



Manawaru Turanga Health

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E nā mate moe mai rā
Kua ngaro ki te Pō o te Ariki
E Tangi atu nei
E mihi atu nei
Moke, moke e Pouri ana te
Whānau.



From Pasture to Plate

Early Christmas Eve morning under a hazy sky Dallas Poi and Robyne McKeague harvested fresh vegetables for the annual Christmas Kai Parcel drop-off to Vanessa Lowndes Centre whānau.

The harvest was part of a sequence of events that happens every year allowing VLC whānau members to contribute to their own family's Christmas celebrations.

Everyone from VLC squirrels away a few cents every week to contribute to the cost of the Christmas Kai Parcels. Parcels are made up of fresh vegetables from the community garden at Manutuke, boxed at VLC, and then delivered to their door.



Starting at 6am, staff jam packed the Turanga Health work car with newly picked crisp green vegetables including broccoli, cabbage and silver beet. There was barely enough room left for the pickers as they made their way back to town.



Robyne and Dallas teamed up with Nanny Mauhoe Waihape, Nanny Queenie Takurua and Barbara McLean to box up the parcels at VLC. Delivery to whānau began around 10am with parcels going to Kaiti, Elgin, Whataupoko and central Gisborne.

It is the eighth year VLC whānau have been encouraged to make the Christmas gesture and staff say they learn a lot about manaaki, koha, and reciprocity which is a common feature of Māori tradition.

Those who have not been able to put money aside can still work their way to a Christmas Kai Parcel by doing odd jobs such as cleaning cars and windows.

Many thanks to those who have donated mutton for the food parcels, and a big shout out to everyone who has helped tend the community garden and process the harvest.

Warrant of Fitness Draft Report for TH



Any day now Turanga Health’s draft accreditation report will arrive. It’s a bit like getting a draft warrant of fitness, and Quality Manager Shirley Keown is looking forward to it.

“We got really good feedback during the December audit when they visited us but there are still bound to be some areas the organisation needs to work on.”

Accreditation is a testing process for an organisation. It’s like signing up for a voluntary warrant and getting recognition that the organisation is performing well.

Turanga Health’s accreditation has been carried out by a health audit agency called DAA. It uses a framework called EQUIP to measure the quality of health care in an organisation. It’s the same agency and framework that district health boards use.

Shirley says it is a way of focusing on doing what is best for whānau. If a problem is found the organisation can fix it and make things even better. It’s the second time Turanga Health has been through the EQUIP accreditation process. The first was four years ago and Turanga Health performed well, necessitating only minor changes to processes, and no further visits until now.

Accreditors came for two days and because this was the second round of accreditation EQUIP set the bar high, says Shirley. EQUIP looked at many processes including the way Turanga Health maintains the privacy of personal health information; access for whānau with disabilities; recalling tamariki for immunisation; job descriptions; orientation; infection control; and ongoing educational activities for staff. Many of these match up with goals in the Turanga Health Quality Plan.

Shirley says initial verbal feedback from accreditors was praise for the quality framework that Turanga Health has already developed. It means Turanga Health can benchmark itself against other organisations.

The EQUIP accreditation process did not include Waikohu Health Centre as that goes through its own accreditation with Midlands Health Network.

Shirley thanked everyone who took part in accreditation. An update on the draft report will be made as soon as it arrives.

Image: Alex Green.



Welcome Albert Tibble

You get the sense when talking to new CAYAD Kaiāwhina Albert Tibble that he was always going to find his way to Turanga Health.

Albert is Rongowhakaata, Te Aitanga a Mahaki, Ngati Porou, and Te Arawa. He’s been away in Auckland and Wellington for 20 years but has now returned to the district and three weeks ago he joined Turanga Health.

In that time he has begun to settle in to the rhythm and hum of life ‘down the back’ and in the wider Turanga Health community. He’s relished the challenge of learning new skills.

“The first three weeks have been great and everyone has been very supportive. But if you imagine what I have learnt in those first three weeks as a graph, well, it isn’t so much a learning curve but rather a very steep line!”

At 39 Albert and his whānau have a strong connection to health in Te Tairāwhiti. His father Maaka was previously Maori Health Manager at

Tairawhiti District Health and is now a District Health Board member. His mother Roberta and brother Kahurangi are drug and alcohol counsellors.

Albert has a BA in sociology and social policy, BSc in applied statistics, and a BA (honours) in sociology. During his studies he looked at the issue of organ donation and transplantation. He specifically looked at the complex reasons why Māori do and don't donate. Albert says New Zealand has one of the lowest organ donation rates in the world with around 9 donations per million people. "That means around 36 organ donations a year."

Before joining Turanga Health he was working for Statistics New Zealand in Wellington analysing census data.

CAYAD or Community Action on Youth and Drugs provides assistance, resources, information and access for communities like schools, Marae and sporting clubs to set up programmes or projects to address drug problems.

Albert says it would be presumptuous to "tell" communities what to do when it comes to drug and alcohol education and policy. "In fact our primary role is to work collaboratively alongside our communities to create strategies to minimise, reduce or eliminate the harmful effects that drugs and alcohol have in our communities."

"Obviously it is CAYAD's job to inform our communities and it is the community's role to inform us of the issues affecting them so we can come together and facilitate positive change. If they have identified a problem with alcohol and drugs in their community then we can create the necessary steps they need to help address the issue."

Working 'down the back' alongside his new Turanga Health colleagues Albert has been inspired by Stephanie Broughton to have a crack at Iron Maori this year, and he already paddles for Horouta Waka Hoe. "It's been a change of lifestyle and pace for me moving here. Certainly the weather is a lot better though!" Turanga Health welcomes Albert Tibble.



3 on 3 B'Ball Success!

Just over 80 rangatahi slam dunked and bounce-passed their way through an afternoon of basketball last Friday during the inaugural '3 on 3' basketball tournament at the YMCA.

The tournament was organised as part of Turanga Health's holiday programme and organisers Shane Luke, Jonette Karaka and Janelle Te Rauna-Lamont said it was a fantastic day.

Shane said there were 12 teams: 8 high school age and 4 intermediate age.

"We had some really good players and the vibe was awesome. Many thanks to the volunteers that helped with the fruit and water and scoring. Thanks must also go to Dive & Sportsworld for pumping our basketballs, and to the YMCA for providing such a great venue."

Shane and the team used the event to research the best ways to communicate with rangatahi. They used an app called InstaSurvey which makes digital surveys on tablets and smartphones easy, simple to setup, to perform and evaluate. They were able to gather dozens of responses in just a few minutes. It was no surprise when the team learned that Facebook is the best way to keep in touch with the youth of today!

Learn to Swim. Learn to Survive. Kautiki! Kauora!

Rural kids were being taught the life saving manoeuvre of rolling to their back and floating unassisted at this year's rural water safety holiday programme in Muriwai and Te Karaka during January.

Te Karaka mother Tara O'Neill says the lessons were invaluable for her two girls and that's why she's been attending Turanga Health's rural holiday swim programme for three years.

"We keep coming back because it's at Te Karaka, there's no cost, and my girls are learning to swim."

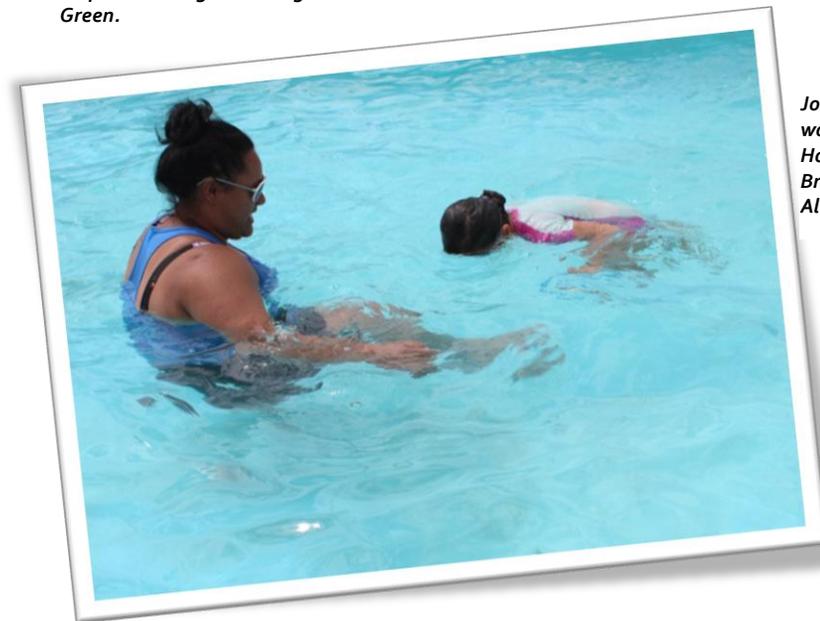
Amber (6) and Alice (7) couldn't put their heads under when they first started coming but were now working on their freestyle breathing technique thanks to the programme. In previous years Comet Swimming Club were involved. This year qualified swim instructor Stephanie Broughton took the lessons. She was supported in the water by Jonette Karaka.

Stephanie had between five and 20 tamariki aged between four and 12 at each swim session. There were two swim sessions a week held in the Muriwai and Te Karaka primary school pools. Stephanie worked on correcting bad swim habits in the older kids and encouraged water confidence and basic skills for the smaller children. The one message she tried to leave all kids with was about their best chance of survival if they got into trouble.

"I tell tamariki that the best way to conserve their energy in case of an



Brody Scott and Honey Lewis-Brown with swim instructor Stephanie Broughton. Image: Alex Green.



Jonette Karaka works with Honey Lewis-Brown. Image: Alex Green.

accidental topple into water is to flip over and float independently on their back."

Brody Scott aged 5 said his lesson with Stephanie was "cool" and he liked "kicking, blowing bubbles and putting his head under". His mum Angela Parsons was thrilled with the lessons he received as previously he had been reluctant to get in the water.

"I wanted to come here because our only other swimming place is the river. It's

shallow, with a current, and not somewhere you can learn to swim."

Angela and Tara said they were grateful to Turanga Health for running the programme.