

Te Puna Pānui

TE PIKI ORANGA NEWSLETTER



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E rere ngā mihi ki ngā mate o te motu
Ki a koutou kua mahue mai i a mātou
whakangaro atu rā
Kia a tātou ngā mahuetanga o rātou,
kei te mihi, kei te mihi, kei te mihi.

A message from Anne



Kia ora

Welcome to the hōtoke pānui – where our whānau hauora takes centre stage. In this issue, we celebrate the launch of a unique Māori-focused general health practice in Wairau, subsidised for Te Piki Oranga whānau. The service is called 'Manu Ora', representing a bird taking flight after achieving hauora.

We also share with you a new programme being rolled out in Whakatū, to help people improve their hauora through a better understanding of their cultural identity and Te Ao Māori.

And we congratulate Rameka Te Rahui, who received the Te Rau Ora Paraire Huata Award for services to Māori health, and find out how he is using the award funds to 'pay it forward' with a new wānanga to help young tāne.

There's also more information on where and how you can get your COVID-19 vaccine, and we look at a new support service for anyone wanting to share their experience with the Royal Commission of Inquiry into Abuse in Care.

Stay warm this hōtoke!

Ngā mihi nui

Manu Ora takes flight



Come join us at Manu Ora - a new Māori-focused general health practice we have set up for you with Nuku Health in Wairau.

'Manu Ora,' which means a bird taking flight after achieving hauora, will offer high-quality, culturally-sensitive healthcare services for Te Piki Oranga whānau.

Manu Ora opens on August 9 and we will be more flexible and patient-centred than what you may be used to in general practice. The service is subsidised for Te Piki Oranga whānau, Community Services Card holders and other whānau who meet the enrolment criteria.

'Manu Ora will provide healthcare in a more caring, respectful, empathic environment. Our ethos is to work together with our patients and their support networks. It is time for a new way,' says Sara Simmons from Manu Ora.

On enrolment, you will be offered an extended appointment with a nurse and a GP from the team, and you will get a coordinated health management plan that is just for your needs.

The Manu Ora team are here for you, acting as your health advocates. 'We will go the extra mile to ensure you get what you need for your health.'

You can book an appointment in advance or drop into the walk-in clinic (where you will be prioritised depending on how urgent your needs are).

Call Manu Ora on 03 577 5810 or drop into 219 Howick Road, Blenheim.

Find out more at www.manuora.org.nz

Manu Ora's guiding whakataukī

MĀ TE HURUHURU, KA
RERE TE MANU
ME WHAKAHOKI MAI TE
MANA KI TE WHĀNAU,
HAPŪ, IWI.
KIA KOROWAITIA AKU
MOKOPUNA KIT E
KOROWAITANGA HAUORA.

ADORN THE BIRD WITH
FEATHERS SO IT CAN FLY
AND RETURN THE MANA
TO US.
LET OUR FUTURE
GENERATIONS BE
EMBRACED IN GOOD
HEALTH.



National Award for Māori health champion provides funding for new programme



Paraire Huata Health and Wellbeing Award recipient Rameka Te Rahui from Te Piki Oranga is dedicating his \$5,000 award to a new wānanga to help young Māori to follow the right path in life, and is calling for sponsors to match the funding, so he can deliver a high impact programme that will change lives.

Rameka Te Rahui says he was delighted to receive the Te Rau Ora Paraire Huata Award in May this year, especially as the award's funds will provide base funding for a new wānanga targeting at-risk young Māori tāne.

The Te Rau Ora He Tohu Hiranga: Excellence and Innovation awards acknowledge and recognise excellence and innovation in the Māori health, mental health, addiction sectors. Te Rau Ora is a national organisation dedicated to strengthening Māori health.

Paraire Huata was well known across Aotearoa, not only for his work with Māori but with the world's indigenous people.

'I want to acknowledge the honour of being the recipient of the Paraire Huata Award, it was a wonderful surprise and truly appreciated. A big thank you to the team at Te Rau Ora,' says Rameka. 'I also want to challenge the appropriate services and community of Nelson, to either match or better this contribution.'

Rameka is currently facilitating the Kia Taumata Te Oranga Methamphetamine Matrix Programme – a successful addiction programme that launched in October 2019 and is already making strides in helping people break the cycle of drug use and addiction.

Rameka is using the award money to facilitate a marae-based wānanga for 20 young Māori tāne (taiohi, rangatahi tamatane) aged 14 to 20 years old, to run in October this year within Te Taihū.

'Our aim is to expose young tāne to good role models and a variety of activities and opportunities that provide an alternative to a life of drug use, gang violence and crime.'



Mobile clinic helps whānau reach their potential

**Mā Te huruhuru, Ka rere Te manu
Me Whakahoki mai te Mana ki te
Whānau, Hapū, Iwi, arā
Kia korowaitiaaku mokopuna ki te
Korowaitange hauora
Tihei Mauri ora!**

Te Piki Oranga's new mobile clinic is easy to spot, thanks to artwork featuring a stunning tui along with a whakataukī – which loosely translated means 'adorn the bird with feathers so it can fly.'

Inside the clinic is comfortable and cosy, with a heat pump to warm the space in winter and cool it in summer, and cups of tea on tap!

The purpose-built 'mobile health clinic on wheels' hit the road on June 11 and has already made a difference to the hauora of close to 600 local whānau members, including being used as a base for COVID-19 vaccination clinics at Whakatū Marae.

Te Piki Oranga's Lorraine Staunton says a successful funding application enabled the setup of a mobile immunisation clinic, but it has already become a multi-purpose clinic, with additional potential uses continuing to evolve.

As well as being used as a vaccination base station, it provides a comfortable and private space for cervical screening, a first aid hub, health promotion centre at community events and is being fitted out with telehealth technology to ensure local whānau can access specialists across Aotearoa.

Lorraine joined Te Piki Oranga at the beginning of the year. Her first job was to define the requirements for the custom-built clinic. The project team, which also includes Sonia Hepi-Treanor (Te Hā / Stop Smoking) and Rameka Te Rahui (Alcohol & Other Drugs Clinician), then commissioned Chris du Feu at CJ Fabrication in Tahunanui to oversee the build.

With Chris' help, Te Piki Oranga was fortunate to find a mobile room that could be adapted and lights, benches, storage cupboards, a sink and a small fridge were installed. This gave the project a five week headstart over building from scratch. 'We were able to start using the clinic in early June,' says Lorraine. 'We've also bought a gazebo that we can use next to it when we are at community events.'

Watch out for the mobile clinic across Te Taihū in the coming months.

For example, it is likely to be used as a first aid hub in Whakatū for 2021 Te Mana Kuratahi, the national primary school kapa haka competition.

COVID-19: Get vaccinated at one of Te Piki Oranga's Vaccination Clinics

Te Piki Oranga is working closely with Kotahi Te Tauihu Charitable Trust and Nelson Marlborough Health to bring COVID-19 vaccine clinics for iwi, hapu and whānau.

Protecting our whānau is what we do

Everyone in Aotearoa aged over 16 will be allocated to one of four groups for receiving their free COVID-19 vaccination.

To date we have focussed on those in groups 1 & 2 – those working on the border, our kaumātua and those living in the same household as kaumātua.

We are now turning our attention to those in groups 3 and 4. To find out what group you are in, use the COVID-19 vaccine roll out online tool at tpo.org.nz/get-vaccinated-covid-19.

Group	Who this includes	Bookings open
Group 1	Border and managed isolation and quarantine (MIQ) workers	Now
Group 2	High-risk frontline workers & people living in high-risk places	Now
Group 3	People who are at high-risk of getting very sick from COVID-19	Now
Group 4	People aged 60 and over	Now
	People aged 55 and over	11th August
	People aged 45 and over	Mid to late August
	People aged 35 and over	Mid to late September
	People aged 16 and over	October

How to get vaccinated

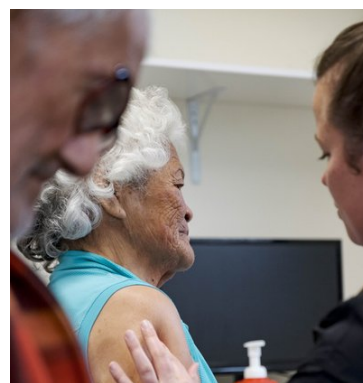
Bookings are essential for our vaccine clinics. You can book your appointment by calling 0800 ORANGA (672 642). We can help with transport to and from the clinics, just let us know when you book your appointment.

Receive your vaccine in a safe and familiar setting

Whānau can receive their vaccine at the following venues:

- Waikawa Marae, Picton
- Te Piki Oranga Motueka – Te Āwhina Marae
- Richmond Church of Christ
- Ūkaipō, Grovetown
- Whakatū Marae

A list of all clinic dates can be found at tpo.org.nz/get-vaccinated-covid-19



Be a DOER!
KARAWHIUA

Everything is an opportunity, says new Te Pou Taki



Carl Baker took over the role of Te Pou Taki (Māori cultural adviser) at Te Piki Oranga earlier this year and has spent the past four months undertaking a cultural assessment of Te Piki Oranga's activities.

The Pou Taki position was advertised after Sonny Alesana moved to a new role as Kōtuitui Hapori (Community Connector). When Carl saw the position advertised, he jumped at the chance to relocate to Te Taihū because he has whānau based in Whakatū.

In this role, Carl aims to support both kaimahi and whānau. He says the purpose of the cultural assessment he's been undertaking is to 'make sure our activities align with what we say we're doing.' He is looking for ways to enhance how kaupapa Māori informs Te Piki Oranga's strategic direction and to ensure tikanga Māori is implemented accurately across the organisation, starting with the leadership team. Following this, he has his sights set on a development plan for management and kaimahi. Then he will take a 'deep dive' with individuals, to support them to improve their cultural development.

'I see everything as an opportunity,' Carl explains. 'I'm looking at how we can progress staff along the continuum of learning and interventions we can put in place to help that shift. For example, I'm aiming to increase staff members' overall cultural capability, which will ensure Te Piki Oranga continues to transform as a kaupapa Māori health and wellness organisation.'

His previous experience, as Pou Tairangahau (cultural manager) at the Department of Conservation in Hawkes Bay, has equipped him with transferrable skills that have given him a great head start in this role as Pou Taki.

Building better health through Te Ao Māori



Te Piki Oranga is rolling out a pilot programme to help people take more control over their hauora through a better understanding of their cultural identity.

Te Ata Pūao has been developed in recognition of anxiety people are feeling due to COVID-19 and the impact it has had on jobs, security, families and mental health.

Programme facilitator Charles Clover says the course has been developed to support positive changes that will improve Māori hauora through a better understanding of Te Ao Māori.

'Participants will develop an awareness of their whakapapa and feel more at home within Te Ao Māori. We will show people how they can take more control of their own health and wellbeing in a fun, supportive learning environment,' says Charles.

Te Ata Pūao programme will run once a week for 2.5 hours a week over six weeks, and will work through a bi-cultural health model to develop a health and wellbeing plan that participants can continue to develop once they have finished the course.

Te Ata Pūao will be delivered for tāne, wāhine and whānau, at locations in Whakatū and Wairau.

**For more
information
contact Charles
Clover by calling
0800 ORANGA
(0800 672 642).**

GUARDIANS OF THE FUTURE

PROTECT
AGAINST
MEASLES
.org.nz

Protect against Measles

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

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

Measles is 8 times more contagious than COVID-19

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

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

Getting vaccinated is easy and FREE

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

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

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

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

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

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

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

Te Piki Oranga support for survivors of abuse

If you, or someone you know, have had an experience of abuse in care, Te Piki Oranga has put in place qualified and trained community champions for people sharing their experiences with the Royal Commission of Inquiry.

Rameka Te Rahui is one of the community champions who can answer your call for help to tell your story.

'We understand that anyone telling their story is going to go through a lot of emotions in the process. Talking can bring up a lot of grief, anger, and fear. Sometimes the hardest thing is making the first move and picking up the phone. We're here to help anyone through that process – deciding whether and how to take part, navigating the process and getting the follow-up care you need.'

Rameka says that sometimes this can be the start for people seeking help and treatment.

'There is free counselling available and for many people, this has made it possible for them to get treatment for any ongoing trauma they are experiencing as a result of their experiences.'

If you have an experience you want to share, the best way to get started is to call us on 0800 ORANGA (672642), and ask to speak to one of our community champions for the Royal Commission of Inquiry. We'll then facilitate getting you the support you need.

The Inquiry is in the process of gathering information from survivors, so it can look into what happened to children, young people and vulnerable adults in care.

Once the investigations are complete, the Inquiry will report to the Governor-General and make recommendations about how Aotearoa can better care for its young people.

**Call 0800 ORANGA
and we'll help
facilitate getting
you the support you
need**



Abuse in Care
Royal Commission of Inquiry

Nau mai, haere mai ki ngā Kaimahi hou

We are pleased to welcome several new kaimahi to the Te Piki Oranga whānau. Read on as some of our new team members introduce themselves.

Claire McKenzie, COVID Response Manager



Tēnā koutou e te whānau o Te Piki Oranga
Ko Takitimu te maunga
Ko Waimatuku te awa
Ko McKenzie tōku iwi
No Murihiku ahau
Ko Claire McKenzie tōku ingoa
Kei te mahi ahau te Covid Response Manager

After working for many years at Nelson Marlborough Health, I took some time off and am pleased to be working now with the TPO COVID response team until December.

No reira, tēnā koutou, tēnā koutou, tēnā tātou katoa

Natalie Dick, COVID-19 Response Team



Tēnā koutou katoa
Ko wai au
Ko Matairangi te maunga
Ko Kairangi te awa
I tupu ake ahau i Te Whanganui-a-Tara
Kei Whakatū ahau e noho ana
Ko COVID-19 Taituarā taku mahi mō Te Piki Oranga
Ko Natalie toku ingoa
He whakataukī
He waka eke noa
Nō reira
Tēnā koutou, tēnā koutou, tēnā koutou, katoa.

Nina Odom, Vaccinator



I moved to NZ from the UK when I was 17. I have a degree in psychology which led me to mental health nursing, which I did for four years in Christchurch, working with kids, teens and adults. I then retrained as a primary school teacher, however I missed nursing and went into practice nursing, which I've been doing ever since. I love it.

Raewyn Jenkins, Pūkenga Pūtea



My name is Raewynn Jenkins.
Ko Horouta ko Te Arawa ōku waka
Kei Murihiku au e tupu ana
Ko Motupohue te maunga
Ko Te-ara-a-Kiwa te moana
Kia ora

I am very grateful for my new role as Pūkenga Pūtea - Finance Support.
I have lived in Nelson for 14 years and one of my passions is Waka Ama.

Paula Bethwaite, Pūkenga Manaaki Tūhono



Tēnā koutou e te whānau
Ko Paula ahau
E kī ana te whakataukī, Kia Manaaki Katoa,
Tēnā koutou, tēnā koutou tēnā tātou katoa

I have worked as a midwife for 16 years in Aotearoa.
Wanting to work more towards Māori wellbeing, I started a Graduate
Diploma in Psychology in 2017, to help open up some choices in
employment.

I am a distance student with Massey University and next year I am planning to start a thesis.
My current role with Te Piki Oranga is as a Pūkenga Manaaki Tūhono, which my best understanding is to
walk beside wāhine mama, pepe and tamariki to listen to the aspirations of wāhine.
In my spare time I love going for hill walks with my mokos, anything to do with the moana, playing the
harp and studying consumes a lot of my time.

Charles Clover, Kai Ārahi - Counsellor | Kaitiaki Mō Te Ata Pūao



Nga Mihi Kia Koutou Ngā Whānau O Te Piki Oranga
Ko Charles Kopa Clover ahau

Nō Tainui Waka Ki Waikato, Te Uri O Ngāti Māhanga Ahau, Ngā Taua O
Te Kīngitanga Rīre hau Paimārire

Tū tōnu te awa o Waipā
Tū tōnu te māunga tei tei o Pirongia
Haere kī Whatawhata kī te Papa ō Rōtu

Te Whare Wānanga o Te Pūia Herangi rāua ngā mokopuna o Tainui Waka
Ahākoa he iti, He Pōunamu

Waikato Taniwha Rau, He Piko He Taniwhā

I feel humbled to be working with the people of this whenua. I acknowledge all my work colleagues
connected to this area and the rich whakapapa you all seek to uplift with the mahi we all do.

He waka eke noa, Toia Mai!

COVID-19

Feeling unsettled?

Here are some ideas to help you and your whānau stay strong

Ko nga pae tawhiti, whaia kia tata

Ko nga pae tata, whakamaua kia tina



Get social

Connect with
family & friends



Check in with your child

How are they doing?



Maintain normal routines

Children like predictability



Try these apps

Headspace
Smiling Mind
SAM



Be kind

Give children
your time
and your presence



Get sorted

Plan ahead.
Take a break.
Have fun.



Everyone feels better...

when we eat and
sleep well



Reassure your children...

by staying calm
yourself



Great ideas & resources for families at...

www.allright.org.nz



Free tools

Patua te taniwha te whakamā

Helplines, apps and supports: www.covid19.govt.nz/where-to-go-for-help

A new purpose for whānau whare

When Carolynn Tipene learned of the new Manu Ora clinic opening at 219 Howick Road in Blenheim, it brought back years of happy memories.

For Carolynn and her siblings, the building that houses the new Manu Ora clinic was called home for many years.

Jim and Violet Walker bought the building from Māori Affairs around 1959 and the whare was home to all nine of their kids until 2016 when Violet sadly passed away.



“As a whānau we were sad to see the house go, but life must go on!” says Carolynn.

But when the whānau learned that the whare was to become a clinic providing culturally sensitive primary health care, it brought tears to all their eyes. Carolynn believes her mum and dad would be so happy to learn of the whare’s new purpose.

As tamariki, the Walker’s were brought up to understand whānau ora and holistic wellbeing and Carolynn says that the whare is steeped in the values of te whare tapa whā (Māori holistic model of health).

The news of Manu Ora was an opportunity for the whānau to share their memories and Carolynn says it has brought them all much happiness.

She recalls the backyard was full of fruit trees and gardens that not only fed the whānau, but the whole neighbourhood. “Our father gardened by the moon and the flower garden was Mum’s domain. It wasn’t unusual for people to wander off the street for a closer look.” says Carolynn.

The harakeke still growing there was gifted by the whānau’s Papa, Kereama Keelan (Ngāti Porou), when his daughter Violet left her home in Tolaga Bay, as a young bride, and moved south with Jim.

Carolynn also remembers that the whare had an open-door policy; there was always kai and a bed available to anyone who might need one.

On behalf of the entire whānau, I would like to thank Te Piki Oranga and Manu Ora for bestowing hauora and mana once again to 219 Howick Road. You have brought a lot of joy to the whānau of Jim and Violet Walker.

Carolynn Tipene



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

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

Where to find us

Whakatū/Nelson

17 Bishopdale Avenue
Phone: 03 546 9099

Wairau/Blenheim

22 Queen Street
Phone: 03 578 5750

Motueka

117 Pah Street
Phone: 03 528 1046

Website

www.tpo.org.nz

Phone

0800 ORANGA (672 642)

Facebook

www.facebook.com/tepikioranga

Email: admin@tpo.org.nz

REGIONAL HELPLINES

NELSON MARLBOROUGH DHB MENTAL HEALTH CRISIS LINE

0800 776 364

NATIONAL HELPLINES

COVID HEALTHLINE - 0800 358 5453

HEALTHLINE 0800 611 116 - REGISTERED NURSES
FOR TRIAGE AND ADVICE

SUICIDE CRISIS HELPLINE 0508 828 865

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

LIFELINE 0800 543 354 WWW.LIFELINE.ORG.NZ

PLUNKETLINE 24/7 0800 933 922 - REGISTERED NURSES

COVID-19 INFORMATION

WWW.TPO.ORG.NZ/COVID19

MEASLES VACCINE INFORMATION

WWW.TPO.ORG.NZ/MMRVACCINE