



Manawaru Turanga Health

June 2013

MANAWARU VOL 2, NO 5, JUNE 2013

Breaking news!

JUST in case you have been hiding under a rock this past week here is some news:

We. Are. Bringing. The. SKYCITY Breakers. To. Gisborne !!!!!!!

Yes indeed! Dwayne Tamatea has woven magic and managed to pull together funding from Midlands Health Network, ECT and Turanga Health to create The SKYCITY Breakers 'Are You Ready To Be A Champion?' Turanga Health Tour 2013.

The tour runs Sunday 16 June to Tuesday 18 June and thousands of our rangatahi will be given the chance to meet the tall superstars up close.

SKYCITY Breakers coaches Dean Vickerman and Judd Flavell will visit, as well as players CJ Bruton, Alex Pledger, and new recruit Jeremiah Trueman. Tall Black Hayden Allen who works with the franchise will also

be coming.

The players and coaching staff will run a basketball skills road show in schools and with sports groups, but more importantly they will be using their unique style, charisma and wisdom to encourage and inspire youngsters to become amazing adults and community champions.

The Midlands Health Network is a group of general practices, Māori health organisations, and other health professionals providing health care across a large proportion of the North Island. Turanga Health is a member.

Turanga Health made the application for funding from Midlands as part of its Community Action on Youth and Drugs work. Known as CAYAD, staff provide assistance, resources, information and access for communities to set up programmes or projects to address any drug problems within that community. Positive role modelling and having inspirational speakers for youth has been a focus this year within the CAYAD team.

ECT or the Eastland Community Trust has also sponsored the three-day event. This organisation works with many community groups on



economic and social projects that help create a positive, prosperous, attractive community.

Dwayne (Tama) says the funding applications were most likely successful because the SKYCITY Breakers are well known to be a community programme that has a professional basketball team attached to it, rather than the other way around. "The SKYCITY Breakers offer a positive role model to kids especially when it comes to making the right choices around alcohol and drug use".



SKYCITY Breaker CJ Bruton

"The SKYCITY Breakers will share their messages around the importance of family, balance, respect, sacrifice and belief in yourself, and they do it in a relaxed, often hilarious way, all the while teaching kids about basketball and life."

The team certainly has the credentials to inspire and empower others. They are the only New Zealand basketball team in the Australian National Basketball League and this year became threepeat winners of the ANBL trophy.

Tama extends a big thank you to the two main sponsors of the event: Midlands Health Network and ECT, and would also like to acknowledge the help Turanga Health is receiving from More FM and the YMCA Gisborne. He also thanks the Turanga Health staff currently

working directly on tour preparation and organisation. "I hope EVERYONE can meet the big men here at work or with whānau at the planned public events."

Home-based Support Services just days away from closing

TURANGA Health's Barbara McLean and Adrienne Waikari (pictured) have nearly completed the handover of 170 whānau needing home-based support services to CCS Disability Action Tairāwhiti and Mclsaac Healthcare.

The two organisations have been working with each other since March ensuring the smooth transition for whānau needing support and care in their homes.

From 1 July, Turanga Health will no longer offer home-based support services. CEO Reweti Ropiha says



helping older people and people with moderate disabilities stay independent at home is a privilege and it needs an organisation with better trained and remunerated staff and greater levels of infrastructure to do it.

Turanga Health's decision to exit the service came after a raft of Government improvements were introduced to the sector including tighter service specifications, staff training and supervision requirements.

"The service needs greater levels of

case management, coordination, planning and supervision together with an increased infrastructure to support restorative activities. There are other organisations that can carry out that role better than us, Reweti told media in March.

He has been very impressed with the work of his own staff and paid tribute to Barbara and Adrienne for their management and compassion during the changover.

"I've seen a couple of whānau a bit teary, but once they have spent time with Barbara and Adrienne they are smiling again."

Barbara said it's been emotional for everyone. She has taken a lot of phone calls from worried whānau, but she insists the transfer is going as well as it can.

"It's hard for the elderly but I reassure them, I listen to them, and for many, I can tell them that nothing down their end is actually going to change. Some carers will end up working with their regular clients, just under a new banner."

Barbara said out of 170 whānau receiving the service, there were still seven clients in the over-65s group to transfer from Turanga Health to CCS Disability Services. There are a handful of clients in the under-65 group still to be transferred.

"CCS Disability Services have been great from our point of view, and have been working very closely with their new clients doing initial home visits and settling them in."

Barbara has also supported and embraced Turanga Health's 65 caregivers who were on the payroll providing home-based care. Most have found work with CCS, some have started work in rest homes and 7 carers are now employed by Mclsaac Healthcare which provides specialised home-based support for people with a spinal injury, traumatic brain injury and complex care needs.

As for Barbara and Adrienne, they both say there is a lot of paper work

to mop up by 1 July and by then they will be ready to move on and “close the door”.

Cook-Offs Serve Up Good Vibe



TURANGA Health's two community Cook Off's have helped educate the public about healthy food choices, but also

strengthened the relationship between the Māori health provider and Three Rivers Medical.

The most recent cook off on Friday 31 May with Three Rivers created a fantastic atmosphere outside the Customhouse St medical centre where the main message was promoting tasty healthy food, says Turanga Health event coordinator Dallas Poi.

“But we also wanted to challenge the norms around what goes on at a general practice. We wanted to do something different and show that general practice can be an interactive place to be, a place to be educated, as well as a place to come when you are sick.”



Sarah Brown takes control of the Barbie!

Dallas said the initial idea for the cook offs came from Turanga Health CEO Reweti Ropiha and she was thrilled Three Rivers staff picked up the idea and ran with it.

“I think they wondered what they were getting into at the start but by lunch time everyone was roaring with laughter and loving it. They were beside themselves when they won!” says Dallas with a smile!

Three Rivers GP Fergus Aitcheson said his organisation was delighted with the event, and yes, he admits, they were particularly thrilled to win the public's vote as best chefs on the day!

“We see events like this as a model of community engagement with huge potential. And we are committed to working with Turanga Health to develop ideas like this.”

The first cook off was at Waikohu Health Centre. Staff were pitted against teams featuring Te Karaka local identities. Due to its uniqueness the event received a lot of media coverage.



During the town event Turanga Health staff carried out cardiovascular disease risk assessments on 16 eligible Three Rivers patients. Smoking cessation staff were also onsite offering free nicotine patches, gum and lozenges as well as

motivational counselling and ongoing support for people wanting to quit.

Dallas and Fergus extend a thank you to staff who helped organise the event and to those who bravely stepped up to tame the flame!

Audits all in Order



WELL done to everyone involved in the Healthshare service audit earlier this month, and the Ministry of Health finance audit just a few days ago.

Three Healthshare staff carried out the service audit, which was requested by the District Health Board, and took two days.

Auditors looked at patient records, case notes, Turanga Health's human resource records and staff certifications.

CEO Reweti Ropiha said the audit was a standard procedure and a good opportunity for the organisation to double and triple check its processes and documentation. It gives the DHB assurance that we are doing the work we have been contracted for.

“Before the auditors left they described us as ‘good’ and we have only a few partial low risk recommendations to follow up.”

The financial audit, carried out by the Ministry of Health saw staff from Dunedin visiting the organisation. Turanga Health was randomly picked to be the subject of the audit.

Reweti reiterated what a valuable opportunity the audit is for Turanga Health to make sure it's a reputable and efficient provider of health services. "We receive the money so we've got to be accountable."

Integrated contracts: the one-minute version!

COMMUNITY organisations contracted to deliver services for more than one government agency who have a good track record delivering them, are eligible for the Government's new integrated contract.

Turanga Health is one such organisation.

For staff managing the contracts at Turanga Health the number of contracts has gone from 20 down to one lead contract.

"You can imagine what level of administration is needed to manage the 20 different contracts," says Reweti.

"Well now we have simplified our funding relationship with the government and brought multiple funding agreements into two single documents."

Integrated contracting begins at Turanga Health on 1 July.

Welcome Lisa Cottle-Millar



AFTER hospital and general practice nursing nothing appealed to Lisa Cottle-Millar more than getting back in touch with her rural roots and nursing aboard Turanga Health's Piki Te Ora Mobile Clinic.

"I felt like I wanted a chance to get out and work more amongst people. Being a practice nurse means you are inside most of the time but now I can get out and that feels great."

Lisa has previously worked at Gisborne Hospital and Desmond Road Health.

She also used to be a practice nurse in Tolaga Bay. She had been working alongside Dr Pat Ngata before he passed away and describes him as an "enduring and amazing man".

Lisa grew up on the Harbour Board blocks out the back of Tauwhareparae Road on the East Coast and so is no stranger to the long and winding roads she must cover in her new role as Mobile Nurse.

She says the clinic is very well kitted out. "It's got every wonderful gadget that a nurse geek could want". She admits she gave a silent "woo hoo" when she first stepped inside it.

"It's a fully functional clinic room and when a nurse has up-to-date equipment like this it makes it easier to do your job."

She has however had a short sharp lesson in how to prep a mobile clinic for take off.

She recently failed to tie down some cupboard doors before departure. "It's like performing an airline flight check and this time I didn't do it properly. Suddenly I had drawers meeting the driver's seat!" No damage done!"

Turanga Health welcomes Lisa Cottle-Millar.

Janelle's Muck In Delight

JANELLE Te Rauna-Lamont thinks her Turanga Health colleagues are masterminds for creating a garden that she and her whānau can enjoy, but with very little upkeep required.

"We are not gardeners at all so what they have created is wonderful," she says.

The muck in was held earlier this month. All staff had the chance to vote for a worthy recipient during

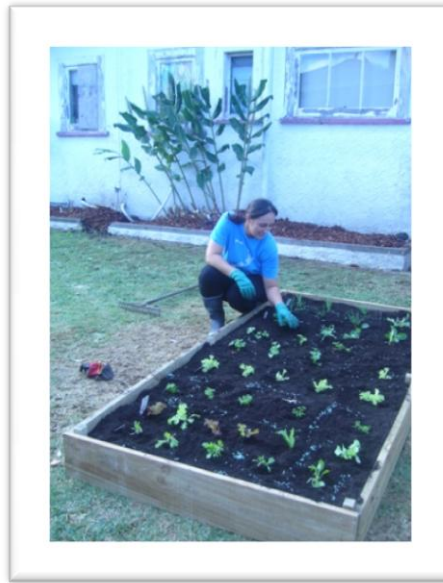
this year's wānanga and Reweti said he couldn't think of anyone who deserved it more.

"Janelle is someone who never says 'no' to anything at work despite the demands at home." Janelle and husband Henry have

five school-age children including their six-year-old triplets.

Reweti says Janelle “always has her sleeves rolled up” and it was fitting that staff could acknowledge her effort at Turanga Health.

instruction, they just got stuck in, he added.



Christine Sayer

Janelle said when she got home she was nervous and emotional. With waiata, and then a walk through her garden, she was overwhelmed. She admits having to sneak away later for her own private look.

“It’s gorgeous, it’s so lovely,” says Janelle. “Can we just say a big thank you again to everyone who pitched in and made our busy lives less busy .”

Cessation, Treaty of Waitangi and more.

While some courses need to be completed every three or four years, other courses must be done more frequently. Lisa will let you know which ones you are due to attend. Keep an eye on course dates as they are emailed through.

Remember, these core competencies, or specific sets of skills, are vital to what we do and help us to take care of our whānau.

Your Appraisal



It’s Job Appraisal Process time – something that EVERYONE at Turanga Health has to go through.

Lisa Tamatea reminds staff that the process is not something to be nervous of. Instead the review should cover all of your work during the previous year.

“Your Coordinator will give you his or her opinion of what has gone well and what might need to be improved and you will be able to discuss how completely the objectives you set last year were achieved.”

Lisa said the meeting was a “two-way-discussion” and an opportunity to look back at the previous year. She recommended staff consider all the successes, problems, and

Core competency catch-up

Lisa Tamatea and her team are bringing Turanga Health staff members up to date with their Core Competency Training.

Ideally everyone in the organisation should be up-to-date with Privacy, Code of Patient Rights, Infection Control, Communication, ABC for Smoking



Staff barked the garden, re-soiled some areas, pruned the trees, put up a couple of fences, mowed the lawns, planted some veges, and re-discovered other raised gardens and walls. Two-and-a-half hours into it the place was looking amazing. The before and after photos show it all!

It was excellent says Reweti. Everyone just jumped in and we were amazed what we got done. People didn’t need a lot of

challenges that occurred during the past twelve months.

“You should also reflect on your career goals. What training or development opportunities would benefit you? “

Staff Appraisals will be happening all through June and staff will be notified about when their own meeting will be.

Mud in Yer Eye!



Tough Gals Geraldine Nepe and Lisa Tamatea at the 2012 event.

Mud, mud and more mud is the course description at this year’s Rotorua Tough Guy & Gal Challenge and Lisa Tamatea wants to know who’s coming with her!



Just like last year there will be a contingent of mad mud runners heading over to the filthy affair in August.

Competitors have the choice of 6km, or 12km. All competitors will get to experience magnificent

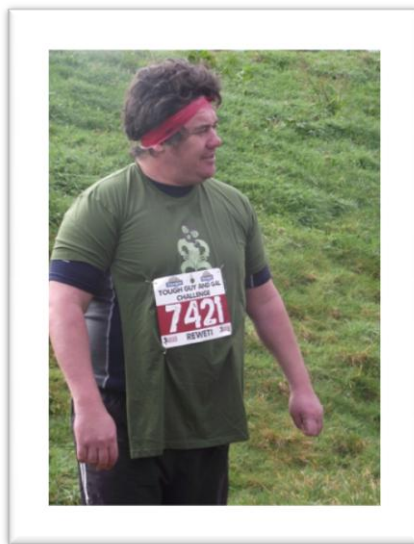
scenery, water trails, net climbs, barb wire crawls, swamp crossings, a wobbly bridge, a wire bridge and of course the famous mud pits.

Team spirit and fancy dress are also a very prominent part of the event with the Tough Guy & Gal Challenge the “Wellington 7’s” of New Zealand running events. Prizes are presented to the best fancy dress.

Lisa says it’s a hilarious and fun event. “The course isn’t the only attraction; competitors receive fantastic race packs jam packed with edible goodies, a hot pie on the finish line and a chance to win one of the wicked spot prizes drawn at prize giving.”

Turanga Health’s keen beans will head over after work on the Friday, run, slip and slide through the event on Saturday and head home on Sunday. Turanga Health competitors compete at their own expense.

Tough Guy #7421!



Friday morning CrossFit for Grown Ups.

Congratulations to all those in their prime who are enjoying a targeted form of CrossFit with Shane Hooks at CrossFit 4010 Gym.

Turanga Health staff attending the classes at their own expense will be pleased to know the sessions will continue for at least another 10 weeks.

If you are in your prime, and want to jump on board, contact Shirley Keown for more information!

Save the date!

Sunday 16 June *Breaking the Ice: An afternoon with the SKYCITY Breakers*, YMCA, 4pm-5.30pm. Meet the SKYCITY Breakers for an afternoon of entertainment, fun, competitions, interviews, and autographs with the big men of New Zealand basketball. Gold coin donation.

Monday 17 June *Breaking out the Big Guns: Dinner with the SKYCITY Breakers*, Cosmopolitan Club, 6pm. Gold table tickets (\$75), Silver (\$60) and Bronze (\$50). A unique chance to hear SKYCITY Breakers new Head Coach Dean Vickerman talk about his proposed leadership style for arguably New Zealand’s most successful franchise. Live-from-the-couch interviews with SKYCITY Breakers players. Tickets from Turanga Health, (06) 869 0457, 145 Derby St.