



Western Bay of Plenty  
Primary Health Organisation

TŪNGIA TE URURUA KIA TUPU  
WHAKARITORITO TE TUPU  
O TE HARAKEKE

# Te Rerenga

NEWSLETTER | DECEMBER 2024

## Issue Highlights

WBOP PHO's new website:  
Connecting our community  
to care

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Strengthening bonds during  
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## The Gift of Wellness



Inspiring tips from our general practices for a happier, healthier holiday season and a joyful new year!

This holiday season, we invited our general practices to participate in a unique Secret Santa game. Each participant was given a theme centred on well-being, such as Nutrition, Mental Health, and Physical Activity. Their task was to 'offer a gift' based on the topic received, inspiring people to look after their physical and mental health during the festive season and into the new year.

From nourishing recipes to mindfulness techniques and hidden gems for outdoor adventures, these insights embody the spirit of community and care that defines our region. Let's unwrap these wonderful gifts together and explore how they can enrich our holiday experience as we move into 2025!

### ▲ STRESS MANAGEMENT

## Discover the Benefits of Yoga

Our team loves our Monday yoga sessions! We've noticed how yoga helps reduce stress and tension, boosts strength, balance, and flexibility, and even supports better sleep. Focusing on breathing and the mind-body connection also brings emotional benefits, helping us feel calmer and more confident in managing life's challenges. If you're looking for a way to de-stress and recharge, why not give yoga a try?

Dee Street Medical Centre

### ▲ PHYSICAL ACTIVITY AND MOVEMENT

## Boost Your Well-Being with Beach Walks

Regular beach walks offer a fun and relaxing way to boost your well-being, and the holiday season might be just the right time to turn this into a habit. Walking on sand strengthens muscles and joints more effectively than on harder surfaces while also improving balance and reducing the risk of injury. The sound of the waves and the fresh sea breeze help ease stress, while sunlight boosts vitamin D levels for better bone health and immunity. Make beach walks a part of your summer routine and enjoy the physical and mental benefits all season long.

Girven Family Practice

Continued on pages - 2 & 3

Santa's  
Secret Tips

*The Gift of Wellness – continued*



▲ **SETTING HEALTH GOALS FOR THE NEW YEAR**

## Start Simple: A Daily Gratitude Moment

When setting health goals for the new year, start simple – any exercise is better than none. Remember, self-care isn't selfish; it's essential, and you are worth it. A simple way to brighten the holidays is by taking a few moments each day to practice gratitude. Reflecting on what you're thankful for can lift your mood and help you enjoy the season's joys. Sharing your gratitude with others can also spread positivity and warmth.

**Thrive Medical**

*If you need a boost to get started, the next gift might be just what you need!*

▲ **PREVENTATIVE CARE**

## Explore the four dimensions of hauora

Preventative care helps identify health issues early, when recovery is most likely. A holistic approach benefits you and your whānau, and journaling can be a powerful tool in this journey. Whakawhetai: Gratitude is a best-selling bilingual journal inspired by the Māori hauora (health) model. It encourages you to explore the four dimensions of hauora – taha tinana (physical), taha hinengaro (mental), taha wairua (spiritual), and taha whānau (family) – guiding you to reflect on the positives in each area and deepen your understanding of overall well-being.

**Fifth Avenue Family Practice**



▲ **EMOTIONAL WELL-BEING**

## Simple Ways to Recharge and Stay Balanced

Acknowledge your feelings without judgment and find constructive ways to express them. Doing things you love – like engaging in a hobby, taking a walk in nature, enjoying a coffee date with a friend, or getting a massage – helps you relax and recharge. Make time for regular exercise and be sure to reflect daily on what you're grateful for. These small acts of self-care can improve your mental and physical well-being, leaving you better equipped to handle life's challenges.

**The Doctors Phoenix**

*Love the idea of exploring new places on foot? Check out the next thoughtful gift!*

▲ **WHĀNAU HEALTH**

## Wairoa Reserve, a Hidden Treasure

Wairoa Reserve is a hidden treasure alongside the awa (river) in Bethlehem (340 State Highway 2). The walk and cycleway are whānau friendly, for all ages and fitness levels. You can walk, bike, scooter or run along the tracks. The riverside offers beautiful scenery, spots for a quick 'dip' and areas to enjoy your kai (food) as a picnic. We invite you to embrace the mauri of Ngāti Kahu hapū. Your whānau will love you for it!

**Ngāti Kahu Hauora**



▲ **NUTRITION AND HEALTHY EATING**

## Hot Tip for Healthy Eating This Summer

Instead of cutting back on less nutritious foods, focus on making healthy options quick and easy to prepare. Increasing your intake of vegetables and protein will provide a nutrient-dense diet and help you feel fuller for longer. You could, for example, create a simple salad with a bag of lettuce, one cucumber, one capsicum, a carrot, and a punnet of cherry tomatoes. Another options, is to keep a container of chopped veggies in the fridge for easy roasting or stir-frying. A little prep goes a long way!

**Bethlehem Family Doctors**



## ▲ SELF-CARE

**Morning Walk and Fresh Strawberries**

Feeling the holiday hustle? Take a break and head up to Pāpāmoa Hills! Start your morning with a refreshing walk, soak in stunning views, and reward yourself with a detour to Bell Road Berries for the freshest strawberries around. You'll get your steps in, and your snacks sorted. If you want to take those strawberries to the next level, check out some of our favourite 'berrylicious' recipes on the QR code. Nothing says self-care like a hike, a treat, and a new recipe to try!



Te Puke Medical Centre

## ▲ MENTAL HEALTH AND RELAXATION

**Shake Off Stress with a Dance Break**

Our go-to reset at work is a "dance break." When things start to feel overwhelming, we hit pause, choose a song, and have a good old boogie. It's a fun way to shake out the stress, share a laugh, and reset our minds to a more relaxed and happier place. Pick a song that gets you moving, and you'll feel the difference. Give it a try next time you are feeling that overwhelm creep in – it works wonders for mental clarity and boosting spirits!

Te Puna Doctors

## ▲ SLEEP AND REST

**Reclaim Your Energy**

Good sleep is essential for enjoying the holiday season and summer! A tired, unrested person may miss out on the pleasures of warm days, festive gatherings, and time with loved ones. Prioritising rest keeps you energised, resilient, and ready for each moment. We love the resources and tools offered by the Sleep Foundation at [sleepfoundation.org](https://sleepfoundation.org), which can help you improve your sleep and build healthy routines.

Gate Pā Medical Centre



# Christmas Message 2024

*Meri Kirihimete to all WBOP PHO whānau!*

*As we approach the end of the year, I want to take a moment to acknowledge the hard work and dedication of our provider networks and PHO kaimahi throughout the year. I am always in awe and in gratitude for the unwavering commitment and passion for improving the health and wellbeing for our communities.*

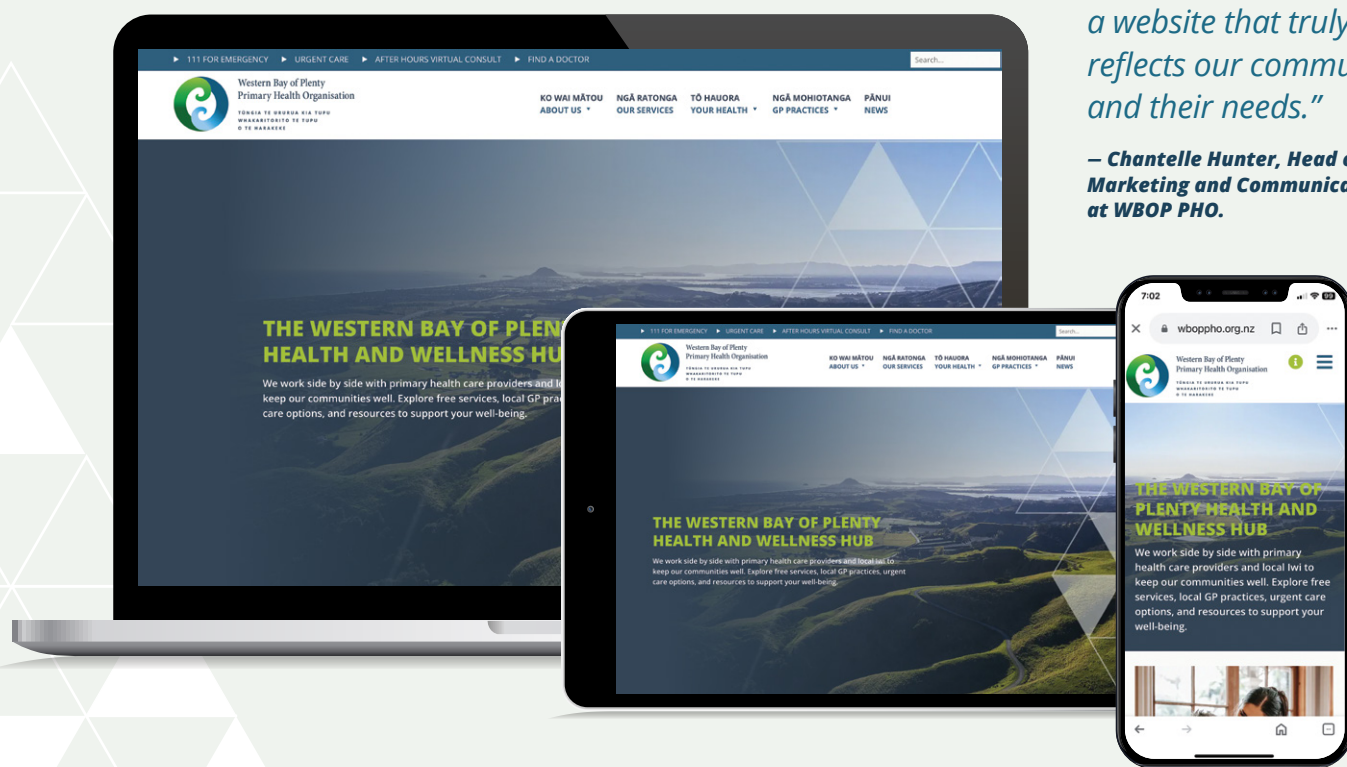
*2024 has been a year of growth, collaboration, partnerships, and widening our horizon. None of it would have been possible without your collective effort. Each of you plays a crucial role in making our PHO the best in Aotearoa, I am truly thankful.*

*I hope this holiday season brings you joy, peace, and quality time with your loved ones. May you recharge, relax, and return to work in the new year feeling refreshed and ready for the exciting opportunities that lie ahead.*

*Wishing you and your whānau a very Meri Kirihimete and a Happy New Year filled with health, happiness, and success. Let's make 2025 another incredible year together! ▲*



Nāku noa nā,  
**Lindsey Webber**  
CEO



*“Our goal was to create a website that truly reflects our community and their needs.”*

**– Chantelle Hunter, Head of Marketing and Communications at WBOP PHO.**

## WBOP PHO's New Website: Connecting our community to care

The Western Bay of Plenty Primary Health Organisation (WBOP PHO) has launched a new, user-friendly website designed to simplify how residents access health and wellness services.

This digital platform serves as a comprehensive hub for primary care information and resources, connecting the community to essential providers and programmes across the region.

Lindsey Webber, CEO of WBOP PHO, emphasises the importance of this initiative: “Our new website is a vital step towards achieving health equity in our community. By making primary care information easily accessible to all, we’re empowering individuals to take charge of their health and well-being.”

Outdated technology prompted WBOP PHO to revitalise its decade-old website to better serve its community.

The comprehensive project involved a collaborative co-design workshop with staff, community members, and healthcare providers. This, coupled with an extensive review of healthcare industry best practices, ensured the new digital platform meets current standards while also introducing some innovative features.

The result is an intuitive and easy to navigate website with visually appealing menus, friendly search functionality and accessibility across all devices. Visitors can find information on registering with a doctor, finding a general practice, fees and financial assistance,

after-hours and urgent care, self-referral to free programmes, and how to access free health coaches or health improvement practitioners.

“Our goal was to create a website that truly reflects our community and their needs,” explains Chantelle Hunter, Head of Marketing and Communications at WBOP PHO.

“Through co-design, we’ve developed a platform that is not just visually appealing, but also highly functional and user-friendly. Every aspect of the website is tailored to enhance the audiences experience.” ▲



# What's New

## Primary care made easy



### HOW TO REGISTER WITH A GENERAL PRACTICE

Clear, up-to-date information on the registration process, required documents, and how to get started.



### FIND A GENERAL PRACTICE

A detailed list of GPs across 37 locations in the Western Bay, including registration status, fees, services available, and more.



### AFTER-HOURS AND URGENT CARE

A guide on where to go or who to call for after-hours care or urgent medical help, including local options and telehealth services.



### FINANCIAL ASSISTANCE

Information on available financial support to help with doctor's visit costs.



### REQUEST A SERVICE

Self-refer to free health services like Quit Smoking or Diabetes & Lifestyle education groups directly through the website.



### MENTAL AND PHYSICAL HEALTH SUPPORT

Learn about free Health Coaches and Health Improvement Practitioners, and how they can help you.



### NEWS AND UPDATES

Get the latest news on health and wellness services and sign up for updates.

## Safe and simple navigation



### EASY TO FIND WHAT YOU NEED

Simple menus and a search bar make it quick to locate information and services.



### WORKS ON ANY DEVICE

Optimised for phones, tablets, and computers.



### ACCESSIBLE TO WIDER AUDIENCES

Designed with accessibility in mind.



### HELPFUL AND CURRENT INFORMATION

Content is regularly updated.



### QUICK TO LOAD

Pages load quickly, so you don't have to wait to access information.



### INTERACTIVE TOOLS

Online forms and easy to follow guides.



### YOUR PRIVACY IS PROTECTED

We prioritise data security so you can browse with confidence.



### EASY TO UNDERSTAND

Clear, plain English with helpful tooltips to explain less common healthcare terms.



### MADE FOR OUR COMMUNITY

Content tailored to reflect the unique needs and diversity of our local area.



## Help us Improve

The new website is a dynamic tool that will continue to evolve as WBOP PHO gathers feedback and adapts to the changing needs of the community.

Share your suggestions at: [marketing@wboppho.org.nz](mailto:marketing@wboppho.org.nz)

## Access Now

[www.wboppho.org.nz](http://www.wboppho.org.nz) or Scan the QR code below.





#### CULTURAL HAERENGA:

## A journey of reflection and understanding

Despite the challenging weather, over 70 members of the Western Bay of Plenty Primary Health Organisation (WBOP PHO) whānau and providers network gathered for the annual Cultural Haerenga in October. This full-day immersive experience, designed to deepen understanding of the enduring impacts of colonisation on Māori health and well-being, proved to be a profound journey of reflection and growth for all involved.

The day began with a traditional pōwhiri at Huria Marae, setting a tone of reverence and cultural significance. For some participants, this marked their first experience on a marae, adding a layer of significance to the occasion. As the group moved through the formal welcoming ceremony, the importance

of cultural protocols became evident, fostering a sense of respect and connection among the attendees.

Guided by Ihaka and Michelle Smith, the group explored historically significant sites around Tauranga Moana. Under heavy rain and gusts of wind, participants visited Mauao, Pukehinahina (Gate Pā), and Te Ranga, in Pyes Pa. Each location offered a unique blend of historical context and personal narratives, allowing everyone to engage deeply with the stories of the land and its people.

For long-time residents like Kathy Everitt, Project Manager at the WBOP PHO, the haerenga offered new perspectives on familiar places. "Hearing the stories of past experiences and reflecting on their impact on current generations was a powerful experience. Being at the

very places where these events took place, and visiting the marae, was truly amazing. The more I learn about what happened, the greater my empathy and understanding. I will continue to reflect on the lasting impact these events have had across generations."

For healthcare professionals like Barbara Dunn from Katikati Medical Centre, the experience reinforced the importance of cultural understanding in patient care. "I enjoyed the visit to the marae, learning about the protocols, and hearing the stories throughout the day. The whole journey was incredibly informative. For me, it reinforced the Māori perspective on health and wellness, and in practice, it will give me a greater understanding of these differences."

*"Titiro whakamuri, kōkiri whakamua. Look backwards to look forwards."*

**Continued on pages – 7 & 8**



*Cultural Haerenga: A journey of reflection and understanding – continued*

# The Importance of the Cultural Haerenga



The WBOP PHO's commitment to the annual Cultural Haerenga demonstrates the organisation's dedication to fostering cultural competence and equity in healthcare delivery. This initiative plays a crucial role in addressing the health

disparities faced by Māori communities and promoting a more inclusive and culturally responsive primary care system.

Kiri Peita, General Manager: Māori, Population Health & Equity at WBOP

PHO, emphasised the significance of the event: "The Cultural Haerenga is more than just a day out; it's a transformative experience that allows our kaimahi to connect deeply with the history and culture of the communities we serve. This understanding is fundamental to providing equitable, culturally appropriate healthcare and building trust with our patients, particularly with tangata whenua."

Sénae Mitchell, Equity Programme Lead, highlighted the importance of the Cultural Haerenga for Equity Champions in general practice and PHO kaimahi. "This experience provides vital insights that can directly shape their approach to addressing health inequities. It's not just about learning an accurate history of Tangata Whenua; it's about understanding how that history, when shared truthfully, continues to influence our current thoughts, actions, and outcomes. Recognising what has occurred is essential to driving meaningful engagement and change".

## Honouring Pukehinahina

The Pukehinahina battlefield, now an outdoor reserve located in the Tauranga suburb of Gate Pā, was the third stop on the Cultural Haerenga. This place holds a profound mark in the country's history, as the site of the April 1864 battle where Māori defenders, using innovative fortifications, faced British forces in a clash that shaped the region's history.

Today, visitors can walk through the grounds, read interpretive signage, and view intricate carvings that pay tribute to British and Māori fighters. During the Cultural Haerenga, guides Ihaka and Michelle Smith explained the figures represented by these carvings, and shared personal stories deeply connected with the history of the battle and its 150th-anniversary commemoration in 2014.

The visit left a lasting impression on participants, as described by Nick McLennan, Data & Digital Team Lead at WBOP PHO: "The visit to the Gate Pā site was an incredibly enriching experience. Coming from outside the



Bay, I hadn't been aware of the historical events that took place here. Learning about the area's significance and the events that followed has inspired me to

explore my whakapapa, to understand where I come from and how I can apply these historical insights in my daily life and work."

*Cultural Haerenga: A journey of reflection and understanding – continued*

# Remembering Te Ranga

The visit to Te Ranga, the final stop of the Cultural Haerenga, provided an emotional close to the day. Guide Ihaka Smith, an uri (descendant) of those who lost their lives in the battle, shared his deep connection to the land and recounted the events that took place there.

The Battle of Te Ranga occurred on 21 June 1864, when just two months after the defeat at Gate Pā, British forces launched a retaliatory attack. Māori were unprepared as they dug trenches when the troops advanced.

In a brutal encounter, 120 Māori were killed. Most of them, as recounted by Ihaka, were pushed to the bottom of a cliff. Many of those were women and children, not fighters. This devastating defeat marked the end of armed resistance in the area and led to significant land confiscations, reshaping Tauranga's landscape and Māori land ownership.



Reflecting on the experience, Janae Toner from Fifth Ave Family Practice shared, "I've lived here for 18 years, never knowing the history, and after the haerenga my wairua felt more connected

to the whenua. This experience has solidified my journey of discovering my whakapapa and the desire to feel connected, and I'm certain this will guide the equity work I do in my practice". ▲

## A Journey Through Time and Place

To fully appreciate the Cultural Haerenga, it's essential to understand the significance of each stop along the journey. Here's a brief overview of the key locations visited and their historical importance:

### 1. Huria Marae

Starting point for the pōwhiri: The introduction to Māori protocols and hospitality.

### 2. Mauao (Mount Maunganui)

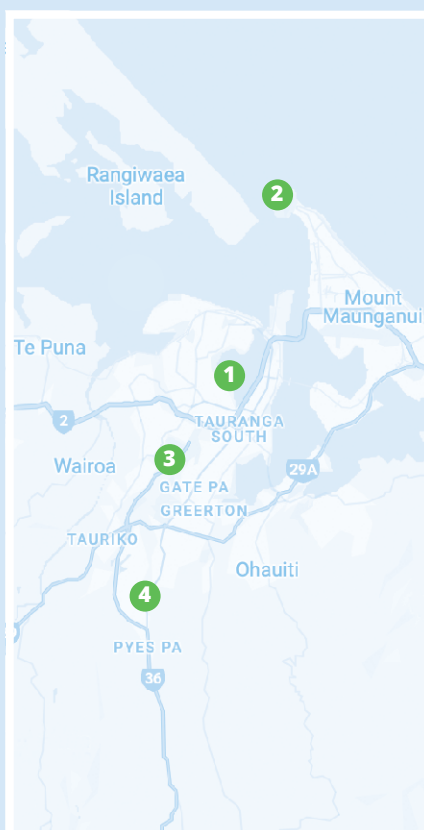
Origins of the name and local hapū affiliations: Key areas observed Hinekite (Main Beach), Awaiti (North Rock Bay).

### 3. Pukehinahina (Gate Pā)

The famous Battle of Gate Pā (29 April 1864): Symbol of Māori resilience.

### 4. Te Ranga, Pyes Pa

Location of the Battle of Te Ranga (21 June 1864): Site of British retaliation and a pivotal moment in local history.



## Learn More

### Video: Pōwhiri 101

Scan the QR Code for a short introduction to pōwhiri, the Māori welcoming ceremony.



### In depth content: Pukehinahina and Te Ranga

Explore detailed information about the Tauranga Land Wars





# Empowering Diabetes Care

WBOP PHO training explored CGMs and insulin pumps as new funding for these technologies was initiated for patients with Type 1 Diabetes.



The Western Bay of Plenty Primary Health Organisation (WBOP PHO) hosted a specialised training session on Type 1 diabetes management for 45 health professionals on the 22nd of October. The session targeted general practitioners, nurse practitioners, and registered nurses. During the session, primary and secondary care speakers focussed on the latest developments in insulin pumps and continuous glucose monitoring (CGM) technology.

"The funding for CGMs and insulin pumps starting in October is a game-changer for those with Type 1 diabetes. Primary care plays a crucial role in helping these patients access this technology. This training was designed to inform healthcare professionals on the processes and pathways involved, to equip them to better support their patients," explained Niki Pucci, Diabetes Nurse Educator at the WBOP PHO.

Dr Claire Isham, Clinical Director, and Michelle Meyer, Clinical Advisor from the WBOP PHO, provided updates on funding changes, Special Authority, eligibility criteria, available CGM options, pathways, and resources. "We estimate around 1000 people have Type 1 diabetes in the region. This funding has the potential to significantly improve diabetes management, particularly for Māori and Pacific Peoples, who are less likely to already use this technology.

By removing financial barriers, we can help ensure more equitable access to these essential devices," said Dr Isham.

From Tauranga Hospital/Hauora a Toi Bay of Plenty, Dr Michelle Downie outlined the process for initiating patients on insulin pumps. "With a limited capacity to start people on pumps each month, we must prioritise patients carefully. It is vital to keep general practice informed so they can support our community by sharing criteria and explaining likely long wait times, which we know will disappoint many. The expansion of funded technology brings added challenges to primary care, and we're very grateful for their dedication to our patients with Type 1 Diabetes," she emphasised.

The evening concluded with Jessica Montgomery and Karyne Coker introducing Freestyle Libre and Dexcom technologies, providing practical guidance for their use in primary care settings. Caroline Vanstone, Nurse Practitioner at Healthcare on Fifteenth, attended the training and shared, "The presentation on these technologies was incredibly relevant, as it's often difficult to access the representatives while working in general practice. The overall information of the session came at a great time and is already being applied in my work to support patient care and referrals to diabetes services."

## Education Workshops

The WBOP PHO facilitated a series of free diabetes education workshops at the Tauranga office and online via Zoom in October and November 2024. Designed for nurses and clinicians within our providers' network, these six sessions focused on the fundamentals of diabetes and the initiation of insulin therapy for Type 2 Diabetes Mellitus (T2DM).

Led by Niki Pucci, Diabetes Nurse Educator, and Anne Waterman, Diabetes Clinical Nurse Specialist from the WBOP PHO, the sessions covered screening recommendations, community referrals, and management strategies. The training also featured guest speakers who addressed various aspects of diabetes management, including medications and dietary considerations.

This was the second round of Diabetes Education Workshops this year, with the first edition taking place between February and April. ▲

## Resources

Throughout the event, a variety of valuable resources were shared. You can view the complete list here.



## Kiri's Kōrero

*This edition's bouquet goes to our incredible General Practice Teams: Receptionists, Nurses, Doctors, Health Improvement Practitioners, Health Coaches, and more.*

Each of you play a vital role within a much larger system, whether clinical or non-clinical, every member of the team brings their expertise and dedication to make a difference.

From these amazing teams, an Equity Champion is delegated, but what does it mean to be a Champion?

The Cambridge Dictionary describes a Champion as:

A person who enthusiastically supports, defends, or fights for a person, belief, right, or principle.

And as a verb:

To support, defend, or fight for a person, belief, right, or principle enthusiastically.

We've seen so many inspiring examples of General Practice Champions in action:

- A practice that includes Te Reo Māori as a language option on their website.
- Blessings performed by local Kaumātua for new buildings or to bring healing after a challenging event.
- Practices bravely examining their performance to find ways to improve.

- Co-designing services with whānau to ensure they meet their needs.
- Doctors bringing medical care to the community, offering free clinics to the homeless, beyond the walls of their practice.
- Practices making meaningful efforts to engage with local Māori providers.

Being a Champion takes courage – the willingness to step up and give it a go. It's not about getting it perfect the first time, but about learning, growing, and persisting.

As Billie Jean King so aptly put it, "Champions keep playing until they get it right."

To all our Champions out there: thank you for your passion, your perseverance, and your unwavering commitment to equity and care.

*Ngā mihi o te Kirihimete me te Tau Hou: "Season's greetings for Christmas and the New Year"*

**Kiri Peita** – GM: Māori, Population Health & Equity

### STEERING OUR WAKA:

## The WBOP PHO Workshop 2024

In October, the Western Bay of Plenty Primary Health Organisation (WBOP PHO) hosted its annual half-day staff workshop, 'Steering our Waka', at the Tauranga Yacht Club. This event served as a vital opportunity for kaimahi working across the organisation, both in the community and backend office roles, to come together for whanaungatanga, while considering the next steps of the organisation.

The primary goal of this year's workshop was to refine the WBOP PHO's vision and purpose, while also exploring the core values. Building on the initiatives from previous years, the focus for 2024 was clear: to foster a unified understanding of the organisation's direction and approach.

As part of the preparation for the workshop, kaimahi were encouraged to reflect on their own personal vision, purpose, and values, ensuring that individual insights would contribute to the collaborative activities throughout the day. Our main activity involved kaimahi working in teams to develop vision and purpose statements. These were all creatively presented to attendees through skits, storytelling and song, resulting in some amazing ideas to take forward.

Lindsey Webber, CEO of the WBOP PHO noted, "We opted not to bring in an external facilitator for this workshop, instead, a diverse team of kaimahi from various functions within the organisation was selected to facilitate the event". This decision was to showcase the broad



range of skills across the organisation while ensuring costs were kept to a minimum.

"From start to finish, the facilitators successfully created an environment where all participants felt engaged, involved and able to be creative. This approach not only highlighted the importance of collaboration but also reinforced the idea that the organisation's strength lies in its people", concluded Lindsey. The workshop closed on a high note, with renewed energy and collective commitment to the day-to-day mahi of the WBOP PHO. ▲



# WBOP Workforce Development Fund reopening in February

The Western Bay of Plenty Health Workforce Development Fund, launched in September, with its first round of applications and will reopen for a second round of applications on the 1st of February 2025. In the first round, which closed in October, there were 26 applicants, of which 18 were successful. The successful applicants were chosen as showing to have the greatest potential to make an impact in the community and for whānau.

In line with the interim New Zealand Health Plan (Te Pae Tata), Te Whatu Ora has recently introduced new funding to help grow and develop the primary

and community health workforce.

The funding aims to support further education and skill development for health workers in these areas.

Research shows that having a broader mix of skills within primary care teams leads to better access for the community and improves equity outcomes. In the Western Bay of Plenty, WBOP PHO is managing the funding for primary and community care settings, while a similar initiative for hauora Māori providers is being led by Poutiri Wellness Centre.

Recipients of the funding shared how the fund will make a difference in their lives, one noting "This opportunity allows me

to re-enrol in my studies and minimises the financial strain on my boys. I am very grateful to have been selected." Another said the funding will help to deepen their healthcare journey into nursing, stating "I am very committed and excited to start my nursing journey. With over 10 years of experience in healthcare, I am excited for the next step."

The second round of the Western Bay of Plenty Development Fund will close on the 10th of March. A third round is planned for later in 2025. ▲

**For more details email:**  
[workforce@wboppho.org.nz](mailto:workforce@wboppho.org.nz)

## ShakeOut 2024

**At the WBOP PHO, we know that being prepared for emergencies is essential – not only for our own safety, but for the health and well-being of our communities.**

During the nationwide ShakeOut 2024 earthquake drill on the 24th of October, our entire staff joined thousands across New Zealand in a moment dedicated to practising these lifesaving skills. None of us was spared from the drill's alert, not even our executive leadership team, who paused their weekly meeting to participate (photo!).

The ShakeOut reminds us of the importance of being ready, with simple actions like "Drop, Cover, Hold" that can protect us from harm. Knowing what to do and practising these steps reduces the stress and anxiety that often arise in emergencies and keeps us prepared to respond calmly when it matters most. ▲



### Upcoming Events

#### December

**18** International Migrants Day

#### January

**4** World Braille Day

**24** International Day of Education

#### February

**1** Ovarian Cancer Awareness Month

**2** World Wetlands Day

**4** World Cancer Day

**6** Waitangi Day

**11** International Day of Women and Girls in Science

There are too many events to list, so this list is not comprehensive.



# Chinese health leaders visit WBOP PHO

The Western Bay of Plenty Primary Health Organisation (WBOP PHO) hosted Mr Wu Wei, Director General of Jiangxi Provincial Medical Administration, and his delegation from Jiangxi Province, China, during their tour of the Bay of Plenty on 14th October 2024. The visit focused on learning about the WBOP PHO's role as a non-profit organisation supporting and delivering primary health care through general practices, iwi partners, and community providers.

The Executive Leadership Team welcomed the group with a whakatau led by Reweti Te Mete, General Manager of Ngāti Kahu Hauora. During their time at

the WBOP PHO offices, the delegation sought to understand the organisation's services, projects, and programmes. Lindsey Webber, CEO of the WBOP PHO, stated, "This visit highlights the importance of exchanging knowledge and experiences in healthcare, especially in making services accessible to all communities."

The WBOP PHO team provided insights into their efforts to ensure that essential health services are accessible to everyone when and where they need them. The delegation expressed interest in exploring potential future collaborations.

*This visit highlights the importance of exchanging knowledge and experiences in healthcare, especially in making services accessible to all communities."*

– Lindsey Webber, CEO, WBOP PHO.



As a gesture of appreciation, the Jiangxi delegation gifted the WBOP PHO a traditional porcelain decorative plate. Jiangxi is known as the "Porcelain Capital of China" and is home to Jingdezhen, a national centre for porcelain production. The yellow colour in the design of the plate received, symbolises royalty in the province, and the writing at the bottom displays the name of their organisation.

Home to over 45 million people, Jiangxi Province has a history of creating partnerships across business, education, research, and health sectors overseas. The medical administration body oversees healthcare policy, regulation, and the administration of health services in the province. Its efforts aim to improve the overall health system and promote essential healthcare reform.



– As a gesture of appreciation, the Jiangxi delegation gifted WBOP PHO a traditional Chinese decorative plate.



Western Bay of Plenty  
Primary Health Organisation

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