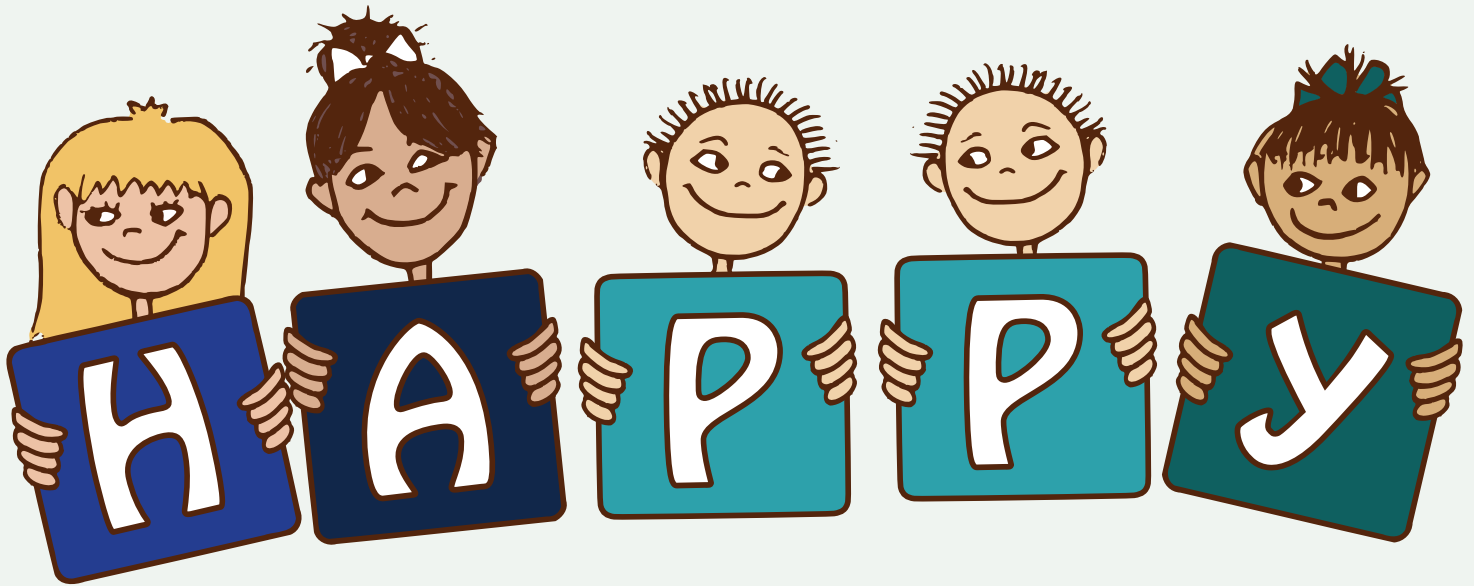


La soco tilaabada hoose



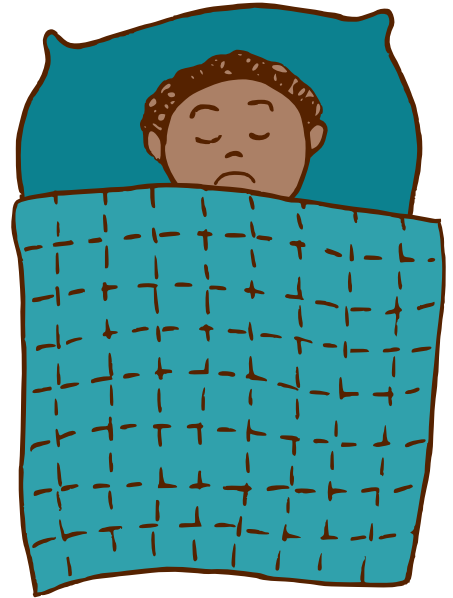
Isku day in aad soo saar farqiga udhaxeeya cayaarta

Calaamadeey 7 da farqiga aad soo saartey



2. La tacaalida xanuunka

Qof waliba si iskumid ah uma dareemaan xanuunka. Dadku qaar weey xanaqaan, qaar weey iska aamusaan iyo qaar dhaho ha laiska keey dhaafo.



Dhameeystir sadarka so socda:

Markii aan xanuunsado waxaan dareemaa

Dadka mas'ulka iga ah markii eey xanuunsadaan mexeey dareemaan

.....

Qofka mas'ulka iga ah hadii u xanuunsado, waxaan dareemaa

.....

Qofka iga mas'ulka ah wuxuu qabaa xanuun layiraahdo

.....

Waxa aan ka aqaano xanuunkooda:



Waxa aan rabo in aan ka ogaado xanuunkooda:

Daawada eey helaan:

Wax yaalaha caawimaad eey helaan:

Markii aan xanuunsado maxaa igu adag halkaan ku qor:

Imisa bisad ayaad tirin kartaa?

Waalidka wexeey sameeyn la haayeen
Haku dagdag go aanka aad qaadaneysid. Cunuga su'aalo weeydii si aad si fiican u fahamtid



Maxaa ii qorsha ah markii uu qofka iga mas'uul ka ah uu xanuunsado

Yaa iga mas'uul noqon doono?

Yaan la hadlaa?

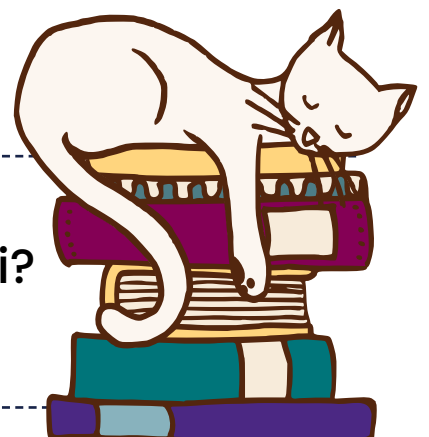
Yaa cuntada ii karinaaya?

Yaa skuulka igeeynaayo?

Yaa takhtar-ka I geeynaayo markii aan xanuunsado?

Yaa iga caawinaayo home work-ta?

Yaa buugagta ii akhiraaya habeenkii?



Ma ka dhex raadin kartaa...

- Nin cayaarayo cayaarta juggling
- Qof baaskiill saaran
- Qof skateboard saaran
- Qof kaban cayaaraayo

- Hooyo jiideeyso gariga caruurta
- Qof eey wato
- Marwo wadato dalad
- Qof sawir qaadaya



Meeyey eeyga...

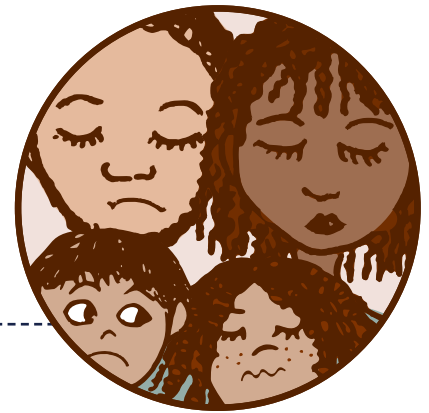


3. Latacaalida waqtiga walwalka

Waa maxay walawalka?

Dadka wexeey dareemaan culeeys, iyo walbahaar iyo murugo markii eey nolosha ku adkaato. Taas waxa la dhahaa stress ama walwal.

Waan walwalaa markii:



Jidhkeeygaa siyaabo ka la duwan buu dareemaa markii aan walwalo. Dareemada qaar hoos beey ku xusanyihiin. **Adiga maxaad ku daree laheeyd?**

wareer

Hurdo xumo

Madax xanuun

Murqo aan awood laheeyn

dhaxan

Cuno yari ama cuno xad dhaaf

murqo adag

wadno garaac

kuleeyl

calool xanuun

dhidid

daal

qarqar

Hoos waxaa ku xusan dareenka aad heshid markii aad walwalsantahay. Maxaad adiga ku daree laheeyd? **Hoos ku qor.**

walbahaar

dhibsasho

xanaaq

cidlo

Markii aan walwalsanahay fikirkeeyga wuu is badalaa. **I noo calaamadeey wax yaalaha aad mar mar dareentid**

Waxaan daree maa nacasnimo

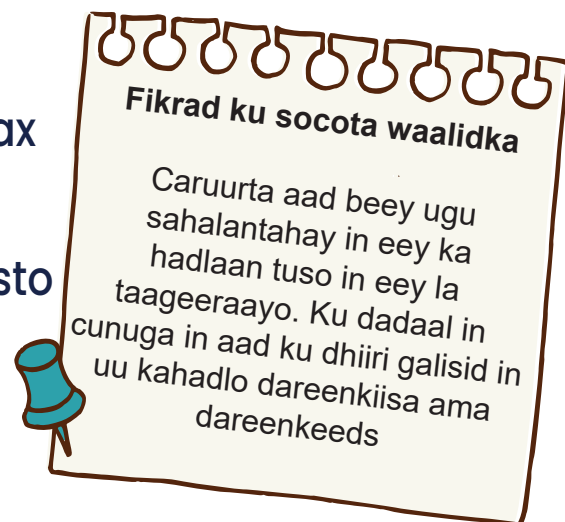
Weey igu adagtahay in aan xoog saaro wax

Weey igu adagtahay in aan wax dhageeysto

Ma doonaayo in aan hadlo

Si cad u ma fakari kari

Hilmaamka ayaa igu badanaya



Waxa aad sameeyn kartid waqtiga walwalka

Hoos waxa ku xusan waxa aad sameeyn kartid waqtiga walwalka. **Adigu se maxaad ku dari lahaayd?**

1. Buufinta xumbada
2. Hees iyo jaas
3. Kubada ku ciyaar
4. Ku cayaar toy-gaada
5. Laciyaar bisadaada
6. Ha is dhiibin
7. Orod ama bood
8. Qof lasheeykeeso
9. Sawir ama naqshadeey
10. Weey diiso caawimaad



4. Aan isla cayaarno.

Waxaa yaalaha aan ku cayaari karo waxaa ka mid ah:

Kaligeey markii aan ahay waxaan ku cayaaraa:

Markii aan qoyskeeyga aan la joogo waxaan ku cayaaraa:

Markii aan saaxibadeeyda lajoogo waxaan ku cayaaraa:



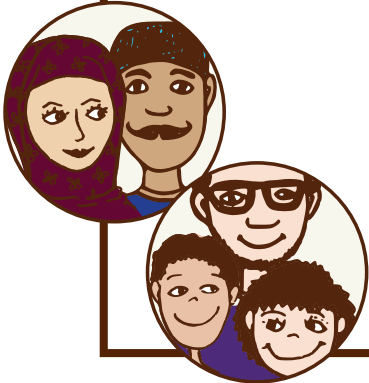
Waxaan ku riyoodaa ama hamiyaa...

Hoos ku sawir ama ku qor waxaad ku riyootid ama ku hamisid iyo waxaad la dooneeysid qooyaskaada ama dadka mas'uul ka kaa ah

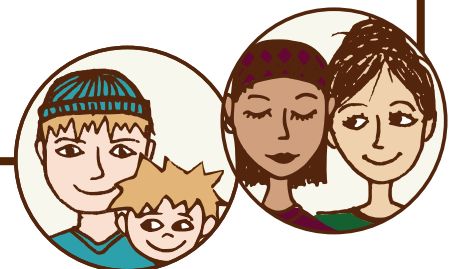
Waxa aah anigu ku riyoodaa ama ku hamiyaa:



Waxa waalid keeyga la jeclahay ama dadka iga mas'uulka iga ah waxaa ka mid ah:



Waxan la jeclahay walaalaheeyga waxaa ka mid ah:



Certificate of Achievement

This is to certify that

has completed the activity book

Growing Stronger Together

with

Date:

Signed:





Qolada aniga iyo qoyskeeyga caawin

karo

Asian and Ethnic Health Services

www.asianhealthservices.co.nz

0800 88 88 30

Asian Family Services (AFS)

www.asianfamilyservices.nz

0800 862 342

Asian Network Inc. (TANI)

www.asiannetwork.org.nz

09 815 2338

Birthright

www.birthright.org.nz

0800 457 146

Brainwave Trust

www.brainwave.org.nz

(09) 528 3981

Email: info@brainwave.org.nz

CNSST Foundation

www.cnsst.org.nz

(09) 570 1188

Ember

www.ember.org.nz

(09) 443 3700 North

(09) 523 2790 South

Family Action

www.familyaction.org.nz

0800 326 327

Family Works

www.familyworks.org.nz

Auckland Central-

09 639 2016

Lower North Island & South-

0800 337 100

Great Potentials Foundation

www.greatpotentials.org.nz

(09) 377 5384

Kāhui Tū Kaha

www.kahuitukaha.co.nz

(09) 531 4040

Kiwi Families

www.kiwifamilies.co.nz

Lifeline

www.lifeline.org.nz

0800 543 354

Text: HELP (4357)

Mainly Music

www.mainlymusic.org.nz

0800 003 223

Parent Help

www.parenthelp.org.nz

0800 568 856

Problem Gambling Foundation

www.pgf.nz

0800 664 262

Te Puna Hauora o Te Raki Paewhenua

www.tepuna.org.nz

(09) 489 3049

Youthline

www.youthline.co.nz

0800 376 633

Free text: 234

Daaweeynta xanuunka nafsiga

Albany Psychology Clinic – Massey University

Email:

massey.clinic.albany@massey.ac.nz

(09) 213 6095

Diversity Counselling New Zealand

www.diversitycounselling.org.nz

0800 143 269

Family Court

www.justice.govt.nz

Grief Centre

www.griefcentre.org.nz

(09) 418 1457

0800 331 333

Hearts & Minds

www.heartsandminds.org.nz

0800 468 288

Strengthening Families

www.strengtheningfamilies.govt.nz

Wingspan

www.wingspan.org.nz

(09) 630 8961

Caafimaadka maskaxda

After hours Mental Health Service

North Shore: (09) 486 8900

West Auckland: (09) 839 0000

Anxiety NZ Trust

www.anxiety.org.nz

0800 269 438

Asian Mental Health Service: Waitematā

www.asianhealthservices.co.nz

(09) 487 1321

(09) 486 8920 ext. 47321

CADS Auckland Community Alcohol and Drug Services

www.cads.org.nz

0800 845 1818

CARE Waitakere Trust

www.carewaitakere.org.nz

(09) 834 6480

Depression.org.nz

www.depression.org.nz

0800 111 757

Marinoto Child and Youth Mental Health Services

(09) 489 0555

Mental Health Foundation

www.mentalhealth.org.nz

Māori Mental Health & Addiction Service (Waitematā)

(09) 822 8557

Self-help resources

www.getselfhelp.co.uk

www.copmi.net.au

www.blackdoginstitute.org.au

Skylight Trust

www.skylight.org.nz

0800 299 100

Vision West Counselling

www.visionwest.org.nz

(09) 818 0700

Dhibaataada oo gacan qaadista ah

Are You OK | Family Violence

www.areyouok.org.nz

0800 456 450

Man Alive

www.manalive.org.nz

(09) 835 0509

Oranga Tamariki : Ministry for Children

www.mvcot.govt.nz

0508 326 459

Aaabayaasha

Father and Child Trust

www.fatherandchild.org.nz

(09) 525 1690

Shabakada internetka

www.getselfhelp.co.uk

www.copmi.net.au

www.blackdoginstitute.org.au

www.panda.org.au

Sida loo isticmaali karo buugaan

Dhiiri galinta waalidka iyio caruurtooda

- Parenting is sometimes challenging especially when you are unwell. Be kind to yourself. Try to create opportunities to relax or do something that you enjoy.
- Feeling guilty about not always being there for your child may mean that you really want the best for him or her.
- Acknowledge disappointments, but invest your energy and time in making the best of the moment.
- Talk to someone, e.g. your health professional, or get extra help when your feelings are too overwhelming. It is easier to support your child when you feel in control of your emotions. Also see the resource list in the back of the activity booklet.
- Ask someone else to go through the activity booklet with your child if you are unable to do so.
- People cannot always change their situation, but they can change how they think about the situation, for example, it is more empowering to think: “Illness may cause loss and grief, but it can also build strength” than to think: “The illness took over my life and is destroying everything”. Also see getselfhelp.co.uk for ideas on how to focus on more helpful thoughts.

Sida loo caawiyo cunuga

- Encourage your child to do the activities in the booklet. Take a break or continue on another day when your child gets tired.
- Get down to your child’s height if you can. Sitting next to your child could show you care.
- Give the child your full attention. Putting your mobile phone or tablet away communicates that you value your child.
- Decide beforehand how you will explain the illness to the child.
- Thinking about how you like to be treated when you are upset or worried will help you to understand your child’s needs better.

Ku dhiiri gali ilmaha hadal

- Invite discussion about the child’s perception of the illness. Then offer age-appropriate explanations.
- Acknowledge the child’s feelings, for example: “You are very upset that ...”
- Encourage your child to ask questions, for example, say: “What else were you wondering about?”
- Try digging a little deeper, for example, ask: “What do you think?” or say: “That’s interesting.” “Tell me a bit more about it.”

Caruurta sii fursada

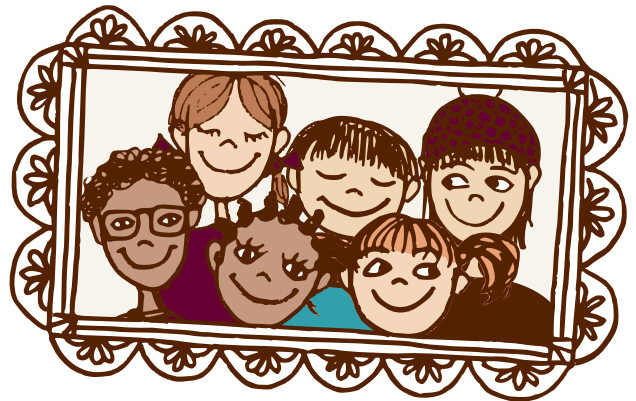
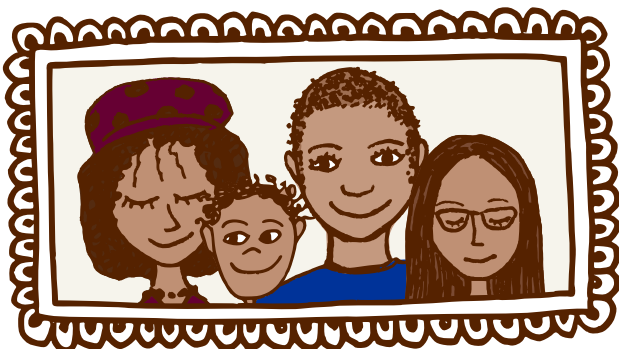
- Let your child decide which colours he or she wants to use when colouring a picture.
- Allow your child to try first before you offer help. Learning to problem solve will build the child's confidence.
- Listen to what your child is saying before you offer information or solutions.
- Put yourself in your child's shoes and think about the situation from their point of view.
- Choose a place or create a space where your child will feel free to talk.

Xaqiiji jawaabaha iyo dareenka cunuga

- Accept your child's feelings. Focus on helping your child to manage his or her feelings.
- Acknowledge the fact that everyone sometimes feels lonely, scared, sad or angry.
- Resist the temptation to make things better by minimising feelings, e.g. do not say: "There is no reason to cry." Rather help your child to label feelings by saying: "You are very sad that ..."
"I can see that really hurt your feelings." "That would make me cross too".
- Praise and encourage the child's ideas and creativity. Do not expect perfection!

a aad sameeyn laheeyd markii aad ka walwalsantahay cunuga jawaabtiisa

- Ask more questions to get a better understanding of what the child means.
- Talk with a spouse, family member or friend about your concerns.
- Build a partnership with the child's daycare provider or school teachers and strive to maintain regular and effective communication.
- Get professional help if you continue to be concerned, e.g. see your GP or talk to a nurse or other health or mental health professional.
- Have a look at some self-help websites in the list of support organizations and websites at the back of the activity booklet.



This publication and all associated materials are the exclusive property of Health New Zealand and are protected under the Copyright Act 1994 (New Zealand) and all applicable international copyright laws. No part of this work may be copied, reproduced, distributed, adapted, translated, sold, licensed, stored, or transmitted in any form or by any means without the prior written permission of Health New Zealand. All requests for permission must be submitted to Asian and Ethnic Health Services, Health New Zealand via Asianethnichealth@tewhatuora.govt.nz consider any request for permission that is not strictly intended for community, educational and non-commercial purposes.



© 2017 Waitematā District Health Board. All rights now vested in Health New Zealand pursuant to the Pae Ora (Healthy Futures) Act 2022. © 2026 Health New Zealand. All rights reserved.

This publication and all associated materials are the exclusive property of Health New Zealand and are protected under the Copyright Act 1994 (New Zealand) and all applicable international copyright laws. No part of this work may be copied, reproduced, distributed, adapted, translated, sold, licensed, stored, or transmitted in any form or by any means without the prior written permission of Health New Zealand.

Health New Zealand
Te Whatu Ora