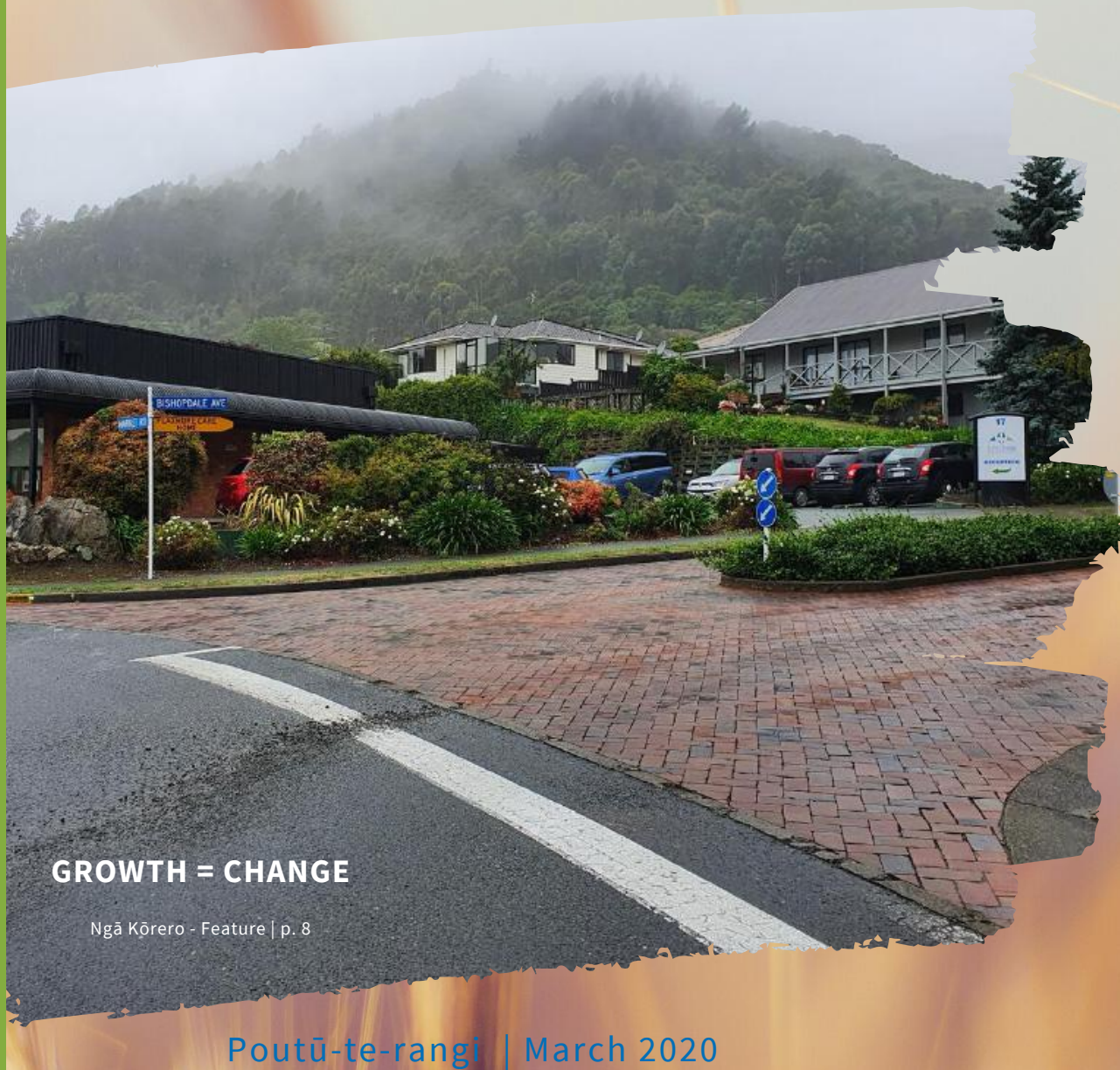


Te Puna Pānuī

TE PIKI ORANGA QUARTERLY NEWSLETTER



Te Piki Oranga
MĀORI WELLNESS SERVICES



GROWTH = CHANGE

Ngā Kōrero - Feature | p. 8

Poutū-te-rangi | March 2020

NOVEL CORONAVIRUS (COVID-19)

ngā Kōrero - Feature | p. 4

CORONAVIRUS: INFO FOR BUSINESSES & USEFUL LINKS

Nga Kōrero - Feature | p. 5

CACOPHONY OF HUSTLE & BUSTLE AT INT'L KAI FEST

pāpono whakaritea - latest events | p. 12

*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.*

Contents

- 3** From the Editor
- 4** Novel Coronavirus (Covid-19)
- 5** Coronavirus: Information for businesses & useful links
- 8** Growth = Change
- 10** Wairua Hauora
- 12** Cacophony of hustle & bustle at International Kai Fest
- 14** Tauihu unveiled
- 15** Oxfam trailwalker March 21-22, 2020
- 16** He Tangata driving programme
- 17** Love your liver, stay away from weight loss teas
- 17** We need to talk about Vegans: Should New Zealand embrace a meatless future?
- 18** IT tips and tricks, you must try today
- 19** Nau mai, haere mai ngā Kaimahi hou!
- 22** My Hana Koko hikoi
- 22** Minimum wage to rise to \$18.90 per hour
- 23** Major health issues ahead - that could be my future if I consumed an excessive amount of soft drink daily
- 23** Whānau provide the strongest platform for tamariki care and protection
- 23** Poor sleep and mental health
- 24** Giving aroha in Anzac Park
- 26** Total deficit across all DHBs continue to climb now stands at more than \$230 million
- 26** Delay over bowel cancer screening decision costing lives
- 26** Marlborough PHO trailblazing the path towards healthy living with new e-bikes
- 26** What's driving the deterioration in youth mental health?
- 27** Te Reo guide for basic directions, locating objects & simple commands



From the Editor

Mabuhay! Welcome to the March Edition of Te Piki Oranga Te Puna Pānui. This newsletter is our first edition for the year 2020.

By the time you get hold of this copy of pānui and hopefully start to enjoy reading, I would have gone away on a 3-weeks hararē (*holiday*) to my tūrangawaewae (*place where one has rights of residence*), Philippines. It's been 23 years since I've been back to my hometown, and I'm so excited yet scared at the same time. Recent Taal volcano eruption, measles & Covid-19 pandemic etc. Phew! Anything can happen, but just really need to be prepared and vigilant.

I'll be going home with my husband Brent, and it will be his first time in the Philippines. I can imagine young kids flocking around him like he's some celebrity because he's white.

We'll have a family reunion with my parents, my sister and her husband, and relatives from the USA who will be coming over to attend my nephew's wedding and also relatives who still live in the Philippines. We do have big weddings in the Philippines and no doubt, it will be one big reunion. I can foresee myself gaining a few kilos for all the delicious food available for consumption not just at the wedding but on every street corner and malls. Mangoes hmmm! Mangoes from the Philippines are to die for! I've got a list of food that I miss and that I will eat. Just thinking about food makes me think that I've already gained weight. Haha. Kidding aside, I can't wait to go home and be with family and friends again, a luxury I don't have here in New Zealand.

I want to share this beautiful post/poem I read from Edmat of the Philippines. It's a message

reflection of Fr. Fernando Suarez, before he died. I have reworded some to conform to us here from down under.

WE ARE NOT IMMORTAL

The beginning of 2020 has revealed enough about what is real and authentic.

- That our neighbour Australia is not at all invincible from fire,
- That mighty China is being shaken by enemies that are too small to be seen,
- That what we view small from a distance in the Philippines is a thoroughly destructive volcano,
- That what we see as a basketball star could fall into a deadly crash and affect people globally.

Things are, indeed, never too big nor too small. Too high nor too low. Too overpowering nor too faint. Too wealthy nor also broke. Never too famous nor too ordinary.

Whatever our condition is, we are all equal, and we are all critical. We are all gifts, and our current status does not define us at all. What we have or possess is never a mighty protective armor.

So in life, don't be rude, greedy, selfish, impolite, crabbed, wicked, unempathetic, messy, all-knowing, deceitful, domineering.

After all, w'ere not invincible, not mighty, nor immortal.
See you on our next article. Enjoy reading!

Ngā mihi,

Rossana

Novel Coronavirus (Covid-19)

Article prepared by TPO Infection Control Team | Information sourced from the World Health Organisation

BACKGROUND

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe disease. On 31 December 2019, Chinese Authorities confirmed a new strain that had not been previously identified in humans – novel coronavirus or Covid-19.

SIGNS & SYMPTOMS

Symptoms are similar to a range of other illnesses such as influenza and do not necessarily mean that you have Coronavirus.

Symptoms include high fever, coughing, headache, muscle aches and pains, fatigue, sore throat and difficulty breathing. Difficulty breathing can be a sign of pneumonia and requires immediate medical attention.

We don't yet know how long it takes for symptoms to show after a person is infected, but current WHO assessments suggest that it is 2-10 days.

PROTECTING YOURSELF AND YOUR WHANAU

Recommendations to prevent infection spread include regular hand washing/ drying, covering mouth and nose when coughing and sneezing, and thoroughly cooking meat and eggs.

Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing. Avoid close contact also with infected animals or contaminated surfaces.

If you or a member of your whanau have fever, cough and difficulty breathing, seek medical care early. Please make sure you phone ahead to your medical provider and tell them your

them your symptoms before arriving.

The ministry has created a new dedicated 0800 number for health advice and information.

The number is **0800 358 5453** - it is free and available 24 hours a day, seven days a week. Or for international SIMs +64 9 358 5453. People calling that line will be able to talk with a member of the National Telehealth Service. They have access to interpreters.





Coronavirus: Information for businesses & useful links



Information sourced from: business.govt.nz

Whether you're an employer with concerns about your staff and workplace, an exporter with overseas customers or you are planning to travel abroad, you may be affected by a coronavirus and the global efforts to contain it. In this article, key sources of information have been brought together from across government to help you stay informed.

EMPLOYERS

If you have employees, Employment New Zealand has specific guidance and FAQs in response to COVID-19 including how to handle self-isolation and sick leave.

Employment during and after disasters

During and after a disaster or emergency, employers and employees need to consider issues such as health and safety, emotional wellbeing and payment options. Follow the link below for more information:

<https://www.employment.govt.nz/leave-and-holidays/other-types-of-leave/employment-during-and-after-disasters/>

Continuity and contingency planning

To ensure the long-term sustainability of your business, you should have a business continuity plan (BCP) for events like coronavirus. A BCP can help businesses prepare for many kinds of disruptions and emergencies, such as a global pandemic, an act of terrorism, a cyber attack, or a natural disaster like a fire, flood or earthquake. Read more by following below link:

<https://www.business.govt.nz/risks-and-operations/planning-for-the-unexpected-bcp/continuity-and-contingency-planning/>

TRAVEL

As part of its response to managing the Covid-19 outbreak the New Zealand Government has travel restrictions in place for some foreign travellers. This decision will be reviewed every

48 hours. If you have concerns about travel, check out Immigration New Zealand link below:

<https://www.immigration.govt.nz/about-us/media-centre/news-notifications/coronavirus-update-inz-response>

If your travel plans are affected by the coronavirus outbreak, Consumer Protection has guidance about cancelled or delayed flights and travel bookings. Follow below link:

<https://www.consumerprotection.govt.nz/news-and-media/coronavirus-are-your-travel-plans-affected/>

HEALTH AND SAFETY

If you have health concerns, information and advice about coronavirus are available from the Ministry of Health. Follow the link available below:

<https://www.health.govt.nz/our-work/diseases-and-conditions/novel-coronavirus-covid-19>

WORKPLACE PREPAREDNESS FOR NOVEL COVID-19

WorkSafe New Zealand has information about the business and worker requirement for keeping people safe and well in the workplace. Here's the link:

<https://worksafe.govt.nz/topic-and-industry/work-related-health/workplace-preparedness-for-novel-coronavirus/>





He kōrero matua nā te Manatū Hauora o Aotearoa

Kia ora, nau mai ki Aotearoa.

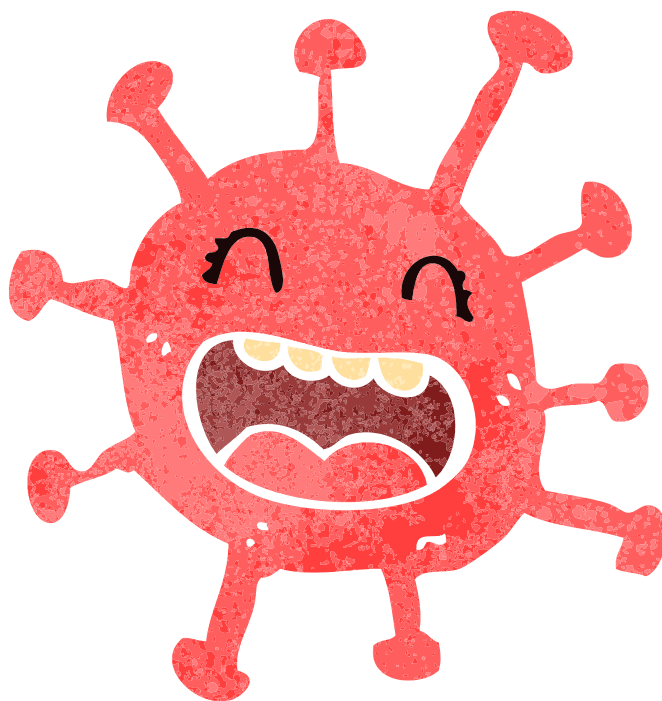
Mehemea ka **māuiui** koe ki roto i te **kotahi marama** o te taenga mai ki Aotearoa, me rapu **tohutohu rongoā** i te wā poto noa ka taea.

Waeahia te nama waea **koreutu** ki **0800 611 116** ka whakapā atu rānei ki te rata.

He mea nui **te whakamōhio** atu ki a rātau kua puta koe **ki waho o Aotearoa** inā tata nei.



New Zealand Government



COVID-19 Sneeze Here

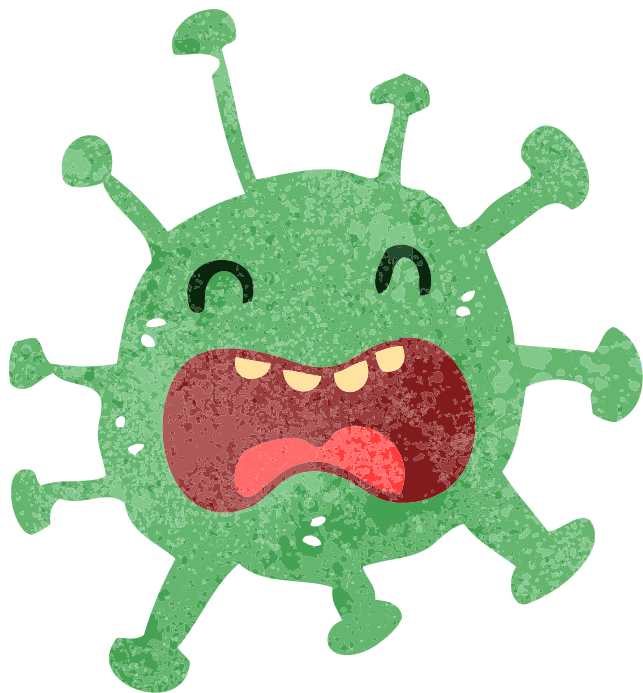


Me kōrero atu ki te ngaio hauora mehemea kei te eke tō **paemahana** ki **te 38°C**, **nui ake rānei** ā kei te pāngia hoki koe e **tētahi, ētahi rānei**, o **ngā tohumate** e rārangi iho nei:

- he maremare e haere tonu ana
- he ngāngā uaua
- he mate tikotiko e haere tonu ana
- he ruaki e haere tonu ana
- he kiri hakihihi
- he marū, he rerenga toto ahakoa kāore he wharanga
- kei te hanga māuiui tō āhua
- kei te rangirua.



Huitanguru 2020 HP 5973



Important message from the New Zealand Ministry of Health

Kia ora, welcome to New Zealand.

If you get **sick** within a **month** of arriving in New Zealand, please seek **medical advice** as soon as you can.

Telephone the **free** Healthline on **0800 611 116** or contact a doctor.

It is **important** to tell them that you have been **outside New Zealand** recently.



New Zealand Government



Tell the health professional if you have a **temperature of 38°C or higher** and **one or more** of the following **symptoms**:

- ongoing coughing
- difficulty breathing
- ongoing diarrhoea
- ongoing vomiting
- skin rash
- bruising or bleeding without injury
- looking obviously unwell
- confusion.



FEB2020 HP 5973



COVID-19 Wash Hands



Growth = Change

By Karen Davidson



“Just about everyone would agree that growing is a good thing, but relative few people actually dedicate themselves to the process. Why? Because growth requires change, and change is hard. But the truth is that without change, growth is impossible. The ironic thing is that change is inevitable. Everybody must deal with it in their lives. On the other hand, growth is optional. An unwillingness to change prevents reaching full potential.” - J C Maxwell

Congratulation to the team! The move from Whakatū went well, the goal was to move with the least amount of interruption to service as possible. The move happened in one day with support from Van and a Man mover. Not only did we move but the cleaning of Whakatū also was completed. It was sad for many to leave the marae and we are committed to keep good connection with our precious neighbours.

Dawn blessing

The blessing of our new whare was held at daybreak on 27th of January. It was a peaceful moving event. To those who attended, Ngā mihi (Thank you). The kai for the blessing was enjoyed in the “Tiro Hia Marama ruma”, nice to have a space to share and chat, it was really pleasing to see so many other service providers present that we work with daily.

We are still settling as moving nearly 30 kaimahi and office belongings and equipment adds up. Its lovely to have the Clinic and counselling rooms ready for use and it worked well for podiatry day for the whanau coming in. There is great access and whanau cars can be left at the front entrance. We hope to see you all in our new Tari (office) when we are all unpacked and have some of our artworks on the walls.



They say change is challenging, however with a measured build up to D Day, I thought it all went extremely well. A wonderful opportunity to declutter and pare down the to only the essentials. Although having to leave the comfort of the known, it has proved to be an opportunity to hone the going with the flow skills, and finding out the good points about the new situation e.g. The Hui Room makes us sound good at waiata, and also in being flexible, the whole world can change in a day when a better option is seen. Anyway, hats off to our Leadership, who provided calm guidance and reassurance throughout the whole process, and no doubt, a lot of behind the scenes mahi.

- Sapphire Kaahu

Photos from top: 1) Kaimahi & manuhiri waiting outside for karanga to begin the ceremony, 2) Kaimahi & manuhiri waiting to enter through the reception; 3) Jane du Feu welcomes everyone; 4) Hon. Nick Smith talking to the crowd; 5) Jane Kinsey speaks in-behalf of Nelson Marlborough Health 6) Our Motueka kaimahi supported the blessing





Wairua Hauora

By John Tipene



My name is John Christopher Tipene, and today I would like to contribute to the Te Piki Oranga Newsletter.

I have spent most of my life in and out of the justice system, which included spending time in prison. In October 2019, I was fortunate enough to attend the Maori Tikanga Wananga run by Te Piki Oranga at Te Hora Pa in Canvastown.

Te Piki Oranga Māori Wellness Service has been supporting me with my hauora since I moved to Blenheim and have set me in a path of wellness.

To be accepted into the wānanga, I needed to undergo an assessment to find out what I knew about topics such as manaakitanga, whānau, wairua, Atuatanga and many other Māori protocols, practices and processes. These Māori values were not new to me as I was brought up

by my kaumatua and kuia as a young boy. As I grew older, I began to lose my way and therefore lost the things that my kaumatua and kuia taught me. I started using drugs and alcohol, which led to committing crimes to feed my addiction which in turn isolated me from my ancestors and the teachings of my tupuna and messed my life.

At the Tikanga Wananga I was able to re-connect with the values of the marae, our kaumatua Pita Pou and kuia Ngawhakaara led us through tikanga and kawa of the marae. We woke up before dawn to the sound of our kuia's karanga and karakia from our kaumatua. We were able to listen to the first waiata of the manu as the sun started to rise. Our tutor Sonny Alesana took us into "knowing who we are" by providing us with a session on pepeha, he guided us through a presentation on



manaakitanga, whanaungatanga, atuatanga and our roles as males and our wahine were also guided through these same topics by our kuia. The wananga was very intense, but at the same time, we were able to relax with kapa haka and of course plenty of kai.

As I touched on at the beginning of this article, I spent time in prison as a result of abuse, sexual abuse, violence. I was a patched gang member; in short, I was a feared man. I suffered from mental health issues as a result of many years of drug use and neglected the teachings of my elders. My wairua, my connections to my marae, ancestors and those important aspects of who I become a burden to me, played with my wairua.

My Journey Back to Me

At the conclusion of the wananga at Te Hora Pā, I was given the opportunity to meet with Ariki Te Wairemana. This meeting took place in Motueka. Pūkenga Manaaki Brenda from Te Piki Oranga supported me. I was apprehensive and anxious about the meeting. Sonny met us, and we entered Ariki's whare. The instant I entered the whare, I was transported back to the days I spent with my koroua and kuia. Ariki was able to tell me things about myself and my ancestors that only I knew. We did karakia, we sang old waiata, we did mihi, but mostly we sat in silence, and I started to cry uncontrollably. I felt an overwhelming sense of relief, clarity and calmness that I had not felt for a long time. My stomach felt lite for the first time in a long time! I didn't understand what was happening to me, but I knew that my journey to knowing and forgiving myself has begun. As a young boy, I was exposed to these taonga through my kuia, but I had no understanding of it.

I know that my journey will have its challenges, and I know that not everything will pan out the way I want it. I know that there is a long list of people that I need to connect with to try and make right the wrong I had caused. I also know that my mental health will continue to be a barrier. Still, I do believe that my wairua healing has begun. My goal is to wean myself from modern medication slowly. Then continue my journey into wellness through my culture, my artwork and continuing to work with my Te Piki Oranga whānau.





Cacophony of hustle & bustle at International Kai Fest

By Walter Tia

The cacophony of hustle and bustle was already reaching a crescendo when our van pulled up to set up the First Aid Centre for the annual Waitangi Day-International Kai Fest. This event was co-hosted by Founder's Park and Whakatū Marae.

Since the official establishment of our organisation, we have supported this fantastic event in this manner. Providing the opportunity to not only promote the incredible wares of our organisation but also to interact with the community in a less than formal setting. Strengthening our links with them, the Marae, as well as providing another shade of light in which the community can positively view our kaimahi.

Once the gear was dropped off to our usual dedicated site and the van parked up safely, the puzzle-solving of erecting our shelter for the First Aid Centre again commenced. Though initially bemused through a lot of time, patience and gritted determination (to not allow a dumb inanimate object get the better of us) we were successful in conquering the task at hand.

Earlier in the week it was agreed that this year, not only would we be providing First Aid for the event but also we would provide a Free Water Station for the event's attendees and as a last-minute decision we would also provide sunscreen and sanitising gel for the attendees to have access to as well.

We had secured 15 bales of water each containing 24 bottles and we displayed them quite prominently on the main table of the First Aid Centre.

To encourage interaction with attendees of the



Sonia Hepi-Treanor (TPO) & Miraka Norgate (NMH) - Quit smoking coaches

event, we strategised that rather than actively promoting the free source of hydration – we would instead rely on the willingness of attendees to act upon their curiosity and want to quench their thirst. This allowed us to somewhat control the narrative of the conversation when the attendees would bravely approach us, to inquire about the water!

Even before the event had officially opened at 10.30am, a decent number of consumers were already following the delectable fragrances and aromas of the various surrounding kai stalls. The weather had also come to the party as the



sun shone brightly throughout, simultaneously warmingly increasing the temperature of the day as it wore on. The only blight being the intermittent disturbance of a spritely wind which seemed to have a fondness for our station.

Our strategy for interaction worked like a well-cast spell. We had interesting conversations with the majority of the attendees who bravely approached us. All of the communications ended with smiles of appreciation with the odd sprinkle of joyous laughter. We were also able to gain several whanau referrals for our services.

The event overall was yet another annual success, not only for the co-hosts of the event but more importantly for the plethora of stallholders who shared their talents in producing ethnic and standard cuisine for the masses. We noted that several stalls which were within our view had closed up early (about 12.30pmish), due to having 'sold out', their products for sale. In an hour or so we were in the same waka with our stock of water.

As the event came to its eventual close it was somewhat satisfying knowing that we were only called upon a few times to demonstrate

our first aid skills throughout the day. As we began to pack down, like all multi-piece puzzles, the breaking down of our shelter went a heck of a lot smoother than the reverse.

The cacophony of the hustle and bustle wasn't at the same volume as it was earlier in the day. As we wearily pulled away with our reloaded van and began our little return hiko! to home base. Low in energy but filled with memories of smiling faces, gorgeous aromas of attractive kai, cheeky laughter from the banter between kaimahi as well as event attendees and the warm glow of a job well done.

Looking forward to next year?!?

Supreme First Aid Team

Sonia Hepi-Treanor – Te Hā Pukenga
Manaaki

Walter Tia – Pukenga Manaaki

Izani Barton – Sonia's Niece/Super Runner

A Special Thank You to Miraka Norgate – PHO
Health Promoter, for all her awhi to our crew
and our station

From left: Debbie Capatina, Gaynor Rikihana, Sonia Hepi-Treanor and Walter Tia





TE PUNA WHAKARITEA | LATEST EVENTS

Tauihu unveiled

*By Frances Chin, with permission from The Sun
(Blenheim Newspaper)*

Streetlights glowed as people waited in anticipation for the first glimpse of the Tauihu last Friday before dawn.

Through a damp mist, the veiled sculpture loomed over the crowd.

Rangitāne trustee Jeremy Tātere MacLeod invited people to gather around the sculpture as he performed a karakia. Finally, the magnificent Tauihu was revealed after the veil was pulled. The large sculpture drew gasps of awe. Made of bronze and steel, the Tauihu exists as a physical representation of the Wairau's Māori history. On the prow of the waka figures of past ancestors are displayed, alongside designs representing features of the Wairau.

In the darkness of the early morning, the Tauihu was an incredible sight to behold. Green and blue lights cast a watery glow along the bottom, making the sculpture seem like it was rising from ocean waves.

Before the sun rose, the crowd were invited to touch the Tauihu. This is a traditional Māori practise for people to transfer their mana into the bronze and steel.

Follow the link below for further reading.

https://issuu.com/blenheimsun/docs/blenheim_sun_200129/1e=1727817/75669892

Photos from top: 1) Viveyan Tuhimata-Weke, Karena Martin and Ricky Carr of TPO Wairau attended in support of the unveiling; 2) Tauihu sculpture sits outside the Blenheim railway station; 3) A crowd of around 100 people were invited to touch the sculpture to transfer their mana





Oxfam Trailwalker March 21-22, 2020

By: Team Wāhine Hikoi



from left: Margy Crosby, Colleen Kemp, Brenda Chilvers, & Anne Hobby

Oxfam is a world-wide development organisation that mobilises the power of people against poverty. Oxfam New Zealand plays a vital role in this work.

Oxfam works with some of the world's most vulnerable communities to provide people with the tools, education, experience, and knowledge to help them accomplish their way out of poverty. These values resonate with those of Te Piki Oranga.

Oxfam Trailwalker is a 100km walk that teams of 4 need to complete in 36 hours, team entries cost \$2000 with all proceeds going to Oxfam.

Margy Crosby TPO Wairau has wanted to do Oxfam for the longest time, Nic Dann, Deb O'Keeffe and Merehira Wills answered the karanga and will be joining the Wāhine Hikoi tramping group to be part of this worthy kaupapa. Ala Ward, Colleen Kemp and Brenda Chilvers make up the support team and together we will head to Whakatane to take part in what promises to be quite the challenge.

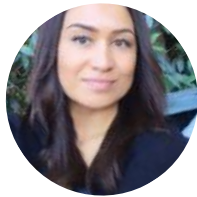


from left: Margy Crosby, Ala Ward, Colleen Kemp & Brenda Chilvers

To date we have sold homemade jam, raffled off a tino ataahua kete that Ala made, waitressed, washed dishes and busked on the Picton foreshore. We have been going hard to raise all the necessary funds to pay for this kaupapa.

If you would like to support this kaupapa go to the link below <https://www.oxfamtrailwalker.org.nz> click on donate to teams then look for Wāhine Hikoi tramping group.

Ngā mihi nui
Team Wāhine Hikoi. Mauri ora!



He Tangata driving programme

By Grayson Nepia



He Tangata is our driving programme aimed to assist whānau in feeling confident to sit either their restricted or full license. He Tangata has been running for just over six months now and has had some great success.

Gary Dunn and Emani Soane are our two driving instructors. Gary previously worked as a traffic police officer, so has a wealth of knowledge when it comes to road rules and safety. Emani has been a driving mentor for some years with the Pacific and immigrant population and has a passion for our Māori and Pacific island whānau.

This programme has seen whānau progress to gain their license and feel more confident to drive. It's great to see our Māori and Pasifika whānau take the opportunity to learn to drive and having that one-on-one support

and guidance to get their license through this programme has been life-changing for some.

We've had some great success stories from whānau who were able to get a job, get a promotion in their workplace and just being able to legally drive on the road from being a part of this programme.

"I LOVED it, the instructor was good and gave clear instructions, was a great teacher."

"I felt the lesson went well. Driver taught me a lot just within the first lesson. Explained everything well, and overall happy as!"

For more information on the He Tangata driving programme and if you think you may benefit from driving lessons, please go to our website www.tpo.org.nz.



Love your liver - stay away from weight loss teas

By Brittani Beavis



You may have seen recently in the news that “detox” and “weight loss” teas have been removed from the shelves of supermarkets and health food shops. This is because of an ingredient called Senna which can be harmful to your liver.

Senna is considered a medicine which should only be provided by certain health professionals, such as doctor or nurse practitioners, as a way to treat constipation. It's also a timely reminder that our bodies are really efficient at detoxing itself, using organs such as the liver, skin and kidneys. So, there is no need to purchase or consume “detoxing” or “cleansing” products as these

may do more harm than good.

If you are having any issues with constipation, you can talk with your GP or try more natural remedies such as: increasing your fruit and vegetable intake, increasing water, or consuming kiwifruit, prunes, or liquorice.



We need to talk about Vegans: Should New Zealand embrace a meatless future?

Article sourced from Stuff

In 2019, the amount of New Zealander eating “meat-free” jumped to 15 per cent, according to the latest Colmar Brunton Better Futures report.

There's a significant shift in consumer behaviour 18 months ago. New Zealanders are embracing plant-based diets with more people choosing to meat-free.



[follow this story on: https://www.stuff.co.nz/environment/119628510/we-need-to-talk-about-vegans-should-new-zealand-embrace-a-meatless-future?](https://www.stuff.co.nz/environment/119628510/we-need-to-talk-about-vegans-should-new-zealand-embrace-a-meatless-future?)

IT tips and tricks, you must try today



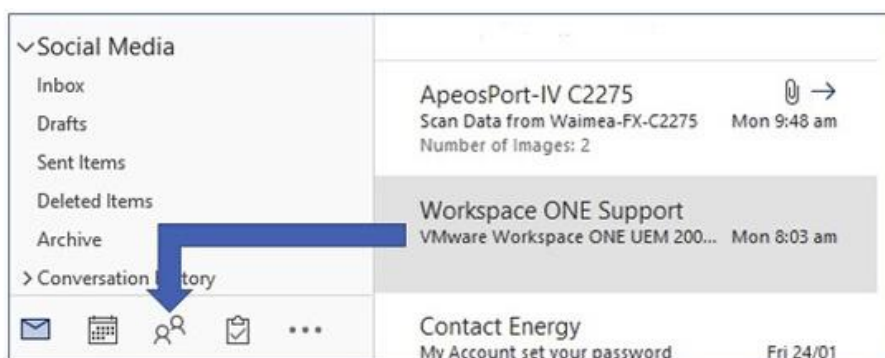
By: Rossana Rogers

A TIP YOU'LL LOVE - DRAG & DROP

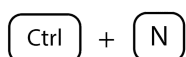
Microsoft Outlook has great features to help you stay organized and manage your time at work. One of my favorites is the ability to drag-and-drop email messages into other applications within Outlook. Let's explore further.

In the bottom left-hand corner of your Outlook window, the default navigation pane contains four buttons: Mail, Calendar, People, and Tasks.

Did you know an email in your inbox can be clicked and dragged to Calendar, People/Contacts and Tasks? It can, and the contents of the email will automatically copy into the body of the items text box. Your original email will remain in your Inbox. This is tremendously handy for creating new contacts. Their name and email address are automatically placed into the correct fields. Try it!



BEST COMPUTER SHORTCUT



What is it? I promise you once you try this and repeat for memory, you'll use it repetitively every day.

Anytime you want to create a "NEW" item – be it an email, a document, a new Chrome window, an Excel file or PowerPoint, just click **Control + N** (PC) **Command + N** (Mac). It will create a new "one" of whatever program you're in.



Nau mai, haere mai ngā Kaimahi hou!



HANA RANDALL
PŪKENGA MANAAKI



KIRSTY HUNTER
PŪKENGA ATAWHAI



PETER AKUHATA
TAURA ATAWHAI



ADRIAN BERI
PŪKENGA MANAAKI



RATA WILLIAMSON-PARKIN
PŪKENGA ATAWHAI



NIKHOLA WALLACE
PŪKENGA ATAWHAI



Hana Randall
Pūkenga Manaaki - Whakatū
(Navigator - Nelson)

Ko Muarangi te Maunga
Ko Te Wairoa te Awa
Ko Kaipara Te Moana
Ko Mahuhu Ki Te Rangi te Waka
Ko Te Uri O Hau te Iwi
Ko Waikaretu te Marae
Ko Brian Randall rāua ko Chrissy Randall ōku Matua
Ko Tamatoa rāua ko Waiata ōku Tamariki
Ko Hana Randall Ahau

I was born and raised in Nelson. I am a solo Mama to my two beautiful children Tamatoa (10) and Waiata (2 and a half). I have a passion for people and love helping in my community.

I am very privileged to have the opportunity to start a career at Te Piki Oranga and follow in the footsteps of my Mother and Father.

The team here at Te Piki Oranga have already welcomed me with open arms, and I can't wait to be a part of the team.



NAU MAI, HAERE MAI NGĀ KAIMAHI HOU



*Adrian Beri
Pūkenga Manaaki
(Navigator - Te Pae Oranga)*

Ko Tarawera te Maunga
Ko Puarenga te Awa
Ko Te Arawa te Waka
Ko Tuhourangi te iwi
Ko te Pakira te Marae
Ko Adrian Beri tōku ingoa

Kia ora. I was born in Christchurch and grew up in Timaru. I have 4 tamariki Asher (15), Te Kaia (11), Raiden (8) and Tiara (6).

I am currently a student doing Paetahi Tumu Korero/Bachelor of Counselling at NMIT and working on the Te Pae Oranga programme of Te Piki Oranga.

I am very proud, excited and privileged for the opportunity to be a part of the team at Te Piki Oranga.



*Rata Williamson-Parkin
Pūkenga Atawhai - Whakatu
(NetP Nurse - Nelson)*

Kia ora koutou katoa
Ko Mōtupohue te maunga
Ko Te Ara a Kewa te tai
Ko Uruao, ko Tākitimu, ko Tairea ngā waka
Ko Tahu Pōtiki te whare
Ko Te Rau Aroha te marae
Ko Ngāi Tahu te iwi
Ko Terry tōku papa
Ko Paula tōku māmā
Ko Moss tōku tamaiti
Ko Rata Pōtiki Williamson-Parkin tōku ingoa

Kia ora koutou, I am a new graduate nurse I completed my training at NMIT. I feel very privileged to begin my nursing career at Te Piki Oranga in Whakatu. I was also lucky enough to have my transition placement here so it has been very easy to settle back into work after a lovely holiday.

I was born and raised in Dovedale, I have a son Moss he is 5 years old. I have wanted to be a nurse since I was in High School working at Jack Inglis Friendship Hospital as a caregiver in my spare time. I am very passionate about working together with whānau for better outcomes and I am looking forward to growing my skills as a community nurse.



*Nikhola Wallace
Pūkenga Atawhai - Motueka
Community Health Nurse)*

Tēnā koutou e te whanau
Ki nga kaikarakia I tuku karakia
E mihi ana, e mihi ana
Ko Nikhola Wallace ahau
Tēnā koutou, tēnā koutou, tēnā tātou katoa.

Kia ora. My name is Nikhola Wallace.
I'm the new registered nurse for Te Piki Oranga

Motueka site. I am originally from the top of the South Island and have moved around Aotearoa for different jobs before deciding to come back to the sunniest place in Aotearoa to work.

I've got one son named Ben that lives down in Christchurch who is 22 and amazing. My passion's include helping whanau achieve their goals and live a healthy life. I love getting outside to explore the amazing outdoors Nelson has to offer. I am extremely grateful for the opportunity to work with our whanau.



Kirsty Hunter
Pūkenga Atawhai - Motueka
(NetP Nurse - Motueka)

Nga mihi nui kia koutou katoa
Ko Otautahi ahau
Ko Aoraki te maunga
Ko Waimakariri te awa
Ko Karen tōku whaea
Ko Hunter tōku whanau
Ko Kirsty tōku ingoa

Kia Ora, I am Kirsty, born and raised in Christchurch and moved to Motueka six years ago after living in Australia. After gaining some life skills working as a bar manager, I began my journey to become a registered nurse. I recently graduated from NMIT and am very excited to start my path as NETP Pūkenga Atawhai with Te Piki Oranga in Motueka.

I am passionate about working in the community and eager to see where this area of nursing will take me.



Peter Akuhata
Taura Atawhai
(Lived Experience Mentor)

Ko Puhangatohora te Maunga
Ko Punakitere te Awa
Ko Ngatokimatawhaurua te Waka
Ko Ngati Ueoneone te Hapu
Ko Nga Puhi te Iwi
Ko Erika Akuhata raua ko Hera Kawhena ōku
Matua Tupuna I te taha o tōku papa.
Ko Turoa Te Ahuahu raua ko Rangi Pokaia
ōku matua tupuna o te taha o tōku mama
Ko Nicole tōku hoa rangatira
Ko Taonga, ko David, ko Karipa, raua ko
Joseph aku tamariki.
Ko Peter Akuhata ahau.
I te timatanga te kupu, i te Atua te kupu, ko
te Atua ano te kupu i te timatanga.

Kia ora koutou, I am the new Taura Atawhai, (Lived Experience Mentor) under the Kia Taumata Te Oranga, AOD Matrix program of Te Piki Oranga.

I grew up in Huntly but have lived in Nelson since 1997. I'm a family man with 4 sons, who love, fishing, diving, hunting and rugby. I also enjoy coaching rugby and spending quality time with my wife and children down the Sounds. My work experience includes the fishing industry, business management and truck driving.

Due to my life experiences, both good and bad, I'm now passionate about helping people in need. In my spare time with my Church, we focus a lot on helping the poor, homeless and downtrodden, of which I'm humbled to work with TPO, who also have the same values. I'm also employed in another role with Mission to Seafarers, as Nelson's Port Chaplain. In this role, I work with other worldwide Chaplaincy's and UN agencies, to help stop Human rights abuses in our local and international waters.

I look forward to working for TPO in helping those suffering from meth addiction in the Matrix program.



My Hana Koko hikoi

By: Brenda McQuillan



For the last four years I have applied for Christmas gifts for our Tamariki and Rangatahi

from the Salvation Army and Fifeshire Foundation. I've now got a pretty good system in place, sorting the gifts into boxes for each whanau.

Wednesday 18th December, I picked up a NMIT community van, they donate the use of their vans to community groups at no charge, thank you NMIT.

I loaded it up with whanau Christmas boxes and set off. My Hikoi took me from Wakefield to Atawhai, dropping off to 14 whanau. I feel very lucky to be able to awhi our whanau at this special time of year.



Minimum wage to rise to \$18.90 per hour

GOOD NEWS! STARTING 1 APRIL 2020, THE GOVERNMENT HAS CONFIRMED THAT THE ADULT MINIMUM WAGE WILL INCREASE FROM \$17.70 TO \$18.90.

The \$18.90 rate was defined after consultation with stakeholders, including employer and employee representatives, and confirmed after an annual review considering the current economic context and the interests of businesses and workers. The increase to \$18.90 in 2020 offers a balanced approach toward reaching the government's plan for a \$20 minimum wage by 1 April 2021.

Those on the starting-out and training wages will also see an increase in pay to \$15.12 per hour, which is 80% rate of the adult minimum wage.

Read more from:

<https://www.employment.govt.nz/about/news-and-updates/minimum-wage-rise-18-90-per-hour/>





Major health issues ahead - if you consumed an excessive amount of fizzy drink daily



The health repercussions were seemingly endless. Uncontrolled diabetes, amputations, severe dental decay, obesity, heart attacks and strokes.

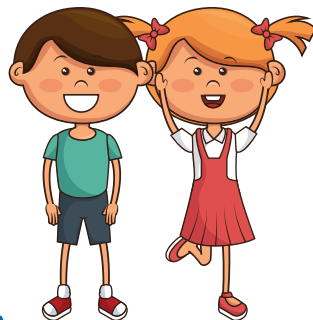
The warnings didn't stop there, risk of cancer was likely to increase, a fatty liver and low potassium level could lead to heart disturbances and death.

Find out more by following the link below:

<https://www.stuff.co.nz/national/health/119136754/major-health-issues-ahead--that-could-be-my-future-if-i-consumed-an-excessive-amount-of-soft-drink-daily>



Whānau provide the strongest platform for tamariki care and protection



"Whānau Ora, at its essence, is about listening to the aspirations and priorities of whānau. It is vital that the voices of whānau are heard and that we listen to their ideas about how progress can be achieved", said Pouārahi / Chief Executive, Helen Leahy.

Read more about this article by following the link below:

https://news.fuseworksmmedia.com/393654e1-dce2-4721-97e4cb9d4884e58d?mc_cid=ed10649ed4&mc_eid=000d1b311f

Poor sleep and mental health



New research from the University of Auckland suggests that nearly 40% of New Zealanders are not getting enough sleep and that this may be a factor in our poor rates of mental health.

Around half of those identifying as Maori or Pasifika reported short sleep. An earlier study had found being Maori, being unemployed and living in deprived areas were linked with poor sleep.

A must read article on Otago Daily Times by following the link below:

https://www.odt.co.nz/opinion/editorial/poor-sleep-and-mental-health?mc_cid=ed10649ed4&mc_eid=000d1b311f



Giving aroha in Anzac Park

By: Brenda McQuillan



ABOUT THIS GROUP:

We provide an evening meal for those in need on Sundays at Anzac Park in Nelson starting at 5pm (weather dependant). Donations of food and time gratefully accepted.

<https://www.facebook.com/groups/2661367630617824/>

I discovered this page a few weeks ago, this group was created 15 December 2019 to fill the gap left by Angels Trio. It is entirely run by volunteers.

The Facebook page is administered by Fiona McConnochie and Jackie Galland. They put a call out for kai and volunteers each weekend and on Sunday at 5.00pm, at Anzac Park off Haven Road, opposite the Bridge Club, the call is answered.

They have fed up to 90 folks, the numbers have plateaued at 70. They also give out donated feminine hygiene products.

My first Sunday I made banana cake, a couple of weeks ago I baked some chicken drum sticks and this week I'm making sausages and onions.

Here are a few posts from the page:



**Jackie Galland**

Admin · 23 February at 18:06

Wow what a huge day at the park. I lost count of our headcount at 70 and they were still coming. Lucky we had heaps of kai on offer.

It was great to have Blair from the Breeze and Allison from Loaves and fishes.

Huge thank you to all our volunteers today, you guys were amazing.

Also would like to thank our beautiful Maori Warden Teresa that did our karakia today.

Fiona McConnochie

Admin · 6 March at 17:24

I am amazed at the generosity of our members - today we've been donated ten launderette keys with \$20 credit on each (donors wish to remain anonymous). These will be available to hand out to anyone needing them from next week. Incredible!

Jackie Galland

Admin · 27 February at 12:59

Hi everyone, it's that time of the week for our volunteer shout out. Fiona and Graeme won't be there this week, so I need a few helpers.

If you are able to make a dish and spare an hour and a half on Sunday, please put your name down in the comments.

Last week we had around 90 people so if you haven't got time to spare but could make a dish that would be fantastic to. Thank you.





Total deficit across all DHBs continue to climb now stands at more than \$230 million



District Health Board (DHB) deficits continue to spiral. The latest numbers showing the total figure is \$60 million further in the red compared with the same period the year prior. National's health spokesman Michael Woodhouse said the numbers show Health Minister David Clark is failing to control his portfolio.

Health Minister David Clark said the Government is still trying to fix the health sector after neglect for nine years under National.

Continue reading this article on:

https://www.nzherald.co.nz/nz/news/article.cfm?mc_id=1&objectid=12309912&mc_cid=d9b3dc998a&mc_eid=000d1b311f

Delay over bowel cancer screening decision costing lives



People are dying while officials decide whether to give Māori and Pacific New Zealanders free bowel cancer screening from the age of 50, the Māori Party says.

The current indecision would cost lives and allow one of the country's biggest health initiatives to keep widening inequities.

Find out more from this link:

<http://healthcentral.nz/delay-over-bowel-cancer-screening-decision-costing-lives-maori-party/>

Marlborough PHO trailblazing the path towards healthy living with new e-bikes



Marlborough's main health body hopes to model healthy living and environmentalism through their use of e-bikes to commute during the workday.

Marlborough Primary Health (PHO) purchased two e-bikes last month to use as alternatives to cars when travelling between meetings and practices.

Read more about this article on:

<https://www.stuff.co.nz/environment/119585736/marlborough-pho-trailblazing-the-path-towards-healthy-living-with-new-ebikes>

What's driving the deterioration in youth mental health?



Ministry of Health figures show a growing number of our 15 to 24-year-olds are struggling with their mental health.

In 2012, five per cent of this group reported psychological distress, and in 2017 this figure rose to almost 12 per cent.

Of those, one in ten seeking professional help will face a wait of at least two months.

New Zealand also has the highest youth suicide rate in the OECD.

Read the story on:

<https://www.rnz.co.nz/national/programmes/nowinthenoon/audio/2018733592/what-s-driving-the-deterioration-in-youth-mental-health>



Te Reo guide for basic directions, locating objects & simple commands

BASIC SUFFIXES TO DESCRIBE DIRECTION

mai - from/here

atu - away

introducing the prefix '**ho-**' denotes the request for an item

Homai - give (to me)

Hoatu - give (to someone else)

"**Homai te pene ki ahau**" - Give me the pen

"**Hoatu te pene ki a John**" - Give the pen to John



BASIC SUFFIXES TO EXPLAIN THE DISTANCE/LOCATION OF OBJECTS

nei - here

nā - there

rā - far away

introducing the prefix '**ko-**' and the particle '**kei**' assist with the direction. In most cases, using the particle '**kei**' informs users that you are talking about a location or an action.

"**Kei konei te pene**" - The pen is here

"**Kei konā te pene**" - The pen is there

"**Kei korā te pene**" - The pen is way over there

"**Kei a John te pene**" John has the pen

QUESTIONS & ANSWERS ASSOCIATED WITH LOCATION, BEGINNING WITH THE QUESTION PARTICLES 'HEA' AND 'WAI'

"**Kei hea te pene**" - Where is the pen?

"**Kei hea a John**" - Where is John?

"**Kei a wai te pene**" - Who has the pen?

To answer the question simply replace the particles with the answer.

"**Kei konei te pene**" - The pen is here

"**Kei konā a John**" - John is over there

"**Kei a John te pene**" - John has the pen

COMMANDS TO PEOPLE TO OBTAIN OBJECTS FROM A LOCATION OR PERSON

"**Mauria mai**" - bring to (me)

"**Tangohia**" - take (from someone else)

"**Mauria mai te pene ki a au**" - Bring the pen to me

"**Hoatu te pene ki a John**" - Give the pen to John

"**Tangohia te pene mai i a John**" - Take the pen from John

FURTHER COMMANDS TO DIRECT PEOPLE AS TO WHERE TO PLACE OBJECTS

"**Waiho**" - leave

"**Whakahokia**" - return

"**Waiho te pene ki konā**" - Leave the pen there

"**Whakahokia te pene ki a John**" - Return the pen to John

"**Whakahokia te pene ki korā**" - Return the pen back over there

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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