



Hi
I'm
Judith

A parish nurse is a registered nurse with community experience, who works as part of the local church offering spiritual as well as physical, emotional and social care.

I have come that they may have life,
and have it to the full.
John 10:10

YOUR PARISH NURSE

I love being a member of the congregation at Nelson Cathedral and have worshipped here for nearly 40 years. Joining the choir has increased my love of the Choral services.

As a NZ Registered General and Obstetric Nurse, I have nursed in Nauru, NZ and England (where I also worked as a live-in carer).

Being a volunteer at the Parent Centre, Asthma Society, AFS Intercultural Exchange and NZ Society of Genealogists in Nelson has been so rewarding.

With over 25 years Nursing experience as a Practice Nurse I have performed assessments for diabetes, alcohol intake and cardiovascular risk. Also I have provided health information, immunisations, dressings and support around stopping smoking.

I also enjoy tutoring Family History classes at Nelson Library.



Judith Fitchett

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The service is free and confidential.

It is provided in accordance with the
Code of Health & Disability
Services Consumers' Rights.



*"As your Parish Nurse
I will work in partnership
with you to promote your
whole body health of mind
body and spirit."*

HOW CAN THE PARISH NURSE HELP YOU AND YOUR WHANAU?

Health Promotion and Education

To help you understand the relationship between lifestyle, attitude, faith & well being. E.g. nutrition and alcohol advice, exercise and sleep recommendations, blood pressure checks. Do check the Parish Nurse notice board in the transept and Cathedral News for health information and snippets.

Care Management Services

To complement the service from your GP and Practice Nurse and assist you with the care of an existing illness or disability. To manage your condition and prevent or limit complications.

To Provide Prayer Support as requested

To sustain spiritual growth and nurture an integrated faith and spiritual well being.

WHAT IS PARISH NURSING?

Parish Nursing is a blend of nursing and ministry. The focus is on health and wellness promotion and education rather than 'hands-on' physical care. Parish Nurses seek to continue the teaching and healing ministry of Jesus Christ within their faith communities. It is consistent with the basic assumption that we care for ourselves and others as an expression of God's love.



*God cares for the spiritual,
physical, mental and social
wellbeing of everyone, whether
or not they come to church
So does your parish nurse!*

FUNCTIONS OF THE PARISH NURSE

- Integrator of Faith and Health
- Health educator
- Personal health supporter
- Referral agent and liaison with community resources

Advocacy, Referral & Liaison

To connect you with appropriate health professionals, community resources & services. e.g. Age Concern, Asthma Society, Foundation for the Blind, Stroke Foundation to mention several of the Nelson Tasman providers.

Co-ordinating the Cathedral Care Team



To liaise with trained volunteers for us to provide practical support. eg. home visits, baking, transport to medical appointments.