

# Te Puna Pānuī

TE PIKI ORANGA NEWSLETTER



Te Piki Oranga  
MĀORI WELLNESS SERVICES



TE PITO MATA  
PAGE 4

COVID-19  
VACCINATION  
UPDATE  
PAGE 5

NEW TRANSPORT OPTIONS  
FOR WHĀNAU  
PAGE 6

Raumati | Summer, 2021

MEET OUR NEW  
NURSE  
PRACTITIONERS  
PAGE 8

MOTUEKA HORSE  
RIDING VISITS  
PAGE 10

ENJOY A  
HEALTHIER  
KIRIHIMETE  
PAGE 11

# Rārangi Upoko

Message from Anne

Te Pito Mata encourages whānau to rethink their drinking

Te Piki Oranga achieves high vaccination rates

New transport options for whānau

Manu Ora thrilled with the response to its opening

Meet our two nurse practitioners

Motueka RDA visits: 'the highlight of our week'

Enjoy a healthier Kirihimete

Kaimahi update: New faces at Te Piki Oranga

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.

## A message from Anne



Kia ora

Kia ora e te whānau

In our Raumati pānui we share a variety of stories highlighting another busy year for Te Piki Oranga.

Our COVID-19 vaccination clinics have been a big focus for us this year and you can read about how we have worked to achieve high vaccination rates among whānau in Te Taihū.

Learn about a new health promotion campaign - Te Pito Mata, inviting whānau to rethink their drinking over Kirihimete, and read about our collaboration with Sealord; helping whānau travel to their health care appointments. Also in the spotlight for this edition are our two nurse practitioners, Meg Robertson and Carol Whitfield, who talk about their roles at Te Piki Oranga and how they can provide holistic healthcare support to whānau.

As we head into the holiday season, Te Piki Oranga dietician Brittani Beavis has put together useful hints and tips and a healthy recipe to get summer off to a great start.

On the back page you'll find our summer hours and useful contact numbers if you need them over the holiday break.

NGĀ MIHI O TE KIRIHIMETE ME TE TAU HOU KI A KOE ME TŌU WHĀNAU.



# Rethinking drinking

Over the raumati break you might see our new health promotion video campaign called Te Pito Mata - calling for whānau to rethink their drinking over the Christmas holiday.

The videos ask people to consider how and when social drinking can become harmful, with the overall goal of reducing the amount of alcohol we drink.

Whakataukī (Māori proverbs) inspire and encourage whānau to consider behaviours that support their growth, to plan ahead for future generations and to consider alternatives to alcohol when facing social pressure to drink or other challenging situations.

You will see one video focusing on the risks of drinking while hāpu. The other two highlight the impact of social drinking, and its potential harm, on whānau – particularly tamariki and rangatahi.

"In the lead up to Christmas, we want to reach people's hearts and minds," says Charles Clover, Te Ata Pūao programme coordinator, who narrates two of three videos. "We want whānau to know they are all worthy of good health.

"We also want to let everyone know of the many services we have available - our navigators, doctors, programme facilitators and clinicians are here to discuss hauora options with you."

Sonia Hepi-Treanor, who narrates the third video, reminds wāhine there is no known safe level of alcohol consumption during pregnancy and encourages those who are planning to be hāpu to contact Te Piki Oranga Māori Wellness Services for advice.

Look out for the videos on Te Piki Oranga's social media platforms, including Facebook, Twitter and on [tpo.org.nz](http://tpo.org.nz) over raumati.

"Whānau can click on links and self assess before making the choice to change their behaviour and deciding to commit to a health service journey," says Charles.

Ngā Pūkenga Toitu Te Ora, a Waipiro me Tarutaru Kino (alcohol and other drug counsellors) will be available to support those who want to make changes.

Charles would like to acknowledge 'Te Hiringa Hauora Health Promotions' for offering this opportunity to promote alcohol reduction messages to the communities of Te Taihū. He also acknowledges [alcohol.org.nz](http://alcohol.org.nz) who do an awesome job by offering freely accessible information and acting as a community/digital connector.





# Te Piki Oranga helps achieve high vaccination rates among Māori

## Māori over 65 years old hit vaccine milestone - ka pai

Te Piki Oranga COVID Response Manager Claire McKenzie says it's reassuring that 93% of Māori aged 65+ are now fully vaccinated, given the risk to them of developing severe illness if they contract COVID-19.

"Nelson Marlborough Health has been focused on equity, and I'm sure Te Piki Oranga has contributed significantly to our region's high overall vaccination rates," says Claire. "Koro over 65 years old living here are now just as protected as Pākehā."

Since the first Te Piki Oranga vaccination clinic in April this year, there have been more than 60 clinics. These clinics, along with those organised by Primary Health Organisations (PHOs), mean that 78% of Māori living in Te Taihū, aged 12 and over, have now received their first dose of the COVID-19 vaccine, while 64% have received their second dose.

The Nelson Marlborough region overall has achieved a first dose vaccination rate of 90% and 83% have received their second dose.

## Kaumatua can now get a booster

If you had your two vaccinations six months ago (before May 24) you can now get a booster vaccine. The COVID Response team at Te Piki Oranga are currently planning clinics to offer our kaumatua and at-risk whānau this immunity top-up. Keep an eye on our website for details.

## Rangatahi - come get your shot on 18 December!

A big shout out to our rangatahi! Māori aged 25 to 34 are least likely to have received their first dose, and many are still needing to have their second dose. Also, only 39% of rangatahi aged between 12 and 24 have been fully vaccinated, although 64% have had their first dose. Let's keep going! #karawhiua

Claire says that the Te Piki Oranga team, including nurses, pukenga manaaki and administrators all contribute to the kaupapa Māori clinics, making them a positive experience for all.

The next rangatahi-focused clinic is on Saturday 18 December.

## Clinics for Māori

Māori-focused clinics have also been run across the region this year, such as Waikawa Marae, Ūkaipō, Whakatū Marae, the Church of Christ in Richmond and at Te Piki Oranga Motueka's clinic, adjacent to Te Āwhina Marae.

© Stuff

"We've also had clinics in workplaces, including Sealord, Alliance and the Riverlands Estate in Wairau," says Claire. "There have been small pop-up clinics to reach people in other places, like Housing First clients and we've also supported PHO-led clinics."

In addition, the Te Piki Oranga team ran two clinics on Super Saturday in Nelson and Blenheim as part of New Zealand's National Day of Action for Vaccination.

You may have also seen our mobile 'health clinic on wheels', which first hit the road on June 11.



# Sealord helps whānau get to healthcare appointments

Te Piki Oranga understands that sometimes it's tricky to get to appointments with healthcare providers. You might have a car but don't always have the money to pay for petrol. Or perhaps you don't have access to a car and need help paying bus or taxi fares. If your mobility is impaired, we know it's even harder for you to get to appointments.

Sponsorship from Nelson-based seafood company Sealord now enables Te Piki Oranga to provide whānau, who need help travelling to and from appointments, with funds to help pay for travel.

Until now, Te Piki Oranga has not had funding to cover transport costs, and from time-to-time kaimahi have had to drive whānau to important appointments, but this takes them away from their main mahi.

"We're so grateful for the funding from Sealord," says tamariki ora nurse Amber Ford. "Not having transport has historically been such a barrier for our whānau to get to really crucial health appointments, so it's so good to have that extra koha to help. As a nurse, it really takes a lot of time to transport whānau, so having access to taxis and other sources of transport is going to make such a difference."

Sealord will contribute an amount each year for the next three years to cover transport costs for whānau in the Nelson Tasman and Marlborough regions.

Sealord CEO Doug Paulin says that the sponsorship is a natural fit for Sealord.

"Sealord is half-owned by Māori and 15 per cent of our employees are Māori," he says. "It is important to us to support our people's whānau and their communities. Covering transport costs of whānau enrolled with Te Piki Oranga is a tangible way for us to support the health of many across Te Taihū."

Doug says this partnership is one of Sealord's major sponsorships for the next three years and that the company is open to considering other opportunities to provide support where they can.

For example, Sealord also donated 300 frozen hoki fillets for the vaccination BBQ we co-hosted at the Super Saturday Vaxathon at Nelson Intermediate School on 16 October.



# Manu Ora thrilled with the response to its opening

"I come away from work feeling my soul is full; it's pretty special," says Dr Sara Simmons, one of the three *mātanga rata* (general practitioners) working at Manu Ora, a new 'by Māori, for Māori' Hauora centre in Howick Road, Blenheim.

Te Piki Oranga established Manu Ora in collaboration with Simmons and fellow GP Rachel Inder, with support from the Marlborough Primary Health Organisation and Rangitāne o Wairau, and has since received funding support from other agencies including Nelson Marlborough Health.

The new practice opened on 9 August but lockdown soon followed, so it only got to celebrate its official launch with a *pōwhiri* on 5 October.

Manu Ora has been established to support Māori *whānau* with high needs, as well as other vulnerable communities.

"With more than 500 enrolments already, we're tracking ahead of our targets," says Sara. "Of these, many either didn't have a GP or don't have a strong relationship with a GP, and many have complex care needs. We're thrilled to have them with us."

Manu Ora is still taking new enrolments. Sara says the practice can take up to 1,000 enrolments and can continue to support a much higher proportion of those with high needs.

"We haven't yet actively promoted Manu Ora to these *whānau*," Sara adds, "It's all been word-of-mouth. We've also built enrolments because Te Piki Oranga's *kaimahi* have been referring people."

When a patient first signs up, they are offered an extended enrolment appointment with a nurse and a GP from the team. Following this, a coordinated management plan is developed and documented to ensure each patient's health needs are met.

"The longer appointment times make a real difference," says Sara. "It gives us time to learn about each person's background and home life. We can really get to know people and build a relationship and trust, which enables us to understand what other things in their life might influence their acute healthcare needs."

"We're family-first, *whānau*-centred."

*When a patient first signs up, they are offered an extended enrolment appointment with a nurse and a GP from the team.*

She also predicts Manu Ora's other key to success will be its much higher staffing ratio (to patients). Manu Ora currently employs three GPs, three nurses and three receptionists. All nine Manu Ora *kaimahi* are deliberately employed on a part-time basis.

"In general, the pressures on *kaimahi* are so great in general practice," says Sara. "So our decision to work part-time is quite purposeful. We're also a small enough team to be able to adapt and improve quickly."

Nationally, there is one full-time equivalent GP for every 1,700 patients. At Manu Ora, there is one full-time equivalent GP for every 1,000.

Manu Ora is also a not-for-profit organisation, which makes it quite different from other medical practices.

"We're not a business, but a charity, focusing on providing quality care for low or no cost if people are unable to pay and enabling us to continue to attract more funding," says Sara.



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# Meet our two nurse practitioners

Meg Robertson and Carol Whitfield are Te Piki Oranga's two nurse practitioners, both based out of Te Piki Oranga's offices in Bishopdale, Whakatū. They are part of a small (300-strong) but growing group of nurse practitioners now practicing around Aotearoa.



**MEG (RIGHT IN PHOTO) IS POU WHIRINAKI HINENGARO, A NURSE PRACTITIONER SPECIALISING IN ADULT MENTAL HEALTH AND CAROL WHITFIELD (LEFT IN PHOTO) IS A NURSE PRACTITIONER WHO TAKES CARE OF WHĀNAU MEMBERS WITH CHRONIC AND PHYSICAL HEALTH ISSUES.**

## Nurse practitioners - highly qualified

Nurse practitioners are highly skilled, and have advanced education, clinical training and demonstrated competency. To qualify, they must have five years experience as a registered nurse and a Master's degree in clinical practice. Once qualified, they have the legal authority to practice beyond the level of a registered nurse. This means they can diagnose health complaints and prescribe medications.

## Visiting you in your whare or at TPO

While Meg and Carol will see people at Te Piki Oranga's sites, they prefer to visit whānau in their own whares wherever possible, because it helps them to develop a more holistic treatment plan.

They have travelled as far as Golden Downs and Murchison, southwest of Whakatū, and to Rai Valley in the east.

However, Carol stresses that it's up to whānau to decide where they want to meet, as they may wish to come into Te Piki Oranga and speak privately about a health concern.

## Preventing something turning nasty

"My role is often about trying to prevent and manage chronic health issues; about trying to avoid something turning into a nasty, acute health condition that may require hospitalisation or worse," she says.

A lot of both Meg and Carol's mahi is also about bridging and navigating the health system. They often accompany whānau to appointments.

"It's about being there as a support person and ensuring the right questions get asked," adds Meg. "Whānau might not ask the hard questions because they fear being judged."

Carol explains that nurse practitioners do not replace the role of a general practitioner. "The people we work with often have multiple health concerns and I really encourage them to have a GP who is really focused on the whole of their health. We work alongside the GPs."

## Working together, holistically

While Meg and Carol work independently, they will refer whānau to each other when needed.

"We treat our whānau holistically," Carol explains. "Managing an illness doesn't come without stress. It's about trying to identify when that stress is over and above what you would expect, or when another mental health issue hasn't been identified or well managed in the past, and referring people them to Meg, because her strength is in that. My strength is more in physical health. But we both work across both areas."

In the mental health area, Meg says a lot of the whānau she works with are often either vastly over-treated or under-treated; many of those she supports have undiagnosed conditions.

"I do work in conjunction with their GP but often whānau have only got 15 minute GP appointments, whereas I'll sit down with them for an hour and a half. We've got the time; time is a great luxury. When I first trained as a nurse practitioner, everyone was very excited about being able to prescribe medications but it's actually a really small part of what I do. Medication is only one part of the solution, therapy is another, then good sleep, healthy eating and walking are all important."

Carol says it's about having conversations around lifestyle and optimising medications or at least talking through the medications so they understand why they're taking them, especially when they don't feel any better to begin with.

"Medications for diabetes or blood pressure, for example, don't always make you feel any better. It's not like taking a panadol for a headache. Prescribing is often about optimising treatment or reducing how many are taken."

When she's not working, Meg loves spending time with her two children, her dog and other whānau members. She plays ultimate frisbee, enjoys swimming and running and loves cooking.

Carol lives with her husband on a walnut orchard. She enjoys cooking, sewing and other creative projects. She's even made a pair of shoes!





## Motueka Riding for the Disabled visits: 'the highlight of our week'

We can learn many life lessons from horses; they teach us to be flexible, stay present and be bold enough to try new things. Since the beginning of term four, ponies Fudge, Toby and Koby have been leading the way at Motueka RDA for Grace and her two girls, six-year-old Nikaiah and three-year-old Allyssa.

Grace first brought Nikaiah and Allyssa to Motueka RDA at the beginning of term one this year to learn how to ride and care for horses, in therapeutic horse-riding sessions that are designed to enhance and improve physical, psychological and social abilities.

More recently, a grant from Network Tasman Trust means Grace no longer has to watch from the sidelines. She and her two girls are now one of three family groups – comprising a parent (or caregiver) and up to three children – funded to take part in weekly sessions for the whole of term four.

"It's much more beneficial for whānau to participate together," says Tūhono Pukenga Manaaki Paula Bethwaite, who accompanies the whānau to the riding arena each week.

Grace says the Motueka RDA visits are the highlight of the whānau's week, with 'improved confidence' being the biggest benefit for her whānau.

Nikaiah and three-year-old Alyssa enjoy watching their māmā have fun too.

By helping develop a stronger bond between whānau, this equine therapy programme aligns perfectly with the goals of two of Te Piki Oranga's services: Tūhono and Tamariki Ora.

Tūhono provides a kaupapa Māori intensive, personalised programme that aims to build a strong bond and relationship between māmā (or mātua) and tamariki, developing parenting and life skills along the way, while Tamariki Ora aims to improve and protect the health of tamariki.

In this case, the two Te Piki Oranga services provide Grace with wrap-around support, for both her, the two oldest girls and her 18-month-old pēpi.

When asked to describe her role, Paula turns to Grace, asking, "Do you think of me as an acquaintance, but someone you can ask more of than you would a friend?"

Grace nods and smiles, then puts on her helmet and mounts her pony Fudge.





# Enjoy a healthier Kirihimete

**Kirihimete will soon be here and after a difficult year for many people, we hope you'll be able to relax and enjoy the kai and share this special time with whānau.**

**You can have a more relaxing Kirihimete with some planning ahead, some mindfulness and by focusing on what's important. Here are some great tips from our Te Piki Oranga dietician, Brittani Beavis:**

## ✓ Eat slowly and mindfully

Give yourself permission to enjoy your kai! Take regular breaks to kōrero with whānau, so you can continue to savour the flavours and textures of the delicious seasonal food.

## ✓ Eat regularly and don't skip meals

Skipping meals can often result in overeating, especially when pastries, crackers and other nibbles are on offer before the mains are being served.

## ✓ Get some physical activity

Enjoy a whānau game of backyard cricket, go swimming, or just enjoy a walk as a whānau after dinner.

## ✓ Don't drink too much alcohol

Drinking more than four standard drinks (1 shot, 1 glass of wine, 1 stubbie) in one sitting is classified as a binge. Be kind to your liver and heart by alternating one standard drink with one glass of water.

## ✓ Make sure your food is safe to eat

Hōroia ō ringaringa (wash your hands), keep cold foods cold, fully cook meats and seafood, and don't leave kai out of the fridge for more than two hours!

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## Waste not - want not

Kirihimete is when we traditionally feast on food, but we also end up wasting a lot of kai – and money – if we buy and cook too much. Make a plan and spend just on what you need without skimping on the important things. This approach can help your cash go further and reduce the stress that goes with dealing with too much food.

The Love Food Hate Waste website has some time and money-saving ideas for Kirihimete that could be just what you and your whānau need this year. Here are some useful resources to check out:

- **Plan ahead**

Have a look at some of these great tips to only buying what you need: [lovefoodhatewaste.co.nz/tis-the-season-to-reduce-food-waste/](https://lovefoodhatewaste.co.nz/tis-the-season-to-reduce-food-waste/)

- **Zero down your fridge and freezer for Kirihimete**

Take the time now to zero down your fridge, freezer and pantry by eating the food you already have to make room for the festive food – and save a bit of money in the process: [lovefoodhatewaste.co.nz/zero-down-your-fridge-and-freezer-for-Christmas/](https://lovefoodhatewaste.co.nz/zero-down-your-fridge-and-freezer-for-Christmas/)



# Get smart with your leftovers

## Left Over Ham and Cheese Bread Quiche (Jax Hamilton)

A great way to use up leftover ham and vegetables the next day for a boxing day picnic!

### INGREDIENTS:

1 tablespoon margarine or butter  
4 slices bread  
1 cup ham or cooked chicken, chopped  
1 cup capsicum, chopped (or other vegetables)  
½ onion, finely chopped  
½ cup of fresh tomatoes, chopped  
A handful of fresh parsley, chopped  
½ cup cheese, grated  
6 eggs, lightly beaten  
100 ml milk  
Salt and freshly ground black pepper

### EQUIPMENT:

Baking tray  
Bowl  
Cheese Grater  
Knife



### METHOD:

1. Lightly grease a slice tin or deep rectangle baking tray and preheat oven to 220°C
2. Butter the bread and lay the buttered slices down in the prepared tin
3. Mix together the ham, capsicum, onion, tomatoes and half the parsley. Spread over the bread
4. Sprinkle the cheeses evenly over the ham and vegetable mixture
5. Lightly beat the eggs and milk together. Season with salt and pepper
6. Pour mixture over the sprinkled cheese
7. Garnish with the remaining parsley and bake in the oven for 15 – 20 minutes until golden and crispy
8. Serve hot with salad or vegetables, or slice and pop in lunch boxes. Fantastic for a picnic or camping.

## Edible Kirihimete Gifts you can make at home

Kirihimete shopping can be stressful and expensive, but it doesn't have to be – there are lots of edible Kirihimete gifts that you can make using ingredients you already have.

From crackers and nut clusters to chutney and chai tea, there is bound to be some unused items sitting in your pantry that you can turn into a gift. Check out:

[lovefoodhatewaste.co.nz/edible-Christmas-gifts/](http://lovefoodhatewaste.co.nz/edible-Christmas-gifts/) for some great recipes and ideas

# #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 if COVID-19 becomes common 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





# Nau mai, haere mai ki ngā Kaimahi hou

We are pleased to welcome several new kaimahi to the Te Piki Oranga whānau. Read on as some of our new team members introduce themselves.

## Rachelle Tauroa, Taituarā ki Waimeha – Receptionist/Admin Waimeha office



Tēnā koutou katoa  
Ko Maungatautari te maunga  
Ko Waikato te awa  
Ko Tainui raua ko Te Arawa ngā waka  
Ko Waikato raua ko Te Arawa ngā iwi  
Ko Ngati Koroki Kahukura te hapu  
Ko Pōhara te marae  
Ko Rachelle Tauroa taku ingoa

## Haley Wilkie, Pūkenga Atawhai/ Tamariki Ora – Wellchild Nurse



Ko Tongariro te Maunga  
Ko Taupo te Moana  
Ko Te Arawa te Waka  
Ko Ngāti Tuwharetoa te Iwi  
Ko Mananui te Hapū  
Ko Pukawa te Marae  
Ko Haley Wilkie tōku ingoa  
He Pūkenga Atawahi me Tamariki Ora mō Te Piki Oranga, Ki Motueka

It is a pleasure to work for a kaupapa Māori organisation, being part of seeing our whānau thrive in all areas of life. I have lived in Whakatū my entire life and love spending time with my whānau and friends enjoying the beautiful region we live in.

## Jalen Graham, Kaioranga Matara & Pukenga Manaaki/ Navigator/Telehealth Facilitator

Ko Jalen Ahau

No Tauranga Ahau

He Kaioranga Matara/Pukenga Manaaki Ahau

My name is Jalen and I have a passion for IT, so am excited to be involved in Telehealth for Te Piki Oranga. I was born in Tauranga but grew up in Blenheim and have been living in Perth, Western Australia for the past couple years before moving back home.

## **Chelle Davies, Pūkenga Manaaki me Kaiwhakaere Pūmanawa Tangata me Whakaruruhau – Navigator/HR and Health & Safety Coordinator**



**Tēnā koutou katoa**

**Ko wai au?**

**Ko Chelle Davies tōku ingoa**

**Ko Sam taku tama, e tekau ma rima ana tau.**

**Ko Christophe tōku hoa tāne**

**Ko Ingarangi raua ko Kōtarani ōku iwi**

**E noho ana taua ki te Aorere**

**He Pūkenga Manaaki me Kaiwhakahaere Puumanawa Tangata / Whakaruruhau āku mahi**

I was brought up in the NZ Armed Forces and spent my childhood moving all over Aotearoa and overseas. I attended Massey University and obtained a BA in Psychology and began a Graduate Diploma in Māori Development under Tā Mason Durie. This cemented for me the more inclusive and comprehensive view of health that is found within Te Ao Māori and I have carried this kaupapa with me ever since.

I began my career in Human Resources (HR) in a graduate role for a corporate law firm, then held a range of generalist HR roles. From there to London to work for Samaritans UK in Emotional Health Promotion, developing an experiential programme to support wellbeing in the workplace called 'WorkLife', based around my experience with hauora, workplace diversity and wellbeing.

In 2005, I returned to Aotearoa to have my son Sam and bring him up in the beautiful Aorere region. Since then I have worked in many different roles. One of these roles was a fixed term position as Taituarā for Te Piki Oranga, Motueka and so began my first experience working in a kaupapa Māori organisation. I loved my time with Lydia and her team and working within a wellness service. I'm very happy to be back with Te Piki Oranga and especially thrilled to be able to get back into some Human Resources mahi and to do so in a kaupapa Māori environment.

## **Shanesse Collins, Pūkenga Manaaki – Navigator**



**Tēnā kotou katoa**

**Taiamai ki te marangi**

**Ko poerua te Maunga**

**Ko Hokianga te Moana**

**Ko Ngātokimatawhaorua te Waka**

**Ko Ngāti Kawa raua Ko Ngāti Rahiri toku hapu Ko Oromāhoe toku marae I ahu mai au i taku a Mere Takimoana Ko au te mātāmua E wha oku teina Ko Cordell, Isla-Rose , Ivy-Lou oku tamariki**

I am about two months into my role as a Pūkenga Manaaki and I am loving it so far. I've found Te Piki Oranga to be an encouraging, professional space to expand my knowledge and work experience in a wide range of services. I'm excited to where my role will take me in the future and I'm grateful to be on the team.



Te Piki Oranga is your kaupapa Māori primary health and wellness provider for Te Taihira. 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](http://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

[www.tpo.org.nz](http://www.tpo.org.nz)

### Phone

0800 ORANGA (672 642)

Email: [admin@tpo.org.nz](mailto:admin@tpo.org.nz)

### Facebook

[www.facebook.com/tepikioranga](https://www.facebook.com/tepikioranga)

NGĀ MIHI O TE KIRIHIMETE ME TE TAU HOU KI A KOE ME TŌU WHĀNAU

WE WILL BE CLOSED FOR HOLIDAYS FROM 4PM, 23RD DECEMBER, 2021.  
WE RE-OPEN AT 8:30AM, 10TH JANUARY 2022.

### 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](http://WWW.LIFELINE.ORG.NZ/SUICIDE-CRISIS-HELPLINE)  
LIFELINE - 0800 543 354 [WWW.LIFELINE.ORG.NZ](http://WWW.LIFELINE.ORG.NZ)

PLUNKETLINE 24/7 - 0800 933 922