

Te Puna Pānuī

TE PIKI ORANGA NEWSLETTER



Te Piki Oranga
MĀORI WELLNESS SERVICES

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E rere ngā mihi ki ngā mate o te motu
Ki a koutou kua mahue mai i a matou
whakangaro atu ra
Kia a tatou ngā mahuetanga o ratou,
kei te mihi, kei te mihi, kei te mihi.

A message from Anne



In this pānui, we celebrate what happens when our tāne, wahine, rangatahi and tamariki feel connected and supported, within their whānau and also to the wider communities and the natural world.

For example, our Te Rōpu Tāne Kotahi Rau initiative not only supported a group of tāne in Whakatū (Nelson) to improve their health and wellbeing, it also won the Stuff 'Time to Shine Award.'

You can read how wild dolphins brought big smiles to the faces of tamariki and rangatahi towards the end of last year. Sonny Alesana (pictured on the cover) is also helping rangatahi in his new role at Te Piki Oranga as Kōtuitui Hapori (Community Connector).

In Motueka, our Tūhono programme tells the story of an older māmā, who successfully gave birth to her seventh pēpi (baby), with our team also helping her to keep her whare and support her other tamariki.

Meanwhile, we have started our COVID-19 vaccination programme, including collaborating with Waikawa Marae at their kaumātua day in April, and vaccinating people taking our Noho Pakari Tū Kaha sit and be fit class. If you have questions about the vaccine, Te Piki Oranga's COVID Response Manager Sarah Lee provides the answers to help you and your whānau make an informed decision when it is your turn to take the vaccine.

Additionally, for 15 to 30 year olds, the Measles vaccine is a must. Read on page 11 how rangatahi can get up-to-date and get a \$30 grocery voucher.

From this Autumn, Te Piki Oranga is also now working with the Royal Commission for Abuse in Care, which you can read about in this pānui.

Ngā mihi nui

Strength in unity and activity

Whāia te iti kahurangi ki te tūohu koe me he maunga teitei

Equipped with a new pair of cross trainers and hoodie, a group of tāne—participated in a range of activities over two years, as part of an award-winning programme called Te Rōpu Tāne Kotahi Rau.

During 16 weeks in 2019, the tāne explored Te Taihū's great outdoors, tackling tracks at the Centre of New Zealand, the Abel Tasman, the Grampians, Tahunanui Beach, Rabbit Island and Days Track, over the Tahunanui Hills.

The tāne also used the outdoor gyms at Tahuna Beach, Saxton Park and Riverside Pool, along with mau rākau (traditional Māori weapons) to mix up the cardio sessions.

As a result, they improved their physical fitness, quit or reduced smoking, made healthier food choices, lost weight and addressed other individual health needs. They also strengthened their kotahitanga (togetherness), taha tinana (personal identity) and mana.

The tāne successfully participated in the Nelson Half Marathon for the first time in 2019, then celebrated the end of the first year with a Te Piki Oranga health check, formal graduation and hangi at Victory Community Centre with whānau and friends.

In 2020, the tāne continued to 'tautoko the waka' on which they were still travelling. Several tāne participated in the Half Marathon a second time, beating their 2019 lap times, while others played in the 2020 Nelson Touch tournament or joined a Seido Karate club.

We are very proud that Te Rōpu Tāne Kotahi Rau recently won the 2020 Stuff 'Time to Shine' Award, one of six ASB Homegrown Heroes Awards. The 'Time to Shine' Award celebrates initiatives that have made a positive impact in the lives of a specific group in the community.

A similar programme for wāhine will start in October this year.





Calling in the dolphins to support mental health and wellbeing

Wild dolphins brought big smiles to the faces of tamariki and rangatahi during a special boat tour off the coast of Waitohi (Picton).

Inspired by other animal-assisted therapy approaches, Te Piki Oranga's Child and Adolescent Mental Health Service (CAMHS) in Wairau arranged the special tour through local wildlife tour company E-Ko Tours, which provides the opportunity to encounter several species of dolphins and orca.

Mātauranga Māori provided a model for the journey; the children learnt about the relevance of whales and dolphins to Māori, their own whakapapa connection to the dolphins who guided their ancestors to the area, and increased their environmental awareness of, and knowledge about, ways to protect the whenua (land), moana (sea) and taonga (dolphins).

Ancient Hawaiian and Māori ceremonies helped prepare the children for their interaction with the dolphins. This included blowing the Pumoana (shell trumpet) to call them in.

When the dolphins arrived, they surrounded the boat and made direct eye contact with the children, responding to the group's signals, sounds and waiata with joyful and social behaviour. Everyone was delighted!

John Hart, Pukenga Manaaki/Whānau Navigator, says, 'The captain said that our efforts and calling our Tipuna Taniwha (water spirit ancestors) brought the dolphins in close and we enjoyed their company for a solid hour of laughs and excitement.'

'It was amazing to observe the positive changes brought about from the interaction with the dolphins,' says Karena Martin. 'The trip back to Blenheim was filled with lively discussion about what had been seen and experienced.'





Tūhono supports mothers of all ages

Our Tūhono programme has recently supported an older māmā to give birth to her seventh pēpi, a healthy girl, while also helping her keep her whare and support her other tamariki.

Tūhono is an innovative Te Piki Oranga programme that provides kaupapa Māori intensive, personalised interventions for a small number of whānau, designed to develop and support the relationship between māmā (or matua) and pēpi.

The māmā came to Tūhono not long after she discovered she was hapū with her seventh pēpi. Due to her age and the size of the pēpi, she needed some extra support from the health system for the first time.

Our Te Piki Oranga dietician Brittani was a huge advocate and support for her throughout this journey. A referral to Sonia at our Te Hā Aukati Kaipaipa Pēpi First programme proved to be a success and our māmā managed to stop smoking during her pregnancy.

We were also able to provide this māmā with a new push chair and car seat through Tūhono, pay for her many and much needed growth scans and offer emotional support through some of the daunting decisions she had to make as an older māmā.

Tūhono also helped the whānau keep their whare by organising and funding some vital property maintenance. During lockdown and school holidays we were able to assist with kai, and scrapbooking stationary for both māmā and her five young tamariki, as getting out and about was proving difficult.

The māmā gave birth to a beautiful, healthy girl naturally, using the wrap-around team's support and encouragement to follow her intuition.



‘Shot Bro’ tackles depression

Te Piki Oranga teamed up with Victory Boxing to bring Rob Mokaraka’s one-man theatrical show, ‘Shot Bro: Confessions of a Depressed Bullet’, back to Whakatū Nelson.

Inspired by Rob’s life story, ‘Shot Bro’ is the product of his nine-year journey of healing and self-discovery.

In 2009, the highly acclaimed actor and playwright experienced undiagnosed depression that resulted in him trying to commit ‘Suicide by Police’ (when an individual ‘deliberately’ behaves in a manner designed to provoke a ‘lethal response’ from law enforcement).

As well as performing, Rob co-wrote and produced this extraordinary show.

Rob told the audience that he created the piece to communicate an ‘internal perspective on mental health and depression, in a safe way’ and, by doing so, he hoped to bring about social change regarding these topics.

Given the subject matter of his show, you might expect it to be a solemn and heavily dramatic piece but, although there were elements of this, there were many heartfelt and hopeful moments resulting in both laughter and tears.

The show successfully inspired a shift in perspectives and more understanding about appropriate responses to depression and suicidal behaviour.



COVID-19 Vaccines: What you need to know



Sarah Lee, Te Piki Oranga COVID
Response Manager

Te Piki Oranga will be offering COVID-19 vaccination clinics to kaumātua aged 65+. This is part of the Ministry of Health's planned national roll out, with Māori identified as a priority group.

Te Piki Oranga's Covid Response Manager, Sarah Lee, takes this opportunity to kōrero about the COVID-19 vaccine, where to find the answers to your questions and how to register your interest in receiving the vaccination.

The New Zealand Government has now secured enough of the COVID-19 vaccine for everyone in Aotearoa to get the two doses they need to be fully vaccinated against the virus. It is free for everyone.

Those who are most at risk of picking up the virus in their workplace will be vaccinated first, followed by those most at risk of getting seriously ill if they get the virus.

Almost all border and managed isolation and quarantine (MIQ) workers have been vaccinated.

Healthcare and essential workers, including Te Piki Oranga kaimahi (employees), will be vaccinated through to the end of May. Approximately 40,000 courses of the vaccine have been allocated to Māori and Pacific health providers who are working directly with older people.

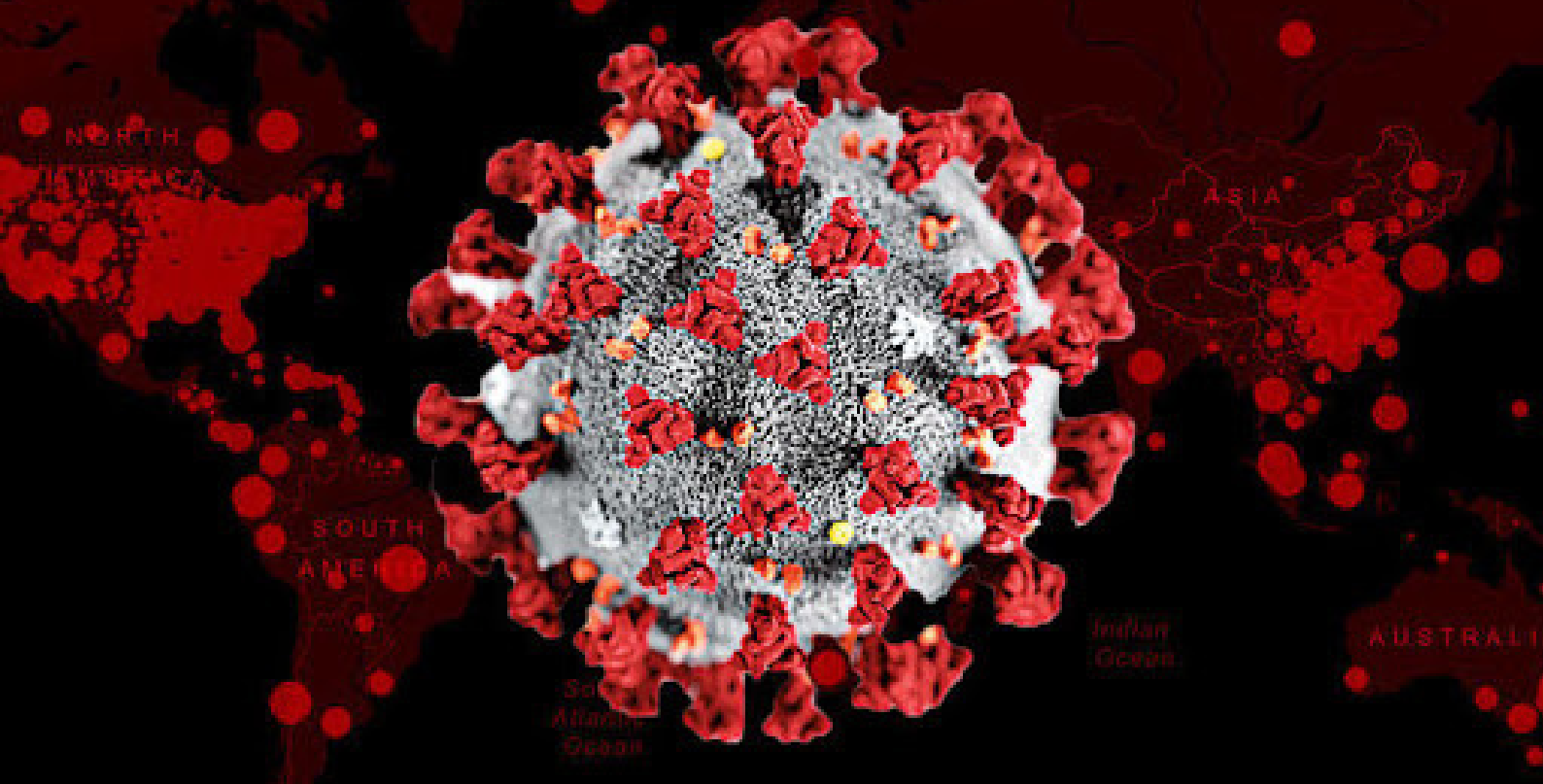
Those most at risk of severe illness will then be vaccinated from May onwards. Vaccinations for the rest of the population will begin in July.

If the situation changes and there is widespread

community transmission, those most at risk of severe illness—including older people, and Māori and Pasifika—will receive priority access to the vaccine.

This is the largest immunisation programme our country has ever undertaken and a lot of work is going on behind the scenes, with the Ministry of Health leading the roll out.





To make sure the correct information is in the community and online, I've prepared answers to questions about the COVID-19 vaccine to help you and your whānau make an informed decision when it becomes available.

On our website are answers to more than 25 questions, grouped under five headings:

- General
- Safety
- Manufacturing/vaccine content
- Quality control
- Vaccinations for special groups

Find it all at:
tpo.org.nz/covid19

As well, there are links to additional online resources, including information to help you communicate effectively with whānau members or friends who might be sharing misinformation about COVID-19 and/or the vaccine.

You can also contact Sarah Lee, COVID Response Manager on 027 246 8775, sarah.lee@tpo.org.nz or 0800 ORANGA (672 642).

If you are interested in getting your vaccine at one of our clinics, please call 0800 ORANGA (0800 672 642).

We are also offering a number of COVID-19 vaccine information sessions, so keep an eye out for dates on our Facebook page www.facebook.com/tepikioranga.

It's all about kōtuitui

When Te Piki Oranga's Sonny Alesana arrived at the Nelson Courthouse one day in December, he overheard a conversation. Twenty-four-year-old Jason West had been charged with driving without a licence. Sonny introduced himself, gave his business card to the rangatahi and let him know about Te Piki Oranga's He Tangata driving programme.

Sonny has been working for Te Piki Oranga for five years and now has a new role, as Kōtuitui Hapori (Community Connector). He commenced the role in November 2020 and, since then, has been focusing on ensuring individuals and whānau can access Te Piki Oranga's services with ease.

Jason, who works as a sheep shearer, is just one of many rangatahi Sonny has supported.

Jason says, 'It was such a relief off my shoulders; I was stressing out and didn't know what to do. Sonny told me he could help me with my licence and I said, "Yep, done, I need that." It was the good luck I needed.'

With work all over Te Taihū, a driver's licence is essential for Jason's employment. He says he feels unstoppable now. 'It's a real boost in confidence.'

Sonny says Jason's story is not unique.

'You turn up to court to support someone and you see how many other youth are there, and we know there are processes other than the justice system,' Sonny says. 'We are looking at how we can support these rangatahi to ensure that court is not the only option for them. Helping them get their driver's licence is just one. Emani Soane, one of our driving mentors, has done such great work with our young people.'

Sonny says he's also been working with Pasifika communities, offering learner driver licence courses with Emani.

'When English is their second language, it can be an additional barrier. We provide support because having a licence gives them more opportunities for other work,' Sonny says.



*If you know someone
living in Whakatū or Motueka,
who would like to learn to drive,
they can fill out a referral online at
www.tpo.org.nz/he-tangata*

GUARDIANS OF THE FUTURE

PROTECT
AGAINST
MEASLES
.org.nz

Protect against Measles

Are you 15 to 30 years old? Get vaccinated - it's free!

In 2019 an Auckland measles outbreak saw more than 2,000 people contracting measles, with more than 700 people ending up in hospital due to complications. Meanwhile, in Samoa more than 80 people died from measles.

Measles is 8 times more contagious than COVID-19

We learnt from this outbreak that many people aged between 15 and 30 years do not have protection against measles.

And we know that measles is much more contagious than COVID-19 which means that it can easily spread in groups of people that do not have protection against it.

Getting vaccinated is easy and FREE

The safest way to be protected against measles is by vaccination. With our borders only open to Australia, now is the perfect time to be vaccinated as there is a much lower risk of measles coming into the country.

Do you know if you have been vaccinated against measles as a child?

If you have NOT or are UNSURE – then getting vaccinated is recommended to be sure that you are protected.

It is safe to get an extra measles vaccine if you are not sure.

"Bring your mates & get up-to-date"

Come along together to register and you'll each receive a \$30 grocery voucher.

Call Te Piki Oranga on 0800 ORANGA (0800 672 642) to register and to book a vaccination

Time to speak up about abuse



If you, or someone in your whānau, have experienced any abuse while in the care of state or faith-based institutions, you can now share your story, as part of the Abuse in Care Royal Commission of Inquiry.

Kath Coster says she's taken 40 years to sort out her life after being abused in care as a child. She now advocates on behalf of other survivors, encouraging everyone who has been directly abused or has witnessed abuse to speak up.

'We're survivors and there are children out there today . . . being abused in the same system,' she says. 'When you're placing children in a system and you expect it to have changed and you see no change you can either sit back and say nothing or you can stand up and make a statement on their behalf.'

Kath believes the abuse is a 'generational curse'.

'If we don't change it,' she says, 'then there are going to be generations and generations and generations of survivors [and] victims and nothing will ever change.'

The New Zealand Government set up the Royal Commission in response to public calls for a broad-based inquiry into abuse and neglect, both in state care (social welfare, education, law enforcement and health) and in the care of faith-based institutions.

Te Piki Oranga can support you through this process.

The Commission wants to hear from everyone who has been affected, including:

- *Those who have been directly harmed*
- *Those indirectly impacted by the abuse*
- *Witnesses to abuse*
- *Those advocating on behalf of another person including your own tamariki, rangatahi and tīpuna.*

If the person who was abused has passed, you can share on their behalf, in memoriam.

You can call or email the Commission directly to share your experiences or you can contact them with the support of Te Piki Oranga.

Call or email the Royal Commission

0800 222 727

Weekdays 8am - 6pm (NZT)

excluding public holidays

contact@abuseincare.org.nz

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.

Lorraine Staunton Service Delivery/Operations Manager



Ko Ngongotaha te Maunga
Ko Te Pakira me Tarimano nga marae
Ko Awahou te awa
Ko Te Arawa te waka
He uri ahau no Tuhourangi Ngati Wahiao, Tuwharetoa me
Ngati Rangiwewehi
Ko Inoke Latu, ko Jaydene Latu, ratou, Ko Grayson Nepia oku
tamariki
Ko Lorraine Staunton toku ingoa
Taku mahi He Kaiwhakahaere Ratonga.

I moved to Whakatū from Rotorua 16 years ago with my two girls Jaydene and Grayson. I was employed by Plunket as their first Māori Plunket Nurse, based in Stoke and Tahunanui. I then went on to work as a Telenurse at Plunketline for seven years. More recent mahi has included working as a Portfolio Manager at Nelson Marlborough Health in the Māori Health and Vulnerable Population team - Te Waka Hauora.

Some of the Projects I have led while at the DHB, have been:

- He Huarahi Matepukupuku/Cancer Pathways for Māori
- Hauora Direct
- Project DOUBLE UP
- Advance Directives

I am looking forward to contributing to the success and great mahi Te Piki Oranga is doing within our community.

Karen MacDonald Pukenga Manaaki/Whānau Ora Navigator with the Wairau team



Tena Koutou
Ko Whakapunaki toku Maunga
Ko Ruakituri toku Awa
Ko Takitimu toku Waka
Ko Ngati Kahunugnu toku Iwi
Ko Karen MacDonald toku ingoa
He Pukenga Manaaki whanau ora kaiwhakatere.

Kirsty Hunter
Pukenga Atawhai/Nurse, with the Motueka team



Tēna koutou, e te whānau

Ko La mottē tōku maunga
Ko Charente tōku awa
Ko Compete de Paris' tōku waka
Ko Wīwī, ko kōtirana ōku iwi

I tupu ake ai ahau i ōtautahi kei Ruiwaka e noho ana
inaiane.

Ko Philip tōku hoa tane
Ko Kirsty tōku ingoa

He pūkenga Atawhai taku mahi

E kī ana te whakataukī
E hara taku toa i te toa takitahi, engari kē he toa takitini

Tēna koutou, tēna koutou tēna, tatou katoa.

Sarah Lee
COVID Response and Recovery Manager



Ko Matawhaura toku Maunga
Ko Rotoiti toku Moana
Ko Ngati Rongomai toku Hapu
Ko Te Arawa toku Iwi
Ko Sarah Lee taku ingoa.

Carl Baker
Te Piki Oranga Cultural Advisor



Tihei mauri ora!

Ko Horouta, ko Kurahaupoo ko Taakitimu ooku waka
Tipu ake nei au i te taumarutanga o Taranaki
Heke mai roto i ngaa awa o Waiohine me Ruamahanga
E rere tonu ana ki Wairarapa moana puta atu ki Te moana-nui a-
Kiwa

Ko Papawai te Paa
Ko Hikurangi te Tiipuna whare
Ko Te Waipounamu te whare manaaki
Ko Maanihera-Rangi-Te-Kai-Waho te tangata
Ko Carl Baker taku ingoa.



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

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

Where to find us

Whakatū/Nelson

17 Bishopdale Avenue
Phone: 03 546 9099

Wairau/Blenheim

22 Queen Street
Phone: 03 578 5750

Motueka

117 Pah Street
Phone: 03 528 1046

Website

www.tpo.org.nz

Phone

0800 ORANGA (672 642)

Facebook

www.facebook.com/tepikioranga

Email: admin@tpo.org.nz

REGIONAL HELPLINES

NELSON MARLBOROUGH DHB MENTAL HEALTH CRISIS LINE

0800 776 364

NATIONAL HELPLINES

COVID HEALTHLINE - 0800 358 5453

HEALTHLINE 0800 611 116 - REGISTERED NURSES
FOR TRIAGE AND ADVICE

SUICIDE CRISIS HELPLINE 0508 828 865

WWW.LIFELINE.ORG.NZ/SUICIDE-CRISIS-HELPLINE

LIFELINE 0800 543 354 WWW.LIFELINE.ORG.NZ

PLUNKETLINE 24/7 0800 933 922 - REGISTERED NURSES

COVID-19 INFORMATION

WWW.TPO.ORG.NZ/COVID19

MEASLES VACCINE INFORMATION

WWW.TPO.ORG/MMRVACCINE