



Te Piki Oranga
MĀORI WELLNESS SERVICES

Te Puna Pānui

TE PIKI ORANGA QUARTERLY NEWSLETTER



**POROPOROAKI MO
KEREOPA RATAPU**

Jane du Feu | p. 4

**COVID-19 HOMELESS
WELLBEING RESPONSE TEAM**

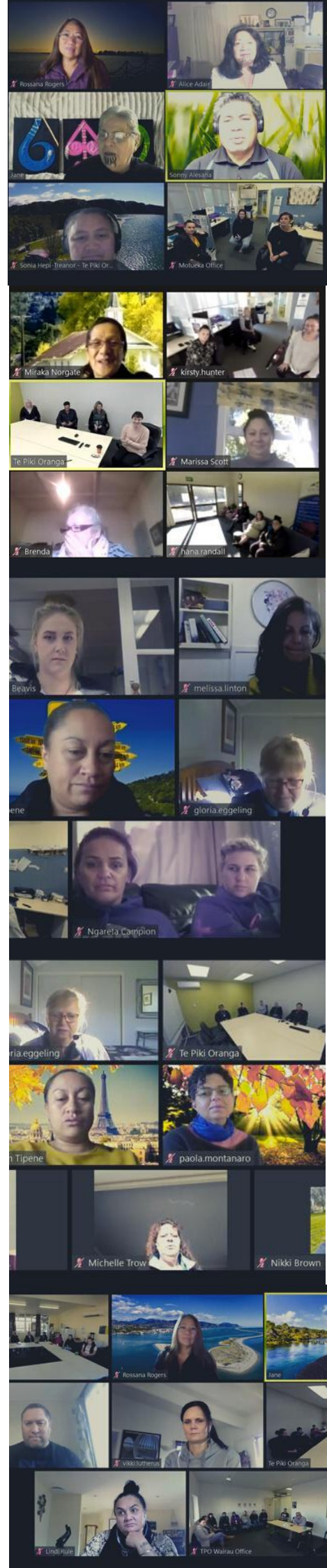
Peter Akuhata | p. 7

**SUCCESSFUL FLU
VAX AT ŪKAIPŌ**

Ricky Carr | p. 12

TABLE OF Contents

- 04 Poroporoaki mo Kereopa Ratapu
- 05 Ka Pīoioi - E Hoki mai rā
- 06 A word from our Tumuaki
Talking about work and Covid-19 with staff
- 07 Covid-19 Homeless wellbeing response team
- 08 Seeing our whanau at a distance
Oranga Niho during COVID-19
- 09 Learning from the Bubble
- 10 Use Zoom like a pro: hidden features to use
and etiquette during video chat
- 11 Facebook's free Messenger Room video chat
app
- 12 Successful Flu vax at Ūkaipō
- 13 Essential business giving back to our
community
- 14 Te Piki Oranga flu vax clinics during
lockdown
- 15 Championing a "Stop Methamphetamine
Use"
- 16 Shout Out (He Tangata)
- 17 Shout Out (from Marianna)
- 18 COVID-19 Income Relief Payment
Malnourished fat kid? Yeah -Nah!
- 19 Sit less, Move more
- 20 Positives of Covid-19
- 21 The NZ Covid strains: How the virus got here
"Unhealthy takeaways have no mauri"
- 22 The Magical Fantail





Editor's Note

Let's all unite for recovery

For the past three months, we were in this unsettling phenomena, which undoubtedly has been a time we thought about life seriously. Covid-19 isolated us from one another, confining us to individual bubbles. For weeks we could not meet with friends or go to work or travel. Our connection with the world was suddenly and drastically changed and even cut off. The displacement of society appeared significant, threatening self-esteem and personal identity. People have been in danger, many overseas losing their lives - fortunately, fewer here in Aotearoa - and there have been potentially damaging effects to the economy. Hardships are impacting many New Zealand whānau and individuals right now. Unfortunately, they will continue to do so in the future. For how long, none of us would know exactly the answer.

Reduced working hours, loss of jobs and increasing unemployment numbers across multiple sectors are having a severe effect on whanau lives. We hear and read stories of whanau struggling and sacrificing necessities such as food, power, health care, to pay bills such as the mortgage or rent.

The uncertainties and social isolation resulting from Covid-19 restrictions have also impacted whanau mental health. Whanau are looking for reassurance and guidance at this time of change. It might be the very simple that gets us through, helps us to plan and move ahead with confidence and in hope, kindness and patience. Many of us have seen the signs on the road and social media with simple words "Be Kind". They are unadulterated words, which may help when things are so unclear for so many. Perhaps they might help when stress and uncertainty make us inclined to lash out at others.

We ask each other, our friends and people we meet the question as to how we experienced lockdown. For all of us, I am sure, coming out of our lockdown experiences, our responses to questions come in

multidimensional ways. For example, whether you're working in the office or at home; whether you're alone on your bubble or with whanau; how you filled your time; how you experienced the dramatic silencing of the world around. I hear people say they feel disconnected, out of the loop, lonely and isolated. Some of us felt appreciative and grateful; others felt anxious, resentful, frustrated or angry! Many of us talked about missing family and friends, but several embraced the time they spent reconnecting with their family. As human beings, we are so accustomed and always preoccupied with doing lots of things. Lockdown has allowed us to experience solitude and the stillness of life.

As we settle back into the new reality of Alert Level 1 and develop necessary routines, our focus remains on our wellbeing. We need to stay strong, connected, engaged and establish a 'new normal' that would work. Our 'bubble' experience with its national emphasis on kindness and looking out for one another brings a new awareness of unity and togetherness. Let's all unite for recovery.

"We need to stay strong, connected, engaged and establish a 'new normal' . Our 'bubble' experience with its national emphasis on kindness and looking out for one another brings a new awareness of unity & togetherness."



Poroporoaki mo Kereopa Ratapu

By: Jane du Feu, (Board Chair)

Purapura whetū ki te rangi, he mārama ki te ao, takahia te whenua, takahia te tangata, tihei Mauri Ora !



Aue taukuri e! Kua taka tētahi tōtara o te wao nui a Tāne.

E te Kura pounamu, Te Kākā wahanui a Kereopa Ratapu ko koe te pou o ngā tikanga a ō Tupuna i waenganui o mātou ngā Iwi, Mātā Waka me Te Piki Oranga. Haere te Rangatira haere ki ngā marae wharanui o Kuia me Rongomaiwahine mai i Te Tauihu tae atu ki Mahia. E te Matua, me ngā tupuna katoa ka piki ki Te Toi-o-ngā-rangi ki o tupuna. Haere atu rā, okioki ai. Kua tangihia tonu mātou. Kore e mimiti ngā mihi aroha ki a rātou. No reira, ki a tātou ngā mahuetanga o rātou mā, tēnā koutou,

Greetings everyone as we move towards Matariki in these trying times of working under COVID-19. I firstly want to acknowledge our whanau who passed during COVID-19 particularly our well respected and knowledgeable Board member Kereopa Ratapu. Kereopa is a huge loss not just to Te Piki Oranga but to Iwi and the Community. His knowledge of Te Reo me ona Tikanga was invaluable to all of us. He had a very calming approach and was always willing to support and help whoever asked of his time even

*He Ngeri na Ngāti Kuia
He aha rā ka tāmi
E whakatūtūtia ki taku mea
He ruru; he koke, he koke
Whanake te tore i taku mea
Mō te tiatia ki te manu teke
Mō te titiro ki tētehi taha
Ka tiro!
Ka tiro!*

**Ratapu
Kereopa (Kelly)**

C763625 Corporal

12 December 1963 - 9 April 2020

when he was unwell. To all whanau who have lost loved ones during these trying times, we acknowledge your loss and offer our aroha and support.

Secondly, to the Tumuaki, Management and our Kaimahi, the Board is very aware and appreciative of the work that has been and is still being done in the lockdown space supporting and working with whanau as an essential service and often at the expense of personal safety. By keeping in regular contact through Zoom technology has served us well and has increased connectivity across Te Tau Ihu in many forums and has ensured support for each other especially having the ability to collective share and take part in karakia. This is reflected in the feedback being received, which is very positive and just confirms the hard work we know is being done. Kia kaha, kia maia, Mauri tū, Mauri Ora!

Na reira, e te whānau whānui, Noho ora mai i a koutou kainga mahana, hei te takiritanga mai o te wā rerekē, ka ao ake ngā rangi hou. tēnā koutou, tēnā koutou katoa.

E Hoki mai rā

NZ Folk song by: Kereopa Ratapu

Sourced from: http://folksong.org.nz/ka_pioioi/index.html

E hoki mai rā Kia kite atu i tō iwi e	You've come back home, to see your people.
E rotarota ana E katakata ana mai rā.	There is gesturing and laughing with joy at your return,
Pūkana whētero mai I te ihi ā ō mātua	Eyes popping and tongues thrusting from the energy of those performing.
Kia kite atu ano I tō ataahua ai kanapa Pupuhi ai e te hau Kapohia āku roimata.	I see again your beauty gleaming there caressed by the wind, And my tears are snatched away.
Ka pioioi he tohu aroha haukāinga.	This fluttering dance shows your home-town people's love.

Rotarota is the making of hand signals.

Pūkana in men, is described as a wild-eyed glare, emulating that of Koukou the owl, a signal of aggression to deter enemies. In women it is usually a sign of sexual attractiveness.

Whētero, the thrusting out of the tongue by men, is an act of defiance.

Ihi is the energy that arouses a positive psychic and emotional response from the audience.

Mātua are members of the main body of army, or here a kapa kaka group.

Hau, the wind, a metaphor for the vital spark, the breath of life, or the Spirit of God.

Pioioi emulates the fluttering flight of the fantail.

Haukāinga, from hau (the breath of life) and kāinga (in a village), is the home, true home, local people of a marae, home people.

Kereopa Ratapu wrote "E Hoki mai rā" a New Zealand folk song while he was training at Palmerston North Teachers College in 1990, to express his feeling about coming back home to his family after serving with the NZ Army in Singapore in the 1980s.

When he first composed it, the first line was "E hoki mai rā." This told the audience what the song is about - in this case, a homecoming - and he created a tune that caught the energy and excitement of a homecoming.





A word from our Tumuaki

By: Anne Hobby, Tumuaki (General Manager)

Tēnākoutou engā Iwi o Te Taihū o te Waka-ā-Māui. It has been a challenging time for everyone and I thank the many whānau who have been so helpful and kind over the past three months.

COVID-19 has taught us many things and reminded us particularly of the value of immunisation. The main reason the world has locked down, isolated, sanitised and donned PPE is because we have no vaccine to protect us against this disease. Before COVID-19, we had the measles outbreak, and the high toll that Samoa paid because immunisation rates had dropped showed us how important immunisation is. Immunisation saves lives.

I started my nursing career working with tamariki who had been severely disabled by diseases such as polio and measles, and it was truly sad. Those of us who can remember the ravages of childhood diseases or past epidemics have a responsibility to tell this korero to our tamariki and moko so that we do not risk this ravaging our whanau, hapu and Iwi again. We can all take action by getting a flu vaccination.

Check whether you are up to date with other immunisations, eat plenty of fruit and vegetables that will help with immunity. Contact any of our offices if you need assistance.

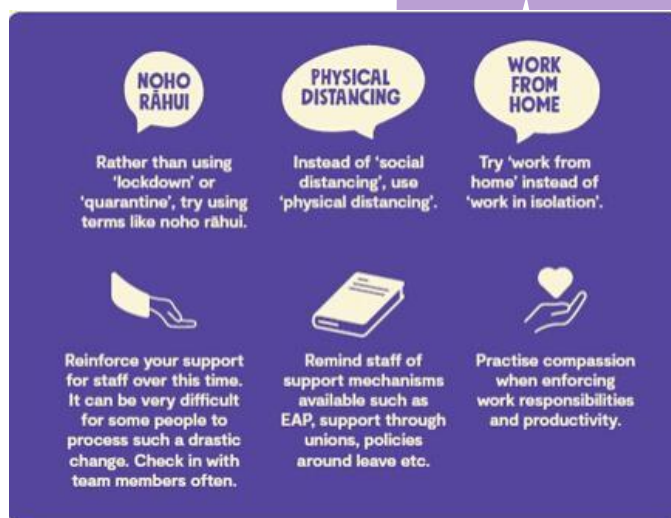
Talking about work and Covid-19 with staff

Sourced fr: [Mental Health Foundation website](#)

This is a time of increased pressure and stress for all New Zealanders. We all have a role to play in reducing the spread of COVID-19, and that means we are being asked to make significant changes in our lives. This is affecting how we work, how we relate, and what we can or can't do.

We need to prioritise mental wellbeing so we can manage our lives over the next few weeks, make the right decisions, manage additional stress and distress and prepare ourselves for what's to come.

When talking about COVID-19 and its impact on your workplace, use language that demonstrates care and support for the health and wellbeing of your kaimahi. Let everyone know it is reasonable to feel stress, anger, sadness and anxiety. This is a new "normal", and we all are learning how to manage. Refrain the language you use to talk about the pandemic in your communications with kaimahi so that it promotes care and camaraderie. This also helps to mitigate feelings of panic. For example:



Remember, your primary consideration should be the health and wellbeing of staff. Heavy-handed communication, unreasonably high expectations and measures can add stress in an already complex time. This can have a compounding effect and inadvertently be discriminatory or stigmatising to people who are already navigating difficult home situations (i.e. experiencing mental distress, different cultural expectations, caring for dependants, poverty, violence, etc.).



Covid-19 Homeless wellbeing response team

By: Peter Akuhata, *Taura Atawhai - Whakatū (Lived Experience Mentor - Nelson)*

On the 25th day of March 2020 at 11:59 pm, Aotearoa went into level 4 lockdown and many homeless whanau in Nelson, which included at least 50% Maori faced uncertain times. The Civil Defence led a multi-agency COVID - 19 Homeless Wellbeing Response team which included the Salvation Army, MSD, The Male Room, Public Health and Te Piki Oranga, who all worked alongside the Nelson Police.

Within the first week of the lockdown, the team was able to relocate most of the city's 70 odd homeless whanau from the streets into emergency accommodation. Food parcels, clothing, blankets and further wrap-around support was delivered to those affected by mental health, addictions, COVID - 19 related redundancies and those stranded in Nelson due to the lockdown restrictions. All have appreciated the warm, comfortable beds, food and support that was received, of which their gratitude is given to all the agencies involved.

Tony, an Alcoholic of 30 years and rough sleeper from the streets said, "I'm three weeks sober now, having all this support has given me the motivation, that maybe this is my chance to change. I want to do AOD counselling now. Mihi nui kia kuotou, e te Whanau o Te Piki Oranga".

Dwayne who lost his job and became homeless

said, "I was so stressed when I lost my job, I've never been homeless, I am so grateful to have a warm bed and have food. Kia Ora Whanau".

Another anonymous whanau stated, "Thank you Te Piki Oranga, I lost my job, had nowhere to go, thank you so much, to be able to have food, clothing and blankets".

Another anonymous whanau said, "I haven't been homeless before, I haven't touched drugs or alcohol for five years, now I split up with my wahine and kids, I went down-hill and hit the piss, but with this support you guys offer, I'm going to take this opportunity to seek AOD counselling and get back on my feet.

A whaea with her two sons stated, "We arrived in Nelson pre lockdown looking for mahi and a whare. But things changed with COVID, and we were forced to live in our car. Thank you for the emergency accommodation and kai".

Dean, pictured in the photo below, best summed up what the majority of the homeless have expressed, "We are blessed to have all this aroha and support. Many of us are now thinking of the next step, this emergency accommodation is a good stepping stone, but it is a first step to go on to better things".





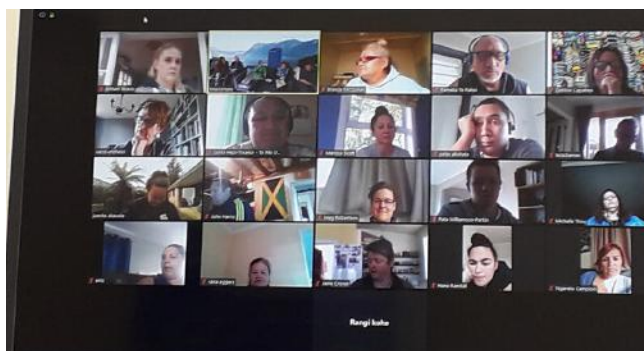
Seeing our whanau at a distance

By: Dianne MacDonald, *Nehi Arahanga - Whakatū (Clinical Nurse Lead - Nelson)*

Under lockdown, the Whakatu team came together by Zoom hui daily, which very quickly turned into zui. For all of us, this was such a different way to work, and we all had our stressors. We have decided to look at the positives of the time. We are reviewing how we continue to do our mahi, as we have had feedback that zui suits some whanau and not others. Kaimahi provided feedback that included, "got a lot done" and "more productive" while others did not enjoy the experience. However, nothing like being in the person, so it is now great to be able to be back together.

We continued our essential services to whanau that needed them during this time, and now that the levels are lifting we can slowly return to delivering our full services. It was wonderful to see many of our whanau although at a distance during this time and to provide hygiene boxes, kai and essential resources.

Please contact us if we can assist you and your whanau with any wellness concern PH 546 9099.



Daily Zui (Zoom hui) with kaimahi



Oranga Niho during COVID-19

By: Elly van der Zwaag, *Pūkenga Manaaki Oranga Niho - Whakatū (Oral HealthNavigator - Nelson)*

With the change of seasons, this is a reminder to change your tamariki toothbrush again. After three months, their toothbrush is not effective in cleaning their teeth, and the season's change is an easy way to remind yourself to make that change.

When you are supervising the teeth cleaning of your tamariki, please support them by reminding them to very gently massage the gums in a circular motion at the edge of their teeth to help remove plaque that usually starts at this gum line. A very soft toothbrush is the best choice to make.

During COVID 19 lockdown the Dental therapists have always been available for emergency visits for your tamariki so please contact your local Community Oral Health Service if you know your child is in pain or you have observed decay. Do not wait as obviously time will make this worse.

The Community Oral Health phone no.

Nelson central 03 539 5324

Stoke 03 5395321

Richmond 03 539 5324

Blenheim 03 520 9922

Motueka 03 528 1160 (option7)

If you have any queries or concerns about Oral Health issues with your tamariki, please do not hesitate to contact me.

Elly van der Zwaag

Pūkenga Manaaki Oranga Niho

Mobile 027 246 8775

Email elly.vanderzwaag@tpo.org.nz

Learning from the Bubble

We are all now aware of our bubble, and our bubbles are with us forever.

We choose who we let into our bubble, and we choose who we ask to leave our bubble.

Our bubbles guard us with safety and wrap us up with protection.

We all need to strengthen our bubbles actively; we need to find people to help us, guide us, embrace us, to give our bubble strength.

Wairua is within our bubble; it sits within us and includes our Tupuna.

Our bubble needs to be nurtured to allow it to reflect the colours of the rainbow.

Hinengaro is within our bubble we all need awahi to stay well, sleep, focus, sunshine and hope.
Let others join your bubble to hold you or gently blow your bubble to guide you on your chosen path.

Tinana is in your bubble, movement, kai and progress, we only have one bubble, and it is forever, we need to strengthen and tone our bubble to allow it to bounce and manoeuvre through the days ahead.

Whanau come and go from our bubble, join us or create more bubbles. Some will be close; some will float away, we may choose not to let some join our bubble as the pain is too much....not now maybe later when our own bubble is stronger, more reflective and resilient.

The learning of the bubble is to protect and control your bubble; it is yours; you make the choice about where your bubble goes and who comes into your bubble. Respect and defend each other's bubble; the learning of the bubble is do not poke a bubble that is not yours.

We all need to work together to preserve our own bubble and shield the bubbles of others, in this way we fill Aotearoa with beautiful, unique bubbles reflecting the colours of Ranginui and Papatuanuku and floating on the breath of Taawhirimaatea.

Kia kaha, kia haumaru, kia maakoha

- Dianne Macdonald



Use Zoom like a pro: hidden features to use and etiquette during video chat

Sourced from CNET.com, summarised by: Rossana Rogers, Kairukuruku Whakapā (Communications Coordinator)

Millions of people working from home and practising social distancing to avoid coronavirus are taking advantage of Zoom to stay in touch with coworkers, friends and family. If you or some of your team are newer to using zoom, here are some hidden features to try at your next meeting.

Change your Zoom background on the desktop app

1. In the Zoom app, click your profile in the top right corner, and click **Settings**.
2. On the menu to the left, click **Virtual Background**.
3. Choose one of the default background options provided by Zoom by clicking on it, to change your screen automatically.
4. You can upload a photo to use as your background, on the same **Virtual Background Page** by clicking the + icon next to where it says **Choose Virtual Background**. A box will pop up, allowing you to upload a photo from your computer. Click on the one you want, and it will appear alongside the other pictures as an option for you to choose from.

Mute and unmute your audio

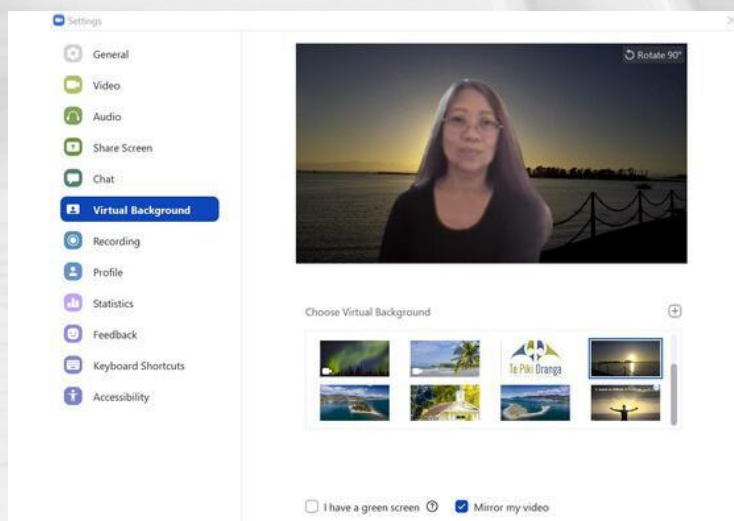
By pressing and holding the **spacebar** from your keyboard, you can quickly mute and unmute your mic when called on to speak.

Share your screen

You can share your entire desktop or one of the windows you have open with other participants by clicking the **Share screen** icon on the toolbar at the bottom of the meeting screen. To turn off, click the red **Stop Share** button.

Learn handy keyboard shortcuts

Check out Zoom's full list of hotkeys and keyboard shortcuts to help you navigate on your desktop without using your mouse. Go to **Settings > Keyboard Shortcuts** and find commands such as join a meeting, start or stop recording, share your screen etc.



Zoom etiquette: You've probably broken at least one of these video chat rules

Whether you're using Zoom, Skype, Microsoft Teams or one of the other video chat services available, you've probably encountered some distracting video chat behaviours from colleagues and friends, taking your calls off the rails.

Here are six ways you may be accidentally ruining your video chats and meetings and how to avoid them.

Typing or otherwise being noisy while not on mute

There is always someone who forgets to mute, and suddenly the whole group is bombarded by sounds. Not muting is not only distracting in general, but it is also disrespectful to the person who is trying to get the point across. Keep your audio muted automatically by going to **Settings > Audio > Mute microphone**.

Eating, drinking or smoking

Especially in smaller group calls, these are a significant distraction during a video meeting, because everything is laser-focused on your face. Try to follow the same rules you would if you were meeting in person.

Looking at your phone or laptop

Looking away from the camera at other content on your laptop or monitor or your phone is also pretty obvious, and not the best look to whoever you're supposed to be paying attention to. Consider turning the video off if you can't give the speaker your full attention.

Leaving the frame without explaining why

If you need to get up from a meeting for any reason, you should give the others a heads up if you can, either verbally or in the chat option so it doesn't

look like you've just disappeared for no reason. Otherwise, it's better to hold up a finger to indicate "1 minute" and turn off the video camera until your return to the ongoing call.

Keeping the camera at a weird angle

Positioning your laptop on your desk or the kitchen table can be tricky. Avoid the fate of your video chat companions able to see up your nostrils. Prop up your laptop on some books or investing in a small stand, so that your camera is at eye level or even pointing down. That way, the angle won't take away from anything you have to say.

Figuring out the tech while on the call

To help you look more professional and keep things running smoothly, like share your screen or play some audio, do a trial run first, so you aren't fumbling and wasting time while on the call.

Facebook's free messenger room video chat app

Facebook users can now create a video chat room via Facebook or the Messenger app and invite up to 50 people to join a video call - even if they don't have a Facebook account. There are no time limits on calls, and it's free.

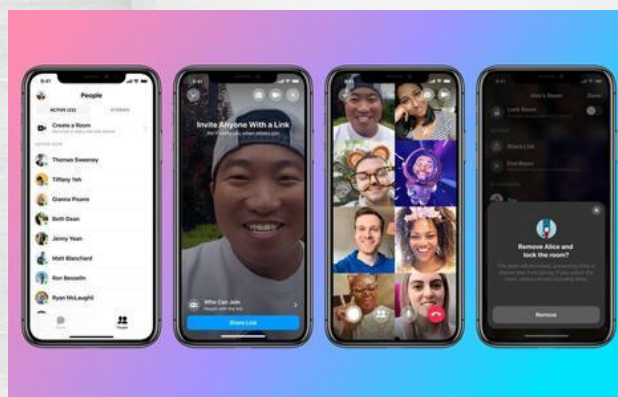
Zoom faced some security and privacy issues in the past two months like Zoombombing hence Messenger Rooms arrived as some people are looking for an alternative.

How to create a Facebook Messenger Room

To create a room from your phone, make sure you have the latest version of the Facebook and Messenger mobile apps downloaded from the App Store or the Google Play Store. Then follow these steps:

1. Open the **Messenger** app.
2. Tap the **People** tab at the bottom right of the screen.
3. Tap **Create a Room** and select the people you want to join.
4. To share a room with people who don't have a Facebook account, you can share the link with them. You can also share the room in your News Feed, Groups and Events.

You can join a room from your phone or computer - no need to download anything, according to Facebook.





Successful flu vax at Ūkaipō

By: Ricky Carr, Pūkenga Kaiwhakahaere - Wairau (Site Manager - Blenheim)

Tuesday, the 12th day of May dawned, and there were several people gathered at Ukaipo (Grovettown, Marlborough) from 8.00 am onward. Rangitane staff had been preparing the Ukaipo site in the preceding days for what was to become the most successful flu vax site that Te Piki Oranga has been associated with this season.

The venue owned and operated by Rangitane is situated in Grovettown between Spring Creek and Blenheim. Event's organiser Donna Grace had been in touch with Rangitane iwi regarding this vaccine clinic, there had been one hundred and five responses to the initial invitation, and as usual, we had begged & borrowed vaccines to ensure we had sufficient stock on hand to ensure no one was turned away.

The clinic was planned to commence at 10:00 am till 2:00 pm; however, we were in the middle of our karakia at 9:30 am when the first of 150 participants started arriving. Marlborough PHO staff; Glenis McAlpine, Ange Mills, Christine Andrews and Victoria Leo were swabbing and delivering the vaccines. Te Piki Oranga staff; Mary Johnsen, Brenda Chilvers and Viv Tuhimata - Weke were supporting with logistics and administration. The Rangitane team were headed by; Nick Chin (CEO) Taylor MacDonald, Allan MacDonald, Kereana Norton and Elsie Elkington.

At about 2.00 pm, staff were thankful that there was a

lull in the car park traffic, which enabled those assembled to have a hearty lunch kindly organised by Rangitane staff. There have been several positive comments about the organisation of this clinic and how effective this made the whole process. Our thanks to both, Rangitane, MPHO and Te Piki Oranga staff for such a marvelous outcome.

While this was the largest of the clinics held during the lockdown, two further clinics were held in April at Waikawa Marae and in the Health hub carpark in central Blenheim. Overall there were more than 300 vaccines delivered through these mobile clinic initiatives.



1) Brenda Chilvers (TPO) & Elsie Elkington (Rangitane) setting up at Ūkaipō, Grovettown, 2) Cars queued at Ūkaipō clinic



A drive-thru clinic at Ūkaipō Cultural Centre gave out free flu jabs to Marlborough residents on Tuesday, May 12.

Drive-thru flu jabs at Ūkaipō

On Tuesday May 12, Rangitane hosted a drive-thru Influenza vaccination service at the carpark of the Ūkaipō Cultural Centre in Grovettown. This service was free, and was available to anyone over the age of 3 living in the Marlborough district. The vaccinations were administered by registered nurses from Marlborough Primary Health NZ.

This is one of several clinics organised by Marlborough Primary Health NZ and Te Piki Oranga, in addition to one in Waikawa, one in the Marlborough Health Hub car park, and one in Seddon.

The clinics are also doing randomised Covid-19 testing, and testing asymptomatic candidates on request. Previously only symptomatic candidates were tested. This is to battle potential community spread of Covid-19.

"For every clinic there's been 300 people excess," says Te Piki Oranga Pūkenga Kaiwhakahaere (Site Manager) Ricky Carr.

"There's been a great response," Ricky says. "We've had people from all over."

"Some people had never had the flu jab before, but in these times and conditions everyone is aware of their health."



Essential business giving back to our community

By: Brenda McQuillan, Pūkenga Manaaki CAMHS - Whakatū (CAMHS Navigator - Nelson)

Nelson Community Food Bank Trust had been running for more than 20 years. We deliver food parcels to whanau experiencing hardship in the Nelson area. We are a partnership of six organisations, BUWT, Salvation Army, St Vincent de Paul – Nelson and Stoke, Te Piki Oranga and Whakatū Marae. Since the lockdown came into effect we have been four times busier, the organisation's reach had expanded beyond central Nelson. We rely on the generosity of our community. The Food Bank is staffed by volunteers and funded by individuals, trusts and local businesses.

The kai in our food parcels is designed to last a whanau or individual up to three days. We purchase 80% our ingredients, including meat and vegetables. We also include donated kai and grocery items. Below is an example of a parcel for a whanau of three.

Food Parcel Contents Basic Box	Amount	Family of Three
TINNED FOODS		
Spaghetti	2	
Baked Beans	1	
Tinned Tomato	1	
Tinned Veg	1	
Tinned Pasta Sauce	1	
Tinned Fruit	2	
Kings Soup Mix (Winter only)	1	
PACKAGED GOODS		
Sandwich Spread	1	
Cereal (Weetbix)	1	Large
Milk	2	
Dried Pasta	1	
Rice	1	
Two Minute Noodles	3	
Eggs	1/2 Doz	
Chilled/Frozen Foods		
Margarine	1	
Bread	3	
Meats		
Mince	1	Pack
Chicken Drumsticks	1	Pack
Donated Meat (Roasts)		
Vegetables		
Potatoes	1 Kilo	
Carrots	1/2 Kilo	
Fruit		
Apples	6	2 pp

Local businesses donate goods as well, we have received honey, potato chips, cheeses, treats, vegetables, and meats. Over the past year the NCFBT delivered approximately 108 parcels per month from requests from the partner organisations.

In a normal five-day week, Te Piki Oranga, Whakatu, would request between 3 – 5 parcels. The week 01 April to 08 April, NCFBT was only



delivering three days per week, Te Piki Oranga requested 17 food parcels for 53 Whanau.

Overall NCFBT food parcel requests have increased by 300%. The NCFBT has also linked in with the Civil Defence Welfare Group, NCC and TDC, we have partnered with the DHB Te Oranga Alliance, delivering over 100 parcels to whanau at Franklyn Village. We have also partnered, temporarily, with the Homelessness Sub-group to deliver food parcels to the Homeless whanau in temporary accommodation – we have been asked to supply up to 50 parcels per week.

The Civil Defence Welfare Group have donated the use of the Trafalgar Park Pavilion temporarily as we have passed capacity at our current shared premises with Nelson Environment Centre. Sturrock and Greenwood refrigeration have donated a walk-in freezer for us to use during the increased demand.

One of the realisations I have come to, is that we will never return to our previous small size, we need to expand to include Richmond, and we need to look at inviting more partner organisations to join us.

The team behind this amazing mahi are our treasurer, Megan Familton, she is carrying out the coal face mahi, packing parcels, shopping for groceries and coordinating volunteer drivers to deliver the parcels. She has been ably assisted by our previous co-ordinator, Delwyn Donaldson. Behind the scenes we have our volunteer fundraising guru, Eddie Lewis, he is a funding application machine. We have another volunteer, Vince van Beek, he crunches all our numbers and manages our stats, his job is particularly challenging at this time. And I am the current chairperson, representing Te Piki Oranga.



Te Piki Oranga flu vax clinics during lockdown

By: Jaïne Cronin, Pūkenga Manaaki - Whakatū (Whanau Navigator - Nelson)

Lots of work goes on behind running a Flu Vax clinic, and running one during a Pandemic lockdown becomes extra challenging. Te Piki Oranga (TPO) collaborating with the Nelson Bays Public Health (NBPH) Vaccination Outreach Team, Whakatū Marae and Wakatū Inc. rose to this challenge.

In early April TPO trialed a flu vaccination clinic in Covid-19 lockdown alert level 4 conditions. 35 people were vaccinated in the carpark at TPO - Whakatū. This included TPO kaimahi, Whakatū Marae kaimahi, Te Waka Hauora kaimahi, and TPO clients (kaumātua and other eligible whānau). Whānau stayed in their bubbles by waiting in their cars, NBPH nurses in full PPE (personal protective equipment) vaccinated them in the car. TPO staff provided logistical support for the clinic and were also in full PPE.

Wakatū Inc. approached TPO for their concern about kaumātua that they were unable to reach out too. There were kaumātua in the remote Marlborough Sounds that were too worried to travel into Nelson, during the lockdown, for their flu vaccinations. TPO liaised with the NBPH Vaccination Outreach Team and community representatives from French Pass and Okiwi Bay to select suitable venues, dates and to identify eligible whānau, making sure nobody missed out.

On a sunny Autumn day in April, 35 kaumātua and other vulnerable whānau traveled by barge, boat and car from Te Aumiti, Rangitoto ki te Tonga, Bulwar, St Kilda, Cissy Bay, Ngaio Bay, Elmslie Bay, Te Towaka and Ngamuka and Manukapapa to French Pass to receive their vaccinations. This clinic was supported by Whakatū Marae staff who provided support to the nurses on the day. TPO provided the PPE to the marae staff and to whānau who couldn't wait in their cars (as they came by other means).

Whakatū Marae staff did a marvelous job ensuring these whānau follow physical distancing appropriately. Wakatū Inc. provided further support by ensuring that other essential items were delivered

Nurse Valerie Preston-Taylor, Jacquie Preston and Jaïne Cronin



by marae staff. Okiwi Bay and Elaine Bay kaumātua were vaccinated at a clinic in Okiwi Bay on the 16th day of April 2020. The NBPH also sent a COVID-19 testing team, and two people were tested for COVID-19, including one TPO staff member. The process of people waiting in their cars was repeated with TPO providing admin support to the NBPH nurses on the day.

TPO, NBPH, Wakatū Inc. and Whakatū Marae worked together seamlessly to ensure that 92 eligible whānau and essential kaimahi received the vaccination. TPO would like to thank these organisations for their assistance in making these clinics happen.

Ma te kotahitanga e whai kaha ai tātau. In unity, we have strength.



Patariki Hippolite & Jacquie Westera



Nurse Jacquie Preston vaccinates Jaïne Cronin



Championing a "Stop Methamphetamine use"

By: Rameka Te Rahui, AOD Clinician/Counsellor - Nelson



Kia Taumata Te Oranga methamphetamine programme has experienced its first two graduates. Both men attended the programme, Mr Colby Kelly (Pictured right) joined Kia Taumata Te Oranga on the day we launched in Stoke, the 14th day of October 2019. Mr Joseph Batchelor (Pictured Left) began the programme on the 23rd day of October 2019. To date, both men had completed 8 Months of the community based, abstinence treatment programme. They are two of three graduates, and the third is yet to attend to receive her certificate.

In acknowledgement of their part in our 'Te Piki Oranga, Ngaru tuatahi' first wave, the two men were actively instrumental in helping us pioneer and shape the programme to where it is today. Their contribution to the group and overall programme, the sharing of their wealth of experience, and knowledge of methamphetamine helped catapult the programme, championing a "stop meth-amphetamine use" has today gracefully accepted their certificates of completion, completing more than 100 hours of face to face group attendance time. Kaumatua Rangi Kohe of Ngati Koata, Ngati Kuia, Ngati Toa Rangatira, Clinician and group Facilitator awarded them the certificates.

"I could have continued making my recovery on my own but found that being on the programme helped me gain further tools and understanding," said Mr Batchelor.

He also said: "the programme had covered extensive conversations that I may not have thought of by myself, which I felt was relevant to me and my recovery journey".

"I felt the programme content gave me extra tools that got me my objective much quicker than I would of if I continued to do the recovery on my own. I further felt that I had been to other AOD Centres, and I did not need treatment. I was declined services but heard of the Te Piki Oranga Kia Taumata Te Oranga methamphetamine programme. Today I'm proud of the milestones that I achieved". Mr Batchelor said.

Mr Kelly agrees, and he felt that additionally, the programme allowed him to be himself, to share with like-minded people, and having the ability to learn from each other, support each other's stories and journeys.

Mr Kelly felt the programme was a highly needed one that he could think of many other people who he felt might benefit from such a programme.

Mr Kelly felt he would like to continue attending as part of his ongoing commitment to his recovery and responsibilities of maintaining change.

Nga tino mihi ki a korua kua eke ki runga i te taumata otira te mutunga o te wa kia korua me o korua mahi i waenganui i a matou, Kia Taumata Te Oranga, Te Piki Oranga.

As Mr Kelly and Mr Batchelor progressed in their recovery, they became an inspiration to the other whanau/clients of the Matrix programme. Especially those who were in the early stages of recovery, or those who thought that abstinence was impossible. They became role models that everyone looked up to.

Shout out



Getting my restricted helps me a lot by giving me more independence and not having to rely on my parents or public transport to take me to where I need to be, such as rugby training or work. The help from the Nelson/Tasman Pasifika Trust, "Ako Taavale Programme " and He Tangata of Te Piki Oranga, gave me the confidence and motivation to get my restricted license by providing free driving lessons to make sure I was ready and also paying for the test allowing me not to worry about the expense. I think that what the programme is doing is amazing, and I encourage anyone in the pacific community looking to get their license to approach them as they will be more than willing to help.

- *Marcus Curry*

I just want to say a HUGE thank you to Hayley Veatupu for helping set me up in the right direction for my licence you are awesome and also to Emani Soane thank-you so much for your time and patience in taking me for my lessons and teaching me a lot. I never knew before its truly a blessing getting to know you both.

Thank you to Nelson/Tasman Pasifika trust, "Ako Taavale Programme " and He Tangata of Te Piki Oranga for allowing me to be a part of this excellent programme and helping me get my restricted licence.

After almost 18 years on my learners I finally got my restricted and to be honest I don't think I would have done it without any of the support I've been given from all these wonderful people and organisations. I can now finally drive my children around legally and with another baby on the way due in November it's a big relief for me. I'm so happy. Thank you so much. God Bless you all.

- *Julie Handscomb*





Shout out

From: Marianna Gargiullo

Just want to do a shout out to my TPO whanau. I started there 14 months ago after an injury. I never thought I would find a workplace where I was welcomed as one of the whanau. It has been an awesome experience working in a Kaupapa Māori organisation. I've created friendships that will last a lifetime. A special mention to my bestie Ngareta. We started together on the same day as strangers and have become awesome friends along the way. I appreciate our friendship so much, thanks for all the crack up times & making TPO an even better place to work at.

I'll be starting my new job with St. John, a dream I have had for many many years, so I'm looking forward to that.

Thank you Te Piki Oranga for everything you have taught me so much. I'll miss you all in the workplace, but I'll be back to visit.

Nga mihi to the whanau for my beautiful kete & Liss for the awesome print.

COVID-19 Income Relief Payment

Sourced from: [Work & Income website](#)

The COVID-19 Income Relief Payment will help to ease pressure on people and families under stress from COVID-19 job losses.

In ordinary times, we'd expect many people to quickly find other work or manage their costs without extra support. However, with COVID-19, many will be under pressure to find other work quickly and meet their basic expenses.

For us, it means we can do more to help New Zealanders with the disruption of COVID-19 – some of whom have never needed our support before.

People can apply online for the Income Relief Payment from the 8th day of June.

It offers support for up to 12 weeks to soften the shock and minimise disruption from sudden

unemployment, giving people time to look for other work and adjust their living costs.

At a very high level, it's for people who:

- have lost their job from the 1st day of March to the 30th day of October because of COVID-19, and
- had been working at least 15 hours a week for 12 weeks before they lost their job
- don't have a partner earning more than \$2,000 a week before tax
- meet other eligibility criteria.

The Work and Income website has more detailed information to help people understand who can get the payment and what they can get.

Online applications go live from the 8th day of June. People should apply online through MyMSD – that includes both new and existing clients.



Malnourished fat kid? Yeah –Nah!

By: Lindi Rule, *Quality Kaiwhakahaere (Quality Manager)*

As Aotearoa prepared to go into Level 4 lockdown most of the country raced to Mitre 10 to purchase supplies to finish undone projects. With the uncertainty of what the future held, I thought I would need kai should the supermarket chains run out. So, I joined the stampede only to find everyone else had the same idea. I am not an avid gardener growing silverbeet, cabbages, cauliflower and broccoli over the summer months so I can join the 'garden convos' with friends and colleagues. I was fortunate to get

the seedlings below so made some designer gardens to sustain myself over the last seven weeks.

All I can say is, it's lucky the supermarkets had ample kai; otherwise, I would have been a malnourished fat kid.



Kale and flat leaf kale



Week 1 till now radishes, sage, spring onions, parsley, chives and basil

Sit Less, Move More

Sourced from Nutrition and Activity website

<https://www.nutritionandactivity.govt.nz/activity/sit-less-move-more-resources-office-workplaces>

It's effortless to sit too much in the modern office environment, and this 'sitting culture' of immobility puts staff at risk of poor health. The modern office environment has a heavy reliance on technology and sitting has become the default for many office tasks, including sitting at computers, sitting to answer the phone, sitting during meetings, and even sitting during lunch breaks.

WHAT CAN INDIVIDUALS DO TO MOVE MORE AND SIT LESS?

- Walk over and talk to colleagues, rather than calling or emailing them.
- Use the stairs instead of the lift.
- Walk to offsite meetings where possible.
- Go outside and get some fresh air every day.
- Choose active transport – walk, cycle, scoot all or part of the way to and from work.
- Substitute some daily sitting desk time with walking or standing.
- Use a desk timer or computer software to monitor sitting time and act as a reminder to stand more.
- Set up individual reminders/prompts such as to stand up every time the phone rings.
- Set and self-monitor goals to sit less and move more.
- Schedule activity breaks into your daily calendar.
- Keep a pair of comfortable flat shoes at work for standing or being active.

Achieving better health for Mothers and Babies in New Zealand

Please help us

We want to be sure we ask the right questions in our future research, so we are conducting a national study to identify the research **most urgently needed to improve health and healthcare for mothers and babies in New Zealand**. The first step in this study is to identify current **knowledge gaps**. We would like to invite participants who live in New Zealand and are at least 16 years old:

- Pregnant women
- Parents and caregivers of a newborn baby
- Healthcare professionals looking after mothers and babies
- Other stakeholders in mothers and babies health

Please take part in our online questionnaire:

It will take 10-20 minutes. Follow this link to

<http://bit.ly/ontrack2020>

Or do you prefer a video chat or phone call?

Just let us know and we will contact you to arrange a time

Contact us: c.mossinger@auckland.ac.nz or 022 4311 988

You will receive a participant information sheet with more details about the project, your involvement and how we will manage your responses. You may also win one out of ten \$25 prezzie card vouchers. The questionnaire will be open for 3 months starting on 01.05.2020

The University of Auckland Human Participants Ethics Committee approved this study on the 23rd of April 2020 for three years. Reference Number 024469.



ON TRACK NETWORK
BETTER HEALTH FOR MOTHERS AND BABIES
Te Awhi Rito

<http://ontrack.perinatsociety.org.nz>



Forum for Women & Whānau

Clara Mossinger
PhD student and midwife
c.mossinger@auckland.ac.nz

022 4311 988



LIGGINS
INSTITUTE



A knowledge gap is a gap in our understanding that needs to be filled by new research

Have you got a question that you think could benefit from more research?

Is there any aspect of care where you feel that more information is needed about the best action to take or care to provide?

For health professionals: What are the situations that challenge you because there is limited or conflicting evidence to guide you on what to do?



Positives of Covid-19

By: Lydia Mains, Pūkenga Kaiwhakahaere (Site Manager - Motueka)

There have been a number of challenges and positives that have come out of the COVID-19 epidemic. One of these "positives" happened on the 30 April 2020.

Te Awhina Marae, Te Piki Oranga along with Public Health worked collaboratively to create Motueka's very first drive through flu clinic.

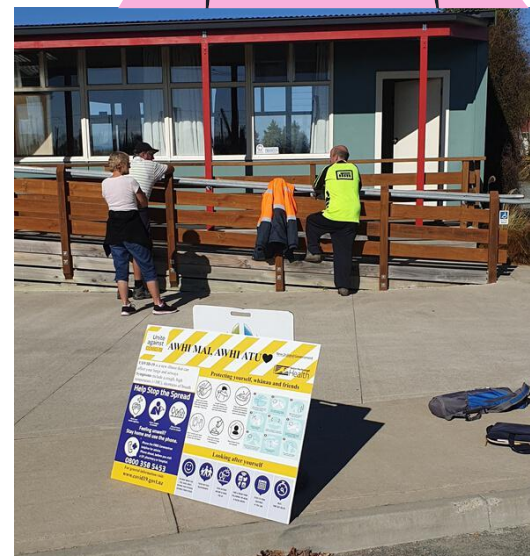
The community embraced the concept and fully supported the kaupapa of the day.

Lock down has meant we needed to find ways to work differently to our normal business and become more creative whilst maintaining safe practice. Level 2 guidelines adhered to at all times with strict social distancing rules and everyone stayed in their respective bubbles.

We were very pleased with the number of people of all ages were ready to take up the opportunity to be vaccinated out of their cars. 56 in total received a flu vaccination and 3 whanau tested for COVID-19. Informed consent was gained and then to join the line of cars and wait for their turn to be vaccinated.

We're in discussion with Public Health and hope that drive through flu clinic's is here to stay.

Nga mihi to all those who participated to make this a successful day and a positive experience to those who were vaccinated, screened and tested for COVID-19.



The NZ Covid strains: How the virus got here

Sourced from Newsroom

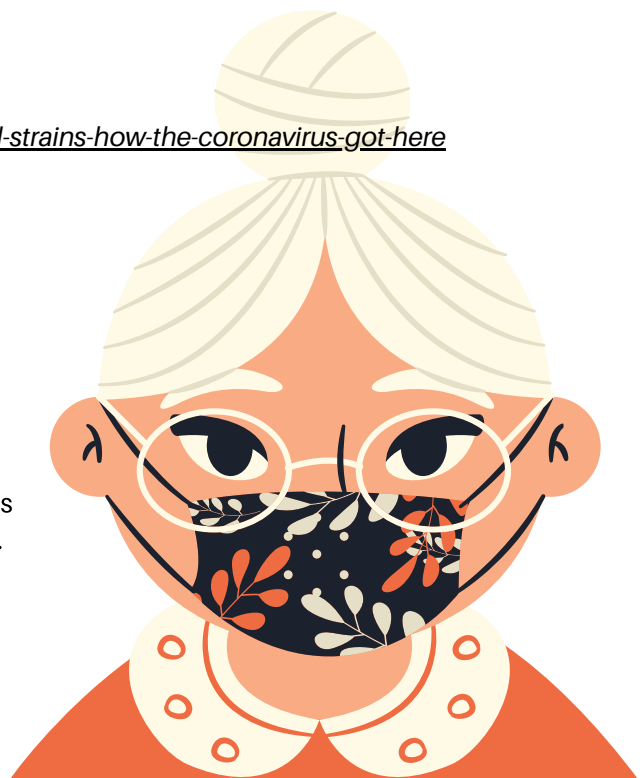
<https://www.newsroom.co.nz/2020/05/08/1158204/the-new-zealand-strains-how-the-coronavirus-got-here>

The coronavirus started small, a 30,000-long string of the same four letters (A, C, G and U) endlessly replicating itself as it circulated through a colony of bats in central or southwestern China. There are hundreds of mutations producing hundreds of different strains all over the world. What can New Zealand's tell us?

On 26 February, a woman in her 60s was rushed into Auckland Hospital in a wheelchair, after arriving on a flight from Iran via Bali earlier that day. Medical staff donned gloves, face masks and goggles (protocols for infectious diseases) before moving to treat the woman.

It would be two more days, and two false tests of nasopharyngeal swabs before Doctors confirmed their suspicion. The woman has an infection with the novel coronavirus spreading out of China.

Read on Marc Daalder interesting and comprehensive reports about how the virus got to NZ.



“Unhealthy takeaways have no mauri”

Sourced from Te Ao Maori News

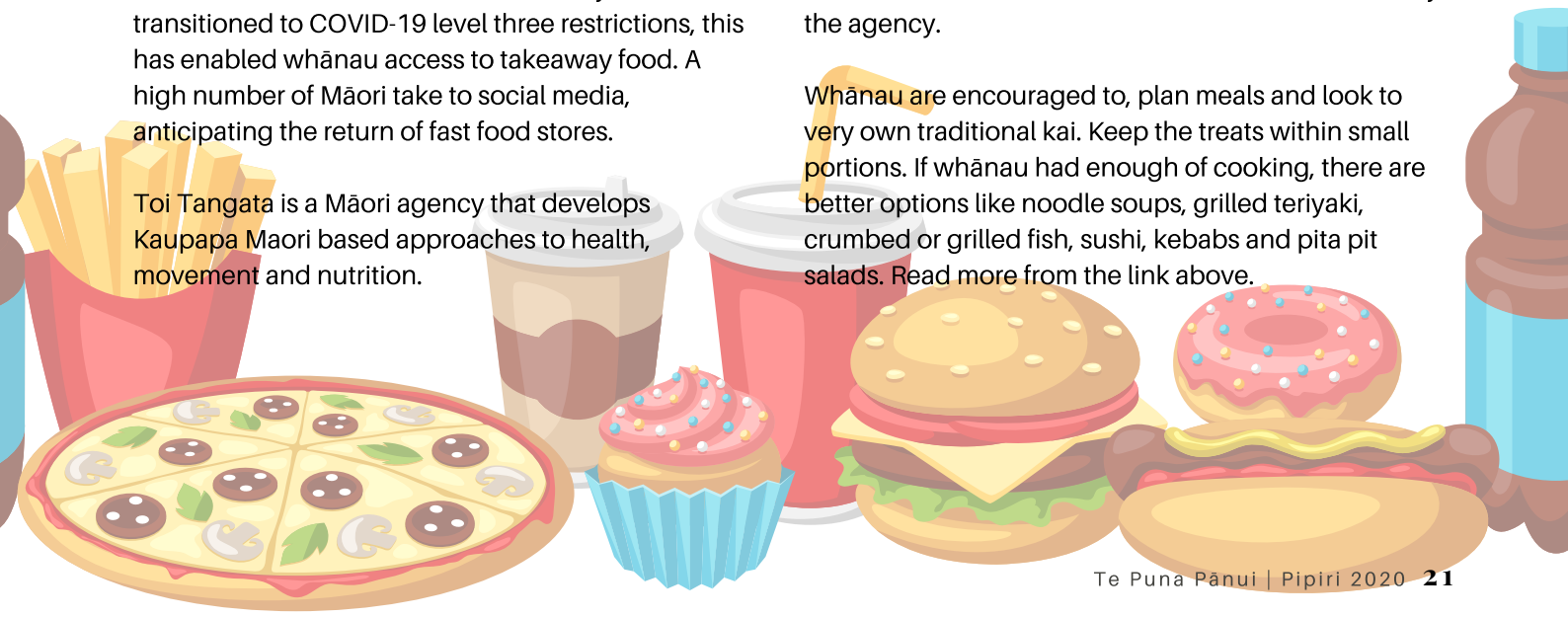
https://www.teaomaori.news/unhealthy-takeaways-have-no-mauri-maori-health-agency?mc_cid=f582fb9581&mc_eid=000d1b311f

"Unhealthy takeaways have no mauri!" That's the bold message Māori health agency Toi Tangata wants to send to whānau. As the country transitioned to COVID-19 level three restrictions, this has enabled whānau access to takeaway food. A high number of Māori take to social media, anticipating the return of fast food stores.

Toi Tangata is a Māori agency that develops Kaupapa Maori based approaches to health, movement and nutrition.

McDonald's, KFC and the like are heavy in saturated fat and sodium. These options are highly processed food, low in nutrients and are viewed without mauri by the agency.

Whānau are encouraged to, plan meals and look to very own traditional kai. Keep the treats within small portions. If whānau had enough of cooking, there are better options like noodle soups, grilled teriyaki, crumbed or grilled fish, sushi, kebabs and pita pit salads. Read more from the link above.





The Magical Fantail

Sourced from Facebook with permission and acknowledgement to the author:
Hinekaiteurutaiaho Gotty (aka Hinekai aka TeUrutai)

The Pirairaka (fantail) is an ancient Tohu of the Māreikura - the Divine Sacred Feminine Goddess. It was Pirairaka who warned Hinenuitepō that Māui was up to no good when he attempted to sneak up into her Sacred Wharetangata.

Pirairaka are guardians & sacred messengers of Io. And to those who know how to tune in with and speak to them, the Pirairaka will share deep messages of sacred wisdom and enlightened knowledge.

The twelve hukumaro (tail feathers) of Pirairaka represent the twelve heavenly realms. These are the same twelve heavenly realms which Tāne Mahuta ascended to attain Ngā Kete o Te Wānanga - the Three Baskets of Knowledge.

Tāne Mahuta embarked on this journey, to bring back knowledge & wisdom to help the rest of humanity in their ascension journeys to enlightenment.

If Pirairaka starts visiting you, don't just sit there and marvel at it's playful, lively and multi-dimensional exterior. Go deeper and connect with it's wise and ancient soul and spirit.

Pirairaka is a very powerful Kaitiaki who carries a great depth of mana and magic. The divine messages from Pirairaka will be clear and precise to those who take the time to not only watch but to feel, sense and listen.


Pirairaka is also a beautiful tohu and reminder for us to start connecting with the deeper esoteric wisdom of our ancestors - all the way back to the beginning of creation.

In Te Ao Māori our pūrākau, creation stories, have been handed down to us from generation to generation, to teach us who we are, where we come from, and where we are going.

For those of us who were disconnected, it's a truly beautiful and deep journey of enlightened discovery when we finally remember who we are as infinite divine spirit beings, living a temporary earthly existence.

Next time you see Pirairaka, try talking to it and saying "Kia ora e te Rangatira! Thank you for coming to visit me. What divine message of enlightened wisdom would you like to share with me today?"

The magical spirit of Pirairaka teaches us that when we see and honour the magic in others, they always reflect the same magic to us in return.

A scenic view of a lake with a wooden bridge in the background and two people standing on a rocky shore in the foreground. The quote is overlaid on the top half of the image.

*"When given the choice
between being right
and being kind,
choose kind"*

YOU NEVER KNOW WHAT SOMEONE ELSE IS
GOING THROUGH IN ANY GIVEN MOMENT. IT
NEVER HURTS TO GO THE EXTRA MILE AND
SHOW A LITTLE EXTRA KINDNESS.

- *Mr. Browne*



Te Puna Pānui is published quarterly

CONTRIBUTORS

Peter Akuhata
Ricky Carr
Jaine Cronin
Marcus Curry
Jane du Feu
Marianna Gargiulo
Hinekaiteurutaiaho Gotty
Julie Handscomb
Anne Hobby
Lydia Mains
Dianne MacDonald
Brenda McQuillan
Grayson Nepia
Rossana Rogers
Lindi Rule
Rameka Te Rahui
Elly Van der Zwaag

EDITORIAL, DESIGN & LAYOUT

Rossana Rogers

EDITOR(S)

Sonny Alesana
Lindi Rule

SOURCES:

CNET.com
Facebook timeline page(s)
Mental Health Foundation website
Newsroom
Nutrition and Activity website
NZ Folksong
On Track Network
Te Ao Māori News
The Sun (Blenheim newspaper)
Work & Income website

Where to find us

To access healthcare services, please contact us

WAIMEHA/RICHMOND

281 Queen St, Richmond
Phone 03 5437016

WEBSITE

www.tpo.org.nz

PHONE

0800 ORANGA (672 642)

FACEBOOK

www.facebook.com/tepikioranga

WAIRAU/BLENHEIM

22 Queen St, Blenheim
Phone 03 5785750

WHAKATŪ/NELSON

99 Atawhai Dr, Nelson
Phone 03 5469099

MOTUEKA

117 Pah St, Motueka
Phone 03 5281046

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