



MANAWARU VOL 2, NO 25

Manawau Turanga Health

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CEO Message and Thanks

By Reweti Ropiha



Our Turanga Health Board Chair Pene Brown joins me today to staff our gratitude for your contribution to the extraordinary year we have had at Turanga Health.

This year has been busy and demanding but despite this we have managed to excel in many areas. Thanks to all our staff we have treated more whānau than ever with higher quality care and in a more interactive and responsive way. This doesn't

happen by accident but by professionalism and hard work.

Some highlights which you should all be proud of are:

- Your response to a changing environment requiring greater integration between staff and programmes
- Your commitment to the Tū Mahi and Tū Kaha programmes. Two years ago they were a concept and now they are part of our DNA
- And the work to date on new contracts such as E Tipu E Rea, Rheumatic Fever and Whanau Ora.

These programmes are leading to positive change in people's homes, workplaces, and meeting spots.

Next year we are planning some really groundbreaking initiatives.

For now we send you our best wishes and hope you have a very Merry Christmas. It's a time to reflect on what we have achieved, spend time with whānau, and recharge your batteries in anticipation for the year ahead.

Meri Kirihimete me te Hape Nū Ia
Reweti Ropiha

Kaumātua revel in end of year celebrations

Two end-of-year-celebrations have wrapped up a successful year for Turanga Health's iconic Kaumātua programme: a journey on the Wa165 steam locomotive in November, and a Wearable Arts Christmas function at the Cosmopolitan Club in December.

Kaumātua Day programme coordinator Kay Robin says the train trip was a walk down memory lane for many kaumātua and kuia.

"They talked in groups and sang songs. I don't know who enjoyed it more, the pakeke or the volunteer train staff!"

The three-quarter of an hour train ride was much smoother than anyone expected from such an historic form of transport. The Wa165 is the only remaining Wa class train built in 1897 in Dunedin. Train historians say it was the ideal locomotive for the heavily graded railway line between Gisborne and Motuhora where it spent most of its working life.

Kay says Norm Namana did an amazing job setting up the picnic area in Muriwai where participants were able to enjoy fruit, a filled bun and a (small!) piece of cake care of Vanessa Lowndes staff and whānau.

Earlier this month Kaumātua Day participants welcomed in the festive season with a wearable arts themed Christmas party at the Cosmopolitan Club. MC'd by Walter 'The Wiz' Walsh, pakeke enjoyed fantastic music from guest artists, dancing, laughing, and having a great time.

The formal part of the event saw acting Chief Executive Dwayne Tamatea



address the crowd acknowledging their participation over the year.



IronMāori tests participants

Three Turanga Health staff and one Turanga Health contractor tackled the huge IronMāori event earlier this month with a mixed bag of results and reactions.

Staffers Kelly Pelham, Albert Tibble, and contractor Hayley Redpath took on the individual event which saw them do a

2km swim, a 90km cycle, and 21km run, in and around Napier's Pandora Pond. Meanwhile Maria Samoa took on the 21km run for a team.

It was Kelly's first hit out at such a huge event and her months of training paid off when she placed second in her age group. Smashing out the event in less than six hours Kelly was pleased with her result but still wary of just how tough it was. She was particularly surprised in how hard she found the run considering that it is normally her strongest, and most enjoyable leg.

"I hated the run. I was in such a dark place. I wasn't prepared for the run at all," says Kelly. Digging deep and with the support of her partner Kelly paced out the 21km in stifling heat and finished in 5:53:17, placing 2nd in the wahine 25-29 age group.

Albie Tibble had an eventful day. After losing his bearings during the swim for a time ("my compass was shot!") he managed to churn out 2km in just over three-quarters of an hour. On the bike ride he got a puncture and dropped his water bottle! Despite the bad luck he still completed the undulating bike ride in just over three and a half hours.



He too says the run was tough. Accepting handfuls of ice from strangers and supporters Albie managed to keep his cramps at bay. He says the best part of the day was his post-race re-fuelling. A chocolate lamington, pizza, and coke, were followed up not long after with a Carl's Jnr chaser!

"Despite the pain and agony it was worth it," says Albie. "The support from friends and family is what gets you through".

Contractor Hayley Redpath says she was always going to battle with the run and after a solid swim and cycle she decided not to finish the event. "It was a great learning experience though, and hopefully I can pull off the whole distance in the Rotorua Half Ironman this weekend."



Maria (pictured here with Tania Hill) loved her 21km walk and even ran some of the four-lap course. The 28 degree Celsius heat didn't seem to be a problem and as always she chatted for most of the way! "It was mean and a great way to get moving. I met so many people along the way".

As a previous participant Turanga Health's Rhonda Pohatu was a sympathetic and valuable supporter for the athletes during this year's event. She said as always IronMāori is inspiring and catching. Whānau she spent the day with on the sidelines were so roused by what they saw they have vowed to do it next year.

Welcome Tess Trafford

New Turanga Health corporate administrator Tess Trafford loves the pool. Seriously. Loves. The. Pool.

The 44-year-old mother of two is a self-confessed water walking addict and this year entered this Sport Gisborne Tairāwhiti's Swim the Distance to Mahia.



Not content with blating out the required 45km at the Olympic Pool, Tess and her water walking friend added another 200km before the Swim the Distance challenge was up.

"Oh yes, I love swimming but mainly walking at the pool!" says Tess, who sometimes went twice a day. "I have to admit, I kind of got obsessed!"

Tess and her friend found the form of exercise easy on their bodies, relaxing, and a

great way to stay fit and feel good about themselves. They have eased back to five times a week now!

Tess is working in the Gisborne Turanga Health office for now, and will be starting as the practice administrator at Turanga Health Te Karaka in mid-January. Born and bred in Te Karaka she is thrilled to have found a job so close to home and one that connects her with her community.

"I have always enjoyed doing work that keeps me in touch with people."

Previously Tess was a special needs teacher aide at Gisborne Girls' High School helping with the social and personal needs of students. Before then she helped out in her children's own classroom, and has also been, of all things, a juice delivery driver!

Tess has iwi affiliation with Te Aitanga a Māhaki and enjoys gardening and speedway. She is married to Wayne Trafford.

Turanga Health welcomes Tess Trafford.

Welcome Kim Biddle

New Community Nurse Kim Biddle has bounded into Turanga Health with an energy and passion for her work she brings to everything she does in her life.

The sporty 26-year-old is Ngati Porou, Te Aitanga a Māhaki, Tuhoe and Ngā Ariki Kaiputahi and grew up in Gisborne before embarking on a working life in science and nursing.

Kim loves the new challenges working at Turanga Health offers. "I love the autonomy we have here to make decisions on the spot to meet the needs of families," says Kim. Her previous nursing work at Te Wiremu House was more structured. "Here I can be prepared for one thing, but when you see the family, something totally different might take priority."

Kim has a background in science after a few years spent as a Laboratory Assistant/Technician with Hydro-Technologies. The East Coast company specialises in environmental monitoring,



water quality laboratory tests and food product quality testing.

She did her nurse training at EIT Tairāwhiti and spent two years at Te Wiremu.

When she's not working Kim is a committed sports woman. She loves CrossFit and this year took part in the 2015 Industrial Athletic Event where she came 16th. Then along with fellow Turanga Health staff member Darryn White she took part in the Battle of the Fittest 2015. The three day event saw New Zealand's top CrossFit athletes push themselves to the absolute limit to find the country's fittest people. Kim was placed 10th in the open women division. Tuwharetoa)

Kim's interest in health and wellbeing stems from a challenging time in her early life. During her teens she battled the eating disorder anorexia nervosa. At age 16 she was very unwell and hospitalized for a month. It was tough for her and her family, particularly her mum. In the end the drive to reduce her mother's pain and helplessness was the first motivation to get well. Slowly but surely Kim beat the disorder. She has never forgotten the wonderful care she



received from Gisborne Hospital's Ward 5 nurses during that time. "They never judged me, I was so unwell, a brat, but they helped me when I needed it most."

She believes that experience, and her interest in chemistry and biology have got her where she is today. She is thrilled to be working at Turanga Health and credits colleague Liz Mackenzie for planting the initial idea in her mind.

As her first six months comes to an end she is looking forward to spending time with her family at Christmas – traditionally a time of "good food, barbecues, and blobbing out!"

Turanga Health welcomes Kim Biddle.

Welcome Renee Stewart

Turanga Health's Tamariki Ora team has welcomed new breastfeeding nurse Renee Stewart this month.

Renee (Ngati Tuwharetoa) and her family moved to Gisborne from Wellington a few months ago in the search of a simpler lifestyle centred around family. "We were looking for a better lifestyle for the kids and Tairāwhiti offers that and more."

Renee was a surgical nurse in Hutt Hospital, and a practice nurse in Upper Hutt. She grew up in Opotiki. She is passionate about her work as a breastfeeding support nurse and has already begun offering breastfeeding education at the Māmā and Pēpi classes. Over the next few weeks she will begin working

with more mothers one-on-one.

"With proper education and support we can help mums," says Renee, who earlier this month had had to assure one young mum that breastfeeding in public was allowed.

When not at work Renee and her partner are keen on sport and fitness with their



young children. The family is enthusiastic about CrossFit and basketball in particular. "I feel like we are really settled now. Beginning work with Turanga Health has been perfect timing. The kids are happy, and I am enjoying the holistic approach that Turanga Health has to health care."

