



Te Piki Oranga  
MĀORI WELLNESS SERVICES

# Te Puna Pānui

TE PIKI ORANGA NEWSLETTER

Raumati|  
Summer  
2023-2024



MANU ORA –  
SUPREME  
BUSINESS  
AWARD  
WINNERS

COLLABORATION IS  
KEY TO THE  
KAUPAPA  
OF MANA WĀHINE

TIKANGA  
WĀNANGA  
BRINGS  
KOTAHITANGA



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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, and welcome to Te Puna Pānui for the end of 2023.**

Te Piki Oranga has gone from strength to strength this year, building our workforce and developing our kaimahi in response to community need and staying true to our taukī whakatakanga, our mission statement: Mā to huruhuru, ka rere te manu – Enable whānau to achieve wellness.

This pānui gives a little insight into the mahi we do every day to make a positive difference in whānau lives. We also offer some 'be raumati-ready' advice because health promotion and harm prevention is an important part of any healthcare provider's role.

Of the many highlights for me this year, our tikanga wānanga at Waikawa Marae is one, where we launched new posters for ngā uara, our values, beautifully designed by Nerys Baker. The posters provide a visual representation of Wairuatanga, Manaakitanga, Whakawhanaungatanga, Kotahitanga, Kaitiakitanga and Rangatiratanga in our tari so that we may hold ourselves accountable to ngā uara daily.

The launch of our Mahere Rautaki, our Strategic Plan 2023-2028, is another highlight. Whānau are at the centre of our strategic planning, because we want to support the development of healthy, strong and self-sufficient whānau, and support access to cultural knowledge that unites us as Māori.

I am looking forward to seeing our kaimahi leave our tari and health hubs for a hard-earned break this summer. We can end the year knowing our new Mahere Rautaki will guide us forward and anchor us in our mahi.

**Nāku noa, nā  
Anne Hobby, Tumuaki**



**Meri Kirihimete me harikoa  
he Tau Hou Pākehā ki a koe  
me tō whānau**

**Merry Christmas and happy  
New Year to you and your family**

We are closed from 4pm on Thursday 21 December,  
and open again at 8.30am on Monday 8 January 2024.

Nā Te Piki Oranga





# Supreme Business Award for Manu Ora

Manu Ora won the Supreme Business Award in the 2023 Marlborough Chamber of Commerce Business Excellence Awards.

The Wairau-based primary care team, established in 2021 in partnership with Te Piki Oranga, also won the 'New and Emerging Business' and 'Community Impact' award categories. Manu Ora Director and GP, Dr Sara Simmons, says the recognition shines a light on health equity, and particularly Māori health equity.

"We are honored to be acknowledged for our mahi and thank all those who have supported our innovation and commitment to do things differently.

"We see this as another indicator of the difference that can be made to the hauora (wellbeing) of our whānau," Dr Simmons says.

In a letter of congratulations to Ricky Carr, Pūkenga Kaiwhakahaere for Te Piki Oranga in Wairau, Manu Ora Director and GP Dr Rachel Inder and Dr Simmons wrote the following:

*Ka mihi mātou ki tō tautoko i a mātou mahi. As our partnership with Te Piki Oranga is integral in this success, we acknowledge you and your rūpū as we celebrate these awards. Ngā mihi maioha for believing in us, and for supporting our vision, our mahi, our whānau.*

*It was a leap of faith to establish a different kind of practice that focuses on achieving health equity in meaningful ways. One that offers no or low-cost healthcare to our whānau with complex needs in a flexible, culturally-safe and whānau-centred way. After a busy two years, we know there is still much to do.*

*Our caring and experienced rūpū are committed to continuing to offer a service that meets the needs of our whānau, ensuring we reduce inequities in access to healthcare and improve health outcomes for Māori in Wairau.*

*Ka tino mihia tōu ki tō mātau kaupapa. Your commitment to our kaupapa is truly appreciated.*



*Manu Ora kaimahi with their three awards.*

# Tikanga wānanga brings kotahitanga

A tikanga wānanga for Te Piki Oranga kaimahi was held at Waikawa Marae in December as part of Te Piki Oranga Cultural Capability Framework Strategy.

Carl Baker, Te Pou Taki, says that wānanga is a place of learning, where kaimahi are taught aspects of celestial and terrestrial Māori knowledge.

“For some kaimahi this was a new experience, and all kaimahi were kept safe and well-informed of the cultural practices. There was time for reflection, karakia, waiata, working together and laughter,” Carl says.

“Wānanga will continue to be an essential component of Te Piki Oranga, especially more beneficial by being on the marae, with mana whenua throughout Te Taihū.”

The whakataukī Carl chose to describe the tikanga wānanga is: Whatungarongaro te tangata toitū te whenua – as people disappear from sight, the land remains.

Participant Rachelle Tauroa, Kaiawhi Hangarau Whakaaturanga, says the wānanga was an opportunity for kaimahi to learn, and strengthen knowledge about, tikanga such as pōwhiri.

Kaimahi enjoyed a kōrero from Barney Thomas, Te Taihū pou tairangahau (extensive cultural advisor) who talked about his life growing up in Waitohi, his mahi with the Department of Conservation and his mahi within the rohe, iwi and hapu whānau of Te Taihū.

Mr Thomas holds many governance and kaitiaki roles with Ngāti Rāua Ātiawa Iwi Trust, representing the iwi and Te Āwhina Marae in areas such as resource management and land management. In November this year he was awarded Te Tohu Ratonga Tūmatanui o Aotearoa, the New Zealand Public Service Medal as recognition for 40 years of civil service.



*Kaumata Barney Thomas*



*Te Pou Taki Carl Baker*



*Tumuaki Anne Hobby*



Rachelle says another highlight of the wānanga was the workshop around ngā uara (values).

“This started with each tari doing a skit or kōrero around what they have been doing in their tari around ngā uara,” Rachelle says.

One example of this is the kōrero led by Gaynor Rikihana-Takao, Nehi Arahanga for the Motueka tari.

“Gaynor described how our values are a taonga and a way of being within Te Ao Māori, which was supported with a brief kōrero from Chook Norgate.”

Also at the wānanga, Thomas Ngaruhe gave a kōrero about Te Tiriti o Waitangi. And kaimahi all contributed to wānanga duties ranging from breakfast and clean-up, to leading karakia and waiata.



Thomas Ngaruhe



Above, left: Ngareta Campion

Above, right: One of many waiata

Left (and Te Puna Pānui cover photo):  
Kaimahi and special guests at the tikanga  
wānanga held at Waikawa Marae





# Collaboration is key to the kaupapa of Mana Wāhine

Te Piki Oranga reduces inequitable health outcomes by providing high-quality, accessible services that are consistent with the concepts of whānau ora and tino rangatiratanga.

Our Mana Wāhine hauora clinics are an example of this, where women can access cervical screening and other health services. The clinics are comfortable, with plenty of time for kōrero between wāhine, nurses and other healthcare professionals.

## Clinics grew in strength this year

The first two Mana Wāhine clinics were held in 2022, and this year continued with the most recent clinic on 9 December at the Waimeha tari.

Each wāhine received a kete full of kai, with vouchers and a prize draw to encourage participation.

An earlier clinic on 16 September at Waikawa Marae in Picton coincided with Cervical Screening Awareness Month and with the start of HPV self-testing as an option for wāhine aged 25 to 69.

For the September clinic, Te Piki Oranga collaborated with Allanah Burgess and her team at Waikawa Marae, and Felicity Spencer and Kaye Macdonald from the Marlborough Cancer Society.

*The Mana Wāhine team at Waikawa Marae and on the Picton waterfront*



Lorraine Staunton, Kaiwhakahaere Ratonga – Service Delivery/Operations Manager, says kaimahi received excellent feedback about the HPV self-test experience.

“This is a safe and effective cervical screening option. We completed 21 screenings and followed up with eight more women to complete their screening another time,” Lorraine says.

“Many thanks to Belinda and Stevie from Te Whatu Ora who work closely with us to prepare for these events. Having Belinda’s support via phone on the day was a great help.

“We had the honour of support from Whaea Miraka Norgate, recent recipient of the Kings Service Medal, who made phone calls to book wāhine in. Although she was on leave from Te Whatu Ora, Miraka found time to support this kaupapa she believes in so strongly.

“We made many referrals for vaccinations, to Breast Screen Aotearoa, to Quit Coaches, GP services and Te Piki Oranga services.

“As always, the day was great fun. The wāhine went away with their goodies and the pride of knowing they were now up to date with important health checks.

“Ngā mihinui maioha to all those who made this day such a great success. It was yet another example of kotahitanga and services working together to achieve the best outcome for whānau,” Lorraine says.






### The health kōrero and education provided at Mana Wāhine clinics includes:

- GP enrolment
- Vaccinations
- Diabetes advice from a diabetes nurse specialist
- Support to quit or reduce smoking/vaping
- Bowel screening: How a home test kit works, and the new eligibility age range for Māori and Pasifika (changing to ages 50 to 74 in January 2024)
- Breast screening: How screening works and how to do a self-check at home

### Key facts about cervical screening


- Regular cervical screening is one of the best protection against cervical cancer.
- In Aotearoa New Zealand, cervical screening used to be done by taking a sample of cells from your cervix. This was known as a 'smear test'.
- From 12 September 2023 the test changed to a human papilloma virus (HPV) screening test.
- HPV primary screening is important for anyone with a cervix who is aged between 25 and 69 years who has ever had any sexual contact.
- Treatment is available if your HPV screen result suggests it's needed.



**Ask about the  
NEW CERVICAL  
SCREENING TEST**

**Safe.**  
**Accurate.**  
**Self-test option.**

Find out more at  
[TimeToCervicalScreen.nz](https://TimeToCervicalScreen.nz)



**Te Whatu Ora** Health New Zealand  
**Te Aka Whai Ora** Māori Health Authority  
**Time to screen** National Cervical Screening Programme

HE183 August 2023 - ENGLISH

## Wāhine feedback about the clinics

“Amazing experience, lovely and warm welcoming from all the ladies, I will let all my whānau and friends know how easy it was to do the self-swab.”

“I was well looked after with lots of aroha, it's the first time that it wasn't uncomfortable.”

“Absolutely felt confident in the information received, appreciated the self-swab. It was a wonderful atmosphere. Lovely wāhine Māori-led kaupapa.”

“The moment I walked in the door I was taken care of, it felt great to be on the marae.”

“Easy-peasy, now I can tell all my whānau how easy it was.”

“Great first-time experience with the self-swab test. Very easy and straightforward.”

“That was a positive experience, very informative, the nurse listened to all my questions and answered them in a way I could understand and appropriately.”





# CONGRATULATIONS

Congratulations to all whānau who participated in our award-winning He Tangata Driving Programme.

Learning to drive and holding a licence is of proven benefit to whānau independence and well-being. These are just a few of our participants in 2023. Ka mau ta wehi!

Emani Soane is an instructor with He Tangata – 2023 winner of the Outstanding By Māori for Māori category of the Driving Change Network Awards.



"The relief that whānau feel after they pass their test, the tears and excitement make it all worth it. We get to know our whānau, their reason for getting a licence and the barriers for them. We tautoko, awhi and manaaki our whānau."





# Building resilience with Te Ata Pūao

**Mental health and addictions support programme Te Ata Pūao is now available in the Wairau rohe.**

Te Ata Pūao supports people experiencing mild to medium mental health and/or addiction issues, including rangatahi who may not be eligible for Child and Adolescent Mental Health Services.

Te Ata Pūao began as a pilot programme in 2021 to support whānau in rural communities at a time when the effects of COVID-19 were exacerbating anxiety and dependency on drugs and alcohol.

In 2023 the programme was redeveloped as a permanent service offering, starting in Wairau with recruitment underway soon afterwards for a Whakatū-based programme.

Kaimahi include:

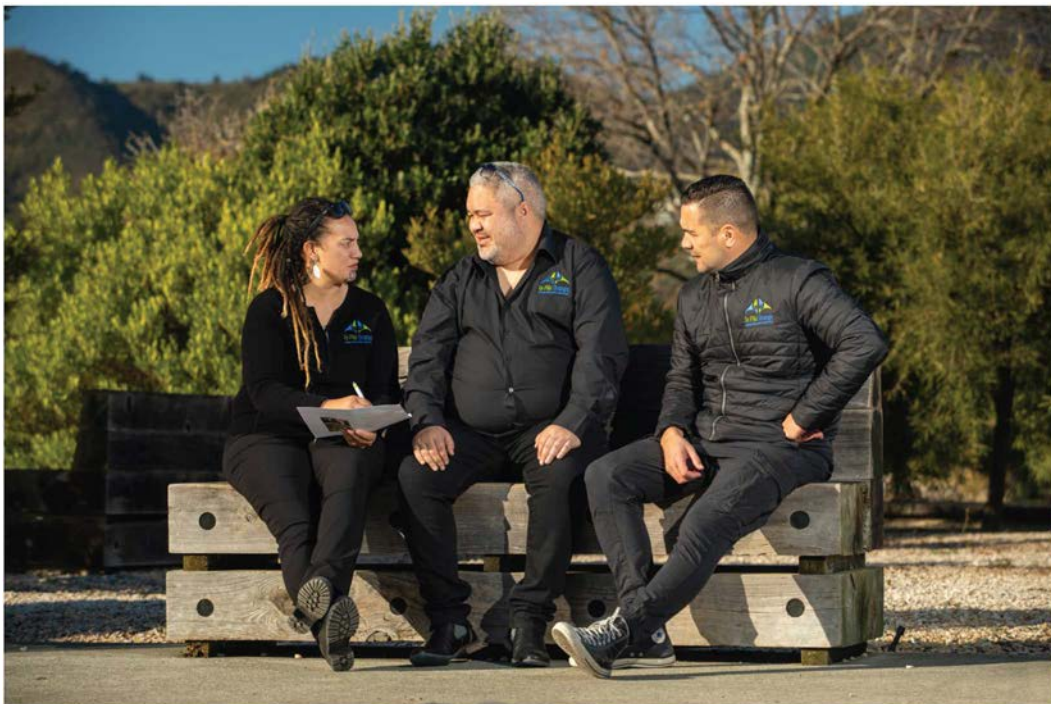
- pūkenga hauora hinengaro (mental health clinicians)
- pūkenga manaaki (whānau navigators)
- tautoko ahurea (cultural support workers)

Kaimahi work with tāngata whaiora (people seeking wellness and balance), and their whānau to provide support, treatment and therapy.

Rachelle Tauroa, Kaiawhi Hangarau Whakaaturanga, was pivotal in establishing Te Ata Pūao. Rachelle says the programme has a focus on early detection, so that support can be provided sooner rather than later, and on supporting tāngata whaiora to become more resilient and able to cope with life's challenges.

"The service expands the reach of other Te Piki Oranga mental health and addictions services, to increase equity of access, address whānau needs in a more holistic manner, reduce wait times, and improve outcomes," Rachelle says.

"We use a kaupapa Māori model that focuses on positive aspirations to obtain hauora, recognising that hauora aligns with tikanga Māori and Māori cultural standards."



*From left, Mahia Matika and Aiden Broughton (both pukenga manaaki) and David ('Chook') Norgate (tautoko ahurea).*

# Reflecting on the year that's been

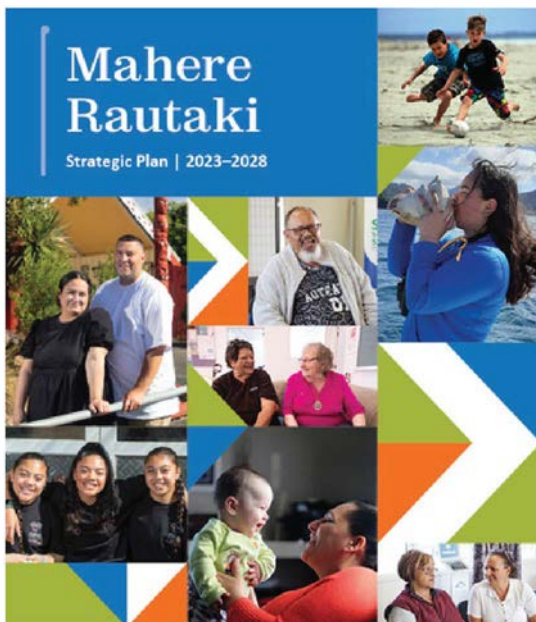
**Our latest annual report is available online.  
It features:**

- Insightful forewords from Chairperson Jane de Feu and Tumuaki Anne Hobby
- Board of Directors' karere
- Tō mātou uara / our values
- Te Puna Hauora / a source of wellbeing
- Enrolment and service highlights
- Momo whakaheke / whānau demographics
- Kaimahi development and highlights
- Hauora Māori success stories
- Financial reports
- Auditor's reports

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## Looking ahead to the next five years



Our new Mahere Rautaki (Strategic Plan) will guide our strategic direction over the next five years. The overarching theme of the Mahere Rautaki is 'whānau'. The plan includes:

- Tō mātou herenga / our obligations
- Manu Aute - Te Tohu o Te Piki Oranga
- Te Puna Hauora / a source of wellbeing
- Kō te whānau te rito o Te Puna Hauora / how we place whānau at the centre of care
- Te Piki Oranga strategic pou



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# Pitopito korero

Highlights from the Annual Report 1 July 2022 to 30 June 2023

**1,657**

people enrolled for  
Te Puna Hauora services

**1,329**

people enrolled with mental  
health, counselling and drug  
and alcohol services

**1,537**

whānau enrolled with  
Well Child Tamariki Ora

**59,069**

points of contact with  
a person or whānau  
– appointments,  
procedures, consultations,  
conversations, messages  
and more

**1,513**

people given  
immunisations

**1,010**

driving lessons given

**96**

people screened  
for bowel cancer

**1,336**

phone calls made to  
whānau who were  
evacuating or potentially  
affected by the emergency  
flooding

# Have a safe-as summer

Tips for a healthy holiday season

## Mocktail? Haria mai!

Make your own festive drink the whole whānau can enjoy.

## MOCKTAIL MIXER GUIDE

### Ginger Fizz

#### INGREDIENTS: 1L

- Grated fresh ginger to taste
- 1 ½ cups lite ginger beer
- ½ cup lemon, honey & ginger syrup
- 2 cups of soda water\*

#### HOW TO MAKE:

Mix all ingredients.  
Add ice and garnish.

#### TIP:

Add a little lemon and mint to garnish.



### Lemon Lime Delight

#### INGREDIENTS: 1L

- ½ cup lite lemon lime and bitters syrup
- 2 tablespoons lime juice
- 3½ cups of soda water\*

#### HOW TO MAKE:

Mix all ingredients.  
Add ice and garnish.

#### TIP:

If limes are out of season try the resealable lime juice pouches available from your local supermarket.



### Tomato Whizz

#### INGREDIENTS: 1L

- 2½ cups tomato juice
- ¼ teaspoon smoked paprika
- Grated fresh ginger to taste
- 1½ cups of soda water\*

#### HOW TO MAKE:

Mix all ingredients.  
Add ice and garnish.

#### TIP:

Add a dash of tabasco for an extra kick.



### Summer Fruits

(PEACHES & RASPBERRIES)

#### INGREDIENTS: 1L

- 1 cup canned peaches in juice
- 1 cup frozen raspberries
- ½ cup lite lemon lime and bitters syrup
- 2 cups of soda water\*

#### HOW TO MAKE:

Whizz peaches including the juice and frozen berries in blender until smooth. Add the rest of the ingredients. Add ice and garnish.

#### TIP:

Swap the peaches or raspberries for a different fresh or frozen fruit.



\* swap soda water with still or sparkling water.



# Kei tātahi me awa

## Water safety tips for the beach, river (and pool)

### Learn to swim

We love to be in and around water but, sadly, drowning is the third-highest cause of accidental death in Aotearoa New Zealand.



### Respect rivers and recognise rips

When swimming in the awa, always check for hazards (such as logs) and avoid swimming holes that run out into a stretch of rapidly-moving water.

Always check what's below the surface before you jump or dive into a river. If you get caught in the current, don't fight it, but head downstream to a suitable landing area.

In the moana, a rip is a strong current of water running out to sea. Learn how to recognise rip currents – they usually look like calm patches of water with waves breaking on either side.

### General safety tips

- Never swim alone
- Watch the children closely
- If in doubt, stay out of the water
- Know your limits
- Read and obey the safety signs
- Never swim or surf when tired or cold
- Consider other people in the sea
- If you are in trouble, keep calm and raise your hand in the air to signal you need help.

### Learn CPR (resuscitation)

The Hato Hone St John apps can assist you with:

- doing CPR before help arrives
- finding the nearest AED

Download the free St John app at the QR code below:



# SUN SAFETY FOR DEEPER SKIN TONES



Yes, **everyone** can get skin cancer, even though people with deeper skin tones are less likely to get sunburn.

Melanoma is thicker and more advanced in people of deeper skin tones, which is often **more dangerous and difficult to treat**. This includes people of Māori and Pacific descent.

It is a dangerous misconception that people with deeper skin tones aren't at risk. Everyone should **practice sun safety and do regular skin self-checks**.



## STAY SAFE IN THE SUN

Sunscreen will help **protect** against sunburn.

Sunscreen is recommended even for **deeper skin tones** who are less likely to get sunburn.

Choose a **water-resistant** sunscreen of at least SPF 30.

Apply your sunscreen **20 minutes** before going outside.

Reapply **every two hours** - or more often if you have been swimming or sweating.



Choose a **broad-spectrum** sunscreen.

Broad-spectrum sunscreen **reduces** the intensity of both UVA and UVB radiation.

UVA causes skin ageing, while UVB causes sunburn.

Watch the time! UV radiation levels are usually high from 10am to 4pm from September to April.

Alternatively, the **Sun Protection Alert** gives you the time each day for your location. The alert is available through the **UVNZ app** on Android or iOS.

## SUN STYLE

Wear **sun protective clothing**, such as a wide-brim hat, sunglasses, a long-sleeved top with a collar and long shorts or skirts.



## SHADE PROTECTION

You can reduce your risk of sun damage and skin cancer by staying in the **shade** under an umbrella, tree, or other shelters. Spending time outside is a great way to be physically active, reduce stress and get vitamin D. However, most skin cancers are caused by too much exposure to UV radiation. Your best bet to protect your skin is to **use sunscreen or protective clothing** when you're outside—even in the shade.

## SCAN™ Your Skin

Look for a spot or mole that is...

### Sore

A spot which is sore (scaly, itchy, bleeding, tender) and doesn't heal within 6 weeks.

### Changing

Changing in size, shape, colour or texture

### Abnormal

Looks different, feels different, or stands out when compared to your other spots and moles.

### New

Has appeared on your skin recently. Any new moles or spots should be checked, especially if you are over 40.



SCAN content courtesy of Skin Cancer College Australasia

# There are all sorts of ways to boost your wellbeing this summer.

It's often the simple, everyday things that can bring us the most joy and create lifelong memories. This summer, why not explore all sorts of ways to boost your wellbeing, connect with the people you love, and try something new? Check out these ideas with your whānau and friends and tick them off as you go along!



Go for a swim



Share kai



Read a new book



Go for a hīkoi/wander



Learn a new waiata/song



Have a picnic



Spot 5 different manu/birds



Watch the sky change



Get arty!



Play a game outdoors



Go on a backyard adventure



Spend time barefoot



Call an old friend



Visit a river, beach or hill



Connect with whānau



Have a dance