

Mental Health Services cultural workshop, Te Rangimarie Marae

By Holly Coombes

The unmistakable sound of a karanga fills the air. Heads down, ears open, hands clasped, and led by Tina Te Tau we shuffle forward onto the marae atea and into the stories of the history of the Wairarapa.

Every staff member of Wairarapa DHB's mental health service had the privilege of spending a day at Te Rangimarie marae on Friday 28 August to hear and discuss the purakau (myths) of our region. First up, the awesome Mike Kawana (Cultural Advisor, Rāngitane) held us transfixed with an oral history of Rangitāne and Ngāti Kahungunu. A prominent part of this was the presence of Maui-tikitiki-a-tane. Renowned for fishing up the North Island, this familiar tale was held in a new light with Mike's retelling. Maybe Maui went off fishing and lost his way, ending up sighting what would later be named Aotearoa. Upon his return home after so long at sea, the first question from his brothers is, of course, "So... did you catch any fish?" Maui would have seized the opportunity, as any fisherman would have: "Yeah bro! You shoulda seen the size of it!!"

The rest of the day was led by Takurua, Ben, and Paremo from Te Hauora Rununga o Wairarapa, with John Tibble in attendance representing the DHB Maori Health Unit. Amongst waiata, karakia, purakau, and much laughter, we were led through Māori legends and the use of metaphor to explore ourselves as people, as clinicians, and as a cohesive service. From our lively discussions, we distilled down to a number of themes on which to further build our service. These included the importance of whānau in supporting tangata whaiora through their journey to wellness, and our role in providing "fuel for the fire" – keeping hope alive. We also reflected on the fact that even heroes can stumble - mental illness does not define a person. Perhaps the most important theme is summarised in this slogan, developed by one of our small groups and stolen from song lyrics: "I can only truly see when I look through your eyes".

Have you seen this bird?



His name is Fred and he's found in a book called 'Our Iceberg is Melting'. He's roaming all over the organisation at present, and is not at all interested in finding a permanent home.

Eight copies of the book have been given to staff to read (it only takes about an hour) and

then they have been asked to hand it on to someone else - anyone else - who works here. More copies are on order.

Fred's story makes interesting reading, and CEO Tracey Adamson is keen for staff to read about him, and think about how what he learns might be relevant to us.

So if you have a copy of the book - don't be shy about reading it in public - and please pass it on within 3 days if possible.

If you haven't read it yet, keep your eyes peeled for a copy, and 'bags' it if you are able when the current reader has finished.

There are NO prizes for trying to put names to the characters in the book - but you'll have lots of fun finding yourself in several of them.....



Above: Paremo Matthews, Takurua Tawera, Tina Te Tau, Mike Kawana, and Ben Fox perform an ancient Wairarapa waiata

Left: Hugh Gaywood-Eyre and Sandra Reiri put manaakitanga with kai into practice!

At the end of the hui, we left feeling refreshed, motivated, and mindful of the impact our own perceptions can have when walking alongside tangata whai ora.

He mihi nunui tenei ki a ngā kaiako: Mike Kawana, Takurua Tawera, Ben Fox, and Paremo Matthews.

Holly Coombes works part-time at Child, Adolescent Mental Health and at Community Mental Health Services as a Clinical Psychologist and Māori Mental Health Professional.

It's never too late to learn Te Reo

Tena Koutou Katoa

It is not too late to learn Te Reo Maori and Waiata if you would like to come along to a series of Friday lunchtime sessions led by Mihi Namana.

The next session is this Friday, 4th September, at midday.

September 4th & 11th - Personnel Rm A

October 2nd & 16th - Personnel Rm A

November 6th & 20th - DHB Boardroom

December 4th & 11th - Personnel Rm A

The sessions have been designed by Aunty Mihi to feed into each other and work on slowly advancing pronunciation and basic language acquisition.

Noho ora mai

Nā Janeen Cross

Kaiwhakarite Waiora -Māori Health Coordinator



Te Arawhata Totika launched

That sharing food brings people together is well known in Kiwi culture – and Maternity, Paediatric and Māori Health Unit staff were happy to affirm it last week. They lunched as they launched the rollout of Te Arawhata Tōtika, the new cultural competency framework for the DHB, to their area.

"We thought the best way was just to do it," said Janeen Cross. "This is all about building relationships, sharing knowledge, and learning about how best to meet each others' needs. It's about learning to acknowledge and incorporate awareness of other cultures into our practice. So we started with a karakia (blessing) and shared meal, while we each told about our background and how we came to be here. This process is known to Māori as whakawhānaungatanga – it helps us to understand each other better, and finds links and connections that inevitably help with our understanding and willingness to work together."

"As each person introduced themselves, we learned something new that we hadn't known before, even though we have worked together for ages," said Team Leader Donna Purvis.

Registered nurse and student midwife Mel Lewis made immediate links – arriving in NZ several years ago with Welsh as her first language, she knows first hand the importance of culture in maintaining wellbeing.

"We want to do this regularly," says John Tibble, who will oversee the roll-out of the new framework. "Let's make this hospital a little gem, where others come to see why we shine so brightly. Meetings like this are important, because they make it comfortable to ask questions. Nothing is too small or insignificant – We are open to being asked the hard questions. If we can't explore issues together, we can't take responsibility for helping close the gap in disparity."



Vigilance needed

Like other DHBs, Wairarapa writes off thousands of dollars for hospital care of non New Zealand citizens each year. Taxpayer-funded care is limited to people with New Zealand citizenship or residency; or with appropriate working visas or refugee status; or those who fall under the reciprocal agreement with Australia and Britain. We need to be really vigilant about the status of our patients when people are admitted to hospital and make sure the admission form is filled in properly.

Accounts Officer, Yvonne Rhodes, says we need to make sure we check proof of eligibility and that the correct home address is given. "If you have any doubt about eligibility please ring me and I will check for you. Our Finance Department knows what the Ministry's criteria are and we will make the decision about whether or not to bill a patient.

The other thing we need clearly stated on the admission form is the full name of the insurance company. It's very hard to chase up if we are given only the initials of the company and not the full name."

The Overseas Patient information form is now on the Intranet in the Forms section of Resources (Finance forms). Please fill this in and send to Yvonne Rhodes in Finance.

"It's not just foreign patients we lose money on - sometimes we notice patients from outside the DHB region give the Wairarapa address of where they are staying or a hotel address. We can't bill another DHB for costs of treatment if we don't get the correct information. Please ask patients where they usually live and not where they are staying. This is money we are entitled to and money we are presently missing out on."

Workplace Wellness

Wairarapa DHB supports staff to be well, and on the recommendation of the Workplace Wellness committee, are currently supporting a number of initiatives for staff- Tai Chi, Pilates, WeightWatchers@work, and Walk Wairarapa. Social Club members often have their entry fee to events like the Wairarapa Country Marathon and fun run/walk subsidised, so the membership fee of \$1 a week is quickly recouped! Contact Michelle Wills, HR to sign up.



Tai Chi
Yvonne Rhodes, from Finance, has been a practitioner and now teacher of Tai Chi for 8 years - and says it is a lifelong learning experience. The photo above shows the previous introductory class, which ran on a Monday lunch-time. If you interested in doing an "Introductory Course" then please email yvonne.rhodes@wairarapa.dhb.org.nz and she can organise a time and day to start. The course would be over a six week period, once a week for an hour. It will be free of charge, comfortable clothes required.

Yvonne teaches the Sun (pronounced soong) form, specifically adapted for people with Arthritis.

Tai chi is practiced by 300 million people around the world, for it's recognised therapeutic benefits - in other words, it supports your health and wellbeing.

The earliest forms of Tai Chi Chuan originated in ancient China around 3000 years ago. as an important martial art. In the 1670's the creator of the Chen style took some of these ancient and created the first form of Tai Chi as we know it today. It's an assimilation the ancient philosophical techniques of Daoyin (the concentrated exertion of inner force) and Tuna (deep breathing exercises).

Slowly over the centuries other styles evolved.

As far back as 2000 years ago the Chinese recognised the importance of Qi. Qi gong is a general term for a wide variety of traditional Chinese breathing exercises and therapies. Qi means breath of life or vital energy and Gong meaning skill or achievement. Strengthening or balancing Qi can improve health and ward off disease.

"There is a component of qigong in the Tai chi for arthritis programme, and this could be a major contributor to the successes we are having with the programme," says Yvonne. "Studies show that the programme improves pain, physical function and balance by 30% and reduces risk of falls after 3 months of practice and this is why ACC are so interested in it."

"Benefits include increasing strength and flexibility, decreasing pain in the joints, decreasing stress, helps to reduce high blood pressure, increasing sense of well-being and improved balance. This program has been approved by the ACC Falls Prevention Unit, in fact it was

that unit that sponsored my training as an instructor in this form," she says.

Anyone can learn Tai Chi. It is inexpensive and can be practised almost anywhere. The movements are slow and gentle and the degree of exertion can be easily adjusted, making it suitable for people of all levels of ability.

WeightWatchers@Work - Spring into Summer lighter and brighter.

Lose weight without losing your lifestyle! DHB Staff have collectively shed hundreds of Kilos since the "At Work" sessions started in August 2008.

The next "At Work" Weightwatchers block of 13 weeks will start on Friday 11th September.

Meetings are held from 12.00 - 1.30 pm at Taku Wahi, Blair Street.

Please note that the cost for this block has increased will now be \$15.95 per meeting (Total of \$207.35). You must sign up for all 13 sessions. The DHB subsidises the rest of the weekly cost.

Payment may be made in full or can be deducted fortnightly from your salary.

Payment or a signed pay deduction form must be received before the first day of the block in order to register.

Please contact Sue McAuley or Anna Stuart asap to register and complete a pay deduction form.

"I'll be back for the next course," says Communications Advisor Jill Stringer. "Last week I finally reached goal weight - those last few kilos were a bit of a struggle, and I couldn't have done it without the support of the group - they are fantastic! When I have maintained my goal weight for 8 weeks, I'll become a life member. It took me 40 weeks to lose 16 kilos, and I feel so much better that I'm keen to support others to regain a healthy weight."

Pilates@work

This week the first pilates@work course started in the large meeting room in HR. Led by Linda Spence, the group enjoyed their introduction of the basic theories and movements of Pilates - a form of exercise that is 'part yoga, part breathing exercises and part gym' according to Linda.

Ten staff donned shorts, rolled out their beachtowels and to the relaxing sound of gentle music, learned a simple exercise routine to strengthen and tone muscles, and improve posture and balance. Anyone with previous injury or back problems had already advised Linda, and she showed them how to modify each exercise to their maximum benefit.

If you are interested in joining, contact linda.spence@wairarapa.dhb.org.nz. Cost is \$10 a week, which also entitles you to attend as many other classes at the BodyMind studio a week as you wish for the duration of the course.

Smokefree Awards



DHB Smokefree Champions Doreen McKeever, Jan Ward, Tina Te Tau, Hugh Gaywood-Eyre, Linda Spence

CEO Tracey Adamson congratulated the DHB smokefree champions, who have assisted setting up the smokefree screening programme, and have helped our own staff to become smokefree. An ex-smoker of 19 years, she had every sympathy with multiple attempts to give up and reaffirmed the DHB's commitment to supporting staff and patients. Screening now reaches more than 90% of patients.

Six staff received certificates for being between 3 months and over a year smokefree. They were Doreen McKeever, Karen Carter, Jane Hosking, Ryan Soriano and Tracey O'Neale - 1 year; and Sharlene Morgan - 12 weeks.

Tracey Adamson was delighted to be handing a certificate to her executive assistant Tracy O'Neale, who got her quit information in her induction package one year ago.

Focus and Public Health relocation

Focus and Public Health have both outgrown their offices and will soon move into the old Ward 4 (where Rehab used to be).

Facilities staff have been working hard to get the premises ready for the big shift in the middle of October. There are lots of jobs to do before migration: rewiring and cabling for telephones and computers; ordering equipment; setting up consoles and the front desk; checking heating and fire alarms; locks and keypads; signage and road markings; upgrading of offices doing a general cleanup.

More details in the next Insite.

Walk Wairarapa
Get walking into summer!
28th September - 22nd November

Do you want to get fit for summer?
Join Walk Wairarapa 2009!

1. Get together a team of 5 family, friends or workmates.
2. Nominate a Team Leader and choose a team name.
3. Fill out a registration form or contact Public Health.
4. Team Leader to report team hours to Public Health weekly.
5. Return one copy to:

Sarah Gaskin
PO Box 58
24-26 Chapel Street
Masterton

Fax: 06 370 5029
sarah.gaskin@wairarapa.dhb.org.nz

By Wednesday 23rd September 2009

Note: This is a walking promotion only.

greater WELLINGTON REGIONAL COUNCIL | WHAIORA | sport Wellington | Wairarapa DHB

Quiz whizzes

Q: What fruit grows on the testicle tree? Its name is derived from the Aztec description of the plant it grows on.

A: The avocado.

Q: Did a 19th-century British plumber named Sir Thomas Crapper invent the flush toilet?

A: He improved its functionality but credit for the invention goes to 16th-century author Sir John Harrington, who not only came up with the idea but installed an early working prototype in the palace of Queen Elizabeth I, his godmother.

These were just two of the head-crunching questions from nine rounds posed by the Quizmaster at the Social Club Quiz night. More than 65 people in 13 teams turned out to scratch their heads, pat themselves on the back for knowing about the curious and the trivial and enjoy the challenge of beating others to the draw.



The winning quiz team was *When I'm 64* and they won the Einstein Award. Their team was named because it was one of the member's 64th birthday on the night. From left: John Gibbons (South End Pharmacy), David and Pennie Farlow, Gail Edwards (pharmacy) and Susan Wood (pharmacy).



Team members Liz Fellerhoff, Judith Dunn, June Roseingrave and Jill trower hoped to win the prize for the team with the catchiest name with their original title: *The Capital of France is F*.

The winners of the catchiest name went to the *Old Spice Girls* who were Maggie Morgan, Tracy O'Neale, Tracey Adamson and Debi Lodge Schnellenberg.