



Manawaru Turanga Health

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Getting breastfeeding sorted before baby comes: TH pilot programme



Nurse Kiri Wray

INTRODUCING the concept of breastfeeding to wahine and their whanau before baby is born is the distinctive feature of Turanga Health's newest service.

Turanga Health has launched pilot breastfeeding support programme 'Kiri ki te

Kiri Innovation' (skin to skin) aiming to increase breastfeeding rates for first time Maori mothers to improve the short and long term health of baby and whanau.

Turanga Health staff involved in the pilot programme are registered nurse Kiri Wray, and Kaiawhina Sarah Brown and Barbara McLean. The programme takes place within the Mama and Pepi service and is an integral part of the Tamariki Ora services available at Turanga Health.

Kiri ki te Kiri Innovation is funded out of Te Ao Auahatanga Hauora Maori (The Ministry of Health's Maori Health Innovation Fund), and Kiri is thrilled there will be a boost to resources and education available to introduce the idea of breastfeeding to pregnant mums before baby arrives.

"If a woman is planning to breastfeed then it's important to know before baby arrives that she is going to have support from her partner, family, and health workers. "It's

about preparing and setting the scene for breastfeeding because once baby comes it can be harder to focus on that."

Kiri is already seeing her first Kiri ki te Kiri Innovation mums via Mama and Pepi, and their babies have started arriving. All up she has six to nine months with each mum which allows for a strong relationship to develop. She enjoys seeing mums become empowered with the knowledge and support offered.

"Knowing what to expect will make breastfeeding less daunting, and more likely to be successful. Having people organised to help out will mean you can concentrate on getting breastfeeding established. And it's the best start for baby."

Breastfeeding has substantial health, economic and social benefits for the mother and infant. It helps with mother to infant bonding. And human breast milk is cheaper, nutritionally superior and generally more convenient than alternatives such as formula.

Another component of Kiri ki te Kiri Innovation is supporting breastfeeding in workplaces and learning institutes.

Kiri was initially inspired to work with lactating women after her own challenging experience with breastfeeding. She believes the art of breastfeeding is being lost. "Somewhere along the way we have lost the knowledge but it's something we have been

doing for generations and so it's important we pass the knowledge on to this generation."

Kiri ki te Kiri Innovation is being independently evaluated by Dr Hope Tupara. Dr Tupara has been a midwife, clinical midwifery lecturer and a health researcher. She has a PhD in Public Health and a MA in Midwifery. She was an inaugural member of the New Zealand Midwifery Council and has authored work about challenges for midwives working with indigenous women. Dr Tupara is Chair of Te Runanga o Turanganui a Kiwa and Chair of Ngai Tamanuhiri Iwi Trust.

Vanessa Lowndes visits Vanessa Lowndes Centre!

VANESSA Lowndes Centre staff and whanau felt like a super star was in their midst during a visit earlier this month from the centre's namesake Vanessa Lowndes.

Sixty-nine-year-old Vanessa Lowndes spent two hours at the Vanessa Lowndes Centre on Derby St which is about building confidence and preparing people with mental, physical or intellectual disabilities for employment.

Ms Lowndes lives in London but visits New Zealand regularly. She met staff and whanau at an informal morning tea this morning and told them she always made a point of visiting the centre that bears her name.

"I last came 17 years ago. I enjoy seeing what has been happening on the programme and what changes have been made."

Ms Lowndes was particularly interested in whanau who have been supported into paid work. "It's interesting to hear



Ms Lowndes takes an interest in Stacey Hohapata's portfolio with guidance from Tracey Worsnop-Fogarty.

about that, as it not easy for anyone in this day and age to easily find work."

In 2019 the Vanessa Lowndes Centre will be 50 years old. It was started in 1969 with funding from Colin Lowndes and has been managed by Tūranga Health since 1997.

A successful business man, Colin donated funds for the first workshop which opened at Gisborne Boys' High School. He asked that it be named after his only child Vanessa who is partially sighted. Ms Lowndes has dedicated her life to charity work in England. Her father Colin passed away in 1988.

During her morning visit Ms Lowndes learned about the day programmes on offer at the Vanessa Lowndes Centre including clay work and ceramics, fitness and health, cooking and meal preparation, horticulture and gardening, numeracy and literacy.

The Centre regularly has 45 people on its programme and five staff guiding and nurturing them through programmes and activities.

CEO Reweti Ropiha says it was an honour to host Ms Lowndes. The organisation remains grateful for her family's support over the years.

VANESSA LOWNDES VISITS



Colin and Phyllis Lowndes (Vanessa's parents) pictured with a former VL Abilities manager in the mid-1980s.

OXFAM TRAILWALKER

100KM | TEAMS OF 4 | 36HRS

These guys are going to walk 100km in one hit!

IMAGINE walking from Gisborne to Te Puia Springs in one go. Reckon you could do it within 36 hours? With no sleep?!

Well that's the challenge six Turanga Health staff and two of their friends face when they take part in the Oxfam Trail Walk around Lake Taupo in April.

The 100km walk is a fundraiser to help overcome poverty and injustice, and each team undertakes to raise at least \$2000 for the cause.

There are two teams from Turanga Health. Hiraina Banks is the leader of a four-person wahine team called '*Turanga Health*' made up Geraldine Nepe, Lisa Tamatea, and Shirley Keown.

The tane team is Reweti Ropiha, Dwayne Tamatea, Pene Brown and Brendon Fogarty.

Lisa Tamatea says she and her friends have been talking about doing the Oxfam walk for a couple of years so when Hiraina said "I've entered you!" it was a surprise but a challenge she was up for.

The day/night off-road walk starts at the Taupo Events Centre and winds its way along bush walkways and farm tracks, steaming mud pools and narrow gullies. Headlamps are used during the night walking and most teams have a dedicated support crew ready with hot meals, snacks, foot baths, and other much needed comforts for walkers during the event.

To put the distance into context, halfway will be like walking from Gisborne to Tolaga Bay. And if you imagine walking as far as Tokomaru Bay then there would still be another 8km to go!



The money-raising part of the challenge is done mainly through pledges of support for each team on the Oxfam website. Hiraina has summed up why the team has entered.

"We are all pretty much likeminded when it comes to challenges. We just give it a go, just do it. It's good to have challenges in your life because it just makes things more exciting."

Earlier this month Lisa and Geraldine walked the 30km from Gisborne to Te Karaka. It was drizzling and Lisa says the conditions gave her an insight into what shoes and socks to wear. She learned sodden cotton socks will not cut it during the event!

Shirley says doing the Oxfam walk means she can tidy up some unfinished business. She was asked to be in a team a few years ago but "chickened out" after experiencing some of the training walks.

During a normal week Shirley stays relatively fit with some walking, CrossFit and softball, but the 100km walk is in a new league. "When you think about the whole thing it's a bit overwhelming isn't it?!"

Geraldine Nepe says the Gisborne-Te Karaka training walk with Lisa took six hours and was demanding. The long straights tested her mental toughness. "But that's where talking and giving each other support is important," she says.

The wahine have already raised over \$900 through fundraising and pledges.

As for the tane team? They have called themselves "R We There Yet?" and have yet to raise any money. A funny but true story is that Reweti signed up to do the walk because he thought each member had to complete only 25km each. Manawaru can't print what his reaction was when he found out he had to walk the tonne!

Training for the tane has so far consisted of fairly short treks on flat and vertical terrain. They have knocked out Te Kuri walkway (twice round) and regularly

walk up Kaiti Hill. They have six weeks to extend the walking distance beyond 10km.

Tane team member and Turanga Health Board Chair Pene Brown says his brain and his body have had two very different responses to entering the event. "The brain responded positively to this health challenge, but the body has asked 'why have you entered?!'"

To get through the potentially 36-hour challenge he says he will focus on getting from checkpoint to checkpoint, and by regularly asking "Are we there yet?!"

Tama has suggested a different approach to completing 100km in a set time. Ever the optimist he wonders if it's possible to "go hard" for eight hours. Sleep for eight hours. Then "go hard again" to nail the distance. No one is convinced!

Aching feet, blisters, chaffing, tiredness and nausea will be just some of the challenges the Oxfam participants will have to face. There are seven checkpoints which enable participants to sit down for anything between 20 minutes to an hour. The final leg of the walk brings teams along Three-mile Bay from the south up into the centre of Taupo town.

Anyone wanting to donate to the wahine team 'Turanga Health' can do so by visiting http://www.oxfamtrailwalker.org.nz/otw_14/teams/turanga-health

Anyone wanting to donate to the tane team 'R We There Yet?' Can do so by visiting http://www.oxfamtrailwalker.org.nz/otw_14/teams/r-we-there-yet

The Turanga Health teams are also running a joint meat raffle. \$10 a ticket with first prize consisting of half a pig, half a mutton, and a beef pack. See any of the participating Turanga Health wahine or tane for a ticket.

SNAPPED! Were you in or out?



THE HEALTH and Safety Committee reminds all staff AGAIN to record your movement on and off site on the staff In/Out Boards.

This photo was taken 10am Monday 24 February not long after Waiata Practice finished. Take a look and you will see whether the In/Out Board had you recorded as in or out. Is your magnet in the right place?!

No one denies it is difficult to keep a record of each person's whereabouts in our buildings but having to physically sign in and sign out is just something we all have to remember. We ask the same of delivery drivers, visitors and others. The three year anniversary of the Christchurch Earthquake should serve as a timely reminder that disasters do happen and in the event of a disaster the Health and Safety Committee assumes you want to be found!

In/Out boards are at Turanga Health, VLC and at Waikohu Health Centre. In the event of an emergency we want to know where you are and whether you are safe.

Don't forget to record your movement on and off site!

Welcome to Waiata 2014

TURANGA HEALTH'S waiata kaiako Mere Waihi and Polly Maxwell are helping staff learn new songs and chants this year in an effort to extend the group's repertoire and be better prepared for Marae visits.

Around 50 staff and Vanessa Lowndes Centre whanau come together each Monday morning at gam to share in the learning of songs, chants, hymns and laments – most of them special to this region.

Staff are currently learning Taku Rakau, a moteatea for use when the organisation is welcomed onto Marae. Turanga Health has often used Haramai a Paoa as its song but it's important "we have another waiata up our sleeve", says Mere.

Iwi waiata being rehearsed and polished this year are Ko Te Huari (Ngai Tamanuhiri), Ko Te Arai (Rongowhakaata) and O Kahuatiu (Te Whanau a Kai). And more practice is going into Turanga Health's waiata Tukua Ka Rere which was written by Dave Para and reworked for this organisation by John Pomana.



Mere says the ultimate goal this year would be a words-free practice session and she encourages staff to take the words home and run through them when they can. See you on Monday!