



Manawaru Turanga Health

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Positive Change 12- week staff challenge

“**WORKPLACES** are wonderful settings for activity and weight-loss programmes,” says coordinator Lisa Tamatea, one week into the Positive Change 12-Week staff challenge.

By using activity and motivational experts from outside Turanga Health, the programme aims to encourage staff to increase and track their physical activity, and sensibly manage their eating.

“At Turanga Health our staff already have established relationships creating an automatic support system and level of comfort for such a programme,” says Lisa.



Clockwise: Anahera Mita, Albert Tibble, Susie Pineaha.

Lisa says a benefit of a workplace is programme is that staff do not have to set aside as much additional time for weight management. “It can be built right into the work day.”

Staff have been allocated Friday afternoons 2.30pm-4.30pm to spend time with external coaches. Other exercise taken during the week is driven

by individuals in their own time and collated in an exercise journal.

“Even though many of our staff have similar skill sets to the external coaches, we wanted to make sure no one felt uncomfortable and that’s why we have CrossFit 4010 staff Shane Hooks, Bernie Semau and Jody Walsh helping us, as well as motivator Euan Nelson.”

Turanga Health staff have been split into three teams and at the end of the 12-week challenge there will be small prizes for the group which has done the most exercise and gained bonus points from nutrition changes. Prizes have been sponsored by companies Turanga Health works with.

As if individual success and small group prizes weren't enough, Turanga Health CEO Reweti Ropiha has put up a mystery trip for two for the staff member who shows the most commitment to the programme. Commitment is gauged over the 12 weeks and the winner will be chosen by the coaches.

Reweti says Turanga Health has always built a workplace wellness component into the organisation's annual workplace wellness programme but this is the first time it's been done quite like this. "We are out there in the community advocating health and wellbeing, we are trying to share good physical and nutritional advice. But before we can do that we need to look at ourselves."

He says research shows that organized weight loss groups have a higher rate of success than individuals when attempting to lose weight, and a competitive spirit will help to keep people motivated throughout the challenge. "While it isn't compulsory to take part in the Positive Change 12-week staff challenge there is undoubtedly a ripple effect across staff. A little bit of peer support can go a long way, even after the programme comes to an end."

The three-month challenge started on Monday 27 April and staff spoken to by Manawaru are excited, inspired, and nervous about the challenge all at once!

Anahera Mita from Waikohu Health Clinic in Te Karaka says she never questioned jumping on board with the programme. "It's like having a team of mates supporting you. Staff morale is off the wall at the moment everyone is so into it."

CAYAD kaimahi Albert Tibble says this is the chance he's been looking for to overcome his general dislike for vegetables and an obsession with

chocolate biscuits! On a more serious note Albert says he wants to achieve a healthy balance by "being more physically active, maintaining a balanced nutritional routine, having a positive outlook and applying those learnings to my Iron Māori training".

Administrator Susie Pineaha thinks the 12-week challenge is great. "It's got everyone motivated and because we are all in the same place it makes it easier to stick with it". She was hoping to "stay strong" during her holiday this week!

Manawaru will update the Positive Change 12-Week Challenge in the next issue.

Healthy Families with Minister

The new government initiative encourages people to live healthier lives by making good food choices and being active. Teams of health experts including Turanga Health staff will work with community organisations, schools and iwi leaders teaching that obesity carries serious health risks and there are ways to deal with it.

"Obesity is really threatening the futures of this generation of tamariki and mokopuna and we've got to make sure we're intervening in a way that makes sense to local communities" said Mr Coleman at the launch.

Tū Kaha promotes health and fitness in rural areas, and Tū Mahi promotes workplace wellness. A mock Tū Kaha session was set up at the launch so fitness instructor Darryn White could demonstrate some of the exercises and the rationale used during a Tū Kaha workout. Turanga Health Dietician Kelly Pelham then expanded on the presentation and alongside student



Dietitian Kelly Pelham talks to Minister of Health Dr Jonathan Coleman about Tū Mahi's nutritional component.

TURANGA Health's Tū Kaha and Tū Mahi captured the imagination of Health Minister Jonathan Coleman at the Healthy Families East Cape launch this month.

dieters she created a nutritious lunch using a mobile barbecue kindly lent to Turanga Health by Gisborne Mayor Meng Foon. Turanga Health is only days away from owning its own mobile barbecue for use at Tū Kaha and Tū Mahi

cooking demonstrations.

Turanga Health was supported at the marae-based launch by Tū Mahi Workplace Wellness partners Gisborne Fisheries, LeaderBrand and the K Williams Shearing.

CEO Reweti Ropiha said Minister Coleman was interested in the programme's practical application to the Healthy Families project. "He loved it. He totally got the concept."

Reweti said Turanga Health was the only provider at the launch with a presentation that was interactive and dynamic. It's no surprise the images were picked up by visiting media and broadcast on 3 News and Te Kāea, Māori Television later that night. Watch the Māori Television footage at: <https://www.maoritelevision.com/news/regional/east-cape-marae-look-healthier-options-feeding-quests>

Te Whare Hauora o Te Aitanga a Hauiti will be the lead provider for Healthy Families.

TH fights the flu



East Coast MP Anne Tolley, Minister of Health Dr Jonathan Coleman and Gisborne Fisheries staffers Phil Mokoraka and Kim Semmens during Turanga Health's immunisation visit.

INFLUENZA can be anywhere, on surfaces and in the air meaning contact with the influenza is almost unavoidable, says Turanga Health nurse Reena Rivera.

"Being young, fit or healthy will not protect you from influenza. Influenza is

a serious illness that can put you in hospital or even kill."

Reena and all the Turanga Health nurses have been working hard this month promoting the influenza immunisation message which this year focuses on the idea that influenza is out there.

"As they say in the publicity campaign, influenza can be anywhere," says Reena. "While contact does not necessarily mean infection, it does mean that you are never far from the possibility of catching influenza."

Turanga Health staff were given the chance to be vaccinated earlier this month and there will be a further opportunity for those who missed out. Reena says she and nurse colleague Aimee Milne recently completed their vaccinator training and were then assessed by Janine Brown from the Public Health Unit, while nurses Liz Mackenzie and Lynda Hardgrave went through an assessment to become authorized vaccinators.

Since then the nurses have immunised Vanessa Lowndes Centre whānau as well as staff at some of the district's workplaces.

Gisborne Fisheries staff received their influenza immunisations under the watchful eye of Minister of Health Jonathan Coleman earlier in the month. Minister Coleman is a doctor who has worked previously as a GP in London and in New Zealand. Dallas Poi said the Gisborne Fisheries staff were amazing. "It was a busy day with a managers meeting, and boats being unloaded. But they prioritised their immunisation, and all with the media and a Minister watching!"

Gisborne Fisheries is a Turanga Health Tū Mahi Workplace Wellness partner and has always been quick off the mark to immunise. CEO Salve Zame never has any hesitation offering his staff the opportunity to stay safe from the serious winter disease. He told Manawaru last year, that a few years earlier he was knocked down with the debilitating illness, and doesn't hold back when he

describes its effects. "I was lying on the couch in the fetal position. It's ugly."

Turanga Health nurses expect to immunise staff working with K Williams Shearing and some of the LeaderBrand crews over the next few weeks.

Ki o Rahi: behind the scenes

LAST month's New Zealand Secondary Schools Ki o Rahi Championship was a huge success according to visitors to the district and others spoken to by Manawaru. But there were challenges too.

Sport Gisborne Tairāwhiti Community Events Advisor Debbie Hutchings described the event as "absolutely amazing" and coaches from out of town say they were blown away by the pohiri.

Turanga Health staff member Shane Luke said he had great feedback from a Nga Puhī representative. She told him the tournament had "good warm atmosphere" and that "the feel" of the tournament was different to any she had been to before.

For Shane, the feedback was warmly received. "By the time it started I was just keen to get it underway." The event provided some testy and tricky scenarios including the need to replay one of the games. But as well as all the normal event management considerations Shane says he had two other niggling worries.

"The weather was an interesting one! I had an unblemished record for holding previous tournaments. At previous events the weather forecast said rain and we got sunshine. But this time round the forecast was for sun and we got rain!"



Another behind-the-scenes challenge for Shane was his own health. Sporting a calf injury from a rugby league game Shane had to visit the hospital every night to receive intravenous antibiotics. "Yeah, that was an odd thing to have to build into the weekend. But it was okay. It needed to be done!"

A highlight for Shane was the ferocious final fought between Ritana and Turanga Wahine Turanga Tāne. Shane and Paora Anderson called the showdown live for Turanga FM but no one could have predicted what a tight and dynamic match it was to be. "I don't think we could have asked for a better finale to what was an outstanding display of Ki o Rahi skills during the competition."

CAYAD Kaimahi Jayne Wyllie and Albie Tibble had a more challenging tournament. Turanga Health used the national championship to promote safety around alcohol and drugs. Education, health and social service providers were invited to create their own expo presentations during the tournament. The weather played a huge role in keeping some organisations away. Jayne says she and Albie have spent time since the tournament with external health, social and education staff and are looking forward to stronger relationships in the future.

Shane and Jayne want to thank all staff members again for their help and commitment to the three-day event.

Welcome Hotorene Brown

HOTORENE Brown, Ngāti Pīkiao, is aspiring to be physically fit.

The 39-year-old father of three boys adores rugby league, can't get enough CrossFit exercise, and loves doing sport with his kids.

But it wasn't always like that. In 2011 he was told that if he didn't change his lifestyle there would be a possibility of a heart attack, and that burden wore heavy on both his hinengaro and wairua.

A heart nurse had taken his blood pressure and told him he probably should be in hospital. Hotorene knew he had to do something and so began a journey that has seen him take control of his health and his destiny and share

his story his story with others. In 2013 he was the face of a Heart Awareness and Appeal Week newspaper story, to let other men know to get their hearts checked.

"It was a real shock. I was numb. I thought this would happen to a 50-year-old, not me at 36. They said they caught it in time," he says. "They gave me two options - to do nothing and end up having a stroke in three months or to make lifestyle changes."

Hotorene, moved from Rotorua to Gisborne just over a year ago, and has enjoyed the lifestyle that Gisborne has. As an avid rugby league player back in Rotorua he has given the game away for now while he concentrates on the League in Schools programme for Turanga Health. "I miss the league but CrossFit is keeping me sane, and I enjoy waking up on Sundays with no injuries!" He jokes that he has five years to make his league comeback and play a senior level game alongside his eldest son and if his body holds up, with the rest of his sons.

In his new role Hotorene has been quick to connect with schools in the district as the first stages of the League in Schools programme are fleshed out. As well as teaching kids rugby league skills the programme will be about building healthy lifestyles and making positive choices. Hotorene is also teaching Tū Kaha fitness classes.

Turanga Health welcomes Hotorene Brown.



Vanessa Lowndes Centre whānau snapped out and about!

A COUPLE of weeks ago the Vanessa Lowndes Centre whānau and staff were snapped enjoying a power walk near Midway Beach in Gisborne. People with disabilities are less likely to engage in regular moderate physical activity than people without disabilities, yet they have similar needs to promote their health and prevent unnecessary disease. VLC staff are always finding ways to help whānau get physically active, and this sure looks like a great way.



VLC Kaiāwhina Guy Moetara (centre) walks with Amy Ropitini and Wiremu Haturini, with stunning Te Kuri o Paoa in the background.



Symone Brown and Shane Tau Tau take some exercise on a sunny April day.



No visitors down the back

A reminder to all staff that there must be NO visitors down the back of the Derby St building. This rule ensures the privacy of whānau we work with is maintained at all times. No visitors means no sector colleagues, family members or Turanga Health whānau. The only non-staffers given permission to be down the back are service contractors, for example someone who is fixing equipment or installing a computer.

Tidy the gym before you leave

Equipment in the VLC gym needs to be put back before you leave. Weights, mats and other equipment left lying around should not be the next gym user's problem. Untidy equipment can also be a trip hazard. Please leave the gym in the state that you would wish to find it.

Hui protocols

If hosting a hui on-site which external staff will be attending, there are three things that need to happen.

- 1) The meeting room needs to be booked via Medtech.
- 2) Visitors need to gather at reception, and sign in the visitors book so we know who is on-site at all times.
- 3) Reception staff need to know who is responsible for the meeting and its details so they can then usher visitors in the right direction.

Staff are reminded that there are dedicated consult areas at the front of the building which can be used for hui or quick catch ups. as well as the teleconference room, and the board room.

In/Out Boards

Finishing on a good note! There's been a positive change and the in/out boards are being used regularly. Many thanks, particularly from the reception staff who find them helpful when managing phone calls.

