Gardening tips

If you accidentally brush against pollen in the garden, dab the adhesive side of sellotape to gently remove traces from your clothes.

Mavis Aitken *Pukekohe*

Buy dried blood (not to be confused with blood and bone) from any gardening centre. Place a small amount on each plant and water in. Plants that really benefit from this are polyanthas, promises, pansies and primulas. Also, any leafy vegetables such as spinach and silverbeet. You will be amazed at the result. Repeat periodically.

Jenny Turner

Via email



Share your story with us!

Do you have a story, a favourite recipe or a great gardening tip you would like to share?

Then we want to hear from you!

Email your story (plus any photos), recipe or tips to intouch@stjohn.org.nz or via post to:

St John In Touch stories

C/O Product Team, Private Bag 14902, Panmure, Auckland 1741

Congratulations to Jenny Turner, Mavis Aitkin and Bernadine Jessep for sharing their gardening tips and recipe.



Thanks to Bernadine Jessep for sharing this recipe!

Leek and chicken pie

Ingredients:

- \rightarrow 1 × whole chicken \rightarrow 2 × bay leaves
- > 3T butter
- Salt and pepper

to taste

- > 1 × onion
- > 1T flour
- > 1 × small sprig of parsley
- > 1C milk
- > 2 × leeks
- > 400g flaky pastry

Method:

- > Boil chicken and drain.
- Sauté leeks, parsley, and onion in butter.
- > Add flour and milk to make sauce.
- Combine chicken with sauce and add bay leaves.
- > Roll out pastry and place in pie dish.
- > Add filling onto the pastry.
- Roll out the remaining pastry and cover top of pie.
- Bake at 200 degrees for approximately 25 minutes.

The quantities for this recipe can be adapted to your requirements.

You can add a small amount of bacon for additional flavour if you wish.

This is a good recipe for many different occasions. □

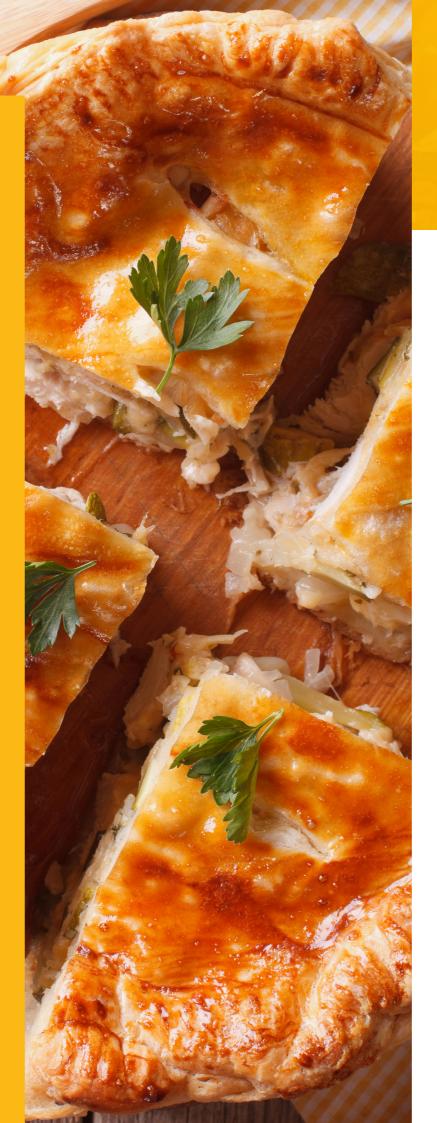
Puzzle answers:

1. 17 – it is the sum of the two digits (9+8) in opposite quadrant. 2. 39 – working from top to bottom, double each number and subtract 1, then 3 etc.

Riddle answers:

1. A library. 2. Add the letter G and it is gone!

3. Your back.



In Touch

Your St John Medical Alarm newsletter

Issue 017 | April 2018



Baby Bella's story

At barely six months pregnant, Rachael wasn't expecting to give birth any time soon. But when she started to experience painful contractions just a few minutes apart, she knew something major was happening.

On the phone, Rachael's midwife said she should go to the hospital for a check-up, so Rachael woke her husband Kyle. But as they were getting dressed, "I screamed at Kyle that my waters had broken."

Kyle dialled 111 right away. Within seconds, he was talking to St John Call Handler Rebecca. While Rachael lay on the bathroom floor, Rebecca talked to Kyle, reassuring him that everything would be OK. The ambulance was on its way. The situation was under control.

But, after just a few minutes, Rachael felt the urge to push. On the second push, she gave birth to a tiny baby no bigger than the palm of her hand. To Kyle and Rachael's horror, their baby wasn't moving.

Rebecca calmly explained to Kyle how to breathe into the baby's mouth and get her heart started.

Meanwhile, St John Ambulance Officers Steve and Olivia were rushing to the scene. They knew everything depended on them arriving as quickly as possible, but they had to drive through a terrible storm and flooded roads. "Rachael was still on the bathroom floor when we arrived. And there she was, a tiny, tiny baby," said Olivia/Steve.

Now, Olivia and Steve had to get the tiny baby girl stabilised – and warm. Olivia wrapped her in cling film, a zip-lock bag and a warmed-up towel, while Steve cut one of Kyle's socks to make a tiny hat for her.







With the baby stable, Olivia and Steve drove the desperate family to the nearest intensive care unit. The vulnerable little girl was in safe hands.

Baby Bella couldn't have survived without Kyle and Rebecca's calmness under pressure, and Steve and Olivia's swift response and quick thinking.

"She's been a wee fighter the whole way through. She's worked so hard to get where she is. If we didn't have St John, we wouldn't have Bella. It really is as simple as that. We owe them so much," said Kyle/ Rachael.

Situations like baby Bella's show why St John needs your support. Thanks to people like you, Bella is now doing well, is at home, feeding properly and thriving; and this is why we need your support this Annual Appeal. To show us your heart of gold and help make a lifesaving difference, please fill in and return the form on the following page to donate during April.

Annual Appeal is running from 2-8 April 2018.

Auckland 1741

St John is concerned with protecting the privacy of your personal information. Information provided

to us will be used in accordance with our Privacy Policy and may be used to contact you for feedback

and research purposes. You can review our Privacy Policy at www.stjohn.org.nz/privacy

Donations can be made online at heartofgold.org.nz or in any ASB branch. If you'd like to show your support now, please complete and return this form.





Thank you.

Yes, I'll help St John be at your best when we need you most.

1.	Please accept this gift of:							
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	I am considering leaving a gift in my Will to St John. Please send me more information.							
	I have already left a gift in my Will to St John.							
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	Panmure		Any donations of \$5 or more may be tax deductible.					

An update on St John 111 Clinical Hub

The improvements we've made to how we manage 111 ambulance calls are now been embedded nationwide. This follows the rollout to the South Island which we updated you on last year. If you need an ambulance urgently, we'll get one to you as soon as possible. If you don't need an ambulance, we'll find the best treatment for you. We'll do that by having an experienced St John nurse or paramedic call you back and perform a detailed telephone assessment. We call this the 111 Clinical Hub.

Will I get an ambulance if my St John Medical Alarm Response Team transfers my call to 111?

If your incident is potentially life-threatening, the

closest ambulance will be sent as soon as possible. If the incident is not life-threatening and there may be a better care option, a St John nurse or paramedic will call you back to provide expert advice and recommend a plan. The 111 Clinical Hub launched in Auckland over three years ago and now operates throughout all of New Zealand.

What if I've had a fall and can't get up?

Whenever you need help, your St John Medical Alarm Response Team will make sure you receive the best clinical help possible. If you fall and cannot get up, we will dispatch an ambulance to you as soon as possible.

Why has St John implemented the Clinical Hub?

Every day St John receives around 1,500 emergency 111 calls. A small number of those calls require medical help, but an ambulance is not the best treatment option. We've implemented a better way to help those people.

We have registered nurses and paramedics stationed in our 111 Ambulance Communications Centre to carry out detailed clinical assessments over the phone and give advice. That could include helping to arrange a visit to the caller's GP, or a local Accident and Medical centre. The best treatment might be to stay home and rest, but to call back if the situation changes.

This is an international system that has now been proven to work in New Zealand.

If you have any questions that aren't answered here, please contact your St John Medical Alarm Customer Service Team on 0800 50 23 23. Never hesitate to use your alarm or call 111 in an emergency.

Would you prefer In Touch via email?

Send us an email at intouch@stjohn.org.nz if you'd prefer to receive this to your inbox rather than in the post. We are now emailing versions of the InTouch newsletter.





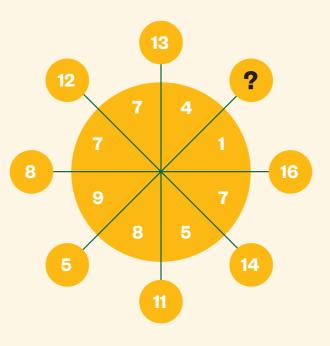
- What building has the most stories?
- How do you make the number one disappear by adding to it?
 - You can touch me, but not see me. You can throw me out, but not away.



Puzzles

1. What number should replace the question mark in the circle below?

2. Which number should replace the question mark?





^{*}Answers to the riddles and puzzles feature on the back page.

Be in to win a \$50 Four Square gift card!

All you have to do is tell us how many emergency 111 calls do St John receive every day?

To enter, send us your answer along with your details to:

St John In Touch Competition C/O Product Team Private Bag 14902, Panmure, Auckland 1741

Alternatively, email intouch@stjohn.org.nz

Congratulations to the winners of the last edition: A Haisman, I D'Souza, P Walker, J Harrison and W McElwain.

