



Manawaru Turanga Health

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Turanga Health spent over \$20,000 refurbishing the Waikohu Health Centre in 2011. Image: Alexandra Green.

Rural Health Services Unaffected Despite Building Sale

Below is an update on TDH's sale of Waikohu Health Centre, the Te Karaka doctor's house, and the Matawai Clinic buildings.

Turanga Health's general practice and rural health services will continue despite potential changes to who owns the Te Karaka and Matawai health buildings, says Turanga Health Chief Executive Reweti Ropiha.

"Changes in who owns the bricks and mortar do not necessitate any changes in the level of service we offer patients in Matawai and Te Karaka. Patients will still be able to see the doctor and the nurse in their own communities".

Mr Ropiha's comments came after an announcement from current building owners, Tairāwhiti District Health, that it intends to sell the buildings Turanga Health currently operates out of. Since 2010 Turanga Health has rented a house on Rangatira Road, and the Waikohu Health Centre on Station Road in Te Karaka, from Tairāwhiti District Health.

Turanga Health has maintained the Rangatira Road house but no doctor has lived there since 2010. Turanga Health spent around \$20,000 refurbishing the Waikohu Health Centre in 2011 creating more space for patient consultations, a smart welcoming waiting room and reception area, and better office and meeting space for health staff. Mr Ropiha said it was likely any new owner of the Waikohu Health Centre building would continue to want Turanga Health as tenants.

Mr Ropiha says Turanga Health is owned by local iwi and its services are community-based and patient-directed. "We are intertwined with the community and as a result influenced by the community. There is no change in everyone's dedication to this service."

Turanga Health also rents a main road house in Matawai. There is no one currently living in the house. Once a week the visiting Waikohu Health Centre doctor, and or nurses, use the small clinic room on the roadside of the house to see patients.

Mr Ropiha says more often now Piki Te Ora, Turanga Health's state-of-the-art mobile clinic, is used to manage patient clinics. Cervical screening, influenza vaccination, and diabetes clinics are also done in the clinic which is known locally as 'the bus'.

"The bus is a contemporary clinic which features all the technology and equipment you would expect to find in a static clinic. It's warm, offers privacy for consultations, and is cleverly compact." Mr Ropiha says there is no reason the bus couldn't be used for the normal weekly rural clinics. There is also an opportunity for Turanga Health to invest in an existing community facility. "Turanga Health is interested to see if there is an appetite in the Matawai community for us to help add value to an existing setting".

Welcome to New Staff

TURANGA Health has welcomed a number of new staff this month including Kay Walker and Lisa Baty who join the Mental Health team. More new staff will be profiled next month. *Images by Alexandra Green.*

Kay Walker



Kay Walker, Rongowhakaata, is Turanga Health's newest member of the growing Mental Health team. She is in her second year of a Social Services degree from Te Wānanga o Aotearoa and was on placement at Turanga Health when she realised it might be somewhere she might like to work. "Initially I was interested in working with rangatahi but since arriving I have enjoyed the range of work with people of all ages. I really like the Turanga Health environment."

Kay says the first few weeks at Turanga Health have been fascinating with much of her orientation managed by Maria Samoa. She is encouraged by how Turanga Health operates and says there appears to be lots of scope for new ideas, suggestions, and input.

When she's not working or studying Kay is mum to two grown up boys and a grandmother three and a half times over! She tries to snatch time in her garden when she can.

Kay is closely linked with Tu Te Manawa Maurea which came third in the Te Matatini 2013 kapa haka national championship in Rotorua last year.

"I like helping with the kapa haka group and myself and other supporters share the mahi. We are normally in the kitchen feeding them all, or looking after the children!" Turanga Health welcomes Kay Walker.

Lisa Baty



Lisa Baty, Ngāi Tūhoe, Te Aitanga a Māhaki, has joined the Mental Health team in a new position called Whānau Advisor. Lisa will be helping families educate themselves around mental illness; ensure they have access to resources and contacts; and help them navigate the mental health system, so they in turn can support their family member.

She brings a unique and deeply personal angle to her role. "I'm able to provide a consumer and whānau perspective of mental illness due to lived experience." She says her own personal journey has equipped her for the job which will see Lisa work alongside the Mental Health Kaiāwhina and awhi whānau through what can be a bewildering and scary time. "My own personal connection means I can offer and provide a space of empathy for whānau."

Lisa brings a wealth of work experience to the role including time spent with Recovery Solutions Service and Te Aka Ora Charitable Trust. Like Kay, Lisa is working towards her degree in Social Services. She is in her third year. It's a busy lifestyle which has at its centre her six-year-old daughter whom she raises with support and help from extended whānau. Turanga Health welcomes Lisa Baty.



New Māori Sports Tournament launched

With the Glasgow Commonwealth Games 2014 inspiring youngsters all over the world Gisborne Year 7 and 8 rangatahi now have their own unique sporting tournament to look forward to early next month!

It's the first time a Tākaro Tawhito *Traditional Maori Games Tournament* has been held in the district and games on offer include well known Ki-o-Rahi and the lesser known Horohopu and Tapu Ae.

Turanga Health has created the event as part of its ongoing work to increase physical activity amongst rangatahi. It's the first time Turanga Health has managed three different Tākaro Tawhito at one tournament. "We've taken some new, but old, games to local schools and taught the rangatahi and teachers how to play," says Population Health Kaiāwhina Shane Luke. "The interest has been phenomenal and it

made sense to end the module with a tournament where the taura (*students*) can test their skills against other kura (*schools*)."

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 Māori games as an activator for youth.

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 staff Jonette Karaka, Janelle Te Rauna-Lamont, and Stephanie Broughton joined Shane and taught the games to rangatahi 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. They will all have teams at the tournament which is expected to attract over 200

students.

Turanga Health is using the tournament to promote Rheumatic Fever prevention. Participants and parents are reminded that if a child has a sore throat and especially if the family is Māori or Pacific, they need to be taken to a doctor, nurse or community worker and get a throat swab. Children and young people are the most likely to get rheumatic fever. It can occur after a 'strep throat' – a throat infection caused by a Group A Streptococcus (GAS) bacteria.

The Year 7 and 8 Tākaro Tawhito *Māori Games Tournament* will be Tuesday 12 August 2014, at Te Kuri a Tuatai Marae, 307 Lytton Road, starting with karakia at 9am.

Spot Check



New members

Susie Peneaha and Margaret Thorpe have joined Darryn White, Chris Millar, Anahera Mita, Shirley Keown and Robyne McKeague on the Health and Safety Committee.

Reminder

A reminder to staff that we all have a role to play in making Turanga Health a safe and healthy workplace. As an employee, we all have the responsibility for keeping ourselves and others safe.

In/Out Boards

It is great to see the In /Out boards being used now.

Please add the time you are expected to be back onsite to help reception staff field enquiries.