

Whānau Comes First

(Whānau Ora Updates)

Meet our Kaimahi Lynaire Hartley Te Ara Tōtika Whānau Ora Practitioner

Lynaire's amazing mahi involves connecting whānau to their whakapapa and sense of self, watching them achieve where they never thought possible.

Lynaire is organizing Wānanga in February 2023 that will help whānau reach their awareness around self-healing and maintaining wellness in a Te Ao Māori pathway.

For those interested on learning more about these activities, you may reach out to Lynaire Hartley at 021 405 183.



Te Waka Marutau 2022 Annual Report

(Whānau Resilience Update)
by Mathew "Mat" Mataki, Whānau Resilience Kaimahi

The Ministry of Social Development (M.S.D.) vision of Whānau Resilience is a shift from nationally designed to a regionally designed and delivered model. Whānau Resilience services are led by whānau voice and community need.

With that in mind, Te Waka Marutau has been developing its service delivery under POU 1, "Long Term Healing and Generational Change," focusing on Strengthening Cultural Identity and Whakapapa.

Mātauranga Māori Learnings

With trust and whakawhānaungatanga we can always learn something when engaging with whānau voice. Guided by mātauranga māori learnings, Te Waka Marutau

Also coming in 2023...

The Hine Puawai programme will be back and delivered to the community in term 1 2023. The service will have a new van to transport the Kohine to attend after School each term.

Registration forms are available by contacting Kelly Jarvis is at 021 405 316 or through email at kelly@tewakahuia.org.nz

is whānau centered, whānau led and guided by the Te Ara Whānau Ora model with Māherehere values, for positive outcomes. To those of other concepts in the world, we derive and dwell between Papatuanuku and Rangiatea via whakawhānaungatanga to learn Kaupapa for long term healing.

Reflection and Review

There have been many challenges during the past 12 months, learning to establish and maintain relationships under COVID-19 restrictions has had its issues, coupled with communication challenges with many significant stakeholders in this development (Te Tehi, Te Wakahuia, & M.S.D. to name a few) have been very difficult at times. Whānau voice led outcomes in incremental steps underpins the long term healing process for all concerned but the results should speak for themselves.

"Te Waka Marutau is whānau centered, whānau led and guided by the Te Ara Whānau Ora model with Māherehere values, for positive outcomes."

Highlights of the Year

- Setting of New Regional Boundaries with the Ministry of Social Development Area Manager.
- Development of the Marutau concept within Feilding and Te Reureu (Valley area) areas of responsibility.
- Collectively working with other significant stakeholders.
- Shifting into a new national Whānau Resilience Reporting Framework.
- Complying with all the Ministry of Social Development accreditation requirements.
- Delivery whānau centered programmes tailored to whānau aspirations.

Mathew "Mat" Mataki is reachable at 021 405 968 or through email at mat@tewakahuia.org.nz

Food is Security

This year we operated a pataka kai serving up to 80 whānau weekly since February 2022. At the height of community transmission with most whānau were in isolation, we served up to 200 whānau weekly. We have been fortunate to secure funding for this initiative and we have looked into other funding streams with a goal to make the initiative more sustainable in terms of building kai security and kai resilience within our communities.

There is a huge commitment from local services to partner and work more closely on this issue. With the roll out of a kai resilience strategy for the 4412 community, we are confident this will be well supported locally.

Thank you to all those organisations and whānau who gave meaningful praise. The show of appreciation to our pataka team when visiting your homes, the baking and little treats offered, these makes their jobs all the more worthwhile.



Te Whaka Tūhauora

(Whānau Ora Promotion)

by Mahaki "Max" Tamatea, Kaiataraki

Tēnā anō tātou e hika ma,

Tarapeke atu au ki Te Tairāwhiti. Tāku tūranga ake ki te taumata a Maungahaumi. I whakaterere mai ai ngā waka a Horouta, a Takitimu mai i Hawaiki tau ai ki oneone o Turanganui-a-Kiwa. Tūtū ngā pā tūwatawata o Te Whānau a Kai Ngā Potiki, ko Te Whānau a Taupara ngā hapū o Te Aitanga a Mahaki. E hoki mahara ki ngā kupu a koro ma, a kui ma, "Ka hikimata te tapuae o Tangaroa. Ka whaimata te tapuae o Tangaroa. Tangaroa! Ka haruru!" He uri tēnei nō te Whānau Tamatea ki Waituhi e mihi kau atu ana, ko Mahaki Tamatea tēnei. Kia ora mai.

My service is linking whānau with health education and promotions initiatives, to liaise with and the coordination of events.

It is a space that is open for interaction kano ki te kano, or as a collective for development of health strategies for the whānau. Now, before everyone takes off to get their spandex groove back on, I'm more of a jandal and boardshorts guy. I'm a diabetic and asthmatic, yet it hasn't prevented me from achieving my ambitions. This position allows me to learn what I need to do for longevity but also to live life one hundred percent while having fun and if it can help others in similar circumstances...sweet.

Service community outputs range from health promotion of tamariki to kaumātua. Diabetes, asthma control, holistic health and wellbeing (Te Whare Tapa Wha), providing access to sex education for rangatahi, alcohol and drug informational workshops and mobility with nutritional plans.

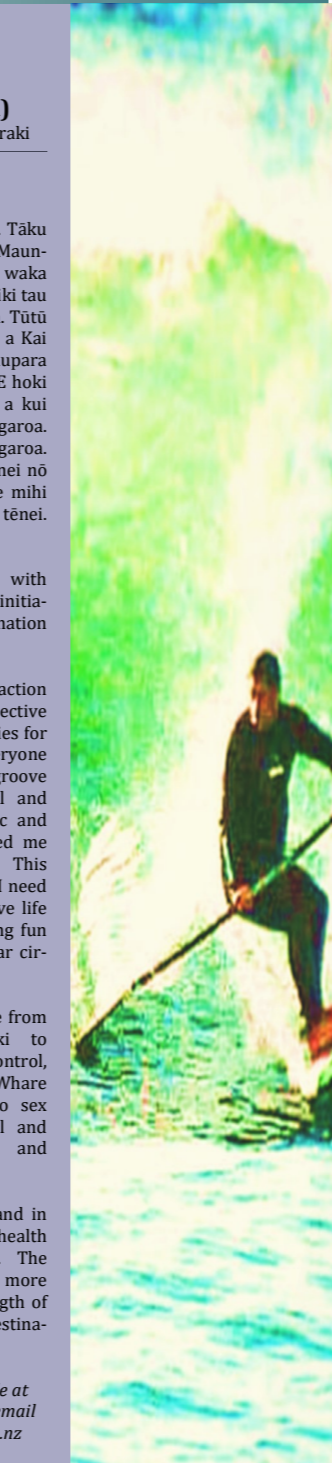
If you are up for the challenge and in need of hand to target your health needs, please feel free to call in. The hardest step is the first one, the more steps you take regardless the length of time it takes you closer to your destination.



Max Tamatea is reachable at 021 405 903 or through email at max@tewakahuia.org.nz

Continuation from page 3... Positive Pressure

Amy attended the Aotearoa New Zealand Association of Social Workers (ANZASW) Maori Roopu training at St Michaels Marae on the 28th of November. This training consisted of only Maori Social Workers from all over Aotearoa with guest speakers presenting throughout the day. A particular highlight was listening to guest speaker Dr Leland Ruwhiu and his whānau speak on how we can modernize Purakau with rangatahi and use science to bring the Purakau to life. Photo: Right—Frances Manase, Matanga Taihoi and colleagues at the New



Zealand Psychology Conference 2022 in Auckland.

Frances Manase is reachable at 021 405 038 or through email at frances@tewakahuia.org.nz. While Amy Shannon is reachable via email at amy@tewakahuia.org.nz



Te Wakahuia Manawatu Trust Panui

He rongō pai tenei!

Stepping away from the Desk
A message from Delwyn Te Oka, Chief Executive Officer, Te Wakahuia Manawatu Trust



Nga mihi nui kia koutou katoa!

Again the management and board of Te Wakahuia would like to thank you for your continued support during 2022. We all experienced another difficult year with COVID-19 remaining to be our biggest challenge. For many whānau the prominent issue was the level of poverty experienced in many areas of our community.



Into our Caring Arms (Clinical Team Advisory)

By Rachel Utikere, Clinical Team Lead

COVID-19 is still among us and most likely will initiate a "New Normal" according to the World Health Organization.

It is still important to remember our key basic measures that help to reduce the spread of illness:

1. Stay home if you are unwell.
2. Maintain good hygiene practices like washing your hands, coughing and sneezing into your elbow or on a disposable tissue. Discard used articles accordingly.
3. Wearing a mask is encouraged while in public areas and must be worn in high risk areas (example Hospitals, Clinics, Pharmacies, Residential Care Facilities).
4. Ideally, maintain the 2 meter physical distancing where practical.
5. Get the full and booster doses of COVID-19 Vaccination.

Source: Te Kawanatanga o Aotearoa "Unite Against COVID-19" Website. URL: <https://covid19.govt.nz/prepare-and-stay-safe/protect-yourself-and-others-from-covid-19/face->

Te Wakahuia was able to secure funding to alleviate some of this through the distribution of pataka kai packs. This service was well received by the community and we feel humbled to be able to make a small difference in the daily lives of many of you.

2023 will bring some exciting changes as we move through the health reform. This should see a more significant investment in the health and wellbeing of whānau and Te Wakahuia is well placed to receive instructions on the implementation of improved services to address local needs.

We look forward to supporting our community throughout the next year and we wish you all a very Merry Christmas and Happy New Year.

Here at Te Wakahuia Manawatu Trust Māori Health Center we offer:

- **FREE COVID-19 Vaccinations**
- **FREE Face masks**

We also offer FREE COVID-19 RAPID ANTIGEN TESTS if you or your whānau is currently presenting any of the following COVID-19 signs and symptoms (example Cough, Runny Nose, Sore Throat, Diminished Sense of Taste or Smell, etc.)

As many health services have been extremely busy here are some great free services other than your GP that can offer some free health advice:

1. Whakarongorau Aotearoa / New Zealand Telehealth Service FREE Counselling Support - Call or Text 1737.
2. Lifeline Aotearoa - Free call at 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
3. Health Navigator New Zealand Healthline - Free call at 0800 611 116
4. Anxiety New Zealand Helpline - Free call at 0800 269 4389 (0800 ANXIETY).
5. Alcohol Drug Helpline Free call at 0800 787 797, Free text at 8681, Māori Line Free call at 0800 787 798, Pasifika Line Free call at 0800 787 799
6. Manowa Ora me te Hinengaro Māori support services—Free call at 09 441 8989
7. Health Navigator website - www.healthnavigator.org.nz/
8. Plunket Line—Free call at 0800 933 922
9. Your local pharmacist

Hauora, Nau Mai
Haere Mai



Te Wakahuia Manawatu Trust

Hauora Services

56 Pembroke Street
Highbury Shopping Centre
Palmerston North

(06) 357 3400
www.tewakahuia.co.nz

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A Greeting & Welcoming Smile (Front Desk Advisory)
By Judy Tait, Front Desk Kaimahi

Operational Hours:

Monday to Friday (except Holidays)
8:30 am to 5:00 pm

Office Advisory for December 2022:

We will be having an annual mahi break from December 22, 2023 to January 8, 2023. We shall be closed on these days.

Office shall reopen and services shall resume on January 9, 2023.

Hauora, Nau Mai, Haere Mai

COME HOME SMOKE-FREE THIS HOLIDAY SEASON.

Let us help YOU QUIT SMOKING.

#MerryQUITmas

TOAM
Te Ohu Aauhi Mutunga
FREE STOP SMOKING SERVICE
Get Support to be Smoke-Free
0800 405 011
TOAM Facebook x TOAM Instagram

**Do YOU want a Smoke-Free Resolution this Christmas 2022?
Have yourself a Merry QUITmas!
Enroll from 01 December 2022 to 11 December 2022,
work with us to achieve a Successful Smoking Quit on or before 16 January 2023,
and have a chance to receive a \$200 kai voucher from TOAM.**

Meet our Kaimahi Vida Tangihaere Rangatahi Care and Support Kaimahi

Nga mihi nui kia koutou katoa
Ko Kakepuke toku maunga
Ko Waipa toku awa
Ko Tainui toku waka

Ko Ngati Rora me Ngati Kinohaku oku Hapu
Ko Ngati Maniapoto toku iwi
Ko Te Tokaanganui-a-noho me Waipatoto oku
Marae

Ko Tangihaere toku ingoa whanau
Ko Vida toku ingoa

Vida stepped into her new role as Rangatahi Whānau Care & Support kaimahi. She currently is in the process of engaging with whanau and rebuilding networks with services in the community.

Vida have had the pleasure of supporting and advocating for Rangatahi around the tough challenges of homelessness, employment, courses and kai.

She attended and participated in the "Get to Know Your Neighbours" Health Promotion Day. According to Vida, "It was an awesome day to get back out into the community to promote our services and engage with the community of Highbury, with other services/networks; St. Michael's Maraе and Maori Womens Welfare League who also acted as the facilitators for the Korero Haumarū Roopu - Suicide Prevention Talking Group of Foxton.

To be continued... Let's meet Vida Tangihaere



When the Smoke Clears (TOAM Programme Advisory)

by Paora Ropata, TOAM Programme Manager

TOAM Service

The Te Ohu Aauhi Mutunga (TOAM) service provides free smoking cessation support to individuals and Whanau residing in the Manawatu, Horowhenua and Tararua regions. Support can be provided at home or one of our many office sites. The service offers clients a whānau centred approach to stopping smoking and has Nicotine Replacement Therapy (NRT) to assist with whānau making the decision to stop smoking. If you have any questions please do not hesitate to call us on 0800 405 011 or check out our TOAM Facebook or TOAM Instagram social media.

Wahine Māori Programme

The Wahine Māori Programme is a 7 week group programme for Maori women between the ages of 18-30 years old. The programme is currently delivered in Palmerston North and provides a

group based delivery to educate and empower women to give up smoking. The programme is co-designed by participants and incorporates tikanga Māori and a range of information sessions to wahine to make healthy lifestyle choices. Successful participants will graduate from the programme with a certificate and a \$200 Kai Voucher.

Merry QUITmas with TOAM

The TOAM service has a Merry Quitmas incentive programme running in December. Participants who successfully enroll between the 1st of December to the 11th December are eligible to enter the Merry Quitmas initiative and Successful Smoking Quits will until 16th of January 2023 shall receive a \$200 kai voucher. Truly, a great time to quit smoking and prepare for a healthy 2023.

To keep up with TOAM service updates please feel free to like and follow the TOAM Facebook and Instagram pages or you may call 0800 405 011.



Healthy Teeth = Healthy Smile (Tamariki Ora Advisory)

By Emma Mitchel and Grace Wipaki, Tamariki Ora Nurses

Looking after your child's baby teeth can help ensure their adult teeth come through healthy and strong. Your child's first teeth (also called baby teeth) will help them to eat and speak well. To keep these healthy chompers growing healthy, ensure:

- Brushing teeth twice a day.
- Use fluoride toothpaste.
- Have regular dental check-ups.
- Lift the lip every month to check for signs of tooth decay (holes).
- Choose healthy foods and drinks like fruits and water or milk.

It's important that children have regular dental check-ups once they start getting teeth. If your child is under 17 years and hasn't seen the dentist in the last year and is complaining of pain or you are unsure if they are enrolled in a dentist contact 0800 TALK TEETH (0800 825 583).

Emma Mitchell is reachable at 021 405 121 or through email at emma@tewakahuia.org.nz

Continuation... Let's meet Vida Tangihaere

For Vida, the "Get to Know Your Neighbours" Health Promotion Day was an awesome day to connect with our Rangatahi from our Highbury community. This gave Amy (Shannon, Matanga Taiohi) and myself the opportunity to get the interests of forming a Youth Forum for the Rangatahi of the Highbury Community in 2023. We received great feedback from the Rangatahi for this project. Photo: Buttom— "Get to Know your Neighbours" Health Promotion Day 2022.

Vida Tangihaere is reachable at 021 405 843 or through email at vida@tewakahuia.org.nz



Listening to the Voice Within

(Rangatahi and Whānau Counselling Updates)

By Kelly Jarvis, Rangatahi and Whanau Counselling Team Lead

Rangatahi Team Lead:

The growth of Rangatahi Services at Te Wakahuia is an exciting development to be a part of. The Rangatahi team have been working seamlessly together within the community over the last few months. There are many whanau we are working alongside who we have been able to offer and provide wrap around support for - with our Mental Health and Addictions, Whānau Care and Support, Counselling and Social Work services, all under the same roof. These are many exciting collaborations and new initiatives being developed as I type and am looking forward to these being delivered to the community.

Whanau Counselling Service:

Rangatahi engaging in the counselling service are becoming more familiar with the powerful metaphors within Te Taiao; tohu, whakatauki and purakau that deliver messages to navigate our journey through various transitions in life. These experiences are relayed to me in powerful stories shared by the rangatahi on how they have taken what we learnt together in our sessions and used these in their day to day lives and with their whanau. It is a privilege to hear these stories and to witness the strength and the growth of everyone I am walking alongside.

The counselling service is also still being offered at Manukau College where I am based for 2 half days of the week, this is open to any student and their whanau who would like a space to navigate through any difficult transition, emotions and/or situations that might be presenting for our rangatahi.

Hine Puawai Programme:

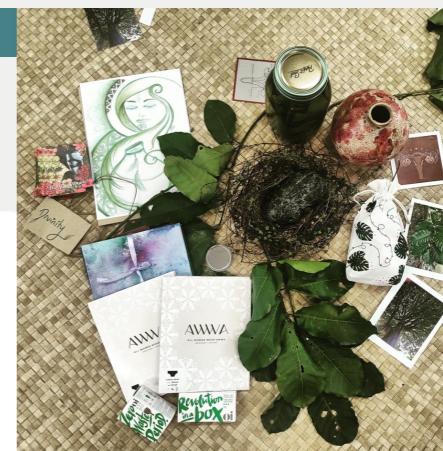
Hine Puawai programme has successfully been delivered at Awatapu college the last few terms and is growing well in this environment. Hine Pūawai is a

space for Kōhine to come and be safely held and guided while drawing upon ancestral wisdom & their inner sources of knowing to develop their own kete of knowledge, tools and wellbeing practices while transitioning into adulthood. Through shared purakau, rongoā Maori, creativity and connection to Te Taiao; together we weave a nurturing nest to grow an understanding of the mana and tapu of Wāhine. This term we were joined by the beautiful Hinewai Waitoa from 'Indigenous Ikura Wisdom' who shared her knowledge on the sacredness of te whare tangata and our Ikura, in this session we grew our connection to Hinepūtehue and rongoā rākau Kohekohe, as we discussed ways we can nurture ourselves throughout our menstrual cycle. While making rongoā together, our precious taonga - our Kōhine, guided the flow of the wananga with their questions and shared experiences.

I have so much gratitude for the ongoing support of this Kaupapa; donations from Awwa, DignityNZ and The Bodyshop Palmerston North, allows me to continue this programme in the community with of quality products to share with the group.

Trends:

I have seen many rangatahi over the last few months experiencing heightened anxiety and panic attacks. Our rangatahi are also exhausted. I believe at times as adults, as we are coping through the changes in our current world, we can often forget that our rangatahi are also experiencing the stresses and impacts of the pandemic at deep levels. As a response, It has been a challenge to regulate and understand their emotions as well as they normally would alongside the already complicated transition to adulthood.



These experiences have resulted in many rangatahi having disrupted eating habits and sleeping patterns, disengagement from school and other social interactions. I encourage us all to be nurturing and patient.

Kelly Jarvis is reachable at 021 405 316 or through email at Kelly@tewakahuia.org.nz



Ngā Pūrākau o te Hapori

Kaitiaki Responsibilities:

Frances Manase and Kelly Jarvis spent an afternoon picking up rubbish at Te Motu o Poutoa (Anzac park), this reserve is sacred to Rangitane, it is a space I visit regularly with the rangatahi in my service. We are often disappointed at how some of the community visiting, leave it. Frances and I turned up after work with our gloves and gathered two large rubbish bags of trash in just 45mins.



Ngā Pūrākau o te Mahi



Positive Pressure (Te Kawau Rukuroa Updates)

By Frances Manase and Amy Shannon, Matanga Taiohi

Quarterly Highlights:

Frances attended the New Zealand Psychology Conference in Auckland where renowned Psychologists from overseas and Aotearoa came together to present up to date research in the psychology world. Main themes this year was looking at rangatahi/young people statistics around mental health and wellbeing, supporting rangatahi and whanau to stay in school, working alongside Maori whanau in the youth justice space and in schools. It was also one of the biggest networking opportunities for kaimahi working in these spaces to date.

Amy started her new role as a Social worker in the Te Kawau Rukuroa space, moving over from the Whanau Care and Support space where Vida Tangihaere

has taken over. I have been introducing myself to new whanau and starting to build rapport and engaging in whanaungatanga. I am also re-introducing myself to whanau that have been referred from the Whanau Care and Support service and into Te Kawau Rukuroa.

Amy attended the Aotearoa New Zealand Association of Social Workers (ANZASW) Maori Roopu training at St Michaels Maraе on the 28th of November. This training consisted of only Maori Social Workers from all over Aotearoa with guest speakers presenting throughout the day.

To be continued...Positive Pressure on page 4