

Te Puna Pānuī

TE PIKI ORANGA NEWSLETTER

GAINING
INDEPENDENCE -
PAGE 3

GIVING BACK
TE PAE ORANGA -
PAGE 4

LET'S TALK PERIODS -
PAGE 5

THE POWER OF
BASKETBALL
- PAGE 6

HEALTH AND WELLNESS
RATHER THAN JUSTICE
SYSTEM
- PAGE 7



Te Piki Oranga
MĀORI WELLNESS SERVICES



Hakihea | December, 2020

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



Kia ora

In this pānui we share some stories with you about our rangatahi, the more than 260 amazing young people Te Piki Oranga provides support to across Te Taihū.

Read about Wairau's first iwi community panel for minor offenders and its positive outcomes, and Wairau's community partnership to ensure young wahine have access to the sanitary items they need.

We are also inspired by a young Nelson Giant basketball player who is learning to drive so he can get to his training and work independently, and by a group of social basketballers growing through team work. Ka pai!

And read about Nurse Marissa Pou's important mahi with rangatahi in the justice system.

On the back page see our summer hours and find some 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.



Learning to drive, gaining independence

Ko Maunga Tapu toku maunga.

Ko Maitahi Toku awa.

Ko Aorere toku moana.

Ko Tainui Toku waka.

**Ko ngati koata, ngati kuia, ngati toa rangatira
oku iwi.**

Ko whakatu toku marae.

Ko kakati toku whare tupuna.

Ko Tysxun Aiolupotea toku ingoa.

Kia ora. My name is Tysxun Aiolupotea and I was born and raised in Nelson. I am 19 years old and have lived here my whole life and I am of Samoan Māori decent.

I play basketball for the Nelson Giants and have hopes of becoming a full-time professional athlete. To do this, I have set a range of goals, and try my best to achieve them every day. As a young athlete, I have been blessed with having mentors who support me to achieve my goals. Through basketball, I hope to give back to the younger rangatahi and support them where I can.

Being a young male Māori in Nelson has given me the opportunity to connect with my culture. My iwi are also from this region meaning I have had the privilege to be able to connect with the land, and people.

By gaining my restricted driver's licence, I can now get to and from training and work without any hassle. Through Te Piki Oranga's He Tangata programme, I was able to get the support I needed in order to gain my restricted driver's licence. I just want to say a huge thank you to Emani who mentored me into doing so.

Kia ora.



*If someone you know,
who is living in Whakatū or Motueka,
would like to learn to drive, they can
apply for He Tangata on our website.*

*Go to
www.tpo.org.nz/he-tangata*



Te Pae Oranga Wairau Iwi Community Panel.

Back Row L to R, Ricky Carr (TPO), Steve Mariu (Police), Sonny Alesana (TPO)

Front row L to R, TPO Kaimahi, Brenda Chilvers, Flo Joyce, Ala Ward, Betty Soane.

Te Pae Oranga

A healthy self and community, better than prison

Our Wairau team started running the Te Pae Oranga programme in August. In its first month there were some great successes for the first 21 people through the programme. Te Pae Oranga is a holistic process for minor offenders – it really gets to the heart of why people did what they did.

Rather than ending up in court or a cell, Te Pae Oranga is an opportunity for people 17 years and over to repair the harm their minor offending has caused their community, and to have health issues addressed. Te Pae Oranga is credited with bringing an 11.9 percent fall in reoffending among Māori aged 17 to 24.

People who have perhaps shop-lifted, stolen a bike on the street, or driven without a license, meet with an Iwi Community Panel to talk about who they are, where they are from, and why they did it. The panel listens, before agreeing to appropriate reparation and accessing health services for the offenders.

Two examples of reparation for minor offences in Wairau include a fisherman giving Te Piki Oranga 20 kilograms of fish for whānau in our community who need food. Another person has committed to assisting a local rugby club with coaching. Suitable reparations that are meaningful to our community.

As well as working through how people would repair the harm they caused, the panel identified a number of undiagnosed or unsupported health problems, such as mental health or drug issues. Links have now been made to appropriate services to help them get better.

Addressing the underlying reasons for offending is an important part of the holistic Te Pae Oranga process, rather than incarceration, after which, the statistics show, it is highly likely that people will reoffend. This is a much better way forward for these rangatahi.

Let's talk periods!

It is a fact of life that many wahine go without sanitary products. More than half of Kiwi women find products too expensive, with a third prioritising buying food and nappies for tamariki over sanitary products for themselves. Does this sound like you or someone you know?

It is also quite possible that many rangatahi in your whānau aged below 17 years old are skipping school or work because they have their period and don't have sanitary items. This is not OK. Our rangatahi should have no barriers to school or work.

Over the past 12 months, Te Piki Oranga in Wairau has been getting sanitary products for wahine through the charity Pink Packets. People donate sanitary products to Pink Packets, and they distribute them through various organisations, such as us.

We are so grateful for the mahi these wahine toa do for our Wairau mothers, sisters and daughters.

Ka nui te aroha to you Pink Packets!



Te Piki Oranga Wairau kaimahi Jess Hill, Janelle Wilkey, Cath Walker, Alivia Bowe, and Mary Johnsen, with sanitary items ready to go.

*To donate sanitary products:
Look for the pink donation bins
around Marlborough
supermarkets.*

*To get sanitary products:
Contact our Wairau office on 03
578 5750, or Milinda at Pink
Packets on 027 389 7816,
marlbwomenscentre@gmail.com*

*For more info go to:
[facebook/pinkpacketscharity](https://facebook.com/pinkpacketscharity)*



Wairau basketballers, on a path to greater hauora

Rangatahi who are active and play sport are less likely than those not in sport to smoke, drink or take other health risks. Basically, sports means there's less time to get into trouble!

Over the last three years, John Hart, Whānau Navigator in the Wairau office has encouraged rangatahi supported by Te Piki Oranga's Child and Adolescent Mental Health Service (CAMHs) mentoring programme, to get involved in sport, in particular in the Marlborough Basketball Association's Winter League.

The players are aged between 12 and 16 years of age and play in a senior mixed competition on Wednesday evenings in winter, often bringing their friends along as ring-ins.

John says: "Most of our players don't play any other team sports, so being involved in basketball is a great vehicle for greater hauora. For one of our youngest players it has meant a chance to trial for an under 13 rep team!"

With the winter season coming to an end, the team is off to the summer league, moving into the gym for boxing and cardio training, as well as playing fun games.

Thanks to John, and the Marlborough Violence Intervention Project, Marlborough Lines and the Kaitoa Charitable Trust for supporting these young basketballers.

They have found friends, improved their social skills and hauora. One noticeable comment from the bench was that "bullying is not acceptable within this team." What a wonderful lesson to learn in such a positive and fun environment.

*If you know a young person
keen on playing sport,
give us a call.
0800 ORANGA (672642)*

Supporting rangatahi to get out of the youth justice system

Marissa Pou is passionate about her mahi with rangatahi (youth). As part of the HEEADSSS Assessment programme, the Te Piki Oranga Whakatū community nurse creates unique solutions for rangatahi and their whānau, to help get the rangatahi out of the youth justice system.

“Each rangatahi is their own person. They have different whānau dynamics and different reasons for why they are where they are at in their lives. This means my approach to each of them is different, it is not just a matter of ticking boxes, it is more holistic than that. Sometimes it also makes sense for the mother to be involved, and sometimes it is the aunty or kuia as well,” she says.

“As a trusted person from outside the whānau, I can uncover what is behind the rangatahi’s behaviour and provide solutions that work to stop that behaviour happening again. You can’t just say to a young person “stop hanging around bad influences and go back to school”, you need to work out the “why” – why they are not going to school and why they are choosing those people to hang out with. The answers might be because they can’t easily get to school, they are hungry, they are bored, or there could be a raft of health reasons. When you know the “why” and then know what they enjoy doing, you can help with the solution.”

Marissa says she works alongside the key whānau members on her suggested recommendations and next steps, so there is buy-in and no surprises. These recommendations are usually for both the rangatahi and the whānau.

“It may be the rangatahi that is referred to me by Oranga Tamariki, but my recommendations always cover support for both them and their whānau. It is important for rangatahi that their whānau, particularly Mum, is in a good space. That’s when we really make the difference and stop the youth justice system being their norm.”

Marissa says recommendations could include seeing a counsellor, a psychologist or alcohol and drug services. Other recommendations could be to provide support for an educational programme or help with starting a career in something they are interested in, like music or woodworking.

“I love working with rangatahi. The mahi we do with them has the power to transform the trajectory of their lives. That’s why I am so passionate about this area of work. My brother went to jail for 13 years when he was 17. I can see how that could have changed for him if we’d had a programme like this,” she says.

In June 2019, Te Piki Oranga began working with rangatahi through the HEEADSSS assessment process on behalf of Oranga Tamariki. HEEADSSS stands for Home, Education, Eating, Activities, Drugs and Alcohol, Suicide and Depression, Sexuality and Safety. Marissa has completed 15 assessments across a mix of male and female, Māori and Pakeha rangatahi between the ages of 11-17.



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, Nelson
Phone: 03 546 9099

Wairau/Blenheim

22 Queen Street,
Blenheim
Phone: 03 578 5750

Motueka

117 Pah Street,
Motueka
Phone: 03 528 1046

Website

www.tpo.org.nz

Phone

0800 ORANGA (672 642)

Facebook

www.facebook.com/tepikioranga

Email: admin@tpo.org.nz

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

WE WILL BE CLOSED FOR HOLIDAYS FROM 4PM, 23 DECEMBER, 2020.
WE RE-OPEN AT 8:30AM, 11TH JANUARY 2021.

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