

Te Puna Pānuī

TE PIKI ORANGA NEWSLETTER



Te Piki Oranga
MĀORI WELLNESS SERVICES



BOOSTING THE
BOOSTER RATES
PAGE 11

MĀMĀ AND PĒPI FEEL
AT HOME WITH
KAUPAPA MĀORI CARE
PAGE 5

DON'T LET THE
FLU GET YOU
PAGE 6

Ngahuru | Autumn, 2022

TE PIKI ORANGA
IN THE NEWS
PAGE 7

LOOKING FOR OUR
'NEXT TOP MODELS'
PAGE 8

GO ON, TELL US
WHAT YOU
THINK!
PAGE 9

Rārangi Upoko

Message from Anne

Pēpi at the heart of Tamariki Ora

Māmā and pēpi feel at home with kaupapa Māori care

Don't let the flu get you this winter

Cruise into autumn with hearty, healthy kai

Te Piki Oranga in the news

Looking for our 'next top models'

Go on, tell us what you think!

A safe place to talk about tough topics

Boosting the booster rates with Pasifika partnership

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A message from Anne



E rere ngā mihi ki ngā mate o te motu
Ki a koutou kua mahue mai i a mātou
whakangaro atu rā
Kia a tātou ngā mahuetanga o rātou,
kei te mihi, kei te mihi, kei te mihi.

Kia ora

Kia ora e te whānau and welcome to ngahuru, autumn.

Since our last pānui, we have continued to work hard on our COVID-19 response for Te Taihū. A special shout-out and tautoko to those in our community aged 65 or older who have been especially diligent in getting their booster vaccine.

The booster vaccine has generally been in demand from those in the eligible age range (18 or older) and our rangatahi continue to lead the way for completing their two-dose vaccination course. More than 85 percent of 12 to 17-year-olds have had their second dose to date.

Anō te pai! I would like to acknowledge the continued efforts of Te Piki Oranga kaimahi, our partnerships with marae and iwi leaders and work alongside Te Kotahi o Te Taihū Trust, the Nelson Tasman Pasifika Trust, Nelson Marlborough Health, Nelson Bays Primary Health and Marlborough Primary Health.

Don't forget e te whānau – either two doses or a booster dose for the best protection against COVID-19. We are here if you need us for a kōrero, especially if your tamariki are aged five to 11, because by 20 March, only 38 percent of tamariki Māori in our region have had their first dose and only five percent have had their second.

I know tamariki are everything to you and that you are doing your best as a whānau while schools and workplaces and your home lives are affected by COVID-19. Please don't hesitate to reach out for support. Phone us on 0800 ORANGA if you're not sure where to start.

And in case you are feeling a bit hōhā about COVID, we've included lots of non-COVID stories in this pānui. We have many services to help you and your whānau to thrive. You can subscribe to our e-pānui using the email address on page two, and follow us on Facebook or Instagram also!

Wishing you and your whānau the best. Ngā mihi,
Anne

Whānau at the heart of Tamariki Ora

Our Ngā Pūkenga Hauora Tamariki Ora/Well Child Tamariki Ora Service is here to help māmā and pēpi thrive during those special, and crucial, years from birth to age five.

Tamariki Ora is part of the national Well Child (Plunket) programme. Our specially-trained nurses offer Well Child checks, specialist lactation advice and support with breastfeeding, childhood immunisation, safe sleep and creating a smoke-free environment for pēpi.

We care for māmā of all ages, talking through things like kai and nutrition, sleep, exercise, and wellbeing. And if you need it, our pukenga manaaki/counsellor is available. We can also connect other whānau members to other health and wellbeing services they may need.



Debbie Kotua (left) with māmā and pēpi

See Sarai's story on the next page about how she and pēpi Māreikura get the most out of their Tamariki Ora programme.

Whakatū Tamariki Ora nurse and lactation consultant Debbie Kotua helps māmā with breastfeeding, advises about nutrition for milk supply and checks that pēpi is getting enough food and growing well.

She does Well Child checks as pēpi grows but says that the health of the whole whānau is important as well. "There are several ways we tailor things to whānau," says Debbie.

"First there's the cultural connection that comes through from Te Piki Oranga's kaupapa Māori approach and vision of whānau ora and tino rangatiratanga.

"We use te reo as much as we can, and it's really important to me to take the time to build a rapport with māmā, tāne and whānau, as they all play a role in raising their tamariki. Māmā and pēpi are at the centre but we take the Te Ao Māori view of hauora and wellbeing."

Debbie says that the four dimensions of hauora are integral to healthy tamariki and their whānau. These are: taha wairua (spiritual health), taha hinengaro (mental health), taha tinana (physical health) and taha whānau (family health).

"We put a high value on the connections between the four dimensions within the whānau as a whole and as individuals. Because Tamariki Ora nurses have access to Te Piki Oranga's other services, we can make referrals for other issues that come to light – it's a wraparound service that benefits the whole whānau and leads to better outcomes for everyone."

Debbie has been with Te Piki Oranga for nine years, including five as a Tamariki Ora nurse and lactation consultant. Debbie is tangata whenua from Whakatū, of Ngāti Koata, Ngāti Toa, Ngāi Tahu and Ngāti Raukawa descent. She lives with her partner and four tamariki aged between 10 and 17 years old.

Māmā and pēpi feel at home with kaupapa Māori care

Sarai Tuhua lives in Whakatū, Nelson – a long way from her family in Rotorua. When her fourth child Māreikura was born she sought out kaupapa Māori support through the Tamariki Ora service.

This was the start of her relationship with specialist nurse and lactation consultant Debbie Kotua, who became Sarai's clinician when Māreikura was a few weeks old.

"I wanted to have a kaupapa Māori health service looking after me and my newborn this time around," says Sarai.

"I don't have much whānau here in Nelson, and I felt this was really important for me. The service Debbie provided turned out to be the best I've experienced. It just made me feel so comfortable even though I'm a long way from my own whānau."

Sarai loved the way Debbie came to her house for appointments.

"I didn't have to pick up my newborn and take her out to a clinic – Debbie visited me in my home which really helped."

Sarai had a lower milk supply than she'd experienced with her previous children. She worried that Māreikura was not gaining weight and needed reassurance that everything was OK.

"It just was not as easy as with the other three, and I did get a bit panicky."

Debbie helped with close supervision and monitoring of both māmā and pēpi, and had plenty of tips and advice on breastfeeding and nutrition.

"Debbie visited whenever I needed her, and she really went the extra mile. She was accessible by phone, even if she couldn't get to see me.

Debbie was just like an auntie – in fact, I think Māreikura thinks she is an auntie!

"She watched me feed, gave me information on different recipes to help boost my supply, and built my confidence up that everything was OK. She was very non-judgemental – I felt very comfortable when she visited me in my house."

Sarai said one of the biggest advantages of using a kaupapa Māori service was Debbie's awareness of Sarai's needs and how best to help her manage any problems.

© Stuff

"Debbie was just like an auntie – in fact, I think Māreikura thinks she is an auntie! She made me feel like my child was special, even though I know she has many others to look after!"

Māreikura is now two and a half years old. Debbie is still available for the toddler's Well Child checks and she and Sarai keep in touch by phone and text between visits.

"Debbie is fabulous," says Sarai. "She's just very good at her job!"



Don't let the flu get you this winter

COVID-19 has shown us how simple but effective steps help us stay well – hand washing, covering coughs and sneezes, staying home when we are unwell, and vaccination.

It has shown how our whānau can really step up when it comes to their health and that of their whānau and community.

While our COVID-19 vaccination programme continues, we are now also looking ahead to winter and the flu season.

Many of our whānau get their flu vaccine each year and this year it is even more important as we prepare for the return of seasonal flu now that international borders are open again. While the flu virus can circulate year-round, we mostly have seasonal outbreaks in Aotearoa.

Each year a different variant of the virus makes its way here from the Northern Hemisphere where it

has already had the northern winter to thrive and spread.

Flu can be dangerous for kaumātua, hapū māmā, tamariki who have been unwell before with respiratory illness, and any whānau with diabetes, heart and lung conditions and other illnesses.

Vaccination is free if you are in these groups, but the criteria is broader than this, so if you are worried about how the flu would affect your health this winter please get in touch.

Flu vaccines are usually available from April, and we'll provide more information on our website, Facebook and Instagram closer to the time. Let's get ready for winter by protecting ourselves against debilitating flu as well as COVID-19 – and yes you can get both vaccinations at the same time.



Te Piki Oranga in the news

A selection of media stories featuring our kaimahi and service users

On 24 January, TVNZ's Te Karere team featured Te Piki Oranga in their TV news item about South Island iwi ramping up defences against Omicron.

Find the clip on our Facebook page by scrolling down to our 25 January post.



On 30 January, the Marlborough Express published a story about our Wairau vaccination clinics for tamariki.

'You can find this on the Stuff website, [stuff.co.nz](https://www.stuff.co.nz) by searching 'Kids get first jab thanks to Māori health organisation Te Piki Oranga'. Here is a screensot of the story

Kids get first jab thanks to Māori health organisation Te Piki Oranga

Matthew Hampson · 12:10, Jan 30 2022



Harper, 7 and Cohen McClennan, 8 with their ice blocks after getting their first jab on Saturday.



On 11 March, the Nelson Mail/Stuff published a story about our nurse practitioners Meg Robertson and Carol Whitfield.

If you're wondering what nurse practitioners can do for you and why you should choose kaupapa Māori healthcare, the article explains it nicely. Type the headline into the search box on the Stuff website [stuff.co.nz](https://www.stuff.co.nz) to find it: 'Kaupapa Māori approach to taking healthcare into the whare.'



Looking for our ‘next top models’

We are looking for a multigenerational whānau (e.g., kuia and koro with their children and mokopuna) to take part in a photoshoot to help inspire others to use our services. Is this you?

We want to keep it real so might ask to photograph you at home or in your garden or local playground. We also want to represent our region, Te Taihū, so are looking for whānau in Whakatū, Waimeha, Motueka or Wairau!

The photos will be used on our website, brochures, social media and pānui. In exchange for your time and beautiful smiles, we will give you copies of the professional pikitia.

This is a great opportunity to inspire others who have not yet joined the Te Piki Oranga whānau, and to get some lovely photos of you and your loved ones to treasure. If you are interested, contact us by phone on 0800 ORANGA (672 642) or email us at admin@tpo.org.nz



Here are some examples from a photo shoot a few years ago

Go on, tell us what you think!

As part of how we continually review our services to find out what we are doing right, what we could do better and what we need to fix, we invite you to tell us what you think in a survey

We will send the survey by email to whānau on our mailing list. If your email address has changed please let us know and we can update it for you, so you don't miss out.

You can email us at admin@tpo.org.nz, phone 0800 ORANGA or join our mailing list by going to the 'ohauru/subscribe' link at the bottom of our website, tpo.org.nz

Please let your friends and whānau know to do the same so that they can have their say.

We'll be asking things like:

- What are the challenges you find in accessing and using our services?
- What can we do to improve?
- What are we doing well that works for you and your whānau?
- What services do you need that we don't already provide?
- How would you prefer to receive information from us?

All survey participants will go into the draw to win a \$100 kai or petrol voucher





A safe place to talk about tough topics

If you or someone in your whānau have experienced any abuse while in the care of state or faith-based institutions, Te Piki Oranga can offer a safe place to talk about your experiences.

We understand that sharing about traumatic experiences can be difficult. Our qualified, specially-trained community champions can listen and kōrero with you in a non-judgemental, safe way.

In one of our pānui last year we introduced you to community champion Rameka Te Rahui. Rameka says that talking with someone you trust can be the start for people seeking help and treatment for trauma.

“We understand that anyone telling their story is going to go through a lot of emotions in the process. Talking can bring up a lot of grief, anger, and fear. Sometimes the hardest thing is making the first move and picking up the phone,” Rameka says.

“We’re here to help anyone through that process – deciding whether and how to take part, navigating the process and getting the follow-up care you need.

“There is free counselling available and for many people, this has made it possible for them to get treatment for any ongoing trauma they are experiencing as a result of their experiences.”

Contact Te Piki Oranga in confidence on 0800 ORANGA (672642) or email us at admin@tpo.org.nz and ask to speak to one of our community champions



Iwi immunity

Te Piki Oranga nutritionist Brittani Beavis explains how you can boost your health through kai



With COVID-19 in the community and hōtoke (winter) on the way, we need to make sure that we are as healthy as possible. To start with, we should look at kai that can support our te taha tinana (physical health). This includes eating lots of whole foods (unprocessed foods) and ensuring we're eating 'all the colours of the rainbow'.

You don't need to break the bank by purchasing a tonne of fresh fruit and vegetables – frozen, canned, and dried kai works just as well! The main immunity-boosting vitamins and minerals we want to include in our diets are vitamin C, vitamin D, all the B vitamins and zinc. Here is the rundown:

Vitamin C

This is the one most people know and talk about. Think oranges, kiwifruit, kumara and silverbeet! Vitamin C is super important because it helps to protect our bodies from toxins in the environment (such as pollution, sun exposure and cigarette smoke). As a bonus, it also supports our skin health to keep us looking youthful.

Zinc

Zinc has so many functions in our body and is important for hair growth, a healthy immune system, wound healing and even taste!

It can be a little difficult to find zinc in kai, but mussels, milk, and lean steak are a good starting point. If putea is tight then wholegrain bread rolls with peanut butter provide a small amount of zinc.

Vitamin D

The beautiful sun is the best place to get vitamin D and living in Te Taihira we're blessed to get lots of it! However, if you're mauiui (sick), have dark skin, or spend a lot of time indoors, then it's important to get a good dose of vitamin D from kai instead of relying on the sun. Canned tuna and salmon, eggs, and dairy products are a great source of vitamin D, and they are relatively inexpensive! Vitamin D helps to strengthen our bones, helps to make us happy, and boosts our immune system.

B vitamins

There are many different types of B vitamins and all of them support our immunity, as well as breaking down the kai we eat! Eating a good range of kai including whole grains (eg oats), nuts, meat, fish and dark leafy vegetables will keep you topped up on B vitamins. If you're hapū (pregnant) then folate (B9) is vital for helping pēpi to grow a strong spine and nervous system. If you are a vegan then B12 can be really difficult to include in your diet, as it comes from animal products, and supplements might be needed.

Boosting the booster rates with our Pasifika partnership

Te Piki Oranga was delighted to work with the Nelson Tasman Pasifika Trust

A COVID-19 vaccination clinic co-hosted by Te Piki Oranga and the Nelson Tasman Pasifika Trust aimed to appeal to whānau Māori and Pasifika RSE (seasonal) workers.

Amber Ford (Kāi Tahu / Te Āti Awa) is a registered nurse and kaituitui tuarā (co-ordinator) for Te Piki Oranga's COVID-19 vaccination programme in the Nelson Tasman region. She says the clinic was part of the 'Big Boost' clinics held across the motu in February.

"Our main message to people then – and now – is that it's time to boost your protection as a whānau. To sit down and have a kōrero about getting everyone up to date, whether it's your first, second or booster dose.

"We make it super easy by offering walk-in whānau clinics. We make it fun for the tamariki with colouring-in, stickers and ice-blocks afterwards," says Amber.

The paediatric Pfizer vaccine, which is a smaller dose than the adult dose, became available to children aged five to 11 on 17 January.

"By March, about a third of tamariki Māori aged five to 11 who live in Te Taihū had had their first dose. This is a good start now that kids are back at school, playing their team sports and mixing again. But we need to keep going and get more tamariki protected," Amber says.

"Parents know what is best for their children and our nurses hear some good questions from parents about the vaccine and about COVID-19, which they are happy to help with.

"Some ask about 'how bad' COVID is for children. For a lot of children, it can be mild, but others will get very sick, and some will need to go to hospital. Parents are also concerned about 'long COVID' which is very real, and which will mean some children are unwell for a much longer time."

Amber says that even a mild case of COVID-19 will be hard on families.

"There's been so much disruption to whānau life, work, school and fun over the past two years. We want children to be able to enjoy less disruption now. If one child in the whānau gets COVID-19 then everyone in that whare, and other close contacts have to stay home."

The effects of COVID-19 are also very much top of mind for the Nelson Tasman Pasifika Community Trust says General Manager Rob Blake.

"Our main focus is on our Pasifika families, mainly ensuring that their children are vaccinated and that parents have the opportunities to talk to healthcare professionals – in their Pasifika languages if they prefer that.

"When families come in, we can make sure mum and dad are up to date also, whether it's their first, second or booster dose," Rob says.

"Employers of Pasifika RSE workers have done a great job in making sure their workers have had the opportunity to get their vaccines. We are proud to be part of the ongoing collaborative efforts in Te Taihū to protect people against COVID-19 and help keep the local economy moving by protecting critical workforces."

About Omicron and booster vaccines

With Omicron in the community, getting a COVID-19 booster is the best thing you can do to protect yourself, your whānau and your community. While two shots were great protection against Delta, you need a booster for Omicron.

- Evidence shows your protection against infection after the first two vaccine doses decreases over time. Getting a 'top up' vaccine helps boost your immunity against COVID-19.
- Boosters also help slow the spread of the virus. They lower the chances of getting very sick from COVID-19 so more of us can stay well and that helps free up our hospitals for people who need care.
- You can get boosted if you are 18 or over and had your second Pfizer vaccination at least three months ago.
- High rates of vaccination have helped stop a Delta outbreak here. The science tells us to reduce the risk of Omicron we need to get the number of people boosted as high as possible.

Ease into autumn with hearty, healthy kai

Are you after some inspiration for meals that won't break the budget? You could try the Easy Choice Family Kai seasonal cookbooks from Love Food Hate Waste.

The ngahuru/autumn cookbook is out now, inspiring us to make the most of ngahuru tikotikoire – harvest time. Look online at: lovefoodhatewaste.co.nz/easy-choice-meal-planner

- ✓ *Healthy recipes packed with veggies, beans and wholegrains*
- ✓ *Zero food waste is good for the planet, your whānau and your wallet*
- ✓ *Make the most of what's in season or on special*



Tamariki, rangatahi mā!

Some of our favourite pikitia from tamariki and rangatahi COVID-19 vaccination clinics



#Protect TE MOANANUI A KIWA

Are you and your whānau COVID ready? There are simple, practical things you can do to prepare in case you, or someone in your whānau becomes unwell, or when there are COVID-19 outbreaks in our community

Make a Plan

Decide what happens if someone in your whare gets māuiui/sick

Option1: Set up a room in your whare where whānau members can isolate themselves away from others

Option 2: If it's not possible to set up a room, create separate zones so they're away from shared spaces such as the living room & kitchen

Option 3: Coordinate with your whānau/hapori another whare where whānau can go & isolate

Set the Tikanga

Decide what the tikanga is for your whare so everyone is clear

Hold a whānau hui so everyone knows how to manaaki each other if someone gets sick

Communicate your expectations with your manuhiri e.g. text or message before they arrive, beep from the gate, wait in the waka

Put up signs on your fence & front door, set up a table outside the front door with sanitiser & a QR code / register

Prepare Your Whānau

Make sure all the whānau are on board & understand the plan

Put a list up on your fridge of whānau details (names, ages, NHI numbers, medical conditions, addictions) & emergency contacts (GP clinic, after hours, support agencies) - just in case

Talk with your tamariki about what the plan is if you get sick or go to hospital & how to reach out for help if needed
Nominate someone outside of your whare who can help if your whānau is isolating, like delivering kai or supplies



Whānau Plan Preparing your whānau & your whare



Prepare Your Whare

Think about how to set up your whare to minimise the spread

Draw up a map of your whare to help define your zones, e.g. shared spaces, isolation areas, sanitising stations

Make a list of household instructions that are easy to follow if you get sick e.g. feeding pets, paying bills

If you don't have enough room inside your whare, consider using a tent to make a comfortable space with all the necessary supplies

Prepare Your Pātaka

Make sure your pātaka has plenty of kai in case you need to isolate

- Kai high in vitamins i.e. fruit & veges
- Fluids i.e. water, broth, kawakawa tea
- Baby supplies
- Hygiene products
- Medical supplies
- Cleaning supplies

Organise kai ahead of time that's easy to heat when needed e.g. soups, stew
Make up individual laundry & toilet bags for each person & store separately with your personal belongings

Protect Your Whakapapa

Keep to the kaupapa & encourage each other to stick to the plan

Stay connected - arrange regular catch-ups with your whānau, friends & community

Don't be whakamā to reach out if you need help. You are not alone.

Like our tūpuna of Te Moananui a Kiwa - stay strong, stay resolute

#ProtectOurKaumātua

#ProtectOurMātua

#ProtectOurTamariki

#ProtectOurWhakapapa

#Protect Our Whakapapa





Te Piki Oranga is your kaupapa Māori primary health and wellness provider for Te Taihū. We deliver a range of health and wellbeing services for young and old with a unique, holistic Te Ao Māori approach.

To find out more about all our services and to refer yourself or someone in your whānau, go to www.tpo.org.nz

Where to find us

Whakatū/Nelson

17 Bishopdale Avenue
Phone: 03 546 9099

Wairau/Blenheim

22 Queen Street
Phone: 03 578 5750

Motueka

117 Pah Street
Phone: 03 528 1046

Website

tpo.org.nz

Phone

0800 ORANGA (672 642)

Email: admin@tpo.org.nz

Facebook

facebook.com/tepioranga

REGIONAL HELPLINES

NELSON MARLBOROUGH DHB MENTAL HEALTH CRISIS LINE
0800 776 364

NATIONAL HELPLINES

COVID HEALTHLINE - 0800 358 5453

HEALTHLINE 0800 611 116 - REGISTERED NURSES
FOR TRIAGE AND ADVICE

SUICIDE CRISIS HELPLINE - 0508 828 865
WWW.LIFELINE.ORG.NZ/SUICIDE-CRISIS-HELPLINE
LIFELINE - 0800 543 354 WWW.LIFELINE.ORG.NZ

PLUNKETLINE 24/7 - 0800 933 922



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