

“Te Hauauru”

The Westerly

Hongongoi (July) 2005

Prime Minister's Visit

The next time people stay in the Whanau House at Grey Base Hospital they may notice a name that looks very familiar in the guest book.

Prime Minister Hellen Clark and West Coast-Tasman MP Damien O'Connor yesterday took a tour of the outpatients department at Grey Base Hospital, before enjoying a lunch in the Whanau House.

The tour gave the DHB the opportunity to show case some significant developments in its services.

Ms Clark met with Chemotherapy patients on her tour, a service that has been operating on the West Coast for just over 12 months, previously all cancer patients needed to travel to Christchurch to receive this essential service.

The West Coast currently has no waiting list for chemotherapy.

The Prime Minister and Mr O'Connor also took the opportunity to check out the DHB's new digital radiology service that allows digital x-rays to be electronically transferred to Christchurch.

She also met with the three undergraduate medical students who are currently working on the West Coast as part of their rural training component through Otago University.

Ms Clark said she realised providing health services on the West Coast represented a unique challenge, and she noted the DHB's achievements in areas such as orthopaedics with 12 additional hip

replacements this year and the establishment of the chemotherapy clinics.

While on the West Coast Ms Clark also took in Shantytown and spoke at the Hokitika Grey Power meeting.



Inaugural Adolescent Dental Clinic in Hokitika

A free dental clinic for Westland adolescents was run by West Coast District Health Board Dental Therapists during the first week of the current school holidays. The free dental clinic operated from the Hokitika Primary School dental clinic and anyone under the age of 18 years was eligible.

The clinic was overflowing, with seven adolescents still needing work to be completed once the new term starts and another 20 with their names down for the future.

"In the last few years there have been changes to the way adolescent dental care is funded so you no longer have to be at school to be eligible", said Planning and Funding Analyst Melanie Penny.

The new catch-phrase is, "No matter where you're at... high school, course, work or couch! It's free and it's all good".

This is the first clinic of its type to be conducted on the West Coast, although similar services have been offered in Christchurch. The need for the adolescent clinic arose following the departure of Hokitika's long-serving dentist in May.

Therapist Sue Allen and Assistant Alayne McRoberts really enjoyed the clinic and working with older young people, and both have indicated a desire to do it again. They were delighted with the hugely positive response.

"Because the clinic was so popular with adolescents and the therapists, we will definitely look to repeat it during future school holidays until a permanent dentist can be established in Hokitika", said Melanie.

The West Coast DHB is in discussion with the Westland District Council on options for future Hokitika dental care.

The clinic was also available for emergency appointments for children.

Thanks to the Sue and Alayne, and the Hokitika Primary School for their support.

In this issue:

- Moving to learn with Gill Connell
- Sea-2-Sea
- I.C.E.
- Last chance for Ball tickets
- MenZB round 2
- The Legend of Poutini
- A new leader
- Maori Language Week
- Upcoming events

A terrible state...

Mavis went to her doctor to see what could be done about her constipation.

"It's terrible," she said, "I haven't moved my bowels in a week."

"I see. Have you done anything about it?" asked the doctor.

"Naturally," she replied, "I sit in the bathroom for a half-hour in the morning and again at night."

"No," the doctor said, "I mean do you take anything?"

"Naturally," she answered, "I take a book."

MID-WINTER XMAS CHARITY BALL

The finishing touches are being made to Ball plans this week, as the organisers gear up for the big event for St John on Saturday.

Early this week, well over 100 tickets have already been sold, and more have been requested by the Information Centre in Greymouth who feared they would sell out.



Independent estimates suggest there will be around 200 people attending.

Free buses are being run by Cliff Sandrey to and from the venue (details are available when you buy your ticket).

A bus is also organised from Hokitika, anyone interested in catching that bus should call Maria: (03) 756 9814. It will cost \$10-15 return depending on numbers.



Emergency Assistance

Following the disaster in London the East Anglian Ambulance Service have launched a national "In case of Emergency (ICE)" campaign with the support of Falklands war hero Simon Weston.

The idea is that you store the word " I C E " in your mobile phone address book, and against it enter the number of the person you would want to be contacted "In Case of Emergency".

In an emergency situation ambulance and hospital staff will then be able to quickly find out who your next of kin are and be able to contact them.

It's so simple that everyone can do it. Please do.

It really could save your life, or put a loved one's mind at rest. For more than one contact name ICE1, ICE2, ICE3 etc.

Weekly Interdenominational Church Service

Every Wednesday at 1130hrs.
Starting - 22nd June
11.30 am - 12 noon

Where: Grey hospital chapel
Who can attend - staff, patients/visitors. All welcome

On the countdown ...

Everyone who has previously participated in Spring into Action challenges should be now looking ahead to a new physical activity challenge: Sea-2-Sea.

Sea-2-Sea is very similar, with people forming teams and aiming to complete 30 minutes of physical activity each day.

Key differences include the ability to accrue physical activity points across the week

It will be brought to us by Sport West Coast in September.

More details will be available closer to the time.



People who were lucky enough to attend the Gill Connell "Active Movement" workshops in Greymouth last year said they were fantastic and many requested having her back.

Well it's happening again - this time she is delivering the workshops in Westport, Reefton, Whataroa and Hokitika during the first week in August.

These workshops are FREE and food is provided.

The workshop is suitable for people who work with families, teachers, ECC educators, support services AND THE PARENTS / CAREGIVERS. Gill has the ability to pitch her workshops so that everyone present will get a lot out of it.

We are very lucky to have Gill back again - so spread the word - AND remember to go yourself - you wont regret it!!

Moving to Learn

"Learning, thought, creativity and intelligence are not processes of the brain alone, but of the whole body." – Carla Hannaford.



"Children are born to move and in their early years, they have an insatiable desire to move and learn about themselves and their relationship to the environment in which they live." Active Movement" – SPARC 2004

Gill Connell presents a workshop exploring how movement development during the early years of life is crucial for learning and thinking processes and how this can easily be implemented into our children's lives.

Monday 1st August: Westport

Where: Buller R.E.A.P. 61 Peel St

When: 4 - 7:45pm

Contact: Sylvia James on 03 789 9755 or email sylvia_bullerreap@ts.co.nz

Tuesday 2nd August: Reefton

Where: Reefton Area School

When: 4 - 7:45pm

Contact: Gail Haydon on 03 732 8398 or email gailhaydon@xtra.co.nz

Wednesday 3rd August:

Whataroa

Where: Whataroa RSA rooms

When: 6:30- 9:30pm

Contact: Robyne Bryant on 03 755 8700 or email robynebryant@westreap.org.nz

Thursday 4th August: Hokitika

Where: All Saints Church Hall, cnr Stafford & Bealy St,

When: 2 - 5pm

Contact: Val Henry on 03 755 6572 or email val@rtat.co.nz

Round 1 done ... Bring on round 2

Vaccinators are gearing up for round two of school based Meningococcal B immunisation campaign.

Project manager Shona McLeod (pictured below) said after so much planning it was fantastic to have round one completed and to be gearing up for the second round.

There are still a few children who were absent on the day vaccinators were at their school to have their first MeNZB immunisation, but catch-up clinics should pick those students up.

Ms McLeod said organising for school students to be vaccinated over a 600 km distance had its challenges, but community support had been fantastic and that had made the job a lot easier.

She said for the school based campaign rumours doing the rounds of schools about the size of the needle vaccinators use was the latest challenge they were dealing with.

"There has been a number of rumours amongst students that the needle and the dosage of the vaccination gets bigger with each of the three vaccinations.

"We can assure students that there is absolutely no difference in the needle size or the dose between the first vaccination and the third."

Primary care practices are also in full swing vaccinating the under five population and those out of school.

"The reports we are getting back from the GP practices is that things are going very well."

The DHB is taking the opportunity over the school holidays to write to parents who are still hanging onto consent forms.

"There are still a few consent forms outstanding and we will be writing to parents to let them know if they would like their child vaccinated at school its not too late, or if they chose not to vaccinate then they still need to return the form."



The yellow 'B' cake was donated by Phil's Bakery.

THE LEGEND OF POUTINI

Poutini was a taniwha, a giant water being. He was guardian for Kahue (Ngahue), the atua or deity of pounamu, greenstone. The only being that Poutini feared was another taniwha named Whatipū, the guardian of Hinehōaka, the atua of hōaka, sandstone. Grinding with sandstone 'knives' was the only way the tūpuna could cut the tough pounamu stone.

Once, when Poutini was being pursued in the oceans by Whatipū, he took refuge in a shady corner of a bay at TŪHUA (Mayor Island). It was early morning. Lying quietly in the still morning water, Poutini saw a beautiful woman coming down to the water's edge to bathe. Her name was Waitaiki. He watched as she removed her clothes and slipped into the sea. He lusted after her.

Disregarding the danger of being discovered by his enemy, Whatipū, he slipped through the waters of the bay and with a swirl of water - and not a sound - he caught Waitaiki and fled with her across the sea towards the mainland.

Meanwhile, back at Tūhua, Wataiki's husband, Tamaāhua, woke and to call his wife. No answering call came and, disturbed, he went looking for her. Distraught, he went to his tūāhu (place of ritual) and sought to discover her fate by the powers of karakia (incantation) and divination. He used a tekateka to gain the knowledge he sought. A tekateka is a small, dart-like spear. He hurled it in the air and it hung there quivering and pointing to the mainland in the direction taken by Poutini and his beautiful captive, Waitaiki. Rushing to his canoe, Tamaāhua paddled off in pursuit.

Poutini had stopped at TAHANGA on the Coromandel Peninsula and lit a fire on the beach to warm Waitaiki. Then he fled across the land to WHANGAMATA on the western shore of Lake Taupō where he lit another fire for Waitaiki. Meanwhile, Tamaāhua landed on the beach at Tahanga and discovered the fire, but the ashes were cold. Using his tekateka again to divine the direction of his quarry, he took off in pursuit, eventually arriving at Whangamatā. He discovered the remains of the second fire and again resorting to use his tekateka, travelled on in pursuit of Poutini and Waitaiki, still ignorant of what had happened or who was involved.

The chase went on - fires and tekateka at every pause. To RANGITOTO or D'Urville Island, to WHANGAMOIA in the hills above Whakatū (Nelson) and to ONETĀHUA or Farewell Spit. Then down the western coast of the South Island to PĀHUA near Punakaiki and on past Māwheranui, past Taramakau and ARAHURA, right to Mahitahi where the tūpuna when travelling south left the land and took to the sea using canoes. As he crossed the mouth of the Arahura River, Tamaāhua noticed the water was not as cold as the water of other rivers he had been crossing, but he was too hot in pursuit to waste time - the tekateka was drawing him southwards.

By canoe he paddled south from Mahitahi to TAKIWAI at the mouth of Piopiotahi, Milford Sound. Here he fought the tekateka hovering in the air and pointing back along the route he had just come. Frustrated and angry, he headed north again following the tekateka. It paused, waiting for him, at the mouth of the Arahura River, where he had noted the water was warmer on his journey south. By incantations he knew that his beloved Waitaiki was in distress up the Arahura River valley. He prepared himself, as a warrior, for battle.

Poutini was indeed hiding in the upper Arahura River, by a stream, which flows into the main river. That stream we call today WAITAIKI. He knew, because he was of the atua, that Tamaāhua was coming up river, prepared to kill him. He knew he had little chance of escape should he be found, but he did not want to leave his beautiful captive. Deciding that if he couldn't have her then no-one else would either, he changed her into his own essence - pounamu - and laid the woman-stone in the bed of the river, just by the junction of the stream now call Waitaiki with the main river. Then he slipped silently away downstream, right past the wrathful husband, Tamaāhua, striding up intent on destruction. Poutini swam to the coast and ever since he has cruised its waters as the kaitiaki, guardian spirit, of the land and its sacred stone.

A new leader at the helm

On August 1, Kevin Hague officially takes the reins as the West Coast District Health Board's new CEO.

His appointment was announced on May 6 following the departure of previous CEO John Luhrs in March.

Kevin has been the General Manager of Planning and Funding at the West Coast DHB for two years and prior to that was Executive Director of New Zealand AIDS Foundation.

Kevin is also a member of the National Health Committee and has previously been a locality manager (Central Auckland) for the Northern Regional Health Authority.

He has also owned and managed his own bookshop and during a period of self-employment as a consultant gained extensive experience in public health and related social issues, including mental health, sexual health, nutrition and de-stigmatisation of mental illness.

For the past 20 years, he has had a strong involvement in efforts to proactively honour the Treaty of Waitangi including co-writing and co-editing Honouring the Treaty: An Introduction for Pakeha to the Treaty of Waitangi.

Kevin is also a member of the Tai Poutini Conservation Board.

Kevin will be officially welcomed to the role on August 1 at a Powhiri at Arahura Pa. Te Runanga o Ngati Waewae in conjunction with Te Runanga o Makaawhio, invite DHB staff to attend the powhiri.

Glenys Baldick has been Acting CEO in the ensuing time and when she steps aside her involvement with the DHB will continue as a Board member.

During her time on the Coast she was made a Companion of the Queen's Service Order in the Queen's Birthday honours list for a lifetime of dedication to public health

From treading the corridors as a nurse to steering hospitals through painful restructuring as chief executive, Glenys has devoted her career to health.

Her career in health began as a student nurse in Blenheim in 1971 before she "worked her way up the ranks" to head Nelson-Marlborough's health service from 1988. Ill-health forced her to stand down as chief executive of the district health board last June.

She is the longest serving public hospital and related services CEO in New Zealand. As head of the Nelson-Marlborough's health service she steered it through "four major administrative changes".

"I've particularly enjoyed working with people in times of adversity, because that brings out the best in people." Mrs Baldick said she was currently in good health and had really enjoyed her time in Greymouth.

As well as devoting time to health at a regional level, Mrs Baldick has given her expertise to health initiatives at both a national and international level.

She is a consultant to the World Health Organisation and has spent time working in Geneva, Mongolia and the Pacific Islands.

She has also played a key role supporting the Nelson Regional Hospice and palliative care services.



Upcoming Events

July 23: Mid Winter Christmas Charity Ball, Omoto. Tickets from I-Sites.

July 25-31: Te Wiki o Te Reo Maori/Maori Language Week

July 29: West Coast District Health Board meets.

August 1: 11am. Powhiri for incoming CEO, Kevin Hague. Arahura Pa. RSVP to Leonie Tainui by 22 July 2005. Phone: (03) 756-8088.

August 3: Orientation. All new staff members invited. Phone Amelia on ext 2736 to book your place.

August 8-12: Ethnicity Data Collection Training. For anyone who collects or uses ethnicity data. Contact Sharryn on ext 2631

If you have an upcoming event email vikki.carter@westcoastdhb.org.nz

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MAORI LANGUAGE WEEK – TE WIKI O TE REO MAORI

July 25 -31 is Maori Language Week.

Like last year, there will be events and displays throughout the week giving everyone an opportunity to learn and use some of the language. Events will be notified by email. Please make sure everyone sees the emails when they come out.

We will be repeating the hugely successful Introductory Te Reo Maori sessions. Last year these were well attended and feedback was excellent. The sessions are designed to teach some very basic Maori words and make you more comfortable using these.

- Monday 25th July 2005: 12pm Parfitt Ward, Grey Hospital
- Wednesday 27th July 2005: 12pm, The Cave, Mental Health, Grey Hospital

We are also trying to find someone to run a session in Buller during the week.

Kōrero Māori: Give It a Go - Kia kaha ake