



Te Piki Oranga
MĀORI WELLNESS SERVICES

Te Puna Pānui

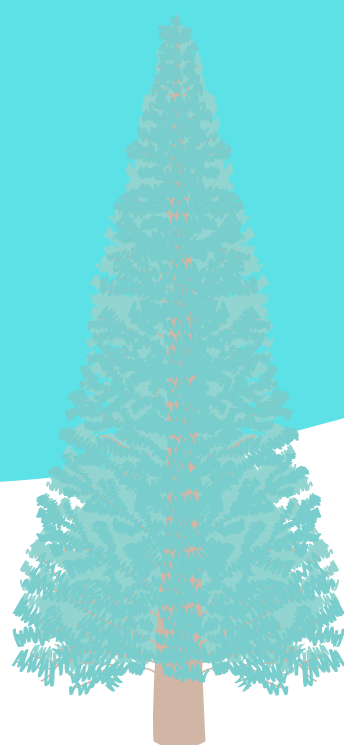
TE PIKI ORANGA QUARTERLY NEWSLETTER

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"Ngā mihi harikoa me haumaruru mo te Kirihihi me ia mātou te
whānau o Te Piki Oranga ki a koe me tōu whānau"

Te Piki Oranga wishes you and your whānau a happy and safe Kirihihi



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Merry Christmas



Editor's note

Ɛ rere tonu ngā roimata mo rātou kua mahue mai i ā tātou

Noreira, awaiho ko te pō ko te hunga wairua
Huaakina ko te aō ko tātou e mahue pani iho i
muri nei, kia tangi tīkapa ana i te aotūroa.
Tihei mauri ora!

Kia mihia Te Piki Oranga, ko tātou e takatū
ana, kia puāwai kia pūwhero Te Rākau
Pohutukawa. Kia tau ngā waewae o Hine-
raumati o Rehua ki te whenua ki runga i ngā
pito katoa o te wai, o te whenua, o te rangi ano
hoki.

Mauri ora ki a tātou katoa

Ngā mihi mahana ki a koutou katoa.

It's almost the end of another year. Time to have
some well deserved break with whānau and enjoy
the holiday season.

With summer just around the corner, it's time to dust
off you jandals, slather on the sunblock, be sun
smart and cover up, and get ready to hit the road or
the beach for the summer holidays.

Whatever you're doing and wherever you may find
yourself during the summer break, do take care, and
I hope you and those you are with enjoy the
sunshine.

*Noho ora mai,
Rossana*



Office closure & helplines

Te Piki Oranga sites across the rohe wish to advise you of our holiday close down period.

Last day of operation: Friday 20 December 2019
We'll be back: Monday 6 January 2020

We would like to take this opportunity to thank you for your support during the year and look forward to a peaceful 2020.

Below is a list of some of the services available in NZ that offer nationwide support, information and help. All services are free of charge and available 24/7.

If you believe either you or someone you know is in immediate danger, please call emergency services on 111. Otherwise please use the numbers listed below for support.

National helplines

1. Lifeline 0800 543 354 www.lifeline.org.nz
2. Suicide Crisis Helpline 0508 828 865
www.lifeline.org.nz/suicide-crisis-helpline
3. Healthline 0800 611 116 - registered nurses
provide health triage and advice www.health.govt.nz
4. Samaritans 0800 726 666 www.samaritans.org.nz



the tale of *Pasifika* sports day



Story by

WALTER TIA

The Whisp

In mid September, a whisp of a rumour had started to float amongst the airwaves, of the Whakatū and Waimea office HUBS, regarding an upcoming sports event.

As hours, days and even weeks passed by - more information would come to light, and this little whisp would morph into a 'solid' invitation. Heralded by the members, of the Pasifika Trust Committee, requesting the representation of Te Piki Oranga, to their 'Annual Sports Day' event.

This would be held on Saturday 12th October, on the grand courts of the Saxton Sports Arena -where, on those hallowed courts, the sports of Basketball, Netball and Volleyball would be fiercely competed, in the spirit, of the many sporting battles that had gone before - that led to the crowning of past and present, prestigious champions. Also, as an added test of strength and durability, these same competitors, would engage – on the field of... 'Tug-o-War'

The Call

This would be our organisations, primary venture into this event and the 'call to arms' was sent to the three logical HUBS, that could effectively assemble themselves, to meet on the courts of battle. These HUBS being – Whakatū, Waimea and Motueka.

Though the 'call' was sent out to the 'many', only a 'few' – brave and weathered souls, were able to 'answer', on behalf of the organisation. These men and women, were a motley crew of work acquaintances, extended whanau and total strangers, and though their individual athletic skills and traits, varied largely; their ability to work together as a collective, was surprisingly... exceptional!!

The Event

Filled with the energy of positive anxiousness and excitement, when the event commenced, 'our clansmen' burst into action; latent skills and muted abilities were suddenly brought to the fore, a team-consciousness and network of communication that lay - on the verge of telepathy - was quickly developed, well hidden depths of stamina were re-discovered, and each action performed by them was with controlled competitive aggression. But more importantly, the 'spirit of enjoyment' shone through each clansmen face, as the experience reminded them, of the 'true purpose' behind participation in sport, the childhood value of - 'FUN!!'

This energy source, served the team well, as it assisted them in overcoming four competitive teams – three in the sport of Basketball, and one in the sport of Netball. Each passing victory, provided a surge of positive momentum, building within the squad. This led some, to believe that defeat, would not touch their lips or be tasted, on this day. Alas, this would not be the case..

The second game of Netball, would be a torrid affair - as it pitted our clansmen against a team - who lived, breathed, and ate this sport. Exhaustion, temperance and patience levels would be tested – as it seemed, our clansmen not only had to match the athleticism and skill of their opponents but also, the adjudicating of the officiator. Though the fall, was not immense – the unpleasant taste of defeat, was still hard to digest.



The taste was tempered... a little, by victory in their following Netball game, made memorable by the awesome 'spirit' – in which, this game was played. But the physical exertion, used in their previous losing effort, would eventually take it's toll.

They would lose heavily in both of their Volleyball encounters; the team - producing a battery drained and heavily fatigued effort, which the opposition, took full advantage of.

The horn sounded, and the 'Battle of the Court Sports' had come to their completion. All the competitors representing the 12 factions involved in this event, looked well-spent and tired. Our hosts - congratulated all of the athletes for their efforts and gently reminded them, that there indeed was one more event for everyone – the 'Tug-o-War'.

This was met with sighs of anguish and trepidation, but these rumblings were quickly appeased when our hosts stated that they had provided sustenance for everyone, to replenish their energies so that they could participate in this last clash, with full vigor.



Our Clansmen

Sonny (the Cook Islander??)
Juanita (Whakatū TO RN)
Ngaire-Dawn (Ex TPO)
Sonia (Whakatū TH PM)
Leza (Whakatū TO PM)

Karen (Whakatū PK)
Villami (Juanita's son)
Walter (Whakatū PM)
Charlie (Sonia's hubby)
Bex (Whakatū SW student)

Sarrita (Juanita's sister)
Willamu (Walter's son)
Waiata (Sonia's daughter)
Blake (Waiata's partner)

Tug-o-War

Once all the competitors were suitably re-nourished, we were requested to convene on the field of battle for the 'Tug-o-War'. The factions would be paired off with an opponent, of equal or suitable stature, which would produce for the masses – competition and spectacle. Only six members could represent their respective faction at the 'Rope of Destiny'; the fate of being the 'Conqueror' or the 'Conquered', literally being placed, in your own hands. Warriors would only, be given one opportunity, to display their wares.

Our motley crew, quickly selected six clansmen to represent our organisation - they consisted of two Tama Toa and four Amazonians. The opposition, was a strong whanau based faction, with two of their whanaunga, being kaimahi of our organisation – who refused to participate in this clash, due to mixed loyalties. Both teams gathered and organised themselves in their pre-determined placements, hopefully providing an advantage. Our clansmen, aligned themselves with the Tama Toa split at the head and rear of the team, with the Amazonians filling the middle. Then, they all took hold of the 'Rope of Destiny'.

Muscles tensed, as both teams took on the weight of the Rope. Gestures and signals were passed along to signify to each other, that they were ready. All eyes and ears, focused on the officiator – for a short period, time seemed to be in slow motion, attached to a zoom lens. As all eyes zeroed in, on the officiators whistle as it came into contact with his lips.

With the shrill of the whistle, came the thrill of the battle. A jolt of competitive Adrenalin, shot through all of those grasping the rope. The tussle, was fierce and calculated. Both teams would have their moments, where a pulse of momentum would swing their way, but it would never be quite enough. Pull after counter-pull, and then after the ump-tenth wave of attack had been rebuffed. The call came down the line, "NOW!!"

With a unified 'surge' of energy, our clansmen pulled their opponents, into submission.

The Result

After all the factions, had had their opportunity, to display their wares in the arena of 'Tug-o-War'. We all assembled back, to the hallowed courts of battle, where the Prize-giving Ceremony would proceed.

Our clansmen, knew that they had fought and represented our organisation with honour and distinction, on this day. They also knew, that the sweat and blood that they spilt, on these courts of battle; would not have been enough to grant them a victor's toast, due to their losses.

Though this was indeed the case, they were surprised to learn that... for their first venture into this arena, our brave clansmen came... THIRD!! We will endeavour to do better, NEXT YEAR!?!





Written by
JOHN HART

Warrior spirit for personal growth

Over the last two seasons we have ran a mixed social team with the combined effort from Maata Waka.

This team being comprised of some clients in common from both providers, the majority coming from AOD and CAMHS youth as well as Kaimahi from Te Piki Oranga.

Some starting out having never played basketball or team sports before finding their place and warrior spirit as a sports person showed personal growth as well as surviving two seasons.

We managed to notch up a couple of historic wins against teams we had previously had demoralising

losses to well drilled and skilled sides this not only made playing more fun but increased the mana as well as the feelings of achievement for our team members.

With the recent loss of some key members due to broken leg and other commitments hopefully only temporarily we hope to reignite this team again by increased numbers to our ranks in this coming season.

Having seen first-hand some commitment from this rōpū in turning up outside of their comfort zones to play against conditioned and seasoned players has been a highlight of the year.



Upskilling clinical skills

to provide whanau with a wider range of wellbeing services



written by

DIANNE MACDONALD



Te Puna Hauora Nurses of Te Piki Oranga have spent time over the year developing, training and upskilling clinical skills to offer whānau a wider range of wellbeing services.

Training has been shared at nurses' hui where all the nurses gather from all sites to share information and participate in peer lead education. This hui contributes to nursing knowledge being shared across all our nurses, as nurses who have attended national training present back to share the information. Janelle Wilkey RN Wairau presented on Sexual Health, Trudy Gibson RN Whakatū presented on Cardiovascular Health (Heart and lungs), Dianne MacDonald RN Whakatū presented an update on nurse practitioner training.

Nurses are required to maintain education hours every year, so we attend training, conferences, and hui around the country. This year our nurses have trained in cervical smear taking, spirometry (testing lung function), Point of Care testing, this test measures cholesterol and diabetes HbA1c, Phlebotomy (taking blood samples), and HEADS assessment (this gathers information from rangatahi on health, social, cultural and whanau aspects in their life and identifies areas

where support is required). Mental health credentials were studied to add more mental health tools to their kete. Training with an otoscope (examining the inside of the ear) was also undertaken.

Other nurses have completed or are in the process of completing their professional development review programme (PDRP) which is a portfolio of competencies and practice examples to ensure a professional level of achievement is upheld. Supervision and nurses' reflection of practice is also undertaken regularly.

Meeting regularly and discussing clinical knowledge and sharing practical nursing skills is essential for our nurses to be upskilled and practicing safety in their scope of practice. We do this to ensure that Te Piki Oranga has nurses that are up to date with current practices and provide whanau with excellent nursing skills and knowledge.

If you are wanting to talk about any health concern or have a wellness check please make a referral through our website www.tpo.org.nz and we can arrange for one of our nurses to talk with you.



Written by
SONNY ALESANA



Mana Kuratahi is the premiere kapa haka event for primary schools in Aotearoa which is held every two years and this year was held in Hamilton.

To be eligible to perform at Mana Kuratahi, teams will have had to perform and qualify at a regional competition. This year two teams represented Te Tauihu o Te Waka a Maui; Te Pito Whakarei (Nelson Intermediate) and Tamariki Toa o Te Pouahi (Nelson Central School).

Te Piki Oranga are pleased to have supported the two teams that represented our region with water bottles.

Tom Alesana said: “both teams are appreciative of the support of so many people, iwi, business’s, community and parents and we would like to thank Te Piki Oranga for their support”.

Mana Kuratahi will be held in Nelson in 2021 and we look forward to hosting this event.

Measles update

and travel advice to the Pacific

Shared by

EMERGENCY MANAGEMENT, MINISTRY OF HEALTH



Measles update

The current national priorities for MMR vaccination are:

- ensure all children receive their vaccinations on time at 15 months (12 months in Auckland) and four years to maintain the national Childhood Immunisation Schedule
- susceptible close contacts within 72 hours of first exposure to measles when possible babies aged six months to 11 months who live in Auckland or who are traveling to Auckland or overseas to a country that has an active outbreak of measles
- children and adolescents aged 15 and under who have not had a single dose of MMR
- in accordance with the National Immunisation Schedule, all children under five who have not received either dose of MMR should be actively recalled. We consider active recall of this group to be in line with the priority groups.
- people under the age of 50 traveling from New Zealand to Samoa, Tonga, Philippines and Fiji
- people traveling to a region where there is an active outbreak of measles – regions with measles outbreaks can be found at

<https://wwwnc.cdc.gov/travel/notices/watch/measles-global>

WHAT IS MEASLES?

Measles is one of the most infectious diseases in humans. It is also known by the names English measles, morbilli and rubeola. Measles is now the third most common vaccine-preventable cause of death among children throughout the world.



preventable by vaccine



treatable by medical professional



requires a medical diagnosis



lab tests or imaging often required



spreads easily



short term: resolves within days to weeks

The disease spreads through the air by respiratory droplets produced from coughing or sneezing.



Travel advice

Given the outbreaks of measles in Samoa, Tonga, Philippines, and Fiji, the Ministry of Health is asking primary care providers to ensure vaccinations are up-to-date for any individual (aged 50 and under) who indicates they will be traveling to one of these areas or any country that has an active outbreak of measles. Outbreak regions can be found at

<https://wwwnc.cdc.gov/travel/notices/watch/measles-global>.

We also recommend infants aged six to 11 months traveling to an outbreak area have one dose of MMR. Please remember that any child vaccinated before 12 months of age will still need two further doses of MMR.

All people need to be vaccinated at least two weeks before travel.

The Ministry will issue a public travel advisory on encouraging vaccination for people traveling to outbreak areas.

Update on vaccine to meningococcal vaccine

From 1 December 2019, PHARMAC will be funding a meningococcal ACWY vaccine - Menactra) -for individuals aged 13 to 25 years in close-living situations.

This means that one dose of meningococcal ACWY vaccine is funded for those aged 13 years to 24 years (under 25 years) who:

- are entering within the next three months, or are in their first year of living in boarding school hostels, tertiary education halls of residence, military barracks or prisons;

In addition, from 1 December 2019 to 30 November 2020 people already living in boarding school hostels, tertiary education halls of residence, military barracks or prisons will also have access to the vaccine.

Providers will be able to enter the vaccinations given on the NIR via their PMS and claim for the vaccine administration in the same way they currently do for other special groups (high risk) vaccinations.

Successful pilot project for quicker access of MRI reports for Māori & Pasifika patients

Sourced from:

TE AO MĀORI NEWS

Māori and Pasifika patients have received quicker access to MRI reports under a successful pilot project set to be rolled out across the country. The pilot programme involved GPs referring patients directly for MRIs.

The direct referral pathway significantly reduced wait times down from three weeks to an average of just five days showing an increased result in access for Māori and Pasifika people.

Find out more about this:

<https://teaomaori.news/maori-pasifika-patients-get-quicker-access-mri-reports-under-pilot-project>





Mana Moana Leadership Retreat

Written by

SONNY ALESANA



The vision of Mana Moana is for Pacific peoples to harness the mana and power of who we are and where we are from. The most unique feature of the Mana Moana experience is its carefully curated research – based exploration of Pacific indigenous cultural knowledge and its contribution to leadership and life.

Mana is an Oceanic word that can be found in 26 Pasifika languages. It refers to power, energy, grace, abundance, efficacy, and authority. Mana is essential to effective leadership.

Moana meaning “ocean,” is a Polynesian word that can be found in 35 contemporary Pacific languages.

Mana Moana, then, is about the power, energy and vitality sourced to being from the moana and being indigenous to the South Pacific region.

In this journey I discovered our shared Pasifika linguistic, cultural, genealogical, geographical and historical roots that provides us with a taonga of rich knowledge that is an essential resource for leadership today.

The journey

The theme of our first retreat “Va Tupuna” Wa Tupuna is our connection to our ancestors and to reflect on the many legacies of our tupuna.

The second retreat was held at Koewhata Marae in Kaikohe where we were able to reflect on our relationship with Fanua/Whenua.

The retreat began with grounding us with the fanua at Waitangi Treaty Grounds where we received a guided tour.

This further enhanced our understanding of our relational va/wa with the whenua/fanua. Moe Milne (Ngati Hine, Ngā Puhi) challenged us about the importance of getting past “warm Pacific greetings” if we are to make a difference to our community’s future. Upon our departure, we stopped at the foot of giants and spent time communing with Tane Mahuta at Waipoua Forest, an apt end to our enlightenment about connecting with Va Fanua.

We transitioned from Va Fanua to Va Moana at our third retreat and it gave me an opportunity to project. The focus of this retreat was on navigating and how our ancestors traversed the world’s largest ocean, navigating one’s life and letting go of things that we no longer need in our vaka/waka. The knowledge and wisdom gained from our presenters highlighted resilience, perseverance and the importance of navigating with timeless knowledge from our ancestors.



As we embarked from our waka/vaka we reflected on complexities and challenges of power, politics and influence in the people thru Va Tagata/Wa Tangata. We could not distance ourselves from the events happening at Ihumātao and a robust discussion took place. From personal stances on Ihumātao, we were able to explore the va of human relationships. We were exposed to the passions of those still in the struggle at a critical point in the fight.

Retreat five took our vaka/waka to Ngaruawahia and the theme of ala/ara. We continued to reflect on our journey and completed our “My Life Stories”. As we approach the end of our journey with Mana Moana 2019 Cohort, it feels right to reflect on the ara/ala pathway ahead. We have learnt much from the old ways and still have much more to learn, to clear the pathways forward in increasingly complex modern societies, but perhaps navigating the multifaceted Ala/Ara/Hala is much simpler than we realised.



Returning our Mauri/Mauli to the deeper wisdom of our ancestors, our atua, our teachers, the natural environment, Manu, Fanua/Fonua/Whenua, Rangi/Langi, Vai/Wai, Moana, Maunga/Mauna, Whetu/Fetu, Marama, Tatau, Afaa. These all have rhythm, that allows us to receive wisdom, search for wisdom. Tofa Sa’ili and our readings indicates to “accessing the Pasifika Indigenous reference that has always incorporated the seen and the unseen, the human and the spiritual realm”, to strengthen and bless our journeys ahead.

Wa Mokopuna was the theme of our final retreat and very much an appropriate ending to our journey. Moana Jackson spoke about colonisation and its effect on the health and wellbeing of mokopuna. The challenges that indigenous people around the world faced and continue to face. We explored the scenario “What sort of ancestor do we want to be and how will our mokopuna remember us”? We have been challenged to be more conscious with our relationship with the environment, to be present in the real-world matters of global warming, extinction of species, coral die off and ocean acidification.

My reflections

“Ole ala ile pule ole tautua” my journey with Mana Moana has reinvigorated my passion to reach back to my culture and ancestors to find pathways towards leadership for the betterment of my whanau, people and community. I have been challenged to look deep into my spiritual and physical being to find answers to why I lead the way I lead. Connecting with whenua and moana and understanding that we all have a vital role in protecting these taonga for our mokopuna.

I would like to acknowledge the Te Piki Oranga Board, my general manager Anne Hobby, my fellow kaimahi, Mana Moana, Pūmanawa Kaiārahi o Aotearoa, Foundation North, JR McKenzie, Pakilau o Aotearoa Manase Lua, Sina Wendt, Dr Karlo Mila, Cecilia Vakameilalo-Kioa and the many presenters for their support throughout this journey.



Written by
LINDI RULE

Marlborough Foodbank

Street Appeal 2019



Kaimahi on photo from left: Brenda Chilvers, Lindi Rule, Ala Ward, Margy Crosby, Sharon Osbourne, Mares Martin, Flo Joyce and Karena Martin

On Monday 25 November 2019, 300 volunteers took to the streets of Marlborough behind a fire truck calling on households to donate to the Foodbank Street Appeal for people in need this Christmas. This food will go to people in the community facing hardship and struggling to make ends meet.

Te Piki Oranga Kaimahi teamed up with the Wairau Māori Wardens and the Rural Fire service and walked the streets in the Mayfield suburb. The groups met at Pollard Park at 5.45pm. Many of these people have taken part in this community event since it commenced in 2006. The group split into teams to cover their allocated area and pounded the streets till 8.15pm. The collection was very successful, and the group want to thank the people in this area for their generosity.

The appeal covers Blenheim, Picton, Renwick, Havelock, Woodbourne, Grovetown, Spring Creek, Rarangi and Seddon. Last year's Foodbank Street Appeal filled 700 banana boxes, and the coordinators were hoping for a similar turnout this year.





Storytime for our tamariki

Written by
LEZA POST

Since 2018 our Tamariki Ora service has been working collaboratively with Storytime Foundation to encourage our tamariki to be exposed to books and our local libraries at a young age.

Throughout the WellChild schedule, tamariki receive age-appropriate books to help their development of language, love of books, and interaction with whanau.

The first book tamariki receive is a 'black and white' book as this is all pepi see for the first 2-3 months of life. The pictures depict Maunga, Awa, Waka, Whanau, and Pepi. Parents have stated the books are a great vehicle to remind them to repetitively share their whakapapa with their tamariki.

Maui Bradley (pictured) is enjoying the book he received at the 5-month WellChild check. His mother Danise Saggars said, "Maui loves his new books...lol...thanks." This initiative has been much appreciated by parents and it's great to know they're helpful with teething too....

As a WellChild provider, it's nice to have this resource to share with whānau.



This initiative
has been much
appreciated by
parents and it's
great to know
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with teething
too ...

Pēpi comes first for Naomi

smoke-free and loving it

written by

STEPHANIE GRAY, NMH

About the Pēpi First programme

Deciding to stop smoking is one of the best things a woman can do for herself and her baby.

The Pēpi First programme is free for all pregnant women in the Nelson Marlborough region. The benefits include:

- vouchers to reward progress (up to \$600 worth)
- intensive one-on-one support with a quit coach
- community clinics, workplace support, and home visits
- nicotine replacement therapy and information about other quit smoking products and services
- a complementary approach to the Quitline service that offers 24/7 support.

The parallel Stop Smoking Service is a free quit smoking programme for men (and women), so the tāne in the household can walk alongside their wahine and quit smoking at the same time.

In the past 12 months for the Stop Smoking and Pēpi First services:

- 1044 people have referred themselves or been referred to the service
- 53% of 334 Māori referred to the service have successfully quit smoking
- 52% of 72 pregnant women referred to the service have successfully quit smoking



from left: Kelly Atkinson (Smokefree Team Leader NMH), Sonia Hepe-Treanor (Te Ha Pūkenga Manaaki TPO), Naomi Te Kiri and Debbie Fisher (Associate Director of Midwifery, NMH)

A young woman's strength to quit smoking for the sake of her unborn baby has been celebrated with a special gift and acknowledgment.

Naomi Te Kiri is counting days the days until her daughter is born, focussing on her mahi (work) and staying fit and positive.

This has been made easier thanks to Naomi's outstanding effort to quit smoking, with the guidance of her quit coach Sonia Hepi-Treanor.

Sonia and Naomi came together through Pēpi First, a free programme that supports pregnant women to quit smoking and rewards them with grocery vouchers along the way.

"It was such a challenge to quit, the hardest thing I've ever done. Having a quit coach beside me was the 20% extra I needed alongside the 80% I put in myself," Naomi says.

Sonia, Te Hā Pūkenga Manaaki of Te Piki Oranga Māori Wellness Services, says that the Pēpi First model of one-on-one support is key to success, especially for hapū mama.

"It's all about building relationships and trust. We continue to support women for six weeks once pēpi is born but usually find that if a wahine is smoke-free in the second or third trimester she is usually smoke-free post-partum," Sonia says.

The bond between Naomi and Sonia was evident when Debbie Fisher, Associate Director of Midwifery for Nelson Marlborough Health, met them to present a special gift to Naomi.

Debbie had been donated a beautiful flax basket designed for the burial of a pēpi’s whenua (placenta) and pito (umbilical cord) by Flax Farewells and was looking to gift it to a “wahine who has gone the extra mile to honour a pēpi who is growing inside.”

That remarkable wahine was Naomi, nominated by Sonia and acknowledged by Debbie:

“It’s a huge amount of work to further protect pēpi through the Pēpi First programme. We would like to recognise your hard work and commitment you’ve made to your pēpi,” Debbie says.

Naomi, who has shared some of her story with readers in the Q&A below, has some advice for hapū mama who wants to quit smoking.

“Seek help like I did, you don’t have to do it hard on your own. If I can do it, you can. Stay positive, keep a routine and stay busy during the day.”

A Q&A with Naomi te Kiri, a hapū mama who kicked cigarettes to the curb

Tēnā rawa atu koe for sharing your story, Naomi!

What does quitting mean to you?

Quitting something negative is a positive thing. Quitting smoking means I can be healthier in my daily routine. Being able to breathe better while doing my exercises, having a clear head throughout the day and spending more time focusing on improving myself to be a better person each day.

Is this the first time you’ve quit or tried to quit?

Yes, this is the first time I’ve quit smoking. I’m so proud of myself for doing so. It feels good saying I’m smoke-free!! Wahooooo!!

What are/were the tough bits?

The toughest thing I had encountered while giving up smoking cigarettes was remaining positive and strong to my goal. Being around people who smoke was so difficult as I would think to myself “I want one, just one won’t hurt today” but no, I would bring myself out of those thoughts and remain staunch to my goal.

What got you through the tough bits?

Having a routine. Every day I would make sure I am doing something positive and proactive to keep my mind busy. Being strong-minded also got me through as I can turn around and say NO to people who would

offer me a cigarette.

What do your family, tamariki, friends think?

My whanau and friends are very supportive. They are happy that I have taken the steps to give up smoking. They think it’s good for the health as this reduces the likes of heart attacks etc.

What was your strongest motivator to quit?

Having a baby on the way. This has been the biggest motivation as I don’t want her to think it’s ‘OK’ to smoke when she grows up. I want to show her other ways to cope with stress as there are other tools to use rather than smoking cigarettes. I want to create a positive and healthy environment for my baby and me.

When did you start smoking and why?

I started smoking when I was 18 years old, got a taste of the party life and started smoking socially. This eventually turned into a habit as I used this as a stress relief. I would make a coffee in the morning to go with a smoke or two, then start my day. Smoking cigarettes got me through my day and if I didn’t have any, my whole day would just not go to plan as I was consistently thinking of a smoke instead of focusing on what I had to do that day.

Have you noticed any other changes in your life since you’ve stopped smoking?

I am a lot happier as it has been a big goal of mine to be smoke-free. I have been able to save more money and go out and buy anything I want or need.

Has quitting inspired you to do any other things differently?

Yes definitely, as I know I am determined to do anything. Anything I put my mind to, I know I can achieve any goal I set.

What is your advice to people who want to quit smoking but think it might be too hard?

To anyone who wants to quit smoking, seek help. There are people out there who can coach you through your goal. Having support behind you is a good push to have but at the end of the day, it’s up to YOU to put in the work to achieve your goals. Keep your mind busy throughout the day, stay positive and strong. Respect yourself first and always keep reminding yourself “I’ve got this”. If I can do it, anyone else can. I hope to see others do the same as they will enjoy the benefits of living a healthier lifestyle.



Wairau kaimahi supported by Whakatū kaimahi & Tumuaki



Taiopenga Wairau 2019



Story by

NIKI WAITAI

Participating in Taiopenga in Wairau is always an exciting time for our kaimahi. We have worked hard all year with a 15 minutes bracket to showcase our skills and talents.

We sung four songs. Kia U Kia Mau written by the talented Wayne Hippolite and whanau. E Minaka Ana, IO and our beloved Te Piki Oranga Anthem.

It was a fun evening rōpū from across the rohe and surrounding areas were there to participate. Young and matured groups were all outstanding, highlight as always were the awesome Noho Pakari Tū Kaha rōpū. Man, they know how to rock the stage!

We were grateful and appreciative of Whakatū Te Piki Oranga kaimahi who came over to support us on the night. A massive mihi for their tautoko/support they showed to us.

It was a fun evening, loved the opportunity to participate in this community event.

Maori Tikanga Wananga at Te Hora Pa



Story by

SONNY ALESANA

Te Kaupapa

Māori Tikanga Wānanga is in its third year with Te Piki Oranga and it continues to provide a successful model of cultural engagement for participants looking to connect with their hapu, iwi and marae.

Participants are assessed prior the wānanga to measure their understanding of topics covered during the wānanga. The “KAMA” assessment model assesses the participants' knowledge on rangatiratanga, wairuatanga, manaakitanga and whanaungatanga. Participants are re-assessed at the completion of the wānanga to measure their understanding of the topics covered. The wananga has evolved from offender focus to a whānau learning environment that follows tikanga of rangatiratanga, manaakitanga, wairuatanga and whanaungatanga.



Te Hora Pā Wānanga October 2019

The wananga began with a pōwhiri attended by participants, their whānau and kai tautoko. Kaupapa covered at the wananga included: karakia, pepeha, Māori values, waiata, roles of male and female in powhiri and how these can be transferred to their everyday lives, cooking, weaving, doing karanga and whaikōrero.

Children were looked after by trained teachers and a holiday program was provided as part of the wananga. Parents and children were taught kapa haka and how to prepare and cook a hangi that was served as part of the graduation ceremony on the final night of the wānanga as well as a performance of items they learnt. Two female participants delivered the karanga and two male participants spoke on the paepae for whānau and supporters pōwhiri on the last day.

Follow-up wananga with participants are being held Tuesdays at the Te Piki Oranga Wairau office.



Professor Meihana Durie

Kia toi te mana, Kia tau te mauri

Wānanga

Story by
DIANNE MACDONALD



*"There is no barrier to
what we can do"*

Potential of the people
United through whakapapa
Motivated by matauranga
Activated by Atua
Navigating new realities
Always grounded
Whanau futures
According to our destiny

Noho pakari tū kaha to start the day



Te Piki Oranga met for a team noho on the 12 and 13th November at Te Hora Pa, Canvastown with our guest presenter Professor Meihana Durie.

To follow on from our hui in 2018 our theme Kia Toi Te Mana, Kia Tau Te Mauri – Renewing and elevating mana and mauri to reveal Pumanawa. We explored the notion of potential, Pumanawa- Natural talent, Intuitive traits, Inherited traits and distinctive energy. We discussed how to see these in each other, whānau, tamariki and ourselves. We debated the importance of Mana and Mauri and unpeeled the layers of learning from Te Whare Tapa Wha. We split up into groups to represent each element of whanau, hinengaro, wairua, tinana and each group presented karakia, waiata, drama, movement, and skits. Professor Meihana guided us with the stories of the Atua and how they had overcome difficulties stating that it is possible to transcend difficult situations, as for many Māori their potential remains unrealised. All our learning was linked back to what we do at Te Piki Oranga, as one kaimahi said, "The difference is us, build mana, build mauri"

The Māori perspective is that all whanau members are gifted and talented and that it is the whanau together with the community who must foster and nourish these talents. To nourish ourselves we were looked after by the wonderful whānau at Te Hora Pa, ngā mihi. Margy Crosby got us all active with a morning session of noho pakari.

The final comment that stays in my mind, "there is no barrier to what we can do".



Taha Hinengaro



Taha Tinana



Taha Wairua



Taha Whanau



"The difference is us, build mana, build mauri"



Google knows a lot about you!

But you can opt-out to make it forget

It's a little bit frightening, everything you do online while signed in to Google becomes a part of your Google profile. Chances are Google has public listed information about you like your name, a photo of your face, your birthday, other email address you use, phone number, etc. and knows a lot about you and collects a lot of information about you.

Whatever device you are using (Android/iPhone), Google remembers every search you perform, every video you watched, everywhere you go, the direction you took to get there, when you arrive and what time you leave -- even if you never open the app.

Don't worry, there's now something you can do about it. Due to data leaks and privacy violations, Google has responded by creating a privacy hub that lets you access, delete and limit the data Google collects on you.

So, what private information Google considers 'public' that they have on you?

1. Open a browser window and navigate to your Google Account page.
2. Type your Google username (with or without "@gmail.com").
3. From the menu bar, choose **Personal info** and review the information. You can change or delete your photo, name, birthday, gender, password, other emails and phone number.
4. If you'd like to see what information of yours is available publicly, scroll to the bottom and select **Go to About me**.
5. You can then back out and make changes. There's currently no way to make your account private.

written by

ROSSANA ROGERS ET AL.



Google Account



Home



Personal info



Data & personalisation



Security



People & sharing



Payments & subscriptions



Help



Send feedback

Choose what others see

You decide what personal info you make visible to others across Google services



[Go to About me](#)



What online activity does Google have on you?

There's heaps of data Google has on you! Follow these steps to find it, review it, delete it or set it to automatically delete after a period (recommend to auto-delete after 3 months).

For most of the day-to-day things you do with Google, you won't even notice the difference.

1. Sign in to your Google Account and choose **Data & Personalisation** from the navigation bar.
2. Scroll to **Activity controls** and select **Web & App Activity**.
3. If you want Google to stop tracking your web and image searches, browser history, map searches and directions, and interactions with Google Assistant, uncheck both boxes. Otherwise, move on to step 4.
4. Next, click **Manage Activity**. This page displays all the information Google has collected on you from the activities mentioned in the previous step, all the way back to the day you created your account.
5. To set Google to automatically delete this kind of data either every three or every 18 months, select **Choose to delete automatically** and pick the timeframe you feel most comfortable with. Google will delete any current data older than the timeframe you specify, e.g. if you choose three months, any information older than three months will be deleted immediately.
6. If you'd rather delete part of all of your activity history manually, on the navigation bar choose **Delete activity** by and choose either **Last hour**, **Last day**, **All time** or **Custom range**.
7. Once you choose an auto-delete setting or manually select which data you want deleted, a popup will appear and ask you to confirm. Select **Delete** or **Confirm**.

Please note well, setting Google not to track your online or offline activity doesn't necessarily mean you've closed off your data to Google completely. Google can still track your physical location even if you turn off location services by using information gathered from WI-FI say like when you connect with your Facebook. Ultimately, it's up to you to protect yourself from invasive data practices.



Google Maps tricks you should know how



Planning your next trip? Check out these tips

Google Maps can help with other tasks you may not know about, such as letting you download a map to use offline, include stops to your driving time to get a more accurate destination time and even help you find somewhere to park. Read on to learn how to use these features so your trip will be super smooth.

Use Maps offline

It never fails -- when you need directions the most, your phone loses signal at the most inconvenient time. Luckily, Google Maps lets you download your route ahead of time so that you never have to worry about getting lost.

1. In the Google Maps app, enter your destination.
2. At the bottom of the screen tap the name of the place or the address.
3. Tap the three-dot menu in the upper-right corner.
4. Tap **Download offline map**.
5. Tap **Download**. The map for the area you've selected will now be available to you offline.

Plan the route of your entire trip, including stops

If Google says your trip will take seven hours but it ends up being eight, it may be because you didn't include your multiple stops along the way. Google Maps lets you add stops so you can get a more accurate destination time.

1. In the Google Maps app, enter your first destination, like a gas station or coffee shop.
2. Tap **Directions**.
3. Tap the three-dot menu in the top-right corner.
4. Tap **Add stop**. Add as many stops as you anticipate taking.
5. Press **Done** or **Finished** when you're finished adding stops. Now you'll get a more accurate ETA when planning trips.

Kia Taumata te Oranga Matrix Programme

written by

RAMEKA TE RAHUI



He tuku mihi tenei ki a Phil Townsend mo ana manaakitanga, Nana I whakarewangia ta matau kaupapa, Kia Taumata Te Oranga. Mai tona timata, I te ra, tekau ma wha, o te marama o Whiringa-a-nuku tae noa ki te ra, tekau ma toru o Whiringa-a-rangi, tona noho I waenganui ia matou, a; i wehea, I hoki e ia ki tera o nga tari a Pascoe timata ai te kaupapa a Matrix ma ratou. Ka nui te mihi e Phil.

Into the 6th Week of the kaupapa, Kia Taumata Te Oranga programme facilitated and lead by Phil, included whanau completing a diary to monitor the abstinence period maintained by them and included a range of kaupapa kōrero including, Meth and the brain, early recovery skills and relapse prevention.

The topics concluded the Kia Taumata Te Oranga kōrero; the topics are then repeated into a second round, then a third ongoing in this manner for 1 year.

We had a consistent participating whanau on the programme since it has begun, the majority of male attendees. The programme calls for an alignment of Tikanga content to complement the above-mentioned kōrero. Some relevant topics are specific to Meth use which can be useful and appropriate to maintain however the majority of the kōrero needs to be underpinned by more in-depth Tikanga kōrero.

Topics covered:

- Stopping the cycle
- Relapse justification
- The importance of relationships
- Identifying external and internal triggers
- Boredom
- Managing anger
- Trauma abuse and violence
- Addiction and your brain
- Work and recovery
- Stages of recovery
- Making new friends
- Love and serenity
- Common challenges
- Staying busy
- Thinking, feeling and doing
- Mutual support groups
- personal gifts
- A checklist for successful recovery
- Emotions
- Total Abstinence and
- Sex and recovery

He mihi ano tenei ki te rangatira a Pita Akuhata I whiwhi ai te turanga Taura Atawhai otira, tona ra powhiri kua whakaturia mo te ra, rua tekau ma rima o tenei marama tonu, I te tekau o nga haora ki Whakatu Marae nareira nau mai haere mai e te whanau te tautoko tenei kaupapa rangatira.

Hei mutunga kōrero maku, kei te tuku mihi ki a Karen Davidson Te Pūkenga Whakahaere, raua ko Diane McDonald Te Neehi Arahanga mo raua manaaki ia matou katoa, otira; kei aku hoa mahi, te papa a Rangi Kohe, aku tuahine a Debbie Tauwhare, a Debbie Capatina otira te whanau katoa o Te Piki Oranga ki Whakatu, ki Waimeha I tautoko mai, ka nui kei te mihi kia koutou katoa.





To be eligible

- need to pay overdue rent
- may lose their tenancy because of the unpaid rent
- are unable to get other MSD support to pay rent arrears
- will be able to carry on their tenancy and keep paying the rent themselves once their arrears are paid
- have signed the tenancy agreement or have a tenancy order under the Family Violence Act
- meet income and asset limits
- meet residency criteria

Rent arrears assistance

shared by

GEORGETTE NEWSOME ET AL.

The new Rent Arrears Assistance payment may be able to help some people who don't qualify for other MSD rent arrears support and risk losing their home because of overdue rent.

People don't need to be on a benefit or living in public housing to qualify for this help. It's a one-off, income-tested payment that needs to be paid back.

A person or family suffering a temporary financial setback and gets into difficulty with unpaid rent, don't have to escalate into eviction, emergency housing or homelessness.

“
*If you risk
losing your
home because of
unpaid rent,
you may be able
to get Rent
arrears
assistance from
MSD*



If you or people you're working with is in this situation, they can contact 0800 559 009 to see if they can get support.

The Work and Income website has more information about Rent Arrears Assistance, who qualifies and how to apply. <https://www.workandincome.govt.nz/housing/live-in-home/housing-costs/rent-arrears.html>

Nau mai, haere mai ngā kaimahi hou

VIKKI LUTHERUS



Ko Temaipi te maunga
Ko Kohata te awa
Ko Takitimu te waka
Ko Ngati Kahungunu te iwi
Ko Ngai Tumapuhia A Rangi te hapu
Ko Okautete te whenua
Ko Te Ore Ore te marae
Ko Vikki Lutherus tōku ingoa

Kia ora koutou. I was born in Pahiatua and have lived in Palmerston North, Picton, Nelson, Greymouth and Blenheim. I have two tamariki, Jacob (19) an apprentice mechanic and Levi (17) who is at Marlborough Community College.

My nursing background consists of clinical management in aged care, home-based support community nursing and DHB nursing consisting of theatre, surgical and medical nursing. I am enjoying the change and challenge as a Te Puna Hauora nurse and feel privileged to work alongside our people and feel well supported within my role here at Te Piki Oranga.

Outside of work, I enjoy spending time with my whānau and friends, walking my dog which I find therapeutic, racing speedway with my son, house renovating and learning DIY skills.

PAOLA MONTANARO

Ko Fraiteve te maunga
Ko Sangone te awa
Ko Mediterraneo te moana
E Tauwi ahau mai i Itāria
Ko te tohorā te kaitiaki
Ko Paola Montanaro tōku ingoa.

Tēnā koutou,

I'm Paola, I was born at the foot of the Italian Alps (Piemonte) and grew up between the Alps and the Mediterranean Sea. I lived and worked in different countries across Europe, together with my beloved animal family: the dogs, Magò and Nemo, and Teo, the cat.

I hold a Master in Clinical and Community Psychology in Italy, Spain, Switzerland, and New Zealand. I'm a FEAP certified systemic psychotherapist in Spain and an NZAC counselor here in

Aotearoa. It's almost fifteen years now that I share my passion and work with children, adolescents, families, couples, and adults experiencing a variety of challenges. I worked in the child protection system, as a therapist as well as a clinical lead and supervisor, in psychiatric practices, in services for people with severe mental and physical disabilities, in specialized schools and counseling services). With the help and guidance of my dogs, I also provided assisted animal therapy.

Ten years ago, I started to include Taha Wairua to my Te Whare Tapa Whā, both in my personal and professional life. This led me to get deeply in touch with the whales and the dolphins of our planet and to relocate to Aotearoa.



Working for Te Piki Oranga represents for me the opportunity to learn Te Ao Māori and dive deeper into the experience and application of Taha Wairua in my mahi.

I'm deeply grateful for this opportunity and glad to be part of our team.



HEI KONA, BEX

Kia ora. I am a Social Work Student at NMIT and have had the privilege of doing my fourth and final year of placement at Te Piki Oranga (TPO); and what an amazing experience it has been. Firstly, I want to thank Sonny and Karen for giving me this opportunity to develop my social work practice. A big, big thank you to Toni and Emz who have imparted their knowledge and wisdom; and have supported me through my 15-week placement. I am so grateful to both of you. To the kaimahi who have supported me and taken me under their wings, ngā mihi nui koutou.

What an amazing kaupapa Māori organisation TPO is and such a blessing for our people in Te Tau Ihu o Te Waka o Maui. During my placement, I have had the pleasure of observing and working in several of our services from CAMHS to adult mental health, AOD and social work to nursing and tamariki ora. I have seen how these services work collaboratively to restore mana, bring hope and wellness to our people. The passionate kaimahi work tirelessly to restore, revitalise and give our whānau hope for the future. I know that TPO is only going to get bigger and better. It is a unique organisation and it has been such a pleasure and a huge learning experience for me working at Whakatū hub. I have visited the offices in Motueka, Waimeha, and Wairau and have found the vision of TPO is carried throughout all the rōpū.

I have loved working at the Whakatū office and every day has had its highlights but for me, there is no better feeling than when whānau realise the potential and the mana they carry. Placement at Te Piki has grown my social work practice exponentially, I have a greater understanding of supporting the needs of our whānau while ensuring their autonomy. It has been an honour working with the whānau and you all, something I will never forget.

Kia ora koutou katoa
Ko Mongerongero te maunga
Ko Te Heuheu te awa
Ko Ngatokimatawhaorua te waka
Ko Ngapuhi te iwi
Ko Ngai Ta Wake o Te Waoku te hapū
Ko Kaingahoa te marae
Ko Tumanako te wharenuī
Ko Kenny Boyd tōku papa
Ko Tracy Sands tōku mama
Ko Anthony Sands tōku matakēkē
Ko Dylan rātou ko Quinn ko Cam
āku tamariki
Ko Bex Sands tōku ingoa

HEI KONA, SHERYL



Annual General Meeting 2019



written by

CAROLINE SAINTY ET AL.

Te Piki Oranga Annual General Meeting was held last October 25, 2019, at Level 1, 281 Queen Street, Richmond. This was attended by all the Board Members (with apologies from Kereopa Ratapu), and representatives from our funders and the wider community.

Jane du Feu chaired the meeting following the usual process. Ra Hippolite read the Tumuaki report on behalf of Anne Hobby who was away on tangihanga leave. Amendments to the Constitution were approved that confirmed Te Rūnanga O Wairau Trust as the new shareholder.

The 4 Pou Tangata namely: Sonny Alesana, Lydia Mains, Karen Davidson, and Ricky Carr talked briefly about their respective Pou and their focus during 2019.

Rameka Te Rahui with Debbie Tauwhare presented on 'Kia Taumata Oranga' Matrix Programme, Brittani Beavis about 'Te Puna Kai Ora' and Meg Robertson about her role as the Nurse Practitioner for Mental Health which is new to Te Piki Oranga.

Healthy kai was served after the meeting which was shared and appreciated by all.

Ngā mihi kia koutou katoa



1. Jane du Feu, Chair person, 2. Ra Hippolite for the Tumuaki report, 3. Keith Pamer, Deputy chair for Finance Report 4. Board of Directors, 5. Representative from our funders and community, 6. Board of Directors



photos from AGM

1. Sonny Alesana, 2. Lydia Mains, 3. Ricky Carr, 4. Karen Davidson, 5. Keith Palmer, Ra Hippolite & Dianne MacDonald, 6. Rossana Rogers, Caroline Sainty & Grayson Nepia, 7. Diane Pomana (NBPH) & Ra Hippolite, 8. Wolfgang Klopfer (NBPH) & Brittani Beavis, 9. Debbie Tauwhare & Rameka Te Rahui, 10. Brittani Beavis, 11. Meg Robertson



Whakahaumaru Aotearoa

written by

New Zealand Shake Out

VIVEYAN TUHIMATA-WEKE ET AL.

"Tē mōhiotia āhea, ki hea rānei te ohotata. Whakaritea tō whānau. Kia mataara."

Emergencies can happen anytime, anywhere. It's up to you to take steps to make sure you're prepared.

New Zealand ShakeOut is the national earthquake drill and tsunami hīkoi. At 1:30 pm on 17 October 2019, wherever you are, people are reminded to take part in the drill - Drop, Cover and Hold for up to one minute – and if in a coastal area practise tsunami hīkoi (evacuation).

Te Piki Oranga staff across the rohe partook in the drill. Sadly, in Wairau, not all staff fully appreciated my whistle-blowing loudly! According to Lindi, who was in Waimeha at that time, they did not have a whistle so Lindi just shouted "Whistle! Whistle! Whistle!" for staff to participate. Ka pai to everyone who participated in the drill.

If you need more information in Getting Prepared or What to do in an emergency, check out the Get Ready <https://getready.govt.nz/> website.



Sharon Osbourne, doing the right actions: DROP-COVER-HOLD for 60 seconds

Whakamihi

Exploration of Māori household experiences of food insecurity

Authors: Beavis BS et al.

Summary: This research was undertaken over a 3-month period in 2011 by Māori dietetic students with Māori supervision. Analysis of observational and discussion data was guided by Kaupapa Māori methodology. The 4 Māori households (18 individuals) in this investigation each contributed over 40 hours of data. The analysis identified 4 key themes around the experience of food insecurity in the household. All households had experienced income-related food insecurity and this was expressed by the theme 'Overcoming socioeconomic hardship'; this insecurity was felt most keenly by the low-income family. In all households, food insecurity had short- and long-term impacts on hauora (well-being). Whānau described strategies they had developed to reduce the severity of food insecurity; themes were identified around the sharing of food, gardening for food, and teaching food and nutrition skills. Thematic analysis of the texts used by the household members expressed Māori values and/or hauora influences, encompassing manaakitanga (sharing food/hospitality), whanaungatanga (family relationships) and kaitiakitanga (caring for the environment).

Comment: Excellent Kaupapa Māori-guided research that both critiques the structures that create food insecurity, as well as highlights the ways in which whānau attempt to overcome these using Māori values.

Reference: *Nutr Diet.* 2019;76(3):344-52
[Abstract](#)



Congratulations Viveyan Tuhimate-Weke for completing Level 3 of New Zealand Certificate in Health and Wellbeing Support Work via Careerforce.

We're proud of your well-deserved success. He tino pai tō mahi.

Congratulations Brittani Beavis for the excellent review of your article "Exploration of Māori household experiences of food insecurity" as featured on Māori Health Review, Issue 81-2019.

Kei whea kē mai te pai o to mahi nei.



Te kokonga korero

Whakataukī (Proverbs)

Whakataukī (proverbs) are used as a reference point in speeches and also as guidelines spoken to others day by day. It is a poetic form of Māori language with underlying messages which are extremely influential.

They can be interpreted as you see fit, and as your Māori improves they can be translated in their deeper meaning. There are countless of proverbs, below are some of the many that exists.

"Mā mahi, ka ora"

"Ehara taku toa I te toa takitahi, engari he toa takitini ke"

"He aha te mea nui o te ao? He tangata! He tangata! He tangata!"

"Whāi te iti Kahurangi; ki te tuohu koe, me he maunga teitei"

"Ahakoa he iti, he pounamu"

"Poipoia te kakano Kia puawai"

"Hapaitia te ara tika pumau ai te rangatiratanga mo nga uri whakatipu"

"He aroha whakatō. he aroha puta mai"

"He oranga ngākau, he pikinga waiora"

By work we prosper

My strength does not come from me alone but also from others (*Cooperation of many can bring best results*)

What is the most important thing in the world? It's the people! It's the people! It's the people! Seek the treasure you value most dearly; if you bow your head, let it be to a lofty mountain. (*This is about aiming high or for what is truly valuable, but it's real message is to be persistent and don't let obstacles stop you from reaching your goal*)

Although it is small, it is green stone (A small gift can be a treasure)

Nurture the seed and it will blossom

Foster the pathway of knowledge to strength, independence and growth for future generations
If kindness is sown, then kindness you shall receive

Positive feelings in your heart will enhance your self-worth

He Reo Mihi (Praising)

You're very good

Awesome

You've done a good job

That's beautiful

You're the best

That's amazing

What an excellent job

You look beautiful

He tino pai hoki hoe

Ka rawe

He tino pai tō mahi

Te ātaahua hoki

Kei runga noa atu koe

Ka mau te wehi

Kei whea kē mai te pai o te mahi nei

He ātaahua hoki koe

Te Puna Pānui is published quarterly

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Our Te Puna Pānui and E-pānui is a regular quarterly newsletter sent out to let whānau know what we have up to and what is coming up. The E-pānui are sent by email and can also be accessed via our website. If you have not received a copy, please contact us to provide us with your email address, and we will add you to our mailing list.

Let us know what you think and make sure you tell us if you have news and tidbits to share. We welcome contributions from whānau. If you wish to contribute, please send your news and photo to social.media@tpo.org.nz