

7 May 2009 Issue 152

Close relations

Wairarapa mothers are benefiting from a closer relationship between Maternity/ Paediatric hospital services and Whaiora, thanks to some flexible thinking on both sides.

For over a year now, mother and daughter team of Eileen Fahy-Teahan and Andrea Teahan have been visiting the hospital twice a week, liaising with staff, and introducing themselves and the range of services provided by Whaiora to new staff.

"Being more proactive about building relationships with hospital staff has meant clients are given seamless care from the hospital to the community in a timely manner," says Tamariki Ora nurse Andrea. "We talked to the midwives and paediatric staff, and were able to help them understand who we are, and what services Whaiora can offer. This ensures everyone is up-to-date with the latest information and programmes. We've found a warm welcome here, and consequently, the process of referral for new mothers is now much smoother as everyone understands our roles."



Baby Ellie Lenihan is almost ready to be born – except she made her appearance 65 days ago, 11 weeks early. She's rooming in with mum Jennah in the Paediatric ward and has almost put on enough weight to go home. Her nurse, Anna McDermott has already introduced Jennah and Ellie to Andrea and Eileen, who will be following up with the family once they are discharged from hospital.

Wairarapa women have a choice of postnatal providers, once they are referred on by their midwife. They can choose between Whaiora and Plunket. Eileen was a Plunket nurse for 14 years before travelling overseas, and then taking up her current role. "We provide a range of services that support the whole whanau. This is particularly useful when clients have difficulty accessing services - Whaiora can provide a 'wrap-around' of programmes ranging from health promotion, smoking cessation, cervical and breast screening to Whanau Ora - family health. Whaiora also provides information and advocacy on health issues – as well as Family Start, Tamariki Ora and Outreach Immunisation."

"Whaiora is known for understanding the needs of Maori and Pacific people although all people from all cultures access our services. Our philosophy is all about health for all through caring for the whole family," says Andrea. We enjoy working alongside other health and social services in supporting families to maintain their health, as they experience the life changes a new baby brings."

Midwives celebrate

Wairarapa Hospital midwives Pat Collins (left) and Joanna Clarke with newborn, Campbell Hay

With thanks

The Wairarapa DHB wishes to acknowledge and thank all Midwives in our region for their commitment to providing excellent care and support to the women and families/whanau of the Wairarapa.

Tracey Adamson, Chief Executive
Helen Pocknall, Director of Nursing & Midwifery
Anne McLean, GM Hospital Services
Maggie Morgan, GM, Community, Public & Mental Health



Women, children, a couple of dads, visitors from Whaiora and Plunket and midwives celebrated International Midwives Day on Tuesday sharing a morning tea and stories in the Frank Cody Lounge. Organisers Kay Gray and Anne-Marie Gibbs enjoyed the camaraderie and talking to women they had supported during pregnancy and beyond.

Two guest speakers, Sarah Huggins and Michelle Thomas talked about juggling children with a career. Sarah who works part-time as a chiropractor talked about the joys of having three children under three (including twin girls) and efforts she has made to continue working outside the home. Michelle, midwife educator and mother also discussed the challenges of a young family and the change of dynamics after babies arrive.

"Nothing quite prepares you for motherhood," she said. "But having the support of a midwife is a great start."

New faces in Adult Mental Health



*Ko Tainui te Waka
Ko Waihou te awa
Ko Whakamoehau te maunga
Ko Ngati Maru ki Hauraki te iwi
Ko Marutuahu te tangata
Ko Holly Coombes taku ingoa*

Holly Coombes completed her Clinical Psychology Internship at Community Mental Health in Wairarapa in 2005 and has worked at CAMHS since 2006. This year she started working three days per fortnight as a Clinical Psychologist in the Maori Mental Health position, as well as continuing to work six days per fortnight at CAMHS.

She previously worked at Te Whare Marie, a Kaupapa Maori service provided by CCDHB based in Porirua, and also at the Child Development Team at Puketiro.

Hugh Gaywood-Eyre, newly recruited Occupational Therapist in Adult Mental health is recently back from the UK where he worked as Senior OT for the National Society for Epilepsy in London working to get clients out of institutions and back into community settings. Before that he worked in a hospital rehab unit in an inpatient neuro assessment service. Now at Wairarapa DHB he is really enjoying being part of a new team. "The service is very proactive and dynamic and very focused on the community and keeping clients well at home."

Social Club

Two great events coming up

CAR SCAVENGER HUNT

WHEN: Sunday May 24th 2009

TIME: Starts at 10am (from hospo carpark next to helicopter pad)

COST: \$3 per person or \$10 per car.

(social club members free)

PRIZES TO BE WON. (B.Y.O. drinks)



Collect the items, follow the clues, gather the answers and find your way to the free sausage sizzle!

Registrations to Gail Edwards/Sue Wood (Pharmacy)
extn 4250 or email gail.edwards

A NIGHT TO REMEMBER

What Not to Wear Show

Presented by Lisa O'Neill, Wardrobe Stylist

WHEN: Thursday 11th June (7pm show)

WHERE: RSA, Chapel Street Masterton

COST: Ticket price \$15 Nonsocial Club Members \$20
(Includes show and supper)

Hurry – Limited tickets available

To secure your ticket for this barrel of laughs evening forward payment to Michelle Wills in HR or phone Kathy Lee on 0273600685. Strictly no registrations after 2 June or when all tickets are sold)

Flu vaccination rates soar

We have had the best ever flu vaccination staff uptake this year. 51% or 314 staff to date have had their flu vacc compared with only 39% last year. Today (Thursday 6th) there is another vaccination session booked for those who missed out on previous days.

Infection Control Coordinator, Julie Roots is delighted with the response. "Many thanks to all staff involved in our annual flu vaccination campaign. It's important to protect yourself, your family and the patients you come in contact with and we are very pleased that so many more staff this year took up the opportunity. We also thank Sanofi Aventis, the vaccine supplier, for donating three \$100 medical book vouchers. The winners will be announced next week."

Youth Week 25-31 May 2009

The theme for this year's Youth Week is
Aroha - Make Time for Youth.

Ways in which you can make the Wairarapa a more user-friendly place for young people:

- Remember that the vast majority of our young people (i.e. 10-25) are law abiding young, complex, individual citizens.
- Watch young people skateboarding and marvel at their skills
- Whenever you see a young intoxicated person causing hassles, remember- the street may be a safer place for them than their own home. 96% of our young people are **NOT** causing any hassles.
- Be a volunteer for Youthline or a local mentoring group
- Treat young people with the same amount of respect that you like to be treated with.
- Encourage young people to be aware of their rights Smile at a young person next time you see one.
- Catch them being good and compliment them
- Be interested in the activities of any young person you know
- Know where your own young people are
- Involve them in activities, ask for their advice and opinions.
- Make sure you find a time to be demonstrative to your own young people- they may actively appear to not want a cuddle, especially boys, but an arm around the shoulder while standing at the bench is great.
- Be a parent to your children- what child needs a fifty year old friend? They need you to be a guide, a mentor, a good role model, affectionate, caring but enabling them to test things out and make mistakes.

The adolescent years are the white water years- exhilarating and dangerous- they need you as an anchor.

If you have concerns about a young person's mental health, call the Adolescent and Family Mental Health Service (CAMHS) and have a confidential chat.