

SOUTH TARANAKI COMMUNITY HEALTH FORUM
held in Council Chambers, South Taranaki District Council
on Wednesday 24 September 2014 at 12.00noon

MINUTES

Present

Ross Dunlop Mayor, South Taranaki District Council; *Jenny Nager* Grey Power (Chair); *Marlene Bezuidenhout* Director Mountainview; *Jenny Hamley* Women's Institute; *Raymond Buckland* Hawera Community; *Warren Nicholls* Ngaruahine Health; *Vicki Kershaw* Portfolio Manager Primary Health Care & Community Pharmacy TDHB; *Fran Davey* Minute Taker, TDHB

Apologies

Becky Jenkins Acting General Manager Planning Funding & Population Health; *Marie Dwyer* Deputy Chair (Patea Medical Trust); *Colleen Dudley* Te Oranganui Medical Centre; *John Hooker* Ngaruahine Health; *Sharlene Tapa Mosen* Te Oranganui Medical Centre; *Mihi Kahu*, Tui Ora; *Leigh Cleland*, Service Manager Child and Maternal Health, Hawera Hospital TDHB; *Molly Cole* Patea Proud & Business & Citizens of Patea; *Neil Walker* Taranaki Regional Council; *Ruth Mackay* Patea Community Board; *Julie Nitschke*, Wanganui PHO; *Te Oti Katene*, Ngaruahine Iwi Authority.

Resolution: "That apologies be accepted"

Hamley/Nager/Carried

1.0. MINUTES OF PREVIOUS MEETING

The Minutes of the meeting held on 27 August 2014 were received as a true and accurate record.

Resolution: "That the minutes of the previous meeting be received and noted"

Hamley/Nager/Carried

1.1 Matters Arising

It was noted Dr Blayney was invited to these meetings. Chair advised he had received an email from Dr Blayney who is busy at the time this meeting is held, and that he did not want to meet face to face as he did not agree with some of the points raised. Members noted they are prepared to change the time of the meetings to allow Dr Blayney to attend.

Hawera Hospital Manager position - applications closed 17 September 2014. Chair noted it would be ideal to have a person who resides in the community to fill this position as he felt when you live in a community it does make a difference. Dr Bezuidenhout noted Mountainview are interested in the person who takes up this position as their doctors intend to work close with A&E at Hawera Hospital.

Presentation by Rewatu Carr and Jason Matthews, Public Health Unit, TDHB, Health Promotion Team – "What Is Health Promotion"

Health Promotion is about "Empowering people and communities to take control of their health and wellbeing. Health Promoters fall under the 'Public Health' umbrella which also includes Health Protection Officers and the Medical Officer of Health within the broader team. The team's focus is on community and population health rather than individual/client or personal health. Public Health Nurses who look after the health of children within schools around Drug & Alcohol counsellors are part of this team. Health promotion is about working upstream (address the cause) to help prevent the need for treatment to downstream (provide treatment).

The determinants of Health include:

- General socioeconomic, cultural and environmental conditions
- Gender and culture
- Living and working conditions
- Social and community influences
- Individual lifestyle factors
- Age, sex and hereditary factors.

Public Health Unit Health Promotion Programmes include

- Social Environments: Opunake, Patea, Manaia
- + Taiohi Tu/Youth Health
- Kura Waiora : Health Promoting Schools
- Healthy Eating and Physical Activity
- + Breastfeeding promotion
- Alcohol Harm Reduction
- Tobacco Control
- Injury Prevention

In Opunake programmes include Green Feet, Coastal Community Transport, Coastal Care Trust, Nga Kete Hauora and support to Parihaka Haukainga and Adult Ed Trust.

In Manaia - current projects include He Kainga Haumarua an interagency project to support community connectedness e.g. with CYF, Police, Iwi Health, local school, Taranaki Safe Families Collaborative. The 'Manaia Street Challenge' family fun day was recently held with the goals of 'the town that plays together, stays together'.

Nga Kete Hauora – workshops have been running since late 2012 and have included community identified topics such as 'Taming the Toddler Tantrums', budget friendly activities for children using everyday household products, WINZ entitlements, community emergency preparedness and first aid.

In Patea projects include support to Patea Youth, Community Events (Twilight triathlon, paepae, skate comps), most recently scoping for a new determinants of health project. Current projects include Nga Kete Hauora our Community Workshop Series for parents and caregivers. Workshop themes have ranged from entitlements from WINZ, 'Taming the Toddler Tantrums', how to grow your own kai and how to make Christmas presents on a budget.

Taiohi Tu Training the Trainer new package have completed training six youth workers, plus South Youth Collective, Noho Marae. Parauri Bay Summer Health Campaign in partnership with TKOT (drawing on young people to work on a factious drama series aired on Te Korimako o Taranaki radio station as well as a monthly live health show bringing on experts/role models). Development of a Youth Health Strategy (led by TDHB).

Taiohi Tu is equipped with learning tools, lessons, stories and activities that encourage safe behaviour and promote wellbeing. This will contain the majority of the resources one will need to get started on the Taiohi Tū journey!

Ko Wai Au: Identity and Culture

This workshop discusses what it is to be Maori and young in today's society and how historical events have impacted on Maori culture, language and therefore identity, health and wellbeing.

Self Image

Popular culture has seen the emergence of trends in fashion, music, sports and entertainment. This workshop delves into how we project ourselves and promotes embracing our own uniqueness.

Healthy Relationships

During our youth, relationships are important and with youth comes the emergence of romantic relationships. This workshop explores love vs lust and a healthy vs unhealthy relationship.

Contraception & Avoiding Unwanted Pregnancy

In this workshop we seek to determine what sexual behaviour carries with it the risk of unwanted pregnancy and what contraception is available for young people who are sexually active.

Safer Sex & Protecting Against STI's

Looks further into the world of sex and explore the reality of Sexually Transmitted Infections (STI's), by identifying what they are, how and if they can be treated and how we can prevent and protect ourselves.

Anatomy: Respect and Protect- He Atua Koe

In this workshop we explore te tapu o te Tinana (the sanctity of our bodies) through the creation stories and the messages held within on procreation and our whakapapa to Atua Maaori.

From Kereru to KFC & Ki o Rahi to Xbox

Physical activity and healthy kai were an integral part of the pre-European, Maori diet. This workshop explores physical activity and diet from a traditionally Maori pre-colonial perspective.

Dabbling & Misuse: Smoking, Alcohol & other Drugs

This workshop explores the legal drugs of smoking and alcohol and also delves into the illegal substances of marijuana and 'P' or Methamphetamine.

Resiliency & Bouncing Back

Adolescence is often a time of huge biological and physical change, experimentation and risk taking. This workshop looks into ways we can build positive risks into young lives and increase resiliency

Goal Setting

This workshop seeks to take the information that has been learnt from the past nine workshops and utilise it by creating a vision board to visually develop their dreams and aspirations.

Chair thanked Ms Carr and Mr Matthews for the good work they are doing in the South Taranaki community.

2.0 UPDATES

2.1 Mountainview Medical report construction has commenced on external renovations for a pharmacy. This project had been made possible through the owners of the premises. Ben Araba, who already operates from Manaia, Opunake and Patea will open Mountainview Pharmacy in December. Other allied health services are providing services on site i.e. a Social Worker, a Dietician, Clinical Pharmacist and Hearing Services. Mountainview is looking at employing another doctor and also some specialist services in the near future. Mountainview will be hosting the BizLink function in November – all Bizlink members are welcome and will receive invitations.

2.2 Ngaruahine Health – business as usual.

2.3 Patea has two doctors.

2.4 Mrs Hamley noted the committee's newsletter which she distributes to the South Taranaki Women's Institute has been most welcomed by its members. She noted how beneficial it is to be sitting at the table and being able to impart information to the community. Mrs Hamley was able to advise public in regards to transportation services that are available in South Taranaki.

2.5 Mrs Nager from South Taranaki Grey Power advised both Labour and National candidates were supportive of the Hawera Hospital and general health concerns in South Taranaki.

2.6 Mr Dunlop to look into Rural Health Advisory Group presentation.

3.0 KEY MESSAGES

- To include aspects of the Health Promotion Presentation

ACTION LIST

<i>Meeting Date</i>	<i>Item</i>	<i>Action by</i>
23/07/2014	Rural Health Advisory Group Presentation	R Dunlop

Next meeting of the South Taranaki Community Health Forum is scheduled for Wednesday 26 November 2014 at 12.00 noon at the South Taranaki District Council, Council Chambers

Future Meetings

26 November at 12 noon at STDC, Council Chambers

17 December is scheduled – please advise

South Taranaki Community Health Forum - Attendance Register 2014

Date	23/07/2014	27/08/2014	24/09/2014	29/10/2014	26/11/2014	TOTAL
Becky Jenkins	A	A	A			
Colleen Dudley	A	A	A			
Greg Simmons	When	required		When	required	
Jenny Hamley	√	√	√			
Jenny Nager	A	√	√			
Jess Burrows						
John Hooker	√	√	A			
Julie Nitschke	A	A	A			
Leigh Cleland	A	√	A			
Marie Dwyer	√	A	A			
Marlene Bezuidenhout	√	√	√			
Mihi Kahu	A	√	A			
Molly Cole	√	√	AB			
Neil Walker	A	√	AB			
Raymond Buckland	√	√	√			
Rosemary Clements	When	required		When	required	
Ross Dunlop	√	A	√			
Ruth Mackay	√	A	AB			
Sharlene Tapa-Mosen	A	A	A			
Te Oti Katene	A	A	A			
Vicki Kershaw	A	√	√			
Warren Nichols	√	A	√			

KEY	
Attended	√
Apology	A
Leave of Absence	LOA
Absent	AB