



# Manawaru Turanga Health

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## Turanga Health: regional hub for referrals

**NEW** staff member 22-year-old Grace Donald is part of a region-wide expanded wraparound service that has Turanga Health as its hub.

Grace joined Turanga Health in early October as the E Tipu E Rea Hub Coordinator. It's a new position that has come about as the result of a joint initiative of and Hauora Tairāwhiti, and three Primary Health Organisations (PHOs) in Tairāwhiti: Ngati Porou Hauora, National Hauora Coalition and Midlands Health Network.

At the centre of the initiative is a superior referral system for

whānau into the Māmā and Pēpi service.

From now on if a local health clinician is concerned that a woman and or a child has wider

needs beyond that which they or another specific health service can immediately address, they can refer the woman and her child to a Māmā and Pēpi



wraparound service – offered at Turanga Health, Ngati Porou Hauora, or Te Aitanga a Hauiti Hauora. Referring health clinicians include lead maternity carers, GPs, primary care nurses, Plunket and Turanga Health Tamariki Ora nurses, hospital clinicians, and hospital nurses.

Referrals are received electronically or via fax at the service coordination centre known as the hub - Turanga Health.

Once the referral has been received Grace will triage the referral and pass it on to the most appropriate service – the Māmā and Pēpi service offered by either Ngati Porou Hauora, Turanga Health, or Te Aitanga a Hauiti Hauora.

The Māmā and Pēpi service has been offered by these different providers for a number of years. It's hoped a streamlined referral service into Māmā and Pēpi will ensure families have access to everything they need to help them overcome some of the obstacles that may be standing in their way of their child enjoying a safe and healthy start in life.

The wraparound plans prepared by the Māmā and Pēpi staff are comprehensive and address multiple life issues across home

and community, including the living environment; basic needs; safety; and social, emotional, educational, spiritual, and cultural needs.

There is a putea or small costs fund of up to \$200 (GST incl) per high needs child which will be



*No single agency alone can protect vulnerable children. The E Tipu E Rea framework, including enhanced Māmā and Pēpi services, complements the work of new local Children's Teams bringing together frontline professionals working with children to protect vulnerable children and young people in New Zealand. It's all part of the recently launched Government's Children's Action Plan.*

allocated as needed by the Māmā and Pēpi staff. The fund can be used for short term or one-off issues including child care, transport assistance, heating assistance, clothing and acute needs such as emergency water.

Grace is thrilled to be part of the new expanded service as she has a strong interest in the wider health and wellbeing of people she works with. "I am excited to be a part of a team which strives to improve the lives of others. The thing I like most about Turanga Health is the variety of

community based lifestyle programmes offered, as they reach out to people within the environment who can benefit from the most change."

Grace did a Bachelor of Sport and Exercise Science at Waikato Institute of Technology and

worked for a while at the YMCA fitness centre. More recently she has been with Fulton Hogan working in training and quality administration. But looking after the health and wellbeing of people is where her passion lies and she leapt at the chance to work at Turanga Health.

"My preference has always been to work with people on a long

term basis to improve their health and wellbeing. Health is not about a quick fix but rather a long term change."

When she is not at work Grace volunteers her time to coach rowing for Gisborne Girls' High School. It is a sport she knows well having represented the North Island in her teens. Grace is living in Te Karaka with her partner and enjoys playing all kinds of sport.

Turanga Health welcomes Grace Donald.

# The lure of IronMāori



## IRONMAORI

This weekend three Turanga Health female staff will take part in one of Aotearoa's premiere sporting events IronMāori in Napier.

IronMāori was the brainchild of Heather Skipworth and Missy Mackey who wanted to encourage Maori to live a healthier lifestyle. Whānau have spread the word since the inaugural race in 2009 when 300 people lined up at the start line. This year's ¼ IronMāori event sold out in just minutes and around 2500 people will take part.

Joining them all at the start line this weekend will be individual athletes Kelly Pelham and Aimee Milne, and team competitor Maria Samoa. The IronMāori ¼ ironman distances are: 1km swim, 45km cycle, and a 10.5km run/walk.

The three athletes were interviewed three weeks out from the event and were nervous about whether they were doing enough training, but excited too.

Te Karaka nurse Aimee Milne says she signed up thinking the training would be easy to maintain "but I might have bitten off more than I can chew!" She tries to train three times a week, and earlier this month finally managed to

achieve the 1km in the Gisborne Olympic Pool. "I didn't know I could do it."

Maria Samoa is a Turanga Health success story. The mental health kaiāwhina threw herself into exercise this year as part of the workplace 12-week challenge, going so far as learning to ride a bike. She will tackle the 10.5km run/walk for a whānau team that includes her partner Les Kawenga. Maria says she is thrilled her own attempts at



staying fit and eating healthy food has inspired Les to join her. The event has become all the more significant for Maria's whānau since their team swimmer, Les's sister, has had to pull out for health reasons. Maria says "We are doing for her. If she could have done it, she would have. I am walking and thinking of her on the day."

## IronMāori 1/2 Ironman also has Turanga Health staff signed up

Later in the year Maria will take on double the challenge when she walks for an IronMāori ½ ironman team and needs to cover 21km on foot. Joining her in the ½ ironman team will be Hinehou Smiler who must cover 2km in Napier's Pandora Pond.

Hinehou says she always enjoyed swimming when she was younger and was strong in the pool. She has drafted a fitness plan to help her meet her goal and finds she really enjoys her training.

"Swimming offers good thinking time. It's a good way to get in touch with yourself and everything that is going on."

Rhonda Pohatu's husband Isaia Tulia will do the bike leg for the team at the event in December.

# Three staffers double the distance: IronMāori ½ Ironman

Three Turanga Health staff will be tackling the huge IronMāori individual event over a 2km swim, 90km cycle, and 21km run. Kelly Pelham, Albert Tibble and contractor Hayley Redpath are giving it a go.

While a capable athlete in the water and on foot, Kelly has worked hard at becoming a cyclist. She's overcome her fears of falling off, staying calm when trucks pass her, and being able to reach down and grab water and food when she needs it. Six weeks out from the event she feels nervous but happy that her long term goal is finally in sight.

Meanwhile, Albert Tibble appears to be as calm as a cucumber. A machine on the bike, Albert thinks nothing of cycling 100km a day, and was on a high this month after he took part in a Hawkes' Bay-based training camp.

Talk to anyone who has completed an endurance event and you'll soon find they describe it as one of the best life experiences they have ever had. Words can't describe the feeling of elation when crossing the finish line in an event that you did not comprehend finishing when you first started training, says Hayley. (Yes, I interviewed myself!). With that in mind, Manawaru put four questions to the three staff members who are giving it a go as individuals.

## 1) Why did you enter the ½ ironman as an individual?

Albert: "I'm returning to compete in my second ½ ironman. Last year I experienced some very high highs, and some very dark lows; but, the overall experience is one I'll never forget. So I'm very keen to experience

all those emotions again when I line up at the start line at IronMāori in December."

Kelly: "I watched the Taupō Ironman (full distance) last year and it really got me thinking about what I want to do now. I didn't want to go back competing in Sport Aerobics, but knew I had to do something to keep me challenged. After the Ironman I said to my mum I wanted to do a half one day, I just didn't think it would be this soon! A few people at work had signed up and I think my competitiveness got the better of me - I thought, if these guys can do it I can too!"

Hayley: "I tried to do a ½ ironman in Taupō last year and it was a disaster. After getting a spew bug overnight I still lined up at the start line. But one kilometre into the swim I started throwing up again. Each time I would do that, I would disappear under water. Whistles blew, kayaks arrived, and then before I knew it I had been scooped up by surf lifesavers in an IRB. It was Piha rescue style and it was awful. I cried. And then slept most of the day. And I knew that I would have to come back again next year and have another go. But not Taupō. That is jinxed for me. So I am going to try the one in Rotorua in December. IronMāori is part of my training."

## 2) What is the hardest thing about training?

Albert: "The hardest thing about training is staying motivated, especially during those long training rides, or runs. There will be days when you don't feel motivated or don't have the energy to train and that's ok. It's probably the body telling you that you're over training and that it needs some time to recover."

Kelly: "Knowing when to stop! I get too obsessed with my training and have this need to stick to my programme 100%. You start to forget there are other important things in life! Also the nutrition! Being a dietitian, I know what I should eat and how much, but it's sometimes hard for me to get the amount of calories I need in. For an example, on Saturday I trained for +5 hours. I need a heck load of carbs, ideally low fibre types – so more of your simple/refined carbohydrate sources. My body still isn't use

to this increased intake need. By the end of day I was just craving for vegetables as I was so sick of energy-dense food!"

Hayley: "Fitting it in around the family and work. But getting the nutrition right is a real challenge for me too. After long bike rides I get headaches which leave me pretty wiped out."

## 3) What is the most satisfying thing about training?

Albert: "Recently, I went down to Napier for a weekend cycling training camp where we cycled 220km over two days. The training was intense, but the experience was rewarding. I took away a lot of learnings about the importance of hydration, eating to fuel the body, and eating to recover. Also, an important lesson, and probably the most important, is listen to your body!"

Kelly: "Definitely the results so far. I am swimming and running so much faster than I was this time last year. I have a really good programme from Michelle Renee, and she is super supportive. I have met so many people too, just from doing group swim, cycle and running trainings. Group trainings are so much more fun and really push you. And there is always that personal satisfaction of knowing you have achieved something big!"

Hayley: "I still get pretty amazed with the distances you can bike. Especially when you do a bike ride from A to B. I sometimes bike from Matawai to Gisborne and it still seems weird even saying that out loud!"

## 4) How will you feel on the day of the race?

Albert: "I'm not one for getting nervous leading up to (or on the day of) IronMāori. I tend to stick to a routine, and just soak up the atmosphere – before the start, during the race, and after I finish. I'm going to do IronMāori to enjoy the experience knowing that at some stage my body is going to hurt; but, that's when the mind takes over and somehow you dig deep and find a way to persevere, overcome and eventually make it to the finish line."

Kelly: "I don't want to think about it! I get nervous already thinking about the day!"

Hayley: "...surely nothing can go wrong this time?!"



*Aimee Milne and Kelly Pelham try out the new bikes recently purchased by Turanga Health.*

## Bike to your next meeting!

Turanga Health is encouraging more staff to regularly cycle to work, take lunchtime cycle breaks, and bike to meetings or appointments now that it has purchased a fleet of five bikes.

"Once again it's about walking the talk," says Lisa Tamatea who oversaw the purchase of the bikes from Avanti Maintrax in Gisborne.

"There is a real culture boom throughout the world for biking at work and Turanga Health wanted to be part of that. Not only will it contribute to our staff health and fitness, but also in our productivity."

Turanga Health has purchased three sport hybrid bikes and two old style ladies' bikes, and Lisa says they are already getting some use.

Lisa says the physical and mental health benefits from regular cycling are well documented. The addition of the bikes followed on from the successful 12-week Workplace Challenge which motivated staff to get fit.

The bikes and staff will get a real workout on Tuesday 17 November when staff bike to Te Karaka in the next Workplace Wellness Challenge. The distance is about 30km and staff are being asked to contribute a few kilometres of pedal power each.

At the moment bike helmets can be collected from reception and the bikes are locked up behind VLC. It's expected that in the future bikes will be booked using Medtech. If you have any mechanical issues with the bikes contact Chris Miller.

## Alive and Kicking

Last month the Gisborne Herald Weekender published the below

article about Turanga Health mental health kaiāwhina Billy Babbington and his client Jonathan Anderson.

Since it was published Jonathan has received a number of positive comments. Importantly, it has led to some developments for Jonathan and his ongoing relationship with his family.

At the request of those who didn't catch the article, here it is reproduced for Manawaru.

**Fifty-one-year-old Gisborne man Jonathan Anderson was all but dead when Turanga Health mental health kaiāwhina Billy Babbington visited him at his Kaiti home in 2012. Collapsed on the floor after drinking a household solvent, Jonathan was deathly ill. His vital organs were poisoned,**

his breathing shallow, and Jonathan had burned himself while trying to cook a meal. Jonathan's life was at stake and the encounter was tough for everyone.

With support from another Turanga Health kaiāwhina, Billy lifted Jonathan out of the debris and cleaned him up. Over the next few hours he did what he could to make Jonathan's home livable again. And so began a relationship between two men - chalk and cheese - that has endured and enriched the lives of both.

*"...barely alive on many occasions..."*

"I would visit and I never knew if Jonathan would be alive," says Billy of those first few weeks. "He was a risk to himself and barely alive on many occasions when we went round. It's a tragically desperate situation and when we first began working with him we would visit twice a day for seven days - really just to check he was still with us."

Billy, Ngati Porou, is a former shearer and freezing worker who joined Turanga Health in 1997 after a stint working at a residential home for people with physical, intellectual and mental health disabilities. Powerfully built with a gruff exterior Billy comes across as hard-hitting and resolute. But spend time with this grandfather of 17 and great-grandfather of three and it's obvious Billy's severity is born from a desire to help those who need him most. He's done it with plenty of



his family ("they are pretty wild!") and now he's doing it with Jonathan.

Jonathan had been referred to Turanga Health by Hauora Tairāwhiti (formerly Tairāwhiti District Health) after years of bouncing around the health system. Doctors, nurses, social workers, mental health workers - he'd seen everyone. The ferocity of his substance abuse and his disregard for life was too entrenched for anyone to make a difference. Even a couple of spells in a Waikato rehabilitation unit failed to break the cycle. Jonathan says he didn't want help. He even "played" the system. "When you have been in this as long as I have you learn what they [health staff] want to hear."

#### *The early years*

Jonathan had a difficult start to life and can't remember when he wasn't addicted to something. Having grown up in a family where alcohol, parties, and drugs were commonplace, he

turned to a life of compulsion and dependence." I started as a little fella. I was brought up in tough conditions where there were parties and bikes. Substance abuse is what we will call it: dope, pills, drinking, and then worse."

Drinking until he reached a state of oblivion day after day ensured he didn't have to think about life. Despite being able to work in his early adult years as a blacksmith, fitter and welder, and painter, he never stuck at anything, and lived all over New Zealand. Nowadays working isn't an option. He suffers partial blindness due to his substance abuse, and has a wobbly gait from an unrelated deterioration of the cerebellum.

He says his mother Lynette was a rock, and her death in 2010 sent him spiraling into a new kind of terror for which alcohol and solvents were his only reprise. "It's frightening now to look back but back then I didn't care.

I had lost my life. My mother, my kids, but I didn't give a sh\*\*. My mother was my rock but she was gone. The road I was travelling on – it's a wonder I am not dead."

#### *Turanga Health*

That's when Billy, who has a Certificate and Diploma in Mental Health, came into his life. He describes Jonathan as the "most challenging" tangata whaiora (mental health consumer) he's worked with. "Jonathan was a risk to himself and others. He wasn't even really living," remembers Billy.

Jonathan's memory is hazy. "I can't actually remember meeting Billy even though it's only a few years ago. I had been drinking hard for months, every day. It's only in the past two years I've actually started to be able to remember things."

Jonathan quickly became a regular part of Billy's life. After the initial clean-up, Billy would visit twice a day, mostly providing personal care for Jonathan and giving him his medication. Jonathan was so physically debilitated that he could not keep himself or his house clean and Billy made this his priority.

There were other hurdles. One day Billy picked Jonathan up from the side of a road. Unable to walk Jonathan was about to crawl across in search of his next hit. Another time, when Jonathan needed money, Billy half-led half-carried him into the bank.

Because of the seriousness of the situation it wasn't just Billy who looked after Jonathan. Hauora



Tairāwhiti's community mental health staff continued with their support, his GP walked alongside, and other Turanga Health staff helped, including kaiāwhina John Pomana. But John says it was Billy who bore the brunt of the work.

"If it wasn't for Billy's never-ending support I don't know what would have happened," says John Pomana. "Billy is the one that earned Jonathan's trust, tended to his most personal needs, and had the most faith."

#### *Rehabilitation*

The daily visits continued and over the next few weeks there were small signs of improvement in Jonathan's physical and mental health. By spending time with Jonathan the Turanga Health kaiāwhina were able to slow his drinking and even though his alcohol consumption remained high, at least it was commercially available alcohol and not the toxic

concoctions Jonathan had been ingesting.

Months passed and Billy and the rest of the Turanga Health mental health team stayed committed. Jonathan was lucid for longer periods of the day and strong enough in body and mind to venture outside. He re-learned the basics of life like wearing clean clothes, tidying the house, and eating three meals a day. With support from Turanga Health he regularly worked at the Manutuke Community Garden and had a knack for tending the plants.

Billy was conscious during this long walk to sanity that once Jonathan was well enough he would need something to do with his days to give life structure, meaning and purpose. He remembers the day he pitched an idea to Jonathan. "I sat him down and I asked him what he wanted to do to get out of the house - and I prompted him by suggesting a course."

*EIT Tairāwhiti*

That simple suggestion, so implausible a year earlier, was the boost Jonathan needed. Jonathan agreed to take part in an EIT Tairāwhiti horticultural course. The entry level course had practical and theoretical components and after grinding through the first nine-week programme, Jonathan signed up to the level two papers. It was a revelation for both client and kaiāwhina: "I was pleased he said yes and gave it a go. The body and mind of a recovering substance abuser needs occupation," says Billy.



Billy now picks Jonathan up twice a week and drives him to EIT's Rural Studies Unit in Gisborne. Jonathan is swotting for a test about native plants; their botanical, common and Māori names. "I have to work hard to remember them all but Billy says I am ready to have a crack. I am older than the tutor and the class is a bit of a mix but yeah, it's good. Phormiumtenax, flax, harakeke, see!"

Jonathan has the level three course in his sights and Billy couldn't be more proud. "Jonathan is an intelligent bloke and he wanted to make a change, and he has."

*Friendship*

Jonathan's assimilation back into society as a result of the support and commitment from Turanga Health, but mostly from Billy, has led to a firm friendship between the men. They spend family time together and

watch rugby on TV. Jonathan sometimes accompanies Billy to meet with other Turanga Health tangata whaiora and Billy has noticed that he slides into a counsellor-type role. The other day they were in a supermarket and Jonathan called Billy's attention to the fact that he could now walk past the household solvents without reacting. "I was headed for destruction but now I can walk past that. I used to make a beeline there."

Billy says there are more goals ahead, including Jonathan sitting his driver's licence, and reconnecting with his family. But at the moment it's just important that his new friend keeps putting one foot in front of the other. "I did wonder in the past if he was going to make it, but we stuck with something, and I wanted to finish it. I really enjoy having him around".

Jonathan is more direct: "Billy is a hard arse, and that's what I needed. It means a lot to me. I watch his

grandchildren play sport on Saturday morning and it makes me feel like there's someone there for me. I have thought about it [going back to my old ways] and I have had my opportunities don't worry...but no, I've promised him I wouldn't, and I mean it."

