

# He Waka Kotahi

Newsletter No. 29

May – August 2009

## Stroke Unit information board

On the morning of 22 July 2009 members of the Waikato Hospital Organised Stroke Service and Te Puna Oranga, along with other hospital staff members, came together to unveil the new education resource that now resides in the Acute Stroke Unit on Level 5, Menzies.

The information board, which was a collaborative effort by the Acute Stroke Unit and Te Puna Oranga staff, will provide patients and whānau with more information on how to reduce the risk of stroke.

Raewyn Lee (acting clinical nurse leader) said: "It is our hope that all who connect with the board will gain something from it and we have used different levels of messages to maximise this effect."

The final product is a colourful, attractive board that identifies healthy eating, regular exercise, blood pressure, smoking cessation, alcohol intake, and weight control as risk factors that can be overcome to avoid a stroke. It also includes a personal profile of a patient who was once treated in the Acute Stroke Unit and information about his stroke rehabilitation journey.

Both services are encouraging staff, patients and whānau to go and view the board at Level 5, Menzies building.



L-R George Smiler, Raewyn Lee, Karmen Piripi, Peter Wright



## Acting General Manager's report



The last month has been a busy period; Te Puna Oranga has been working on the development of He Huarahi Oranga (Waikato DHB's Māori Health Strategy 2009-2012), and the Waikato DHB Māori Health Workforce Development Plan 2009-2012. The creation of both documents will assist us to set a strategic direction for the next three years for Waikato DHB as it relates to improving our people's health and has been complemented by consultation hui in Hamilton, South Waikato, and Hauraki. I would like to personally thank those members of our community and Māori providers that took the time to participate in the discussions in terms of what we need to focus on over the next three years.

Part of the ongoing emphasis in these documents will be supporting the growth and development of our Māori providers, Māori health workforce and iwi in the area of health.

As contribution to health initiative growth and development, Te Puna Oranga will be providing iwi, through the Waikato DHB's Iwi Māori Council, with the opportunity to apply for sustainable funding via the \$1 million Māori Health fund. The fund will be used to set up services which target health priority areas for our people. Iwi and Māori providers will also be invited to apply for Healthy Hapu innovation funding.

Further, education for our community surrounding the Human Papillomavirus Virus vaccination programme is now in full swing and I am pleased to announce the appointment of

Kui White (Whānau Apanui, Ngati Porou) as our whānau engagement coordinator. Kui will work with other HPV coordinator positions across the five Māori providers within our district that are directly involved in the roll out of the immunisation programme. The role will provide support in terms of coordination, workforce development and general guidance to our kaimahi who work in our kura / community. A further \$125,000 has been allocated by Te Puna Oranga (Māori Health Service) to those of our Māori providers involved in the HPV vaccination programme to support promotion of the initiative to our communities.

I would also like to take the opportunity to announce that John Kopa (Ngati Raukawa) has been promoted. John's role as kaitakawaenga (Māori Mental Health Service) team leader has now been extended to manage the kaitiaki team also, who provide cultural support to our whānau that access Hospital based services. Further, I wish to announce the appointment of Erena Kara (Ngapuhi) to the role of acting strategic team leader. This role is responsible for providing over-sight of the Te Puna Oranga corporate team and the many projects that they undertake.

Finally, my thanks to the Midland Breast Screening Unit and our Māori health promoters who work in the community both within our district and the wider Midlands area. I wish to acknowledge all your hard work over the last 12 months which has resulted in 30,331 women being screened, which is the highest ever recorded number of women screened in one year. My congratulations to you all.

- Ditre Tamatea

## Opening of Te Kohao Health and Wellness Centre



The wet weather couldn't dampen the spirits of those celebrating the early morning grand opening of Te Kohao Community Health and Wellness Centre on 6 May.

With hundreds gathered outside, Te Arikini King Tuheitia and Tainui kaumātua led the way into the new centre, situated next to Kirikiriroa Marae on Dey Street, Hamilton East.

Upon entering the building a feeling of warmth, mauri and wairua welcomed all, helped in no small part by an impressive array of 'ngā taonga tuku iho' (all pictures) adorning the ceiling, walls and floor space, along with waiata and karakia resonating throughout the celebrations.



The \$3 million facility run by Māori health provider Te Kohao Health, houses a medical centre with five GPs, a pharmacy, a cafeteria and a gym. "It's been a dream for 10 years," chief executive Mrs Tureiti Moxon had to say of the new facility.

Congratulations to all concerned, and a special thanks to those who contributed to making the dream a reality.

Tēnā koe, e te Kiingi, me te whakatuwhera, tēnei whare tino rongoa.



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### He Whakatauki!

Once a year, twinkling in the winter sky just before dawn, Matariki (the Pleiades) signals the Māori New Year.

Traditionally, Matariki was a time for remembering the dead, acknowledging where we come from, and celebrating new life.

Heaven-bound kites, hot-air balloons and spectacular feasts help mark the occasion.

Nau te rourou, naku te rourou, ka ora ai te iwi

By sharing our gifts with one another the people will thrive

## Tāne Ora National Māori Men's Health Conference

Te Hauora o Ngati Rarua Ltd Blenheim, prepared and submitted a business case to the Ministry of Health (New Zealand) in June 2008 and was successful in obtaining funding towards holding a national conference. The conference was held 17-19 June and the theme was "Ko wai au – Who am I". The inspiration for the theme was derived from feedback received that identity was an important issue for Māori men.

Wayne Johnstone, project manager for Te Puna Oranga (Māori Health Service), attended the conference and had the following feedback:

"The conference was fantastic, with a large representation from a variety of organisations from the Waikato region.



"Key note speakers included Tawera Nikau, Aroha Rereti Crofts, Sir Tipene O'Regan, Hone Harawira, Moana Jackson and many more, including international speakers from Australia and Hawaii, which provided for great contacts / ideas for the Oranga Tāne Māori Research Project.

"The goal of the conference was to raise the profile of Māori men's health and wellbeing and to develop strategies that will lead to a significant improvement of the whānau ora o ngā tāne Māori. Ultimately the expected outcome is a vast improvement in health and wellbeing of Māori men contributing to better whānau ora outcomes."

The conference objectives were:

- to raise the awareness of health and social issues impacting on Māori men's health
- to encourage Māori males to contribute to the development of policies and initiatives that may improve their health status
- to provide a forum for Māori males to come together and share their experiences and aspirations and draw strength from each other
- to discuss the establishment of a National Māori Men's Health Coalition and the role of such a group.

One of the outcomes from the conference was that the National Māori Men's Health Coalition is now charged with looking at holding another conference in two years time and developing some terms of reference for the group going forward.

There was overwhelming support from the 200 plus in attendance at the conference to support the kaupapa of tāne ora.

## New facilities at Rauawaawa Kaumātua Charitable Trust

He rā Rangatira mo Te Rauawaawa!



Opening of the new wharekai/kāuta/staff training room at "Te Puna o te Ora" Monday 27 April 2009

First of all, a big mihi to the old wharekai and kitchen, which provided sterling service for many a year. However, the old building had passed its "use-by" date, so, mihi whakamutunga were made to it earlier in the year prior to it being razed to the ground. The new building would reflect the fact that Te Puna o te Ora had expanded its client, staff and service base to the point that bigger premises had to replace the previous whare.

Rauawaawa had to shift premises, temporarily, whilst the new whare was built, but the wait has been worth it. Tokomaha ngā tāngata i tae atu ki te tomokanga i runga i te karanga o te rā!

Once everything was ready, kaumātua Tione (John) Haunui led the way into the premises with the waerea, to clear the way for the blessing of the new whare. Flanking him, at the front, was a photo of the late, revered Hare Puke, after whom the building is named. The photo now hangs in the staff training room, which adjoins the kāuta.

Once protocols had been observed, everyone partook of the first meal in the new wharekai, with entertainment provided by kaumātua of Te Rauawaawa, afterwards, out in the courtyard next to the new whare.

A wonderful occasion! A healthy indicator of where things are at for our kaumātua there. Ngā mihi nui atu ki a koutou o Te Rauawaawa!



## Māori community health workers hui

The four day Whānau Ora diabetes training was facilitated in June at the Waikato PHO and was attended by Whānau Ora Māori community health workers from various Māori health providers throughout the Waikato district.

The rising diabetes epidemic is a major problem in New Zealand, especially among Māori and other non-European ethnic groups. The cost of Type 2 diabetes alone is expected to reach \$1.6 billion by 2021. Many of those with diabetes face a multitude of barriers to quality diabetes care and self care including financial barriers.

Health Waikato clinical diabetes nurse specialist facilitated the four day training with sessions including:

- an overview of diabetes and potential complications
- discussion on how Māori community health workers can support one another in providing the best diabetes care for patients, whānau and the wider community
- barriers to treatment and accessing care - from a community perspective and ways to improve this.

Community health workers found the training invaluable, with respiratory and CVD training for the health workers also forecast in 2009.



Supermarket tour - understanding food labels regarding fat content and nutritional value of kai.

## Another Gateway student for Te Puna Oranga



The Gateway programme was initiated and funded by the Tertiary Education Commission (TEC) to assist secondary schools in making learning relevant for their senior students by providing them with opportunities to learn in the workplace, while at the same time offering employers exposure to potential new employees.

Te Puna Oranga has had two Gateway students so far this year. In this article we profile our newest 'potential recruit'.

Pohutakawa Honey Waaka, known to Te Puna Oranga as 'Honey', is in year 12 at Sacred Heart High School, and hails from the great township of Huntly.

Honey spent some of her Gateway student days' with the kaitiaki who took her on their rounds through the hospital wards, to meet with the patients who requested the Kaitiaki Māori patient advocate service. She said at first she felt a bit

shy going to visit random people who were sick and lying in bed, but after she became accustomed to it, she found it fun. "It was cool to be able to find the problem and then help to fix it for the patient, and to see them smile when you walk in."

Honey also spent some time with the kaitakawaenga, who work in the area of mental health, and was orientated to the wonderful complex that is the Henry Rongomau Bennett Centre.

Now that Honey has seen a portion of what goes in the Māori Health Service here at the Waikato Hospital she can see a few options for her future. When asked what she would say to the rangatahi out there in New Zealand, she stated: "Follow your heart, you know, find something that you love so that you enjoy your job."

This is exactly why the Gateway programme was initiated, and it is hoped that through this programme many rangatahi will find the career that suits them best, and one that they can enjoy.