



Manawaru Turanga Health

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Shearing the health care!

SHEARERS rouseys, pressmen and sheeps who rarely see a doctor have access to more health care now Turanga Health is working alongside them.

As part of the Tū Mahi Workplace Wellness programme Turanga Health is targeting primary industries. Staff have stepped into woolsheds around the district and the first contractors to be involved, Kevin and Donna Williams from K Williams Shearing, couldn't be happier. "The fact that they bring the service to us is amazing," says Donna Williams.

She and her husband Kevin have always had some concerns that shearers and other crew members seemed reluctant to take days off to see a doctor when they were unwell. "It's seasonal work and they make good money so they don't want to take days off when they are sick."



Errol Kapene from K Williams Shearing receives a health check from Geraldine Nepe. Image: Turanga Health.

Turanga Health first met the K Williams Shearing crew in June when Dallas Poi and Karen Staples donned gumboots and visited a farmers' woolshed in Muriwai. When they called in the crew were taking their first break of the day, perched on pressed bales drinking tea and refuelling for the next run.

Dallas said she and Karen introduced themselves and described what the service could offer including a basic health check and advice. Two weeks later Turanga Health joined that crew, and other shearing staff, back at the Williams' home on Nelson Road. The Piki te Ora Bus was parked up. Geraldine Nepe and Lou Kemp worked out of the Williams' staff room and kitchen taking basic measurements like blood pressure, height and weight; and Lisa Cottle, Laura Peperere and Karen Staples worked out of the bus managing the clinical side of the health check.

Fifteen shearing staff took part and the feedback according to Donna was positive and loud! "When they came out of the bus they were buzzing. We had one staff member who stood in the doorway after her health check and shouted 'that was the shiz, seriously that was the SHIZ!'" Donna says the shearing staff felt for the first time that a medical organisation actually cared; cared so much that they brought the service to them. "They really enjoyed having the conversation about their health. It was something that hadn't happened before for some."

Turanga Health staff discovered one tāne who had not been to a doctor in over 30 years. Staff have begun a process on his behalf to track down his notes and help re-engage him with primary health care. Ten out of the 15 staff seen are smokers and they have been referred to smoking cessation services. Dallas said there was an opportunity to talk to some staff about the importance of taking their blood pressure pills, managing their arthritis, and quitting smoking. "We always knew

that shearing crews were probably filled with whānau we could help and our experience with the Williams' business confirmed that. Kevin and Donna say investing in their staff is investing in their future as well. "It is not enough to just give someone a job. As employers we have a responsibility to make sure they are OK. Health and wellbeing, industry education, and making sure they know what options are available to them during down-time – it's all part of being a good employer."



Shearer Anaru Hovell. Image: K Williams Shearing.

Shearing is a skilled occupation requiring long work hours in often harsh conditions. Shearers pride themselves on their skill, physical stamina, self reliance and ability to get the job done. Shearers are athletes and craftsmen and women.

A working day typically runs from 7am to 5pm with four shearing runs and smokos and lunch in between. Shearers drag sheep weighing an average of 75kg and bend down and shear all day. The average shearer will shear 250 to 300 sheep per day.

Each K Williams Shearing crew includes usually 6 shearers, 6 rouseys, 1 pressman, and 1 sheepo. The shearers shear. The rouseys sweep fleece away and sort it into different wool classes. Pressmen press the wool into bales and sheepos bring in mobs of sheep, making sure the pens are full all day, and help the pressman. The K Williams Shearing crews shear from the Wharerata Ranges, to Te Reinga on the way to Wairoa, and from Tokomaru Bay across to Te Wera near Matawai.

When the crew camp out, days are long. The Williams' motto is "Feed them well. Pay them well. And they'll work well". Sometimes the accommodation is cold and uncomfortable. Bad arthritis and smoking are the two biggest health issues facing shearing crew staff.

First Tākaro Tawhito Tournament a Success



THIS region's first Tākaro Tawhito Traditional Māori Games Tournament was a storming success giving organizers a sense of confidence as they prepare to host the second tournament in November.

Around 60, Year 7 and 8 rangatahi played in the Māori games tournament earlier this month organized by the Population Health and Rangatahi teams from Turanga Health.

Student participants came from Muriwai, Manutuke, Patutahi, Matawai, and Whatatutu Schools as well as Te Karaka Area School and Te Kura Kaupapa Māori o Ngā Uri a Maui. "You could tell they had been practicing" says lead kaiāwhina Shane Luke, who along with other Rangatahi staff had been working with teachers and students on their skills. "The rangatahi had retained everything they learned during our coaching." Shane says having Turanga Health staff as referees meant any minor infringements were quickly smoothed over and the Turanga Health kaiāwhina were thrilled with the whanaungatanga displayed on the day. "The rangatahi played in a good spirit and there was no negative vibes, banter or sledging."

It's the first time a Tākaro Tawhito *Traditional Maori Games Tournament* has been held in the district and games on offer were well known Ki-o-Rahi and the lesser known Horohopu and Tapu Ae. Horohopu is a game where rangatahi get to whirl a distance throwing poi called *Poi Toa* like a slingshot above their heads. "Kids love the distance throwing aspect of the game" says Shane. Tapu Ae is a large team game with attackers, defenders and lots of tackling or ripping depending on the age of the participants.



Turanga Health created the event as part of its ongoing work to increase physical activity amongst rangatahi. Shane says for nearly a century, traditional Māori games have been abandoned in favour of popular European games such as rugby, cricket and netball. "But games like Tapu Ae, Ki-o-Rahi and Horohopu are making a comeback." Revival of the games was assisted by the 2009 creation of Rangatahi Tu Rangatira or R2R, a Wellington-based Māori health

organisation specializing in using Maori games as an activator for youth.

The tournament was held in good weather at Te Kuri a Tuatai Marae and Manutuke School took out the trophy for all three sports. Organizers say event logistics ran well and they would make only a few changes ahead of the second tournament coming up for Year 5 and 6's in November. They would like to present certificates for the place getters and offer more fun games and challenges for participants as they wait for the final scores to be tallied.

Shane thanked everyone involved in the coaching, training, planning and execution of the Tākaro Tawhito *Traditional Maori Games Tournament*.



Welcome Paora Anderson

Paora Anderson, Ngāti Maniopoto, Tainui, has joined the Population Health team where he will be helping out with the rangatahi programmes as well as working with Stephanie Broughton on He Oranga Poutama.

When Manawaru caught up with Paora earlier this month he was fairly exhausted from the physical challenges of the CrossFit for Cancer charity fundraiser.

As well as taking part in the physical challenges Paora had spent a good deal of time MC'ing, inspiring participating whānau to keep going and stay awake! "Oh yeah I feel a bit sore, and a bit tired, but being around that kind of energy is just awesome"



Paora brings energy to everything he does which is not surprising considering his physical fitness. As well as a CrossFit junkie, for nearly 13 years he was a postie for New Zealand Post. He says his job had "its ups and downs" (ha ha!) and he loved it. "Except for the hot days. They were the worst because you can't hide from the heat." Being a postie had its advantages including helping out friends when they needed directions. Paora says he used to flip people out when they asked if he knew where a certain address or business was. "Oh yeah, you go along that street, turn right at the blue fence, mind the dog at number 12, and its next to the driveway with the bricks."

Paora is enjoying his work with Hei Oranga Poutama. It's a Sport New Zealand funded initiative supporting Māori participation in community sport and traditional physical recreation. The programmes have particular emphasis on kaiwhakahāere participating as leaders in their community; increased opportunities for whānau to explore, learn and participate as Māori in sport and traditional physical recreation; and revitalisation and further development of sport and traditional physical recreation. This month's Tākaro Tawhito *Traditional Maori Games Tournament* was a great event for Paora to begin.

As well as work and fitness Paora is a musical man. He plays guitar, keyboards, drums and bass and sings a wide range of music including covers and his own original music. Whānau will have heard him in local reggae band Sons of Io and T-Dub. He's just started

a new band called the Phantom Monkeys which plays rhythm and blues, reggae and some heavier stuff. Always good natured Paora didn't mind being handed the guitar on his first Monday at Turanga Health and accompanying waiata. "Not that I actually knew all the songs!" Whānau have subsequently enjoyed the boisterous style he leads with at waiata practice.

Paora is a tutor of kapa haka and was previously helping out at Whāngārā School in this area. He's a member of successful kapa haka group Whāngārā Mai Tawhiti, and on top of all that, he is a committed dad who has given up spending so much time in the gym to hang out more with his two-year-old son and a daughter who is nearly one. Turanga Health welcomes Paora Anderson.

Welcome Basil Morgan



Watching a television programme about world class sports complex Ngā Purapura confirmed for new Population Health kaiāwhina Basil Morgan he wanted to work in Māori health.

Ngā Purapura is a multi-million dollar sports stadium in Otaki which features two international sized netball and basketball courts and seating for 540. It houses a cafe, classrooms, changing facilities, upstairs viewing, and can be used for concerts, lectures and theatre.

Seeing this bricks and mortar holistic vision of Māori health was a step on Basil's journey to Turanga Health. "I saw it and thought that looks interesting, I would be really interested in working for a Māori organisation on the hauora side."

His desire wasn't totally out of the blue. Basil, Ngāi Tāmanuhiri, comes from a whānau that believes strongly in the importance of health. "Hauora is our family catch cry". This was demonstrated publically this year when Basil helped develop CrossFit 4010's popular Crossfit for Cancer event to raise money for the Cancer Society. Everyone has their own personal reason for getting involved and for Basil it was about raising money to mark his sister's successful battle with cancer over the past few years. Athletes get people to sponsor them for workouts they complete and also give a donation themselves for participating in the event. Ahead of the first CrossFit for Cancer event in February Basil said "the pain we'll feel will be nothing compared with what those suffering from cancer endure. We will be doing everything we can to raise money and support the Cancer Society and the amazing work they do."

Before now, Basil has been working in the education sector teaching at Manutuke School, and more recently he was programme facilitator for Whakapiki i te Reo in this region. Whakapiki i te Reo is a Victoria University programme that aims to help school teachers deliver high quality Māori language programmes for their students. If he and his colleagues could help the teachers become more proficient in te reo Māori then that would flow on to the students. Basil brings skills around project and lesson planning to Turanga Health which will be valuable as a kaiāwhina with Population Health and CAYAD.

Basil enjoyed his language work but wanted to move in a new direction that would fulfil his desire to assist Māori in improving their health and wellbeing, and allow him to spend more time with family. Basil and wife Te Aroha Paenga have a 17-year-old daughter, and 11 and four-year-old sons. When he is not spending time with family or at the gym Basil is passionate about Whāngārā Mai Tawhiti kapa haka group which last year placed third equal at the Te Matatini national championships. Turanga Health welcomes Basil Morgan.

Welcome Reena Rivera

Reena Rivera from the Philippines nearly ended up in Canada but for a sudden change of heart that saw her fly out for Napier, New Zealand instead. "I'm not sure why New Zealand! All my application papers had gone to Canada but suddenly something clicked, I wanted something fresh, and it was New Zealand."

Reena, 28, arrived in Aotearoa New Zealand in 2011 and did her six week bridging course at EIT Hawke's Bay before taking a job with Ryman Health in Gisborne. She took the job at Kiri Te Kanawa Retirement Village knowing very little about Gisborne. Before arriving she talked to people about the area. She remembers some of the verbal feedback she received was less than positive, but undaunted she moved here and she's never looked back. "Those people had never been to Gisborne and turns out they didn't know much."

Gisborne is similar to her hometown in that it is relatively small, the pace of living is slow, and "it's a good community". Since coming to Gisborne Reena has worked with Ryman and at Gisborne Hospital. She's married her long time Filipino partner (also a nurse but not currently practicing) and he's now joined her in New Zealand. They are expecting their first baby next month. The pair have found a strong and vibrant Filipino community in Gisborne numbering around 70.

Reena joined Turanga Health as a Whānau Hauora nurse in June and enjoys the community role. "I like it because you get to see the patient but also the environment they live in. You see the whole picture and all the contributing aspects around them. It means you can chase things up." Turanga Health welcomes Reena Rivera and wishes Reena and her husband all the best during the exciting coming weeks.





Have you spotted these changes?

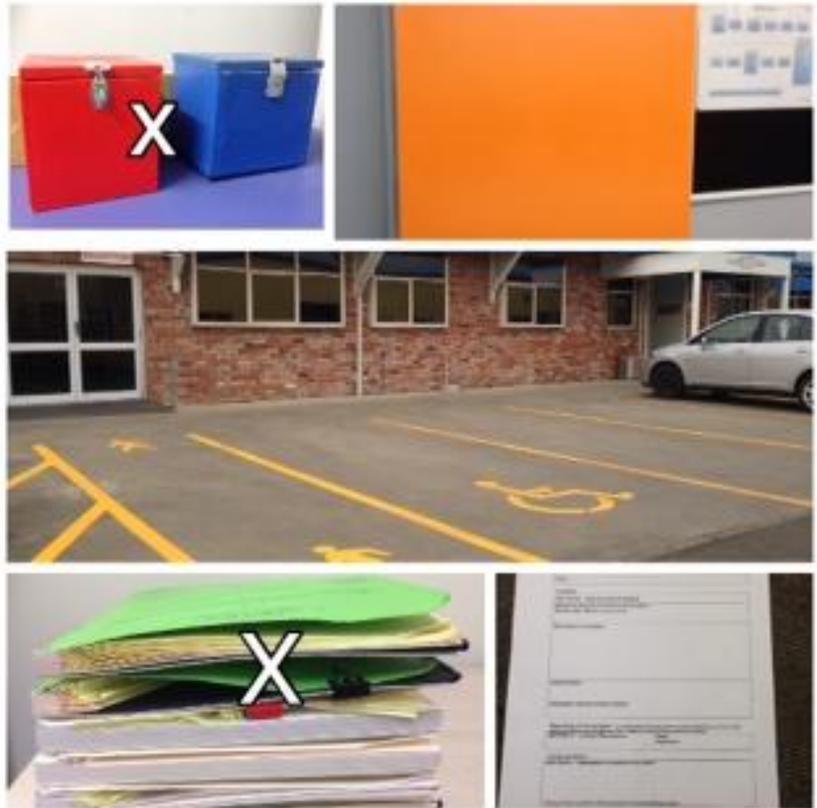
GONE are the red and blue boxes mounted adjacent to the Health and Safety Notice Boards which were used for Hazard Forms and Quality Improvements. They have been replaced with orange feedback boards for quality improvement suggestions and staff feedback.

Hazard registers are now displayed on Health and Safety Notice Boards in each area. Please note the existing Hazard Form can be used to identify new hazards. To get one of these you need to go to the main office photocopier, use the touch screen to navigate your way to the Forms folder, and print off what you need. They are also available on our intranet.

ARRIVED are new lines in the main car park. The outside area has been re-marked with a dedicated walkway to reception and a disabled park closer to the main entrance. Please respect these new areas when parking.

GONE are the incident reporting books which had to be filled out in triplicate. These have been replaced with a one page incident report. To get one of these you need to go to the main office photocopier, use the touch screen to navigate your way to the Forms folder, and print off what you need. There are also paper versions at Waikohu Health Centre, Turanga Health reception, at the Health and Safety Boards and in company vehicles.

Other Health and Safety Committee Tips for a Safer Workplace



Many hazards in our workplace can easily be eliminated and every staff member is responsible for maintaining a safe workplace.

Eliminate: remove the hazard from the workplace entirely. If this is not practicable, then

Isolate: place a barrier between the operator and the source of the hazard. The barriers could be physical separation, isolation or reduction of exposure time. If this is not practicable, then

Minimise: reduce the hazard as much as possible, protect the employee, monitor the hazard and monitor the health of the employee.

You can make your workplace safer by:

- being involved in processes to improve health and safety
- sticking to correct procedures and using the right equipment
- wearing protective clothing and equipment

helping new employees, trainees and visitors to the workplace understand the right safety practices and why the practices exist, and

communicating any safety concerns to your employer.

Never think "just this once, because the job has to be done"

If you're concerned about a safety issue, make your concern heard so it can be fixed before problems occur

If you can eliminate a hazard immediately, do it! For example, if you see that something has been spilt on the floor, clean it up, or arrange for it to be cleaned up.

Related policies available on the Intranet include:

- Hazard control/identification/register
- Stress Management
- Back care/Lifting
- Handling & Infection Control of Infectious Waste
- Managing Medical & Psychiatric Emergencies