

## DHB's own Young Achiever 2009

Hayley Wilton is a Support Worker for the Child and Adolescent Mental Health Service, who has begun study this year towards a degree in social work.

Last week, following nomination by her manager Sue Willoughby and clinical supervisor Francis Towsey, she was presented with a civic award at a ceremony in Masterton's town hall.

In her citation, Sue says "Our service works with children and young people (0-19 years of age) with severe mental illness. These children and young people often have chaotic backgrounds and can be carrying out high risk behaviours and be very challenging to work with.

Since she was employed one year ago, Hayley has amazed us with her maturity, empathy and resiliency in working with these children and young people.

She brings a caring, compassionate attitude, with a "can-do" factor that encourages young people to strive to improve their lives.

Her keen interest in sport, especially her horses, and in leisure activities and art also encourage young people to try something new. She is working towards being able to use her horses with young people as a therapeutic tool.

"I enjoy working with youth who somehow/sometimes have lost their way in life and need some support and guidance to get back on the path," says Hayley.

"A lot of people ask me "how do you work with young people like that? It must be so hard!" But in reality it's not hard, it is just being able to offer the support that they need.

I enjoy working with the team that we have here- everybody works alongside each other and we are never alone if a problem arises.

I am studying so I can learn more about human development especially and to gain more knowledge and clinical expertise in my field of work.

I would love to use animals as therapy with appropriate clients and also feel strongly about health and fitness contributing to mental wellness so plans set up in place, eg. supporting and encouraging a young person at the gym is not just about a gym membership but making it sociable and enjoyable, and ideally involving other people in the young person's life."



Hayley's colleagues from CAMHS were at the Civic Award ceremony and sang a waiata following her presentation.

Hayley's interest in working with troubled young people in particular has seen her seek out tertiary education, and this year she has enrolled to complete a Bachelor in Social Work part time at Massey University with our support. She enthusiastically utilizes her learning, bringing back ideas to use with her clients, and always questioning registered clinical staff about the whys and wherefores of their practice.

"Hayley goes above and beyond what could be expected of a 24 year old, and her depth of understanding and empathy is immense, partly we think because of family experience with mental illness," says Sue. "She has come slightly late to an understanding of her passion in life, which is to work with challenging young people to optimize their potential."

"To me, this Henry Ford quote sums up Hayley... You can do anything if you have enthusiasm. Enthusiasm is the yeast that makes your hopes rise to the stars. Enthusiasm is the spark in your eye, the swing in your gait, The grip of your hand, the irresistible surge of your will And energy to execute your ideas... Enthusiasm is at the bottom of all progress."

## Mental Health nurse wins health science prize



Over the past year Helen Morgan, a registered nurse - Adult Community Mental Health team, has worked towards completing a post graduate certificate in Cognitive Behavioural Therapy - CBT. Helen has passed with flying colours having been awarded a health science prize for high achievement in Cognitive Behavioural Therapy.

Completing this qualification means Helen has furthered her skills to work clinically with clients enabling them gain insight and personal skills to maintain their own mental health recovery and autonomy. Congratulations Helen - you are truly going from great to even greater!



Despite the threatening wether, about a dozen hardy souls stepped out in early December for the inaugural 'workplace walk', to celebrate the introduction of the new 'walking map'.

Participants enjoyed it so much that they asked for it to be a regular feature - watch this space in the new year! (But don't wait until then to get active - walking is a great way to compensate for all that Christmas pud!)



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## Ambulance arrives



It was a "Big Monday" for the Wairarapa Ambulance Service, as 'Big Wednesday' winners from the Irish Luck syndicate were on hand for blessing and commissioning of the brand new ambulance they have donated to Wairarapa DHB.

From the 6.45am pick-up in the about-to-be-replaced ambulance, through the guard of honour formed by the ambulance staff, the photos, ribbon cutting and blessings, Margaret Heaney and Fiona Wilton were centre stage - not a position either seek or relish.

Wairarapa DHB Chair, Bob Francis, acknowledged their preference for a low profile as he thanked the Wilton and Heaney family for their generosity. "I'm speaking for the whole Wairarapa when I congratulate the Irish Luck syndicate on their win, and even more so for the manner in which they have conducted themselves since then, in sharing the joy of their good fortune, and still remaining the same people they were before their big win."



"There are times in our lives when we all want to quietly and sincerely thank someone for a kindness, a thoughtfulness, a helping hand," he said. "Margaret and Fiona decided to make a very concrete vote of their thanks, in the form of the brand new purpose built ambulance. In making this gift, they have thanked not only the Wairarapa Ambulance Service for the tireless work they do attending more than 4,500 callouts a year, but they have also thanked the whole Wairarapa community," said Mr Francis.

Along with the fully equipped ambulance, Margaret and Fiona have also funded provision a complete set of new uniforms for all the ambulance staff, specifically designed to protect them in the often difficult circumstances in which they perform their duties. Their gift has also enabled purchase of state of the art Stryker stretchers, extrication gear and other much needed equipment.



## Seasons greetings from the CEO and Chair

2009 has been a year of many highlights and successes, and Wairarapa health services continue to be well regarded and supported both locally and nationally. Every one of you, including those who have moved on during the year, has played a part in that success.

We hope many of you can take some time to relax and enjoy yourselves over the Christmas and New Year break, and special appreciation to those who will remain on duty to make it a safer and happier Christmas for others.

We look forward to working with you in 2010.

Tracey Adamson, CEO

Bob Francis, DHB Board Chair

# Wairarapa Hospital volunteers thanked



Back row from left , Carol Needham, June Webb, Maurice Parsons, Carol Manson, John Needham, Ginny Wall, Heather Sinclair, Betty Stuart, Fred Wheeler (DHB Support Services Manager), Veronica Hautler.  
 Middle row, Valmai Wright, Hilary Hartley, Sid Winn, Colleen Southey, Bee Blundell, Margaret O’Cain, Alison Bodle, Ruth Eggers, Vicki Matthews ( Red Cross ), Tracey Adamson (CEO).  
 Front row, Anne Booth, Sanchia Hooker, Joyce Winn, Sue McKenna (Volunteer coordinator), Susan Carswell, Joan Lowe, Margaret McCarron, Eileen Lehmstedt, Pat Bailey.

CEO Tracey Adamson took the opportunity to thank all the Wairarapa Hospital volunteers at a special morning tea recently. “Our Volunteers do such a lot to make the hospital experience for patients, visitors and staff so much easier,” she says. “From the ‘meet and greet’ service that welcomes people as they come through the front door, to managing toy boxes and shop trollies or just folding pamphlets, everything they do makes someone’s day more pleasant. It’s great to have a chance to say a special ‘thank-you’ from all of us,” she said.

## Come and join us one and all Carolling Christmas ‘round the halls

You are invited to join us in helping to bring some joy to those in hospital over Christmas.

Meet in the hospital foyer at 7:45pm on Wednesday the 23rd December

Staff are requested to wear uniform and everyone else (adults and children) is encouraged to dress up with a Christmas theme.

Song sheets and lanterns will be available.

Supper and cold drinks in the cafeteria afterwards.

Helen Pocknall, Director of Nursing



## “Room at the Inn” Community Christmas Dinner

Do you know any people who would otherwise be alone on Christmas day, have no family around, or are in circumstances where they cannot provide a special Christmas meal for their families?

All are welcome - young or old, folks on their own, families. Nobody needs to be alone.

On Christmas Day come and share a free Christmas dinner with a wonderful bunch of people, entertainment, Christmas carols and gifts for the children. Just bring yourselves and a good appetite.

Please ring for bookings - 377 1598 or 377 0140 (or leave a message on the answering machine) by December 21st.



# Four minus one equals four?

Bad maths, but true! That’s the achievement of four of the Weightwatchers@ Work class this year. Between them, Win Ward, Jill Trower, June Roseingrave and Jill Stringer have lost the equivalent of a whole person – around 75kg.

And they are not alone - convener Bernadine McGruddy says this latest WW@W group has shed nearly 50kg between them over the 13 weeks and are well on the way to a healthier future.

“They are looking and feeling great for Christmas – what a fantastic gift to themselves and their families,” she said.

Win, Jill Trower, June and Jill Stringer have been attending WW@W all year. Cardiac Rehab nurses Jill T and June have been hard to track down at this busy time of the year, so we’ll share their story in the new year, but Win Ward has spoken out about her journey.

“I started out by myself late last year, and lost 9kg. I needed to – I weighed 98kg which made my love of walking hard to continue. I got stuck on 89kg, so turned to the WW@W programme in January for help. I’ve stuck with it all year, and now I’m only 200grams off my goal weight. I’ve lost 19.8kg on the programme and I feel fantastic!

The best bit is being able to wear nice clothes again. And be comfortable in gorgeous shoes – I love shoes. It’s been hard work at times, and I know I need to continue these changes for the rest of my life, and the benefits make it well worth while. I look at my ID photo and laugh these days – I should really get a new one done, because it doesn’t look like me any more!”

Meanwhile fellow slimmer Jill Stringer has finally earned her ‘Lifetime Membership’ of WeightWatchers, having lost 16kg to reach her goal weight and has maintained it for six consecutive weigh-ins.

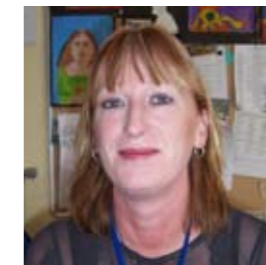
“Like Win, I found that last few hundred grams hard to lose, but the new food habits I’ve learned have kept me on track, and I’m looking forward to a much healthier year in 2010!”



Win Ward looking gorgeous

# Farewell and Greetings

Former General Manager of Hospital Services, Anne Mclean was farewelled last week, just prior to leaving for Niue where she takes up the position of Director of Health for 12 months. Her parting gifts included her own ‘personalised secure transport system’ - a pair of padlocked jandals! Plus her ‘uniform’ - a stunning new bikini.....We wish her well in her new role, knowing that she will do her utmost to ‘make a difference’ to the health status of that small island population.



Meanwhile, new positions for the Senior Leadership Team confirmed to date include Simon Everitt as General Manager Strategic Development and Population Health; Keirin McCann as General Manager Clinical Services; and Robyn Brady as General Manager Service Improvement and Clinical Support. Keirin and Robyn take up their new positions from 1 February.

Robyn and Simon are known to most, having worked in similar ‘acting’ positions. Keirin is currently working at the Ministry of Health as Manager of the Elective Services Programme. Prior to that, he was Manager Service Redesign at Capital and Coast DHB, Divisional Manager Internal Medicine Capital and Coast DHB and Manager of Paediatric Surgical Services and Mental Health with Auckland DHB. Kieran was a registered nurse with a Diploma in Otorhinolaryngology and is a resident of Greytown along with his partner and 4 year old daughter.

## New Senior Leadership Team Confirmed positions

**General Manager Clinical Services:**  
 Keirin McCann

**General Manager Service Improvement and Clinical Support:**  
 Robyn Brady

**General Manager Strategic Development and Population Health:**

Simon Everitt

**Chief Medical Officer:**

Alan Shirley

**Director Nursing, Midwifery and Allied Health:**

Helen Pocknall:

**Director Maori Health:**

Stephanie Turner

**General Manager Finance and Information Services:**

Eric Sinclair

## Nurses graduate



**Left to right from top of stairs:**  
 Lucinda Watts (Chapel Street Family Doctors),  
 Sue Griffiths (Wairarapa Hospital),  
 Christine Bassett (Glenwood),  
 Katie Inker (Chapel Street Family Doctors),  
 Kathryn Hall (Wairarapa Hospital),  
 Sherry James (Masterton Medical),  
 Diana Bowyer (Wairarapa Hospital),  
 Julie Denniston (Mental Health Services)  
 Fiona Wilton (Wairarapa Hospital),  
 Delrae Neilsen (Khandahar),  
 Teresa Smith (Wairarapa Hospital),  
 Wyn McArthur (Lansdowne Court),  
 Vicky Kendall (Wairarapa Hospital),  
 Jill Perry (Te Rangimaire Clinic)

Absent Karyn Percy (Wairarapa Hospital)

15 registered nurses recently celebrated their graduation from the Wairarapa DHB Nursing Entry to Practice Programme (NETP) following their first year of practice. Under the guidance of coordinators Vivienne Petersen and Danielle Farmer and preceptors who supported them through the year they consolidated their theoretical and practical knowledge and skills in the workplace.

“This has been the largest group of graduate nurses to complete the DHB programme”, says Helen Pocknall, Director of Nursing for Wairarapa. “The graduates have had a challenging and stimulating year but they have proved to themselves and us that they now have the confidence and competence to provide safe nursing care to their patients/clients. I am very proud of them and their achievements. Of course none of this would have been possible if it wasn’t for the many nurses and staff in their respective organisations, particularly their nurse managers and preceptors, alongside their family/whanau and friends who have supported them over the last 12 months. The DHB Coordinator of the programme, nurse educators and nurse specialists are also integral to the success of our programme.”

These nurses have been working locally in general practices, resthomes, with other health providers and in different clinical areas of Wairarapa Hospital.

The DHB has run this programme since 2002 and is proud to have supported a total of 60 nurses through to completion of the programme. In the last 3 years the programme has been expanded for graduates in aged and residential care, general practice and Maori providers as well – one of the first DHBs to do so. 37 nurses have completed the programme in the last three years; all since but two of them having graduated from UCOL Masterton’s Bachelor of Nursing programme.

The programme provides significant benefits not only to the nurse but to the community at large as these new nurses gain the confidence to practice autonomously, ensure ongoing competence and are generally retained in employment locally.

## Linen

If staff think some of our hospital linen is looking tatty or past its use-by date please resist the temptation to remove it from use. If the linen is removed or thrown out it actually costs us money because the items are recorded as part of our total linen usage and then billed as lost items. All linen should be returned to Allied Laundry irrespective of the state it is in. Allied Laundry will remove it at no cost to the DHB.

## Xmas present from Gladstone School



Taylor Houston, Paediatrics Team Leader Tess Geard, Adam McLennan, Phoebe Noble and Kelsie Edwards

Gladstone School students raised \$414.80 from a gold coin donation from this year’s school production and they gave it all to the Children’s Ward. Their musical, “The Peace Child” involved every student in the school with three performances - entry by gold coin. Team Leader of Paediatrics, Tess Geard, is thrilled with the gift. “It’ll go towards extending our DVD library which is really well used and enjoyed by all our patients.”

## Hardcat Electronic Requisitioning update

A big thank you to everyone who has been involved in the Hard cat e-Requisitioning implementation project to date.

Phase 1 kicked off on Wednesday the 9th of December with some areas “going live” that day. Further releases to other departments in the DHB will take place in the New Year and staff will be notified closer to the time.

IT is currently making the “Test” environment available to all identified users. An email with a “quick guide” (covers main points from the manual) attached will be sent out once this has been done.

## Moustache is king

Well done Nigel aptly named Broom who took movember by storm with a fine looking upper lip to help raise awareness and funds for men’s health – specifically prostate cancer and depression in men.

Staff in the DHB Offices watched the objet d’art grow and contributed to the fund which grew to \$821. Funds raised are split equally between two men’s health partners, The Cancer Society and The Mental Health Foundation of New Zealand.

A fine effort indeed.



Mo-bro



Go-mo



The final cut



Back to Nigel Broom

If you would like to donate (and it’s not too late....), you can either:

- Go to this link <http://nz.movember.com/mospace/411594/> and donate online using your credit card or
- Write a cheque payable to ‘Movember’, referencing Nigel’s Registration Number 411594 and mailing it to: Movember, PO Box 12 708, Wellington 6144.

# Christmas cheer



Fashion stakes



The best hats



Best outfits



The SLT Cup



Great party  
Excellent music  
Fabulous organisation  
(thanks Tracy O'Neale  
and helpers Rose  
Broughton and Gillian  
Malton)



A day at the races