

**Minutes of the Motueka Community Whanau Meeting
Held on 2 June 2010 at 12.00pm**

Present: David Armstrong - Motueka Online, Jenny Richards – Adult Learning Support, Margaret King – IRD, Kaye Latham – Department of Internal Affairs, Madhu O'Brien – Te Awhina Marae, Bobbie Hutton – Nelson Bays PHO, Celia Bulman – Motueka Women's Support Link, Pamela Hedlund – Motueka Mentoring/Strengthening Families, Jude Ritchie – Nourish, Jody Maru – Motueka Recreation Centre, Ria Ahearn – MRC, Glenis Bell – Nelson Bays PHO, Ron Sharp – Community House, Simon Jones – Relationship Services, Brent Maru – Sport Tasman, Margaret Thomson – Community Law, Sonny Alesana – NZ Settlement Support, Rae Dozell – Whenua Iti / Whanau Meeting Co-ordinator

Apologies: Rose McDrury – Alzheimers Society, Cornelia Baumgartner - Kidpower, Renee Alleyne- Supporting Families

Our guest speaker for the meeting was **Bobbie Hutton – Immunisation facilitator from Nelson Bays PHO** who was speaking on the subject: **Don't Let the Flu Get You.**

Bobbie advised that there has been a steady rise in flu cases in the region, and the flu virus can last 5 minutes on hands, 24 hours on soft surfaces such as curtains soft furnishings etc, and 48 hours on hard surfaces such as door knobs, shop trolley's, computers etc. The flu is different to the common cold, and Bobbie handed out a paper outlining the significant symptoms present when someone has a cold versus the flu, with some of the main symptoms of flu being a high temperature, body aches and a headache. Bobbie emphasised the importance of washing your hands or using hand sterilising gel, and to try not to put your hands around your face in case of spreading germs, keep a one metre "social distance" from those who are sick, and use the new method of coughing/sneezing into your elbow or down the front of your clothes rather than into your hands. The latest vaccine contains three strains of flu including the "swine flu" and is 70% effective with the other 30% of people getting a mild case of flu. The best thing someone with the flu can do is Go Home Stay Home, and rest, keep up the fluids and take paracetamol for the temperature. Bobbie advised that most people can take the flu vaccine with no problems, however those who are allergic to eggs may have issues as the vaccine is derived from eggs. For an alternative to vaccination, Madhu from Te Awhina told the group of different combinations that protect the body from infections such as Olive leaf and is happy to offer advice to those interested.

Check In:

Celia – Women's Support: no particular news this time, however Celia advised they have a 24 hour phonenumber for those women needing support from such things as Family violence, and they are based at Community House between 9am – 12pm Monday to Friday to provide support for those who just drop in to talk.

Jude – Nourish: Jude responded to Bobbie's talk by saying they have a variety of families in Nourish who are both pro/anti vaccination and she found Bobbie's talk helpful. Nourish is developing a brochure about their

organisation at present, however it is a work in progress and hopefully will be available in the near future.

Jody – Recreation Centre: talked about the renovations happening at the Rec Centre at present, they are about half way through, the old skating rink has an extra 12 metres added to it, they'll have a new frontage, new offices and the gym will be double it's size, there will also be brand new toilets.

Ria – Recreation Centre: Ria is the new events co-ordinator at the Rec centre, she talked about the Fun Ride coming up on 20 June and Top Town is in the planning stages for October.

Glenis – PHO handed out information about the “**Tap into Tapawera**” **Expo 11 August 1.30 – 4.30pm** which is a health expo which will provide an opportunity to meet other health providers in the region and share information/resources with one another – for more information about setting up a display with appropriate resources please email Jo or Sue at Wakefield Health Care at office@wakfldhc.co.nz or Ph: 03 541 8911 or Glenis Bell at Nelson Bays Primary Health on glenis.bell@nelsonbayspho.org.nz

Ron – Community House: talked about the Festival of Lights starting Friday 18/6 – 27/6 Opening 6pm on Friday 18th, there will be a Mardi Gras, mid winter swim and a Matariki Display. Ron also bought up about the **Whanau Group's Response Team** which was formed to support groups in the community if they were making submissions etc that required backup by the members of the Motueka Community Whanau group – if any members of the group felt having the Whanau group's support in behind them would help them achieve things for the local community – please see Rae Dozell or Ron for any further information.

Simon – Relationship Services: discussed his role and said the Family Court has now mandated for him to see children (aged 6 years and over) as part of mediation, he advised he has lot's of experience with family therapy, and if people see their Doctor's they may be eligible for 4 free sessions with a counsellor.

Brent – Sports Tasman: discussed the changes being made to localised government budgets a Community Response Model will look at changes to next year's budget, Brent recommended we get Deb Pengelly or someone similar from Ministry of Social Development in to discuss any issues that may assist some our local groups. Rae to make contact with Deb to sort out a guest speaker.

Margaret – Community Law: provide a free legal service 3 days per week at Community House Monday's, Wednesdays and Thursdays. An education person can come out to groups for presentations, and they can assist with problems such as ACC or employment issues.

Sonny – Settlement Support: talked about being a conduit for information for newcomers to the district. Eight forums are held per year to assist with people needing education/information with settling in their communities so they stay in the country longer and settle more happily. Contact Sonny if you have information for distributing to newcomers.

Rae – Whenua Iti Outdoors: advised that changes have been made to Whenua Iti's Ministry of Youth funding, so the True North course will now only be 3 days per week instead of 4, and only 8 weeks long instead of 12. However there will be opportunities coming up for mentoring older youth in the outdoors, for further information please contact info@whenuaiti.or.nz

David – Motueka Online: the site has been receiving up to 3300 visits per month, some community groups have been using regularly, but David would like to encourage more community groups to make the most of the promotional opportunities for their organisations. If you subscribe online – you can receive weekly updates of the latest happenings in the district. David would also like to see more youth involved in the site if you know of any who would like to get information out there or write articles etc please contact David at editor@motuekaonline.org.nz

Jenny – Adult Learning support: discussed how she can provide free 1 on 1 assistance for those 18+ who need help with literacy or numeracy, it's been a quiet time and her hours may be cut if she does not get more students. Please encourage any of your clients to use this wonderful service to help them get ahead in the often difficult world of the literate. Contact Jenny on ph 528 6779

Margaret – IRD: talked about the budget changes and tax cuts, secondary tax rates will be changing and from 1/10/10 there will be no tax credit on redundancies. There are also changes to Working for Families coming up and of course GST is increasing to 15% in October along with changes to depreciation rates.

Kaye – Internal Affairs: COG's grants are now open for applications, they close the end of July, Kaye advised all groups to get in early with their applications as it can get very hectic towards the end of July and organisations may have to be contacted for further information etc

Madhu – Te Awhina: discussed the Diabetes hui on 22/6 and 29/6, and also advised if anyone is looking for free Homeopathic tinctures please contact Madhu on 528 6061. Madhu also advised their new Health manager is Rachel Davis.

There being no further business the meeting closed at 1.00pm

NEXT MEETING WEDNESDAY 7 JULY AT 12.00