

# He Waka Kotahi

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## Whānau fun day

The rain held off, the sun shone, and over 300 locals gathered on Tirohia Marae, Hauraki on 13 March for a free Whānau day out, with health checks and information.

It was a fantastic day, and a great opportunity to promote public health alongside personal health.

Kaumātua (elderly) got us line-dancing, and rangatahi (youth) helped organise traditional Māori games.

Adults were able to have free health checks – these included 51 checks for signs of diabetes and heart disease and 13 cervical smears for wahine (women).

Many people were surprised to learn that there is no such thing as “mild diabetes”, and that even a “touch of diabetes” needs to be treated and taken seriously. However, there was lots of information available to make that easier.

### Local schools demonstrated easy healthy kai.

Paeroa Central School cooked healthy hamburgers for lunch using produce from their school garden. It was a big undertaking doing this for such a big group, and the students did a wonderful job, providing lunch for nearly 350 people. This was served with fruit and locally grown corn.

Miller Ave School showed us how to make delicious sushi and chefs shared their special tips in two workshops.

One of the aims of the day was to increase participation in existing health programmes and this was successful. People signed up for the new “Ka Pai Te Kai” which is about making fruit and vegetables more accessible and affordable for Whānau in Paeroa. They were also able to get information about cooking, gardening, physical activity and healthy kai programmes in Paeroa, breast and cervical screening, HPV, dental health, immunisation, Aukati Kai Paipa and Like Minds Like Mine.

The Whānau day Steering Group had fantastic support from the community and businesses who donated spot prizes.

Bullswool Farm, The Waterworks, Driving Creek Railway and Rainbows End all donated a whānau entry to their attractions. These were used as lucky draw prizes and to enter people had to obtain information at the different stalls.

The day was very successful and we are grateful to all our sponsors, including Graeme Landon, Winter Developments, Shell Paeroa and Shell Te Aroha who donated petrol vouchers to help whānau with travel costs.

Te Korowai Hauora O Hauraki, Paeroa Medical Centre and Hauraki PHO thank Te Puna Oranga for making this event possible. The event was proudly Auahi Kore (non-smoking).



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Waikato District Health Board

# Acting General Manager's report



The 2010 year is shaping up to be a challenging and exciting year, which seems to be moving very fast. Much is happening within the sector, with particular focus on Whānau Ora and ongoing changes in health and other related sectors.

Te Puna Oranga (Māori Health Service) has extended the invitation to Māori providers to apply for the Māori Health Fund (\$1 million sustainable). All applications must be completed by 9 April 2010. This fund is designed to support the establishment of additional frontline service provision in health priority areas for our people.

Healthy Hapū Innovation fund (\$200k) applications have been received and the panel will work through the applications in conjunction with those who have applied. This particular fund is about one off innovative projects, which support health gain in health priority areas our people.

Te Puna Oranga and the Māori Advisory Reference group will also be looking to fund community projects and Māori workforce development via the Māori Healthy Eating Healthy Action (HEHA) fund, the majority of this funding will be allocated before 1 July 2010.

In terms of planning, the Māori Health section of the Waikato DHB's District Annual Plan 2010-2011 has been drafted in

conjunction with Iwi Māori Council. Key factors in this plan include a target to increase Māori providers funding, which will be important given the environment is projected to be fiscally tight over the next 1-2 years, and an agreement to report more ministerial health targets by ethnicity has been established. This will enable us to more effectively monitor the health status of our people and assist us to determine if specific approaches in the community or Waikato DHB are working.

In continuing with the theme of supporting our Māori providers and community, we have recently seconded Kim Southey (Māori mental health project manager, Te Puna Oranga) to Ngāti Maniapoto to assist with service development opportunities.

We are also pleased that the contracts for our HPV whānau engagement workers have been extended out for another 12 months. The uptake for the HPV vaccination (which seeks to prevent development of cervical cancer amongst our kotiro and wahine) is higher than non-Māori, which may be the first time any vaccination programme has had such a result. Our thanks to Kui White (HPV co-ordinator, Te Puna Oranga) and all those staff in our Māori providers who make a difference for our people.

If you have any queries around funding or any aspect of our business please do not hesitate to make contact via (07) 834 3644 or [maori@waikatodhb.health.nz](mailto:maori@waikatodhb.health.nz)

## Waikato Tainui games 2010

Held over three very hot summer days (19 - 21 February), under the charitable objective of health and wellbeing, the Hopu Hopu sports complex in Ngaaruawaahia played host to approximately 63 Waikato Tainui marae for the Waikato Tainui games.

Well over 20,000 participants attended, whose ages ranged from new entrant 5 year olds to 21-year-old touch rugby fanatics through to 75-year-old indoor bowling experts. Everyone with Tainui connections came together to celebrate tribal identity and enjoy whānau participation and kotahitanga (unity).

The theme for this years games was "zero tolerance to domestic violence" focussing on alcohol, drug and smokefree healthy activities. It was the second time Te Puna Oranga (Māori Health Service, Waikato DHB) had participated in the bi-annual event.

Ngawai Robinson (project manager / policy analyst, Te Puna Oranga) recalls her time at the event:

Our staff set up the cervical screening tent on the Friday afternoon (big thanks to Wayne 'the handyman' Johnstone, project manager, Te Puna Oranga). We were joined by a large contingent of fellow tent dwellers representing a range of health services and suppliers with one-stop-shop benefits of goods, services, Marae catering equipment and professionals offering expert advice and assistance with a focus on Marae needs.

All of the service providers were strategically placed along the information lane directly opposite the tent-city food court where we took advantage of the foot traffic and despite our sun-baked faces and beetroot red shoulder's we enjoyed



L-R: Ngawai Robinson, Nancy Danaher

mixing with, talking to and mingling with all the whānau who called by the food court for refreshments and a chat.

We also took time out to catch up with the other Māori health organisations that were present over the three days. It was lovely to catch up with whaea Jane Poutu (member of the Waikato DHB, Kaumātua Kaunihera), Aaron and Jacob from He Korowai Hauora o Hauraki, Ramari Maipi and the team from Raukura Hauora o Tainui, Shane White from Waipereira Trust and also Taniwha and Nicola from Te Kohao Health.

All of whom did a fantastic job 'promoting health lifestyle messages', providing free sun block throughout the weekend and offering a listening ear to those sports injured and sun-kissed individuals who called into the health tents for a spell.

The next bi-annual event will be held in 2012. The event promises to be even bigger and better, and of course whānau focussed. Waikato Tainui can count on us to join in the festival as we represent Waikato DHB and Te Puna Oranga at their next stunning event.

# Changes at Waikato Hospital

## Demolition work commencing on Waikato Hospital site

Demolition of all buildings on the southern side of the current red corridor, between the emergency department and the car park building, will start in February / March and construction of the clinical centre will start shortly after. These buildings include the Distribution Centre, old purchasing building, old kitchen / decision support building and the Bental Building.

The demolition of these buildings is part of the enabling works for Waikato Clinical Centre, a \$118 million multi level building that will house:

- a 40-place day surgery suite
- eight new operating theatres, with space for four more
- outpatient consultation rooms for most acute medical and surgical specialties
- intervention suites, such as catheter labs, angiography and endoscopy.

All 'day work' at the hospital including outpatient clinics and the Same Day Admissions Unit will move into the Waikato Clinical Centre. The first stage of the centre will open in March 2012.

The works also includes refurbishment of two levels of the Waiora Waikato Centre to link it with the clinical centre and house radiology and the intensive care and high dependency units.

A demolition blessing ceremony conducted by kaumātua of Waikato iwi, members of the Kaumātua Kaunihera and the hospital chaplains was held on 12 February 2010.

## Red Corridor

A small group of Waikato DHB staff officially blessed and opened our new temporary red corridor the morning of 18 January 2010. Although named temporary, the corridor will replace the existing red corridor for at least four years while the Waikato Clinical Centre build is underway. Two smaller corridors will open shortly after the temporary red corridor. These allow access between the red and green corridors and to the chapel.

## Forensic

Work is now well underway on the Whare and Kokiri Centre in the Henry Rongomau Bennett Centre grounds with the framing complete. Refurbishment of the forensic wards is also nearing completion and the new retaining wall is starting to go up. Full completion is scheduled for June this year.

## Hospital Shop

After more than 35 years on the ground floor of the Menzies Building, the hospital shop moved to level one of the main entry building. This new location allows the shop to remain in a convenient location for patients and visitors, most of whom will now pass the shop on their way into the hospital.

## Mortuary refurbishment

Refurbishment to extend the waiting area for whānau is complete. A blessing of the whānau waiting area took place on the morning of 15 February 2010.

## New Carpark building

A second carpark building will open at Waikato Hospital in 2011. Located within the Pembroke St triangle, opposite the new Emergency Department, the five-level building will hold 220 vehicles in a more convenient place for visitors to the western side of the campus. The building is required to ensure the hospital provides enough parking spaces in relation to the number of beds.

## Free shuttle service at Waikato Hospital

Visitors to Waikato Hospital are encouraged to catch a free shuttle to their destination instead of walking long distances. The service runs 8am – 4.30pm, Monday – Friday. The main shuttle stop is outside level B5 of the carpark building, or visitors can ask a staff member or volunteer to call a shuttle for them. The shuttlebugs are similar to golf carts and the shuttlebus is a van equipped to transport wheelchairs and pushchairs.



# Dialysis unit whakamoemiti

Towards the end of 2009, I met with nominated staff from the Waikato Regional Dialysis Unit (Nicky Hagan - clinical nurse leader, Karen - clinical nurse educator and Kim To'angutu - social worker) to review the unit's Māori Health Action Plan.

As a result, the recommendation was to implement the introduction of Whakamoemiti (karakia, himene / waiata). A survey was also conducted which received approval from the majority of the patients in the unit.

Four groups dialyse at set times and return on alternate days. On a normal working week, this commences on Monday mornings, Monday afternoons and Tuesday mornings and afternoons. In order to have the majority of the in-centre patients participate we planned to have whakamoemiti at the beginning of the week (twice on Mondays and twice on Tuesdays).



Nigel Tupu



L to R - George Smiler, Daniel Teremoana

We started whakamoemiti at the beginning of February 2010 and it is going well. Kim and I have led the singing of the hymns / waiata, while I have offered karakia. From time to time, the chaplains, patients, and other Te Puna Oranga colleagues (who offer karakia as well) have supported us.

It amazes me to discover the singing talents that some of these men and women possess. At times, I've just been blown away.

Our hope is that eventually the patients will take ownership of this kaupapa and will carry it on long after we have moved on.

- George Smiler, kaitiaki, Te Puna Oranga (Māori Health Service)

## Achievements

### Te Inuwai Kapea (Ngāti Haua, Ngāti Te-Oro)

graduates in April 2010 with a Bachelor of Nursing. Previous to her studies, Te Wai was employed by Te Hauora o Ngāti Haua as a community health worker, where she worked on the Te Wai o Rona diabetes prevention strategy. While engaged as a community health worker, Te Wai could see a need for Māori to be involved in the clinical aspects of health. When Te Wai o Rona ended in December 2006, she enrolled in a Bachelor of Nursing program through the Waikato Institute of Technology (Wintec) in February 2007. At that time, Te Wai was also the first recipient of the Dame Te Atairangikaahu nursing scholarship, which, along with the collective support of her husband, four children and staff at Wintec, she attributes her success to. Making a positive difference in the health and wellbeing of Māori is very satisfying says Te Wai. Te Wai is currently nursing at Waikato Hospital.



### "Whāia te iti Kahurangi me tuohu koe ki te Maunga teitei."

Seek the treasure you value most dearly: if you bow your head, let it be to a lofty mountain

After two years of postgraduate study, Tapeka Tanirau (Katiaki Māori, Te Puna Oranga Māori Health Service) graduates with an honours degree. The graduation ceremony took place on 16 April at University of Waikato Te Kohinga Maarama Marae. Tapeka is not stopping there, and will commence her first year study in the Master of Arts Te Reo Māori programme in 2010.



Tapeka had the following to say about getting back into tertiary education:

As a mature adult returning to complete a Bachelor with honours, this journey has not only been challenging, but highlights to me my strengths to rise above all adversaries, hold down a full-time job, run a home and still enjoy what little quality time I have with my husband Tawhiri and the many foster children that come through our home. At the end of my studies, I will contribute the skills back to helping te iwi of Waikato-Tainui and my hapuu, Ngāti Koroki-Kahukura.

Te Puna Oranga would like to acknowledge Tapeka for her hard work and achievement, and wish her well in her future study.

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If you have any articles you would like to contribute to 'He Waka Kotahi', please contact Karmen Piripi on (07) 834 3644 or karmen.piripi@waikatodhb.health.nz