

Getting in and around Waikato Hospital

Waikato Hospital has undergone changes recently including the opening of its new carpark building and the closure of the old main entrance. The carpark building is the main entrance into the hospital and the photos below show you what to expect on your next visit. If you need help, please ask one of our volunteers stationed at key points throughout the new buildings. They are there to help.

Drive in Gate 1

Enter and exit Waikato Hospital grounds through Gate 1 off Pembroke Street and follow the signs to the carpark building. When you enter the building, take a ticket from the machine to raise the barrier arm and remember to take this ticket with you and pay before returning to your vehicle.



Lift access to main hospital

The carpark building has 18 levels and each has direct lift access into the main hospital buildings. Before you enter the lifts, take a parking level reminder ticket to remind you what level you parked on and whether you need to take the blue or orange lifts to get back.



The lifts have doors on each side and separate button panels for carpark (left) and hospital (right) levels. If you get in from the carpark building, you will need to exit on the opposite side to access the hospital. Some carpark building levels require you to exit and enter the lifts on the hospital side; signage inside will direct you the right way.



Shuttlebugs

If you are unable to walk the distance from the carpark building to your appointment, you can catch a free ride on one of our shuttlebugs or the shuttlebus by waiting at one of the stops located around the hospital. The main stop is outside level B5 of the carpark building.



Level L1

Step out of the lifts at Level L1 to get into the main hospital buildings. Here you will find helpful volunteers, wheelchairs for those who need it and rest-stop seating. We have also put maps on the walls that will show you where you are and help direct you to where you want to go.



Paying for parking

Parking payment machines are located at levels B5, B3 and L1 and you will need to pay at one of these machines before returning to your vehicle. Once you have paid, the machine will give your ticket back for use when exiting the carpark building.



New midwife happy in her work

Jacqui Martin has filled a much needed gap in healthcare provision in the Ruapehu district.

Just six weeks into her role as Taumarunui Hospital's new midwife, she already has more than 20 women on her books.

Originally from Hamilton, Jacqui was working in Huntly when she heard about the midwifery position at Taumarunui Hospital.

"I was told about the vacancy by Diane [de Esteena] who worked here before me, and thought it seemed like it was just the challenge I needed," said Jacqui.

"When you work in a town that is relatively isolated, like Taumarunui, you have to think and act quickly.

"If things look like they may not be completely straightforward with a birth, you don't have the luxury of time to wait and see. You have to move and you have to move now.

"I wanted a change and needed a new challenge where I would be working in a variety of settings, and I have gained enough experience now to need that challenge."

But more than anything she says, the community's desperate need of another midwife was her reason to apply for the position.

"Every new mum deserves good care, and I knew I could provide that."

So, Jacqui moved down to Taumarunui on her own, having had no prior



HERE TO CARE: Jacqui Martin is six weeks into her new role as Taumarunui Hospital's midwife and loving it.

connection with the area.

She works on-call five days a week, and has an arrangement with the local independent midwife to ensure 24-hour on-call care for their clients.

Jacqui initially trained as a midwife following the birth of her daughter.

"My midwife was amazing," said Jacqui.

"She was so gentle, so compassionate and made me feel so good, that she inspired me to make other women feel good about becoming mums as well, so that's when I decided to study midwifery.

At the time, Jacqui was studying to

become a policy analyst, but that all changed, and she has been a trained midwife since late 2001.

"I really enjoy the work – I don't think I'll ever stop enjoying it actually."

During her career, she has worked in Hawke's Bay, Waikato Hospital, Huntly and now Taumarunui – which she loves.

"I'm very impressed with the place. The scenery here is amazing – it truly is a beautiful town, with beautiful people," she said.

And even better she's here to stay for the near future.

Smokefree – it's about us

Celebrating World Smokefree Day Saturday, May 31

Taumarunui World Smokefree Day is shaping up to be a great success thanks to the community backing it has received.

Waikato District Health Board health promoter Penny Neal cannot believe the support the World Smokefree Day (WSFD) committee has received in getting young people involved in smokefree promotion and education.

World Smokefree Day is on Saturday, May 31, and the theme is 'Smokefree . . . it's about us', and is about creating a smokefree/auahi kore future for youth.

As young women are a target audience for smokefree messages, many health organisations are using netball centres as a means to promote smokefree living.

"With the day being held on a Saturday, it makes sense to spend some time at the netball courts on the day, educating people about the dangers of smoking and the benefits of being a non-smoker," said Mrs Neal.

Members of the Taumarunui WSFD committee will be at the netball courts from 9am, with prizes, giveaways and a smoking cessation expert onsite ready to give help and advice to smokers.

But in addition to having a presence on the day, every local netball team member will receive a smokefree water bottle, to remind them of the message all year round.

Local netball coach Marietta Tohill approached Mrs Neal with the suggestion that all netball players receive a smokefree water bottle.

The group received some funding from the Health Sponsorship Council in Wellington for the water bottles, but also had to raise some money themselves.

"We provided netball players with pledge sheets, where they asked their friends and families to pledge \$1 towards staying smokefree on May 31," said Mrs Neal.

"Taumarunui's not-for-profit op shop also donated \$200 and BNZ gave us some bags to collect money in. The community support has been fantastic. Everybody has really got in behind the cause."

The Taumarunui World Smokefree Day committee comprises Waikato District Health Board Population Health Service, Sport Wanganui, Taumarunui Community Kokiri Trust and Marietta Tohill.