

# Health Highlights



## Well Wairarapa

October 2020

### Annual Plan 2020-21

We are designing a health system that best meets the needs of our people and communities. This means applying our resources in the most effective manner to improve our service and make a positive difference. We are committed to improving equity of health outcomes, actively influencing the demand for care and providing effective, efficient and trusted services for the people of Wairarapa.

Improving health outcomes requires excellent cross sector and community relationships and integrated primary, secondary and community care. Being a small region has its advantages. We know each other, we can network well and we can work together effectively to maximize impact. By working better collectively as a whole of health system we can develop supportive, networked healthcare that works for the consumer.

New ways of integrated working are being explored to address the growth of demand on hospital services. We are organising our system to ensure that service delivery occurs in the most appropriate setting for our people and communities.

There are eight broad areas of activity where change is needed in order to shift to a responsive, effective health system that achieves equitable outcomes for all people in our communities.

- Integrating health and social services
- Strengthening primary care
- Excellence in older persons' services
- Improving access to health and disability services
- Close connections between primary and secondary care
- Creating a fit-for-purpose hospital
- Building a sustainable workforce
- Tamariki-Mokopuna, our children and young people are our future



The inequities experienced by some parts of our community are unacceptable. Māori and Pacific people consistently suffer greater disadvantage, yet have limited access to the services they need. Our fresh focus on equity seeks to address some of these barriers to healthcare and we will be particularly focusing on child & youth, supporting our Māori and Pacific communities, and building the resilience of our population.

We have learned many lessons from the COVID-19 response experience. Not least was the strength in collaboration gained from working closely with our community health providers (primary care, aged residential care, pharmacists, Wellington Free Ambulance, mental health providers etc) and other local agencies - such as Councils and the Police. Our pandemic plans were well tested and a lot of good was gained, for instance in the use of different models of care such as tele-health and virtual consultations. We will continue to grow from our Covid-19 learnings as we move through our recovery plan.

Find out how we will deliver on our priorities in our Annual Plan 2020-21. Find it on the Wairarapa DHB website – News and Publications/Reports and Publications/Annual Plan.

### Our patients must vote, too!

Voting closes at 7:00pm this Saturday.

#### But what if you are in hospital and haven't yet cast your vote?

If you or your whānau/friends are in hospital on voting day, or are scheduled to be, make arrangements to make that vote count. You can vote early, or have someone manage the voting papers on your behalf.

**Call now:  
0800 36 76 56**

#### Unable to get to a voting place?

Know someone in hospital that might need your help to vote?

They can sign a form to let you collect their voting papers. Call now on 0800 36 76 56 to find out how.

Voting is open now at a place near you. Vote early, just in case you can't on Saturday!

- Visit [vote.nz](http://vote.nz)
- Call 0800 36 76 56



### Māori Health Plan 2020-21



*"Persistent and pervasive Māori health inequities are evident across most of our health indices. Outcomes for Māori are poor. But that is an opportunity, and one Wairarapa is well placed to take up."*

John Whaanga, Deputy Director General Māori Health



The DHB board and its Māori partnership board, Iwi Kainga, met at Te Ore Ore Marae to discuss improved health outcomes for Māori. As we develop our Māori Health Plan and Iwi Kainga reconvenes with new membership, opportunity is ripe for positive change for the Wairarapa region.

**Ki te kōtahi te kākaho ka whati, ki te kāpuia e kore e whati  
A reed that stands alone is easily broken, many bound together are unbreakable**

### UNWELL OR INJURED?

Where should I be?



**1**  
Medical Centre

- Call your medical centre first
- Ask your local pharmacist for advice

**2**  
After Hours Service

- Call Healthline 0800 611 116 for free medical advice 24/7
- Weekends/public holidays:  
Wairarapa After Hours service 9am-5pm  
Based at Masterton Medical Centre, call 06 370 0011

**3**  
Emergency Care

- Keep ED for emergencies

**NEED TO TALK?**  
**1737**  
free call or text any time

**Finding things tough? Feeling anxious? 1737**  
How's your health? Your whānau relationships? Your wellbeing? You can talk about that with us. You can talk about anything. We're here. Free call or text 1737 any time, 24 hours a day. You'll get to talk to (or text with) a trained counsellor or talk to a peer support worker. Our service is completely free.

[www.wairarapa.dhb.org.nz](http://www.wairarapa.dhb.org.nz)

E: [communications@wairarapa.dhb.org.nz](mailto:communications@wairarapa.dhb.org.nz)

Call Healthline free on 0800 611 116 for health advice and information 24 hours/day, 7 days/week

