



HEALTH HIGHLIGHTS

Healthy People | Healthy Families | Healthy Communities

www.huttvalleydhb.org.nz

April 2015

Disability Gains

A recent audit by Be Accessible awarded a gold, two silver and a bronze ratings to Hutt Hospital for accessibility, measured from a vision, hearing, mobility, accessibility and parents perspective. Pauline Boyles, senior Disability Advisor for the three local DHBs planning arm, the Service Integration and Development Unit (SIDU) says this is a good reflection of all the work staff are doing to make a difference.

“Over the last few years, we have introduced Health Passports so people who may not be able to express their needs can be sure these are being heard; and started new ways of collecting data so we can monitor trends to make targeted changes, which are most likely to make a difference. We have a 3DHB Disability Advisory Group, and regularly assess our progress against our 3 year Disability Action Plan.”

Pauline has been steadily working over the last 5 years to raise the profile of disability in the health sector, to improve outcomes for people with disabilities.

“Disability affects nearly 24% of people in New Zealand and can mean any impairment be it physical, sensory, cognitive, psychological or a chronic health condition. People with existing disabilities often have poorer health outcomes, and our challenge is to focus not just on their health but also their support needs, to make sure their outcomes are as good as they can be,” says Pauline.

Creekfest success



Bad weather failed to dampen spirits at Porirua’s annual Creekfest as attendees enjoyed a day of dance, music, and fun at New Zealand’s biggest Health Festival.

“It’s been a really great day and it’s such a good opportunity to reach parts of the community that are otherwise missed,” says Tina Hong, Health Protection Officer at Regional Public Health.

“We’ve managed to give away tonnes of free goods including bottles of white vinegar as part of our healthy housing campaign. The vinegar is a cheap option for treating houses for mould, a big causer of respiratory issues.”



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Eastern Porirua Fruit and Vegetable Co-Operative



From May to December last year Wesley Community Action, with the support of Regional Public Health, piloted a successful fruit and vegetable co-operative in Eastern Porirua. This initiative mirrored a very successful Christchurch model, developed in response to food access issues following the Earthquakes.

Following the success in the Cannons Creek and Waitangirua community, the co-operative is expanding throughout 2015 to other communities that Regional Public Health work with, who have issues accessing fresh fruit and vegetables. Promotion at both the Creekfest and Tūmeke Taita community festivals over the past few weekends was met with great interest.

In February this year St David’s Anglican Church and Regional Public Health launched a Naenae packing and distribution hub, with the intention of setting up more distribution hubs in the community. We are now in week five of the co-op in the valley with orders coming from Naenae, Taita and Stokes Valley and interest from Upper Hutt and Wainuiomata.

Members of the Fruit and Vegetable Co-operative prepay \$10 for a bag of fruit and a bag of vegetables which are packed and distributed on a Tuesday. The produce is sorted into separate orders by volunteers at packing hubs in Eastern Porirua and Naenae and collected by agencies like the Salvation Army, local schools and churches who act as distribution hubs.

Each week a fruit or vegetable based recipe is added to the bags. These recipes for vegetable based (though not vegetarian) meals are designed to encourage members to try new fruit and vegetables and learn to cook with ones they may not have tried before. Post pilot, the co-op in East Porirua is gaining a regular weekly order of over 170 with an overall membership of around 300 a week. The Naenae co-op is rapidly growing to over 90 orders weekly. Each order is sufficient for a whānau of four.

For more information about the Naenae Fruit and Vegetable Co-operative or to volunteer at the packing hub or to start a distribution centre, please contact Jill Kirkland, naenaefruitveg.coop@gmail.com 027 467 4000 OR Emmeline.haymes@huttvalleydhb.org.nz, 570 9193



Hutt Valley DHB Board meeting dates April 2015

Hutt Valley DHB Board Meeting
Board Room, Pilmuir House
Executive Offices, Hutt Valley DHB
Friday 17 April 2015, 9:00am

Special Board Meeting
Auditorium, Learning Centre
Hutt Valley DHB
Friday 24 April, 1pm

Hutt Valley District Health Board

Contact Board Secretary nadine.mackintosh@huttvalleydhb.org.nz



Virginia Hope



John Terris



David Ogden



Sandra Greig



Ken Laban



Wayne Guppy



Katy Austin



Jaimes Wood



David Bassett



Peter Douglas