



# Manawaru Turanga Health

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## Group treatment helping smokers

**SMOKERS** choosing to quit with the assistance of Turanga Health have been introduced to a new way of help: Group Based Treatment (GBT).

Turanga Health's smoking cessation Kaiāwhina are delivering GBT to Gisborne Fisheries staff and Turanganui Activity Centre whānau. There are also groups that meet at Three Rivers Medical, Turanga Health and the Matawai Health Clinic. Turanga Health Kaiāwhina may soon also work with a netball team.

Kaiāwhina Mere Waihi says groups produce higher quit success rates than individual treatment. "Other people's insights are important. When smokers who want to quit meet in a group they feel less social isolation and gain strength from each other's stories and tips."

Mere says smokefree group members attend seven meetings over seven weeks. At the first meeting a quit date is set to coincide with the third meeting. On that day group members make a commitment not to smoke from the minute they step into the room. Then, each person is buddied up with another group member. They make a promise to each other they will not smoke. Buddies stay in touch every day via text and phone calls, helping each other stay on track with the long term goal, and overcome the daily, sometimes hourly, challenges.

Mere and Christine Nepia attended Ministry of Health training in Auckland in June and learned how to implement GBT in the community. The training was run by Inspiring Limited and is part of the Ministry of Health's work to increase the

capacity and capability of cessation practitioners. The Ministry's goal is to halve the prevalence rate of smoking by 2015, and achieve a Smokefree Aotearoa by 2025.

*Manawaru will catch up with some of the Group Based Treatment participants for its October issue.*



Kaiāwhina Mere Waihi. Image: Alex Green.

# “Thank you Terry, I’ve had a lovely day.”

*A story in last month’s Pīpiwharauroa about our own Aaron Harding has received a lot of positive feedback from the health care sector and the community. Here it is, just in case you missed it.*

**EVERY DAY**, when Aaron Harding gets picked up from work by Terry Drummond, Aaron always tells him the same thing: “Thank you Terry, I’ve had a lovely day.”

It is music to Terry’s ears. “As the Vanessa Employment Services Coordinator, my role is to get people with disabilities into the workforce and Aaron and PGG Wrightson are a success story.”

Thirty-one-year-old Aaron has been working at the PGG Wrightson Gisborne branch since July. PGG Wrightson is a rural services company. In its large Solander St warehouse farmers, orchardists, lifestyle block owners and others shop for goods and services. The shop floor brims with fencing materials, outdoor wear, and animal health products.

Aaron wears a smart blue PGG Wrightson shirt and hat, and works an hour a day starting at 11am. At the start of his shift last Wednesday he cleaned shelves holding docking irons and sheep drench. “It has to be nice and clean,” Aaron explains.

He sweeps floors and is sometimes called upon to help PGG Wrightson staff transfer and stack items in the yard. On the day we were there Customer Service Representative Andrew Peez asked Aaron for his help stacking farm gates. He says Aaron is a lovely bloke and a

**Aaron Harding**  
working at  
**PGG Wrightson.**  
*Image: Hayley Redpath*

very good worker, a sentiment backed up by PGG Wrightson boss Bruce Marriott.

“We’ve got 14 staff here and Aaron has slotted straight in and he is a great addition to the team. He is hard working and punctual. It’s been seamless.”

Bruce says being involved with Vanessa Employment Services (VES) is good for able-bodied colleagues because it helps them have a better appreciation of people that face life with a disability. “They have taken Aaron under their wing. We believe in giving everyone in the community a chance.”

PGG Wrightson pays Aaron a wage. He is adamant he’s not wasting it. “It’s fun. You get paid and I am going to save it.”

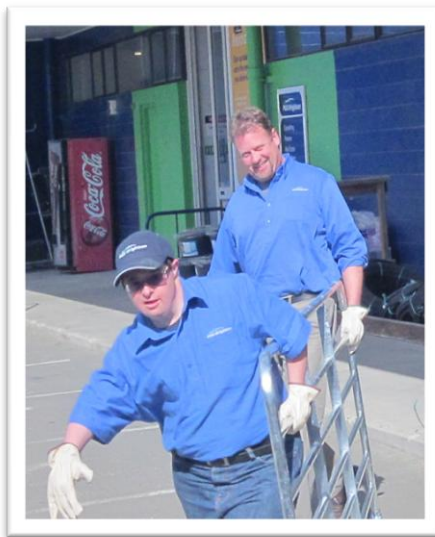
Since 2004, when the VES programme began, Terry has helped whānau with disabilities work in packhouses, offices, timber yards, garden stores, supermarkets and health organisations to name a few.

He says Aaron and PGG Wrightson are a good mix and he is grateful to Bruce and the team for their support. The programme always has more whānau who want to work than employers. “Often it’s just a case of educating a business, or having them hear about other successful placements, before we

can encourage them to come on board.”

Bruce encouraged other employers to consider employing a VES whānau member. “It’s been a great experience for all of us.”

Anyone interested in employing a VES whānau member can phone Terry on (06) 869 0457 for more details.



**PGG Customer Service Representative Andrew Peez works with Aaron Harding.** *Image: Hayley Redpath.*

# Business Excellence Award Judging has Begun

**CHIEF** Executive Reweti Ropiha spent time with judges from the Westpac Business Excellence Awards on Wednesday answering their questions and helping them understand how Turanga Health works.

The judges' visit to Turanga Health's Derby St campus was a condition of entry in the prestigious regional competition that celebrates and recognises successful business. Judges have already received our 4000 word entry.

Reweti sees the competition as an opportunity to be benchmarked against top performers demonstrating best practice and innovation.

"Focus has changed at Turanga Health, particularly in the past six years, to becoming a reliable and more credible provider of health services. Better business decisions, attention to processes and quality, and a shift in staff attitude mean Turanga Health has the respect of others in the health sector."

He says entering the competition this year will be a learning curve for the organisation and an opportunity for some proactive feedback and mentoring.

"The experience was a thorough one, everything from past endeavours, current business strategy, the essence behind Turanga Health, through to why we do the things we do and how do you know you are making a difference, was all under the spotlight," says Reweti.

"We had no brief on what was to be asked so prepping ourselves before the visit proved invaluable. Both judges were the consummate professionals and

the process they both engaged was to put to test what we had written in the proposal and gave the opportunity to expand further."

"Myself and Kaumātua Libby Kerr fronted the panel. We believe we put our front foot forward and will see what result that will bring. Would we do it again, a unanimous 'yes!' "

Awards Coordinator, Prue Younger says "We have worked really hard alongside business owners to reinforce the benefits they reap out of completing the entry application. Initially it looks like hard work but every entrant that has submitted their entry is really buzzing at what they get out of stage one of the process."

Turanga Health is entered in the Community Excellence section of the awards. The category recognises management excellence in organisations outside of the private sector including the "not for profit" sector, schools and local government.

Businesses that win a section then qualify for three Business Excellence Awards: large, medium and small businesses. The winners of those then qualify for the major award: Supreme Business of the Year.

The Westpac Gisborne Business Excellence Awards will be announced next month.

## Ki-O-Rahi added to Wednesday sports

**KI-O-RAHI** has been added to the Sport Gisborne Tairāwhiti initiative encouraging Gisborne high school students to play more sport.

Wednesday after school sport started in February this year and was an active response to the dwindling sports

participation rates in our region. In a census done by the New Zealand Secondary School Sports Council, Eastland ranked the second-worst in the country for participation at 42%. The national average was 53%.

Now, every Wednesday hundreds of students from four Gisborne high schools take part in a range of sports at venues around the city.

Term 3 sports include volleyball, judo, yoga and golf. Rapiata Ria from Turanga Health says he was thrilled when Sport Gisborne wanted to add Ki-o-Rahi to the line-up.

"It's a chance to get more rangatahi involved with the



**Ki-o-Rahi is played at all levels: While Ki-o-Rahi is happening at high school level on Wednesdays, primary schools continue to learn more about the game, like here at Matawai School last month. Image: Hayley Redpath.**

sport and if numbers increase we will be able to streamline it so there are senior and junior games." Rapiata says the sessions are attracting experienced and new players. "Higher numbers of rangatahi playing will also mean we can have all-girls and/or all-boys games."

Ki-O-Rahi is a fast-paced sport incorporating skills similar to rugby, netball and touch rugby. Two teams of eight players play on a circular field divided into zones, and score points by touching the 'pou' (boundary markers) and hitting a central 'tupu' or target. The game is based around a Māori ancestor named Rahi Tu Taka Hina and has a strong link to the constellation Matariki.



Gisborne Boys High School, Gisborne Girls High School, Campion College and Lytton High School are taking part in the Kiwisport funded programme. Sports on offer each term vary with the season and availability of organisers and facilities.

Schools finish at 2.30pm on a Wednesday to enable students to get to their chosen sport. The Ki-O-Rahi games are at Barry Park. Free buses are provided, returning students to Boys High at 5pm where specially organised buses depart for rural areas.

Sport Gisborne Tairāwhiti says on its website Wednesday sport is a cross-community initiative bringing together schools, government and regional agencies, education organisations and clubs, who share a vision they hope will see more young people in the district becoming physically active.

The programme is funded by the regional Kiwisport Partnership Fund which covers transport supplied by Go Bus, and venue and equipment hire.

## Sore throats matter! Get a throat swab.

*THIS Turanga Health press release was issued late last month with good uptake from The Gisborne Herald, radio, and Maori media.*

Parents and caregivers are reminded 'Sore Throats Matter!' as health organisations visit schools to prevent and treat Group A Streptococcal.

Turanga Health is one of three health organisations using schools as a setting to provide sore throat swabbing and antibiotic treatment to those that require it.

Rural Health Nurse Michelle Hunter was at Matawai School last month where five children with a sore throat received education around sore throats and what to do about them, and a throat swab.



**Sore throats matter! Matawai School ten-year-old Patrecia Harnett receives a throat swab from Rural Health Nurse Michelle Hunter. The swab is sent to the lab and antibiotics will be prescribed if 'strep throat' – infection caused by a Group A Streptococcus (GAS) bacteria, is discovered.**  
*Image: Hayley Redpath.*

Children and young people are the most likely to get rheumatic fever. It occurs after a 'strep throat' – a throat infection caused by a Group A Streptococcus (GAS) bacteria, says Mrs Hunter.

"Most strep throat gets better and doesn't lead to rheumatic fever. However, in a small number of people an untreated strep throat develops into rheumatic fever, where their heart, joints, brain and skin become inflamed and swollen."

While the symptoms of rheumatic fever may disappear on their own, the inflammation can cause rheumatic heart disease, where there is scarring of the heart valves. People with rheumatic heart disease may need heart valve replacement surgery, and it can cause premature death.

The Rheumatic Fever Prevention Programme is a triple partnership between Turanga Health, Ngati Porou Hauora and Tairāwhiti District Health. The organisations have been jointly contracted by the Ministry of Health to provide rheumatic fever and sore throat education as well as sore throat swabbing services in an effort to reduce

the rate of acute rheumatic fever in Tairāwhiti.

The school-based sore throat swabbing service is provided free of charge in a culturally and socially appropriate manner for children who say they have a sore throat, and where consent has been obtained from the caregiver. Each school involved in the sore throat swab programme will let parents and caregivers know when the nurses and or kaiāwhina will be visiting.

Turanga Health will also be visiting Patutahi, Muriwai, Manutuke, and Whatatutu School, and Te Karaka Area School. Ngati Porou Houora Rural Health teams will be supporting schools on the East Coast; and the Well Child Team (public health nurses) from Tairāwhiti District Health will be visiting city schools.

However, visits to schools are periodic, and parents and caregivers are reminded that if your child has a sore throat and especially if your family is Māori or Pacific Island, you need to take them to a doctor, nurse or community worker and get a throat swab.

"Sore throats matter!" says Michelle. "You may be given antibiotics. Make sure that the child takes all the medicines and completes the course."

In this district last year the Rheumatic Fever Prevention Programme saw all children between the ages of five and 14 years attending deciles 1, 2 and some 3 schools (and Alternative Education centres) offered a throat swab.

As a result of last year's sore throat swabbing programme Turanga Health arranged for around 30 homes to be insulated. Insulating homes reduces health risks caused by cold, damp housing such as respiratory illnesses and serious diseases like rheumatic fever.

## Welcome Michelle Hunter

**NEW** Turanga Health nurse Michelle Hunter remembers some nights at her place where she would be studying at the kitchen table alongside her two teenage children.

It was a mad busy time but Michelle, who has joined Turanga Health as a Rural Health Nurse, has no regrets about studying for her career later in life.

"We'd been on farms most of our lives, from Ruatoria to out the back of Wairoa, and I was cooking for shepherds. But the kids had got to high school age. We moved closer to town and the time was right for me to do some study." She says it was challenging but rewarding. "I wanted to show myself, and my kids, that I could do it."

She started work at Gisborne Hospital in 2010 and like fellow Turanga Health nurses Karen Staples, Kylie Morresey and Mary Fisher, Michelle has spent time working in the Emergency Department (ED). The appeal of ED was the "unknown". "You learn so much because every day is different."

She says no two days at Turanga Health have been the same since she started work at the beginning of August and she's relishing the opportunity to work with whānau with long term issues. "ED gave me just a snapshot of a person's life but working here you see the before, the middle, and the good results of your involvement. That's why I wanted to come here."

Michelle has enjoyed her two months and says everyone has been very friendly and helpful. She can't believe the wide variety of work Turanga Health is involved in and is now working mainly in the Waikohu area.

Michelle and her husband own a lifestyle block out at Puha and after the few years of study and living near town she is relishing the rural lifestyle again. Except for bottle feeding lambs. That was one little chore she had not missed!



Michelle Hunter Image: Hayley Redpath

## Our own X Factor connection

**APOLOGIES** to Lorraine and other whānau. This story was left out of the

*August Manawaru by mistake! Here it is now.*

Some of the Manutuke images flashing up behind Whenua Patuwai in the exciting X Factor final in July were supplied by our own Lorraine Brown who supported her irāmutu with aroha and advice during his amazing journey.

Gisborne-linked Whenua was runner up in the first X Factor NZ final and Lorraine felt nothing but pride and delight seeing her sister's 18-year-old boy do so well.

"During the finals he delivered exactly what he wanted and that was to be genuine and from the heart," she says.

Lorraine and her younger sister travelled to Auckland twice during semi-final and final time to support Whenua. Leading up to the semi finals Whenua copped some criticism not only from some judges but the general public as well. "You feel somewhat helpless when listening to it all. You worry about how he's coping and you then realise you want to be there just to give him hugs of reassurance."

Lorraine says when Whenua made it through to the finals they noticed a change. "A huge weight had lifted off his shoulders and he seemed much happier. We told him "This is it. You've made it and we can't ask for anything more. Let all the stress go and just enjoy the ride now."

She says Whenua received help from voice coaches on the programme but it was important he didn't just concentrate on the mechanics of it. "If you do just that, you lose the essence of heart. It was our job to remind him of that."

The slideshow of photos for finals night was Whenua's idea. It added a personal touch to his performance and the feedback received about that has been overwhelming, adds Lorraine.

Lorraine watched the final from Whenua's Auckland hotel room. She was emotional and full of pride when the show came to its exciting end.

"Humbled and relieved, is how we felt once it was over."

"People don't realise the emotional rollercoaster whānau go through week in and week out and it had been that way for 13 weeks. When Whenua was being subjected to criticism we as a whānau felt that too."

Lorraine says Whenua has learnt that the entertainment industry is hard work and requires enormous commitment. At times it can be a lonely place but he has no regrets about taking this journey.

"No one expected him to get this far so we count our blessings for the final result. As a whānau we wish to thank everyone in Turanganui a Kiwa who supported Whenua. Ngā mihi nui ki a koutou katoa."

Despite the title going to Greymouth's Jackie Thomas, Whenua's career is taking off. Due to public demand Sony Music released Whenua's debut single 'Something Special' on iTunes and as a physical single.

The good news doesn't end there. Whenua has joined X Factor Judge Stan Walker on the road this September for his 'World Tour of New Zealand.'

Unfortunately the tour schedule does not bring them to Gisborne. The closest concert is in Edgecumbe on Tuesday September 10 at the War Memorial Hall. Tickets are available from Ticketmaster – 0800 111 999/[www.ticketmaster.co.nz](http://www.ticketmaster.co.nz) or 1XX, 267 The Strand Whakatane.

**On tour with Whenua Patuwai. Image:**  
<https://www.facebook.com/WhenuaPatuwaiMusic>

