Te Puna Pānui

TE PIKI ORANGA NEWSLETTER

Te Piki Oranga
MĀORI WELLNESS SERVICES

Raumati | Summer 2022

A LITTLE MAANAKITANGA GOES A LONG WAY WITH MANA WĀHINE CLINICS

CULTURAL CAPABILITY TO TAKE FLIGHT

TAKING THE TIME TO GET STRATEGIC

MAKE MINE A MOCKTAIL THIS KIRIMIHETE

Rārangi Upoko

Message from Anne..... 3

Reflecting on the year..... 4

What does Te Piki Oranga do in a year?.....5

Less barriers to healthcare can lead to

life-changing results.....6&7

Taking the time to get strategic.....8

Honouring Matariki.....8

Cultural capability to take flight.....9

Te Piki Oranga in the news.....10

Kia ora Rāwiri.....11

Make mine a mocktail.....12&13

Kirihimete message.....14

Subscribe to the e-pānui using the form on this page: www.tpo.org.nz/news-panui-events

A message from Anne

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.

Kia ora

Kia ora and thank you for reading our last pānui for the year.

At this time of year for Te Piki Oranga we remain focused on whānau and supporting people towards more equitable health outcomes.

The need for high-quality kaupapa Māori health and wellbeing services is real. Te Piki Oranga kaimahi will give it their all right up to the holidays – when I wrote this our Whakatū team was assembling Kirimete whānau packs for Mana Wāhine clinic participants while planning the next clinic for 2023.

I am grateful for what we have achieved this year, a few examples of which are included in this pānui. There is much to look forward to in 2023, from strengthening our core services to branching out in new, or realigned directions to reach whānau.

One of the things I am excited about this coming year is our intention to strengthen the integration of tikanga and kaupapa Māori into our wellbeing service delivery. With the guidance of Te Pou Taki Carl Baker, who joined us this year, and the expertise, experience and compassion of all kaimahi, we are now walking confidently on a pathway towards better outcomes for our whānau.

Mā te huruhuru ka rere te manu.
Adorn the bird with feathers so it may fly.

Nāku noa, nā
Anne Hobby, Tumuaki

Reflecting on the year

Our latest annual report is available online. It features:

- insightful forewords from Chairperson Jane de Feu and Tumuaki Anne Hobby
- Board of Directors' karere
- photographs of the Te Piki Oranga management team
- enrolment and service highlights
- whānau demographics
- kaimahi development and highlights
- hauora Māori partnership success stories
- financial reports
- auditor's reports

www.tpo.org.nz/publications-and-useful-resources

Or scan the QR code

Whānau feedback

Thanks for making it so easy

Kaimahi made you feel at ease. Very friendly

Nga mihi, thank you for today and your services and advice

Awesome day this morning to smear my mea. I felt comfortable and it was a straightforward process. E mihi ana

Holistic care of whānau taken very good mahi most impressed thanks

The advice given was helpful Lovely kaimahi and wonderful services

Tumeke service, allowing time to relax and the easement of each sector

Share your feedback

Phone: 0800 ORANGA (672 642)
Email: admin@tpo.org.nz
Write:
Te Piki Oranga
PO Box 3108
Richmond 7050

What does Te Piki Oranga do in a year?

Enrolment and service highlights

From 1 July 2021 to 30 June 2022

4,376
people enrolled with Te Piki Oranga services

1,037
people enrolled for Te Puna Hauora services

637
people enrolled with mental health, counselling and drug and alcohol services

2,000+
COVID-19 vaccines provided

1,047
whānau enrolled with Well Child Tamariki Ora

50,445
points of contact with a person or whānau – health and wellness appointments, procedures, consultations, conversations, messages and more

1,273
requests made for food bank services, for 5,180 people

129
people screened for cervical or bowel cancer

Less barriers to healthcare can lead to life-changing results

A little manaakitanga – kindness – goes a long way when it comes to encouraging wāhine Māori to take steps towards better health outcomes.

For the Mana Wāhine clinics run by Te Piki Oranga, this kindness comes in the form of free transport, an alternative home visit, or the kind of kōrero about a procedure that you won't get in a routine 15-minute GP appointment. And with the support of Sealord in a unique Te Tauihu partnership, the manaakitanga can flow a little more freely.

The seeds sown during the clinics start to bear fruit in the months that follow.

As the leading provider of kaupapa Māori health and wellbeing services in Te Tauihu (top of the South Island), Te Piki Oranga reduces inequitable health outcomes by providing high-quality and accessible services that are consistent with the concepts of whānau ora and tino rangatiratanga (self-reliance and independence).

The Mana Wāhine clinics are one of many innovative approaches Te Piki Oranga takes, that place whānau at the centre of care. Lorraine Staunton, Kaiwhakahaere Ratonga, Service Delivery and Operations Manager, is looking forward to seeing the seeds sown during the clinics start to bear fruit in the months that follow.

"One of the main reasons we need Mana Wāhine is to improve cervical screening rates and reduce inequities for wāhine in our rohe. Some women are 15 years overdue for their screening through no fault of their own – sometimes it just takes a little manaakitanga to help overcome barriers to healthcare.

"We will offer transport, a 'no obligations' kōrero with a nurse or we will take our mobile service to a woman at home where she feels less worried or scared about the procedure," Lorraine says.

With more than 350 wāhine Māori in Te Tauihu due or overdue for cervical screening at the time of the first clinic in September, Te Piki Oranga made a critical difference by supporting 40 wāhine to be screened on the day or booked for another time.

At the second clinic in December, 40 women were screened and four booked for screening another time.

"Mana Wāhine goes deeper than screening however, and our time with wāhine is valuable so we also take the opportunity to check for other unmet health needs."

The December clinic proved an invaluable conversation starter about health and wellbeing. Wāhine, and in some cases their tamariki, were referred to services including: breast and bowel cancer screening, Stop Smoking Services, counselling, immunisation, Well Child Tamariki Ora nursing, social workers, midwifery services and more.

Tamariki Ora nurse Amber Ford (left) and Health Promoter Miraka Norgate ready to welcome wāhine to the clinic with special Kirihimete kai hampers.

Story continued on page 7

Story continued from page 4

"The benefits from a holistic, one-stop approach like this can continue for months after a clinic – and that's what we aim for in healthcare," Lorraine says.

Te Piki Oranga was able to cover travel costs for whānau with funding support from Sealord – a partnership that fits with the seafood company's ethos of putting people first, says Sealord CEO Doug Paulin.

"Sealord is half-owned by Māori and 15 per cent of our employees are Māori," Doug says. "It's important to us to support our people's whānau and their communities, and this is making a real difference."

"When you need to attend a dialysis appointment three times a week, and rely on taxi transport to get there, this can be hugely stressful."

The three-year agreement improves access to healthcare for whānau and also means that Te Piki Oranga kaimahi do not have to take as much time away from their main mahi to drive whānau to important appointments.

Lorraine says that Sealord's support is helping to bridge a critical gap.

"Achieving better equity in healthcare starts with reducing barriers where we can – even more vital during a cost-of-living crisis where some whānau are prioritising paying the grocery bill over their own healthcare needs.

"When you need to attend a dialysis appointment three times a week, and rely on taxi transport to get there, this can be hugely stressful.

"With Sealord's support we are able to strengthen and empower whānau for better health outcomes," she says.

Lorraine says the collaboration between Te Tauihu health and social services made the kaupapa a success.

- Te Kotahi o Te Tauihu Charitable Trust contributed iwi liaison support, and kai for the Christmas kai hampers.
- Nelson Bays Primary Health Organisation's Director of Nursing Bobby Hutton supported the cervical smear team.
- Te Whatu Ora Public Health contributed with health promotion activities and National Cervical Screening Team support.

Countdown Stoke also gifted a $100 grocery voucher for a prize draw.

Kaimahi from Te Piki Oranga, Nelson Bays Primary Health Organisation, Te Whatu Ora Public Health and Te Kotahi o Te Tauihu Charitable Trust.

Wāhine were offered vouchers for a coffee break during the clinic from Baba Yaga's coffee cart.

Taking the time to get strategic

A Te Piki Oranga Strategic Plan hui in November was a welcome return to the kaimahi development calendar after disruptions in the past two years due to COVID-19.

Held at the Hedingly Centre in Waimeha (Richmond), the hui was an opportunity for kaimahi to put their everyday mahi to one side for a while and focus on the big picture.

“The day was about where we are at and where we are going, in terms of our strategic plan, and a chance to ask questions and give feedback,” says Rachelle Tauroa, Te Ata Pūao Establishment Co-ordinator.

Guest speaker Riana Manuel, Chief Executive Officer at Te Aka Whai Ora (Māori Health Authority) joined the hui by video conference. Another highlight was a presentation from Te Piki Oranga Management Team members Lorraine Staunton and Carl Baker about service delivery wānanga held this year.

“We also had a ‘speed dating session’ with the Board of Directors and some of our head office team. This was a fun way for kaimahi to get to know our leaders a little better, ask any burning questions and share their ideas,” Rachelle says.

Honouring Matariki

The strategy hui was the second all-kaimahi development day this year; to celebrate Matariki in June, kaimahi enjoyed a noho wānanga at Omaka Marae in Wairau.

The wānanga began with an afternoon pōwhiri, followed by whaikōrero about the history of Te Tauihu, hākari (celebratory meal) and waiata.

The next day started with a dawn trip to Rārangi to observe ngā whetū o Matariki, the nine stars in the Matariki cluster.

Kaimahi then participated in a traditional hautapu ceremony to honour Matariki – the Māori New Year and a time to gather, pay tribute to the dead, celebrate the present and plan for the future.

Ngā mihi to Omaka Marae for permission to use photographs taken on the marae in the Te PIki Oranga Annual Report 2021/22.

These photographs can also be viewed in our Matariki news story online at:
www.tpo.org.nz/whanau-news
Or use the QR code.

Cultural capability to take flight

2023 is shaping up to be significant for our kaimahi cultural capability journey, with the launch of Tuku te Rere – Taking Flight.

Te Pou Taki Carl Baker is leading the development of Tuku te Rere – Taking Flight, our forthcoming kaimahi cultural cabability programme.

Tuku te Rere is tailored to four stages of cultural competency and centred around the symbolism of a manu (bird) developing from a hatchling through to an adult in full flight.

Kaimahi will know which stage they are at with the completion of their aromatawai āheitanga ahurea – cultural competency assessment. The assessment process is a one-on-one kōrero to measure confidence in various competencies.

The results will inform a development plan, with activities such as te reo Māori classes or tikanga wānanga, to help kaimahi complete the key performance indicators for each stage, and progress to the next stage.

We look forward to sharing this exciting initiative with you next year!

Te Piki Oranga in the news

Our kaimahi, leadership team and board directors are a trusted source of information and opinions. Here is a selection of media coverage.

Te Puna Kai Ora (dietician) Brittani Beavis extended her good advice about how body weight, and in particular a body mass index (BMI) measurement, is not always an accurate reflection of someone's health status.

Brittani featured in Stuff newspapers (and online) in a 29 May article about obesity, and again in June with her commentary about how the rising cost of living is forcing parents to make tough decisions when shopping for kai.

Jane du Feu, Te Piki Oranga Board Chair, is regularly sought for comment in the media. For example:

- In July, Jane described how the new Te Aka Whai Ora Māori Health Authority gives credibility to Te Piki Oranga services and could present opportunities for local kaupapa Māori services.
- In May, Jane was asked for her views on the funding allocated to Māori healthcare under the Government's 2022 Budget. Jane expressed concerns at the rising rate of inflation and the effects of this on equitable health outcomes.
- Reporters came back to Jane in July for further comment about the effects of rising inflation on whānau health and wellbeing.

At Te Piki Oranga, we celebrate kaimahi achievements, of which there are many.

Sometimes kaimahi catch the eye of local reporters, such as Alice Adair who featured in a Nelson Mail/Stuff article about her graduation with Careerforce after a four-year apprenticeship.

Alice shared her story of the many challenges she overcame to complete her qualification, such as losing several friends to COVID-19 and the difficulties of having to work remotely during the lockdowns.

Based in Motueka, Alice supports vulnerable whānau with mental health needs as part of a multidisciplinary team of nurses, health practitioners and alcohol and drug counsellors.

Kia ora Rāwiri

A whānau kōrero from Rāwiri, who we have been supporting this year.

Ko tōku ingoa Rāwiri, I'm a transgender FTM – also known as female to male.

I am currently pre-testosterone. Since I was growing up, I didn't realise what being transgender and non-binary meant. As time went on, I began to wear my little foster brother's clothing, I knew I did not feel like a female, however, I did not want my family and friends to find out as I was scared they would judge me.

After becoming a part of several LGBTQ+ groups, I officially came out at 25 years old.

I have a message to youth to never be scared to reach out to your whānau.

At the end of 2021, I started studying at NMIT and this was going well until I noticed my anxiety came to the party and took over my mood and body language. A referral was made to Te Piki Oranga in Wairau and from this point things started to change.

I had Claire, a Pūkenga Atawhai, support me with advocacy to see a new doctor, who would help me start my new chapter of my life. Through starting at Te Piki Oranga, my anxiety has become better by learning how to recognise and cope with my emotions and through talking openly about my past.

Also Te Piki Oranga has put money to funding my psychology and endocrinology appointments so I can start testosterone. Without Te Piki Oranga I would not have got this far.

I am now documenting my journey so I can continue to be a role model for other youth going through similar things. I am also now part of the special Olympics as their first transgender athlete.

I have a message to youth to never be scared to reach out to your whānau with your decisions and feelings even if maybe they won't agree. There is hope out there or if you're feeling lost there is a group called transnz.org for support with diverse youth.

Ngā mahi | Jobs

Te Kotahi o Te Tauihu Charitable Trust has built a new section on their website to promote kaupapa Māori vacancies in the rohe. See for yourself at: www.kotahitehoe.org.nz/mahi

Te Piki Oranga advertises most vacancies on this page, but also on SEEK and on our own website: www.tpo.org.nz/careers

Make mine a mocktail

Consider a festive beverage that the whole whānau can enjoy this Kirihimete. Here is some inspiration from our public health hoamahi at Te Whatu Ora Te Tauihu (formerly Nelson Marlborough Health).

Mix 'n' Match Options

MAKE YOUR OWN FRESH, TEMPTING MOCKTAILS TO SUIT THE EVENT AND LOCATION

There is a wide range of flavourings available to make delicious, low sugar, non-alcoholic beverages

1. Select a fruit juice base and fill one third of a jug
2. Choose your fruit. For example: blueberries, strawberries, raspberries (fresh or frozen), peaches, pineapple, watermelon, lemon, lime or orange
3. Whizz or squeeze fruit and fill the jug to half way
4. Choose still, sparkling or soda water and top up jug
5. Garnish with herbs or slices of citrus
6. Add ice to serve.

Give your mocktail a name to match your occasion.

TE WAIORA Nelson Marlborough Health Public Health Service

www.nmdhb.govt.nz/mix-and-match

MOCKTAIL MIXER GUIDE

Ginger Fizz

INGREDIENTS: 1L

- Grated fresh ginger to taste
- 1 ½ cups lite ginger beer
- ½ cup lemon, honey & ginger syrup
- 2 cups of soda water*

HOW TO MAKE:

Mix all ingredients.
Add ice and garnish.

TIP:
Add a little lemon and mint to garnish.

Lemon Lime Delight

INGREDIENTS: 1L

- ½ cup lite lemon lime and bitters syrup
- 2 tablespoons lime juice
- 3½ cups of soda water*

HOW TO MAKE:

Mix all ingredients.
Add ice and garnish.

TIP:
If limes are out of season try the resealable lime juice pouches available from your local supermarket.

Tomato Whizz

INGREDIENTS: 1L

- 2½ cups tomato juice
- ¼ teaspoon smoked paprika
- Grated fresh ginger to taste
- 1½ cups of soda water*

HOW TO MAKE:

Mix all ingredients.
Add ice and garnish.

TIP:
Add a dash of tabasco for an extra kick.

Summer Fruits

(PEACHES & RASPBERRIES)

INGREDIENTS: 1L

- 1 cup canned peaches in juice
- 1 cup frozen raspberries
- ⅓ cup lite lemon lime and bitters syrup
- 2 cups of soda water*

HOW TO MAKE:

Whizz peaches including the juice and frozen berries in blender until smooth. Add the rest of the ingredients. Add ice and garnish.

TIP:
Swap the peaches or raspberries for a different fresh or frozen fruit.

**** swap soda water with still or sparkling water.***

Ngā mihi o te *Kirihimete* me te Tau Hou ki a koe me tōu whānau

Te Piki Oranga wishes you and your whānau a happy and safe Kirihimete and New Year.

We will be closed for the holidays from 23 December until 9 January 2023.

Helpful contacts

Call Healthline for free health advice 24/7:
0800 611 116

Plunketline to access advice from Plunket nurses 24/7:
0800 933 922

Nelson Tasman mental health crisis line:
0800 776 364

Marlborough mental health crisis line:
0800 948 497

Need to talk? Text or call to access a counsellor 24/7:
1737

Youthline counselling for rangatahi:
0800 376 633

Suicide Crisis Helpline:
0508 828 865

Alcohol and Drug Helpline:
0800 787 797

We look forward to seeing you again in 2023!

Te Piki Oranga
MĀORI WELLNESS SERVICES