

## Raglan Community Health Forum 4 December 2018

**Attendees** – Grant O’Brien, Derek Wright, Laura Hopkins, Bernadette Doube, Rachel Haswell, Natalie Parkes, Gytha Lancaster, Denise Irvine, Helen Thomas, Penny Mason, Rachel Poaneki, David March, Carol Taylor, Maree Burey, Dianne Mulcahy, Bear Bear, Linda Rowe, Krishna Gotty, Norma Taute

**Apologies** – Wayne Skipage, Dave Macpherson, Hayley McConnell, Damian Tomic, Clare Simcock, Nikki Belfield. Derek Wright – leaving early today.

### 1. Action Points

a.	Invite Raglan Naturally to feedback about their housing survey at the next CHF	Greg Morton
b.	Link Penny Mason (midwife) with Rural and Community Services for maternity and CTG access	Bernadette Doube
c.	Talk to Penny Mason regarding funding for the CTG monitor	Mike Loten
d.	Feedback from Care in the Community Planning	Danny Wu
e.	Add link to MOH site re recipes Whanau Kori Tamariki Ora programme.	Norma Taute

### 1. CEO Update – Derek Wright

- The Care in the Community plan is focussed on investigating ways to do things differently with a wellness focus and also with a 10 year focus.
- Our current model is not working, how do we help people become or stay well.
- How do we reorientate some our systems and join up with primary care.
- Medical school – clinical school. We require more clinicians recruited and trained locally, with a focus on making it more attractive for people to work in their own communities.
- 23% of population are Maori but 23% staff are not Maori.

### 2. What matters to this community?

- Housing is still an issue in this community. Currently no available rental houses making it hard for new employees moving into the area which impacts on recruitment. Airbnb has taken over, one member has tried to find a place to rent for the past 6 months with no success. Raglan Naturally have implemented a survey on the housing situation, unfortunately they were not present today to feedback. New sub-division is being built this will also put pressure on current infrastructure.

- Midwives would like access to a CTG machine to monitor local pregnant women, the nearest machine is in Hamilton which is an hour away by car and presents clinical risk.
- Keen to learn how Māori rongoa could be woven into mainstream health. Good to hear that there is a mana motuhake approach to mental health however these approaches are not only for Māori.

### 3. Primary Care Update

#### Hauraki PHO – Gytha Lancaster (see attached).

- Local health centre at the local marae is no longer providing GP services.
- Hauraki PHO “Long terms conditions” model chosen out of 30 other models was invited to present at the Commonwealth international symposium with all expenses fully paid.
- Strength and Balance classes are being held for those at risk of falls – Gytha currently looking to transport people to classes if they are unable to get there.

#### Midlands Health Network– Helen Thomas

- Free healthcare for 13yrs and under has now extended to 14 yrs throughout.
- Changes to the CSC (Community Services Cards) means cardholders will not pay any more than \$18.50 or \$12.50 for youth and free for under 14yrs as long as you are visiting the practice you are enrolled at.
- All practices in the region have opted in. Most practices are starting on December 1<sup>st</sup>, the other two start dates are 1<sup>st</sup> Jan and 1<sup>st</sup> April.
- 80, 000 people have been allocated new cards this year.
- These changes will be advertised on posters in GP surgeries and advertised on social media and all other connections they have.

#### Whanau Kori Tamariki Ora Project – Natalie Parkes

- Child Obesity Program run by Sports Waikato which is an Intervention program that is flexible to the needs of the whanau.
- Teaches how to make healthy food options, label reading and how to make small sustainable changes.
- To date they have received 170 referrals across the Waikato in total. No referrals from this area as yet.
- Free 6 month individualised programme using fun activities and less screens behaviour tips.
- They can meet with you at a place of your choice., at your home, marae or Sports Waikato facilities . Can lessen or increase the visits it’s up to you.
- Age ranges from 2 – 10 the programme offering a whole whanau approach not just targeting the child. After the 6 months there is a 3 months follow up then another at 12 months.
- If ongoing support is required talk to your coordinator about other options.
- Referral is accessible from multiple streams including self referrals via the Sport Waikato website.

- The MOH website also offers healthy recipes to assist your programme. <https://www.health.govt.nz/our-work/preventative-health-wellness/nutrition/fuelled4life>

#### 4. Te Pai Tawhiti “Let’s Talk” report - Grant O’Brien

- A total of 750 people attended the “Let’s Talk” hui
- 42% identified as Maori
- 269 completed online surveys
- 38 Participated in focus groups
- High level themes that emerged were
  - Whanau
  - Community
  - Suicide
  - Mix of services
  - Local Crisis options
  - Mana motuhake – by Māori for Māori
- Once the overall report is complete it will be distributed with an analysis of feedback by location.
- Feedback will be checked against the National MH&A Inquiry recommendations for consistency
- Feedback will be used to inform the planning and development of the MH&A services.
- Let us know how you would like us to communicate the results and ongoing actions.

#### 5. Consumer Council Update – Laura Hopkins

- There are 14 Consumer Council members; Carol Taylor is the local representative. The council has engaged with a mix of academic and community leaders to guide the way they work within the community.
- The Consumer Council will be engaged in the co-design of services going forward.
- Consumer Council Chairs meet directly with the CEO and Chair of the Board to discuss issues and suggestions for change.

#### 6. Tele Health – Denise Irvine

- Telehealth allows:
  - a person to speak to a health professional through a computer screen device from separate locations.
  - people to attend their appointments at a hospital or certain facilities closer to home
  - people to speak to the on-screen health professional while aided in person by a nurse or a staff member
- Patients are welcome to bring whanau to the appointments
- Can save people travelling long distances unnecessarily
- Reduces costs, increases convenience.
- Potential to offer more flexible appointments

- Appointments are averaging 260 per month however there is a strong desire to increase these numbers. If people are interested in tele health consults they are encouraged to mention this to their consultant.
- Currently trialing a new model that could possibly allow a consult to take place in the privacy of a patients home. Evaluation results for this new model will be out in the new year.

**7. DHB Update – Bernadette Doube**

- Presentation (see attached)

8. The Chairperson noted that this would be Bernadette Doube’s last meeting and thanked her for her involvement in the Raglan community health forum over the past 2 years.

**Next Meeting: 12 March 2019 10am – noon.**

**Venue: Community House, 45 Bow St, RAGLAN**