



# Manawaru Turanga Health November 2014

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## Whānau rave about open night!

**DUDLEY** Pere's sister Francis Taumata raved about the Vanessa Lowndes Centre Open Night and says Dudley is a new man because of the time he spends with staff and whānau at the day programme.

"He's really changed. He is way more confident, he talks more, and he just loves going to the pool".

Francis and others from Dudley's whānau including Jake Robertson visiting from Australia, joined around 15 visitors to the Centre in October when it opened its doors so family members and caregivers could learn more about what happens there every day.

The Centre is about building confidence and preparing people with mental, physical or intellectual disabilities for



*Jake Robertson and Francis Taumata loved the VLC open night.*

independence and employment. The lively Derby St campus was filled with colour the night everyone came and they could see examples of work on the walls. A huge photo montage of milestones during the year had also been created.

Jake Robertson said he was amazed how often VLC staff and whānau are out in the community; whether it be exercising, practicing life skills, or taking part in an event. He said he and his

family were grateful for the time and effort VLC staff put into the whānau.

Francis who is a Customer Service Officer at Gisborne Vehicle Testing echoed Jake's sentiment. "Dudley lives with me now, but he hates staying at home. You can see that the teachers have made a big difference to him. If you knew Dudley beforehand you wouldn't get hardly a 'boo' out of him but now we ask him about his day and he tells you all about it!"

Kaiāwhina Natasha Moke said staff would have loved to see more friends and family but they were thrilled with feedback during and after the event.

One idea to come out of the Open Night is to create a Vanessa Lowndes Centre Facebook page so overseas friends and whānau can stay up to date with what their loved ones are doing. Vanessa Lowndes staff are looking into the idea.



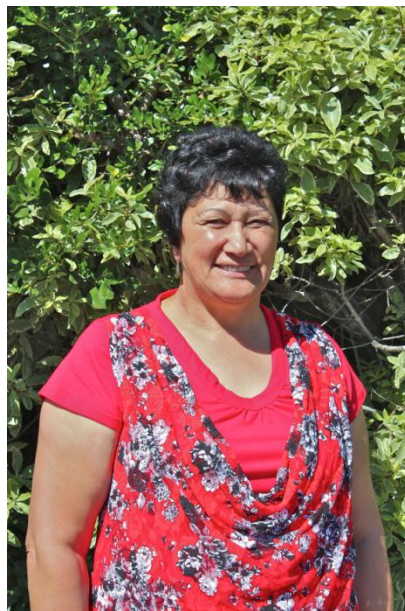
**Top: Bos Apelu (at right) with brother Chris Apelu and sister-in-law Marama Apelu.**

**Above: Aaron Harding with his parents Lois and Ivan Harding.**

## Laura and Jessica at Te Papa Conference

**VANESSA** Lowndes Service Manager Laura Biddle overcame her nervousness and presented at a well-attended conference held at Te Papa earlier this month.

Hosted by Auckland-based organisation Imagine Better, conference speakers explored what it takes to create success during times of change. It showcased national and international approaches to support full, meaningful and inclusive lives for people with disabilities.



Imagine Better provides advice and thought-leadership to people with disabilities and their families, says Laura, who admitted to being very nervous ahead of her presentation.

"I was really nervous but once I got going I was okay. When she [the timekeeper] told me I only had a few minutes left to speak I was surprised how quick the time had gone."

The presentation *Realising aspirations for independence through community connectedness* gave conference participants an insight "into how community connectedness and relationships are key for us here in Gizzy at the Vanessa Lowndes Centre".

Laura's presentation followed the premise that A plus B equals C. "Part A is the goals and aspirations of whānau, Part B is the community connectedness and Part C is the realisation of the two.

Laura co-presented alongside Vanessa Lowndes Centre whānau member Jessica Kirwan who talked to the crowd about her own personal achievements

and how the Vanessa Lowndes Centre helped her reach her goals.

## Look back with Te Whakaahuatanga 2013-2014



**TURANGA** Health has produced a second Te Whakaahuatanga giving readers a quick snapshot of the year that was.

The colourful and easily digested publication covers July 2013 to June 2014.

It's filled with quick facts on Turanga Health's programmes, whānau, funding, and milestones reached during the year.

There's also some great photos including the front cover image of sisters Charlotte Davoren and Lovey Harrison who are part of a group of Te Karaka friends and whānau who go to



Gisborne's Olympic Pool most days. The photo was taken by Alexandra Green.

It's important for a company or organisation to be able to easily recap the year for its stakeholders, funders, and other associated organisations, and that's why Te Whakaahuatanga (which translates as reflection or illustration) has been produced.

Copies will be available for each staff member to share with contacts and stakeholders.

Other copies are being distributed to iwi organisations and Marae committees, health industry colleagues, funders, Tū Mahi partner organisations, and others.

Copies will also be available for members of the public to pick up at hui and Turanga Health events.

## Our own VLC Iron Woman!

**RITA** Cuthers is a double Iron Woman now she has completed two IronMāori events in Hawkes Bay.

This year Rita, who is Cook Island Māori, participated with her friend, advocate and guardian angel Julie Nyman in the Quarter IronMāori.

Rita ran and walked the 10.5km route which takes participants around Ahuriri Estuary. Julie swam 1km in Pandora Pond and then a friend of a friend did the bike ride!

"It was good," says Rita, whose only trouble during the hour-long run/walk was a sore ankle, probably the result of a poor choice of shoes.

"You meet a lot of people and I would say 'kia ora' and everyone seemed happy".

Rita's training for the event included regular walks up Kaiti Hill with the rest of the Vanessa Lowndes Whānau, and the daily walk from her home to the Centre.

Rita says her favourite things about the weekend were meeting all the other participants and members of Julie's wider whānau, and the pineapple lump sweets available to participants as they went round!



*Iron women Rita Cuthers and Julie Nyman*

Julie is incredibly proud of Rita's achievements. She says last year Rita did the event with very little warning as Julie's team was short of a runner/walker. "But away she went! IronMāori is all about enjoyment, nothing to do with competing."

"You don't have to be lean and mean to go in it," assures Julie. "If that wasn't the kaupapa we wouldn't get a lot of Māori in it."

Rita and Julie are pictured with the medals collected during all their IronMāori events. They hope to be back next year!

## Hakinakina Day Now On!

Around 60 Tairāwhiti kohanga reo mokopuna are taking part in Hakinakina Day today celebrating how much fun physical activity can be.

Hakinakina Day is being held this morning at Māori Battalion Marae in Manutuke for all the rural kohanga kids who have taken part in an eight week physical activity programme overseen by Paora Anderson and Stephanie Broughton.

Physical activity helps mokopuna with their mobility. Each kohanga has built the Turanga Health programme into their curriculum in different ways. Many have combined the fun activities with learning about Māori gods and the stars.

Turanga Health kaiāwhina will be at Māori Battalion Marae this morning doing health checks in between the games, competitions and music.

Staff at the Marae say interaction with whānau during the programme and today's wrap-up event, create opportunities to disseminate key health messages.

Hakinakina Day finishes with a barbecue lunch supplied by Turanga Health.



# Out and about with Turanga Health

**CONGRATULATIONS** to the 19 staff who took part in the recent Nutrition and Physical Exercise Challenge.

**CLEAR** your diaries for Friday 5 December 2014 for The Turanga Health Staff Amazing Race! The end of year function will see teams of staff making their way around Gisborne facing a number of physical and mental challenges.

Race details are being kept secret but organisers have revealed the race isn't over until all team members have completed the course and are showered! The second half of the day will be spent at The Colosseum Banquet and Bistro on Riverpoint Road. See you there.

**WELL DONE** to Vanessa Lowndes Centre whānau who picked up prizes in this month's Kaiti Hill Challenge Prize Giving. The whānau won 'Most Walks up Kaiti Hill' with a whopping 585 ascents. One climb of Kaiti Hill is 130 metres; 68 climbs means you have walked the same distance as Mt Everest (8840m). The event was run by Sport Gisborne Tairāwhiti and sponsored by Sean Shivnan Pharmacy.



**HERE'S** a snapshot of what's been happening on the health and safety front:

New committee formed **12** months ago

**25** recommendations tabled at Senior Management Team hui

**10** monthly meetings held

Spot Check articles published in each Manawaru and sent to all staff

**3** reps have attended Stage 1, two-day training

**3** fire drills have been held

**2** infection prevention audits have been carried out

Incident audit completed

Crash envelopes available in all company vehicles

**In/Out** board use promoted and being monitored

All staff at wananga have had **H & S** training

All areas have hazards identified and logged in register

Maintenance book in place for repairs and maintenance

Hazard registers are displayed on **H & S** Boards and updated weekly

**H & S** measures included in Quality Plan

Incident process revamped and centralised

Feedback boards in place for staff feedback and quality measures.

Hazard reporting process simplified

Initial discussions using Zambion to record incidents and hazards

## Message to Referrers

**THE** following message has been circulated to all Turanga Health referrers.

