

BETWEEN 1 JULY 2014 & 30 JUNE 2015

Turanga Health's Quality Plan has been in place for **2** years guiding the organisation on improving quality.

Turanga Health hosted **4** induction courses for **11** Three Rivers Medical locum GPs.

Turanga Health went into **7** workplaces as part of the Tū Mahi Workplace Wellness programme, including **4** new workplaces: Puha Nursery, K Williams Shearing, Coxco and PGG Wrightson.

255 tāne took part in Turanga Health's Hauora Tāne programme to get help with exercise and healthy eating.

Turanga Health's smoking cessation programme has a **39%** success rate. Success means a person is smokefree after 12 weeks. The national average is **32%**.

Tū Kaha, Turanga Health's physical activity programme at rural marae, was held **204** times.

88 women took part in **11** antenatal classes.

20 Kaumātua Day Programmes were held with an average of **120** participants each time.

210 pēpi were referred to our Tamariki Ora Well Child service.

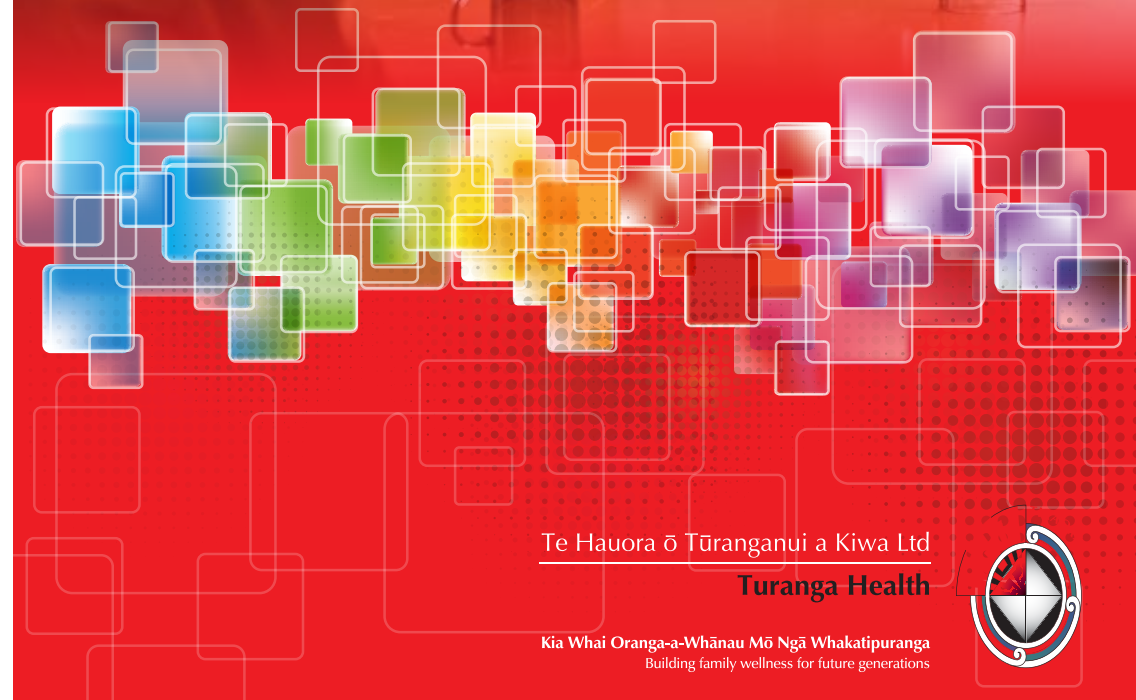
11 different groups took part in group based smoking cessation sessions.

38% of registered whānau aged older than 65 received their influenza vaccination education. Next year, with dedicated staff, and new tools to track who has received education, Turanga Health wants that figure to be **90%**.

The number of Turanga Health's Facebook page likes grew from **992** in July 2014 to **1416** in June 2015.

All of Turanga Health's **65** staff attended a Health and Safety Training session. Turanga Health is proud of the achievement as staff work in a number of different locations and at varied times of the day.

8 editions of Manawaru, Turanga Health's regular wrap-up of Turanga Health news, success stories, and events, were published.



Te Hauora o Tūrangānui a Kiwa Ltd
Turanga Health

Kia Whai Oranga-a-Whānau Mō Ngā Whakatipuranga
Building family wellness for future generations





MESSAGE FROM THE CEO

Mihi nui ki ngā whānui o Tūranganui-a-Kiwa.

More than ever Turanga Health is under pressure to improve the health of whānau, demonstrate how it's making a difference, and be accountable for what it achieves with funders' money. The care we provide has the capacity to save lives, prevent complications and suffering, and promote wellbeing, but we must always be able to demonstrate a return on their investment.

There's no blueprint for what we do at Turanga Health, and that's why integration of our services is part of the solution, and was a focus for staff this year. But what does integration mean? It means when a young mum comes into our care, staff make sure she and her whānau are getting all the help they can.

We look at the whole environment: does she need help with breastfeeding, is the home warm enough, does baby have a safe place to sleep, does mum want to quit smoking, is there a proper car seat available for baby? Integration means our staff have looked at the big picture and shared information so Turanga Health's support and care is meaningful and making a difference.

Thank you to everyone who's worked hard with our whānau these past 12 months – we are all in this to build family wellness for future generations..

Reweti Ropiha

THE DOLLARS & CENTS

Tūranga Health's income was **\$4,720,777**; of that **\$1,329,776** came from the Ministry of Health, **\$1,997,032** came from Hauora Tairāwhiti, and **\$475,400** came from Midlands Health Network. The remainder came from ACC, Te Puni Kokiri, and Sport New Zealand. About **70%** of Turanga Health's income is spent on wages, reflecting Turanga Health's focus on working with whānau in their own homes and communities.



RHEUMATIC FEVER

As part of the campaign to address Tairāwhiti's high rates of rheumatic fever Turanga Health nurse Liz Mackenzie is this district's prevention programme coordinator. There are rapid response sore throat clinics at six general practices, meaning free access and free antibiotics from a nurse for any child aged 4-19 who has a sore throat. Appointments are not required. Liz coordinates the programme and acts as a conduit between patients and Hauora Tairāwhiti. Antibiotic compliance kaiāwhina Jonette Karaka follows up with whānau ringing and visiting patients in their home. The Healthy Homes kaiāwhina Memory Taylor helps ensure whānau have a warm, dry, healthy home. In the programme's first two months (May and June 2015) there were 70 referrals to Turanga Health.



Photo courtesy of The Gisborne Herald.

KI O RAHI NATIONALS

Hundreds of secondary school sportsmen and women were in Gisborne in April for the 2015 New Zealand Secondary Schools Ki o Rahi Championship run by Turanga Health. Sport Gisborne Tairāwhiti Community Events Advisor Debbie Hutchings described the event as "absolutely amazing". Around 330 students took part. Ki o Rahi coaching forms a strong part of Turanga Health's school sport and traditional physical recreation programme.



TŪ MAHI MOBILE BBQ

Turanga Health's dietitian visited six different workplaces and held 17 nutrition workshops as part of the Tū Mahi Workplace Wellness programme this year. An exciting addition was the mobile BBQ featuring a long hotplate, gas burners, water supply, storage, and fold down tables. Everything can be strapped for easy transportation. As well as receiving a healthy lunch onsite, workplace staff were taught how to create healthy meals and lunches at home.



HAUORA TĀNE

Inch by inch, day by day, the Tūranga Health Hauora Tāne programme is making a difference for Māori men, who as a population group have on average the poorest health status of any ethnic group in New Zealand. Each intake has 10-12 participants who commit to a 10-week programme of fitness and education. The appeal of group exercise is whakawhanaungatanga.



GROUP BASED SMOKING CESSATION

Hoots of laughter and noisy congratulations are par for the course when groups come together in an effort to quit smoking. Groups produce higher quit success rates than individual treatment, say Turanga Health smoking cessation staff. The quit rate for individuals on a smokefree programme is around 30-40 percent. Around 50 percent are smokefree after three months if they have worked with a group. 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.