



NEWSLETTER

A message from Delwyn Te Oka, Chief Executive Officer, Te Wakahuia Manawatu Trust



Mere Kirihimete!! Management, Board and Staff of Te Wakahuia would like to thank you once again for your continued support. 🌲

In November we underwent our 6th external assessment 3 year cycle for Te Wana Quality Improvement Accreditation and are very proud to say that the review team have recommended Te Wakahuia for recertification with Merit. Thanks to all stakeholders and whānau who contributed to this recent review. Your kind words and acknowledgments are much appreciated.

Please be vigilant over the festive season as COVID-19 continues to have a presence in our communities.

We look forward to continuing to address the inequities whānau and Iwi Māori are confronted with in this very challenging environment. Kia Kaha! We wish you all a very safe and happy Xmas.

Mauri Ora!

Clinical Lead

Kia Ora!!!

My name is Ange Tahiwi, the new clinical team lead here at Te Waka Huia. I bring 25 years of clinical experience to the role and look forward to providing support and knowledge to any whanau who require it. Having previously worked with other Iwi Providers, in community health, home based support services, aged care and paediatrics, I hope to be able to support whānau of all ages to achieve great health outcomes. No query is too big or small so come on in, and see how we can help!



Pou-rangaranga



Aaku rangi mihi kia tātou o te waa nei!

Ko Manga Emery tooku ingoa, he kaimahi houu ahau o Te Wakahuia. Ko taku tūranga ki Te Wakahuia hei Pou-rangaranga ki te Āo Māori, Te Reo me oona tikanga. E matareka ana au ki ngā mahi o Te Wakahuia me oona kaupapa maha e tiaki nei i te hāpori. Mauri Ora!

Greetings of the times to us all!

My name is Manga Emery and i am new to Te Wakahuia. My role as Pou-rangaranga helps facilitates the Māori world and Te Reo Māori within (TWMT.)

I enjoy my mahi here at (TWMT) and am proud to be part of an organization that helps our community. Mauri Ora!

Disease State Management



I am continuing to work with the community to provide support in the way of transport, education and support for GP visits.

In November, kaimahi took part in Mental Health training and this was thoroughly enjoyable. This training will be invaluable in my role and personal life too.

We have been running Covid/Flu/MMR clinics weekly at Te Wakahuia. I have also been filling in for B4 schools checks with the 4-year-olds while we fill the vacant position for a new Tamariki Ora/B4SC Nurse.

Fiona Bennett RN

Outreach Immunisation Service

Te Waka Huia Manawatu Trust are fortunate to have gained the assistance of two nurses from the Central Vaccination Team to assist the service to lift the poor



vaccination rates throughout the MidCentral rohe. This allows Te Wakahuia to have four teams of vaccinators operating on a Monday and three teams each Friday as opposed to our usual 2 teams. This support has helped to increase numbers of children receiving vaccinations and a concentrated effort to reduce numbers on the list for those we are unable to make contact with. With the added support, we have been able to clear our Feilding and Palmerston North track and trace referrals and continue to work on other areas including Dannevirke, Otaki and Levin.

Tamariki Ora/B4SC

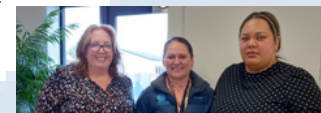
The B4 School Check is a nationwide programme offering a free health and development check for 4 to 5 year-olds.

The B4 School Check aims to identify and address any health, behavioural, social, or developmental concerns which could affect a child's ability to get the most benefit from school, such as a hearing problem or communication difficulty.

It is the 12th core contact of the Well Child Tamariki Ora Schedule of services.

Here at Te Wakahuia, we run monthly B4 School clinics in our ED room. At a B4 School check, you and your Tamariki play some games with us that may help promote school readiness. You will also be seen by the vision and hearing technician. During the vision and hearing check we also play some games which can pick up on any vision and hearing concerns before your child starts school. This can make a massive impact on their behaviour and learning.

Te Wakahuia Manawatu Trust will be hosting the inaugural Tamariki Ora Networking Wānanga on February 21st 2024.

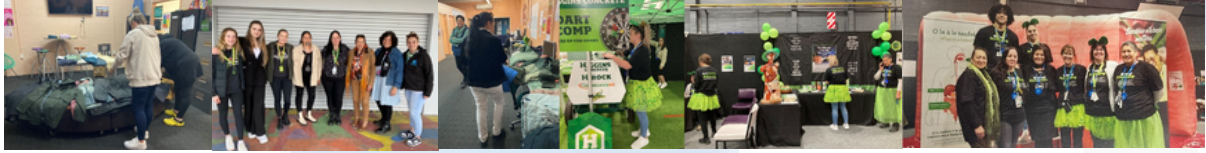


We are looking forward to revitalising the network of Tamariki Ora nurses throughout the midcentral region. thanks to the hard work from TAS – Kāhui Tuitui Tāngata.

Māori Cancer Co-ordination Service

Te Waka Huia Manawatu Trust Cancer Coordinators working together with colleagues from all over the region to provide better care for all. Regional Cancer Treatment Services supported the Māori cancer coordinators drop-in clinic in Oncology. This has ensured that Māori have an active presence in our hospital ready to support those who need it.

Kathmandu Palmerston North kindly donated left-over winter stock to the MCC service to hand out to our cancer clients who were in need. These donations went out across Palmerston North, Manawatu and Tararua. All items were warmly received.



We farewelled MCC Katherine Sparham in November. Katherine remains at Te Wakahuia in her new role of Health Promoter.

Interview with Te Aka Whai ora in celebration of the 1 million completed test kits returned for the National Bowel Screening Programme. In this interview we covered the mahi done by MCC's at Te Wakahuia.

We also celebrated the MidCentral district lowering the age of Bowel Screening for Maori and Pasifika to 50-74. It had previously been 60-74.

Te Ohu Auahi Mutunga



TOAM services will be unavailable from the 21st December 2023 to the 8th January 2024 due to Xmas shutdown. Contact can be made to the 0800 40 50 11 for any enquiries during this time.

Celebrating the Success of Wahine Ora: Breaking Free Together!

Breaking free to become smokefree, we're



thrilled to announce the triumph of our sixth cohort in the Wahine Ora Program of 2023! Five incredible wahine have not just graduated but have emerged as true champions in their journey to quit smoking.

Throughout the seven weeks of this life-changing journey, these wahine showcased unwavering dedication, proving that when the going gets tough, the tough get going! From managing withdrawal symptoms to conquering those pesky smoking urges, they embraced every challenge with a contagious spirit.

What makes this success even more heartwarming is the bond forged among these wahine during their weekly escapades into the world of self-discovery. Through reflective group discussions and engaging activities, they not only bid farewell to smoking but also crafted beautiful friendships along the way.

These five amazing wahine are now more than just graduates; they've become living, breathing ambassadors for our initiative. Their success is not just a testament to the effectiveness of the program but a celebration of the vibrant spirit that comes when wahine come together to support each other.

Here's to the journey of breaking free, fostering friendships, and embracing a smoke-free life with Wahine Ora!



TOAM Celebrates a Smoke-Free Future with Exciting Updates!

Greetings, whānau! Te Ohu Auahi Mutunga (TOAM) Stop Smoking Service is thrilled to share some exciting news and initiatives to help you embark on a journey towards a smoke-free future.

Fresh Faces, Fresh Approach: TOAM welcomes talented new staff members in 2023, injecting a youthful and fresh perspective into our smoking cessation team.

Personalized Support: Our dedicated team offers one-on-one support, a Wahine Māori Programme (Group-Based Delivery), and smoking cessation clinics within the Primary Health sector.

Tools for Success: TOAM provides Nicotine Replacement Therapy (NRT), including Patches, Lozenges, and Gum. Our Quit cards facilitate easy access to NRT from pharmacies. Alternative medications recommended by TOAM staff can be prescribed via a General Practitioner.

Understanding Vaping: With the rising popularity of vaping, TOAM offers education and information, supporting whānau through a behavioral change approach.

Stay informed about the evolving national vaping legislation.

Year-End Incentives: TOAM has successfully offered engaging initiatives during Matariki, Stoptober, and Merry Quitmas. These incentives have proven popular among whānau, fostering commitment to quit. The Merry Quitmas initiative continues until the end of the year.

Upcoming Events: TOAM will be present at local and regional community events throughout 2023. Catch us face-to-face at: Saturday, 25 November: Shannon Hauora Expo Hānana/Shannon

Tuesday, 28 November: Dannevirke BBQ (Tararua)

Friday, 8 December: Farnham in the Park (Xmas)

Saturday, 9 December: Paia 4412 Awapuni Day

Join Us on the Journey: Ready to make a change for a smoke-free future? Call us at 0800 40 50 11 to join the TOAM service and take the first step towards a healthier lifestyle.

Let's celebrate the end of the year with a Merry Quitmas and a commitment to a smoke-free future together!

Whānau Ora



Our Whānau Ora team has grown in the last 6 months! Jessica Tane has come on board as a Whānau Ora Kaiwhakaara and Katherine Sparham has moved from the Māori Cancer Co-ordinator role, into the Whānau Ora Community Health Promotion team.

One kaupapa we have been a part of is the Spring splash. This is a Kaupapa run by our Kainga ora kaiwhakaara. This is a way to engage & thank our whānau along with their Tamariki and put on a free event at the LIDO. BBQ, grazing table all kai provided in a relaxed setting.

With work as a squad with representation from the police, kainga ora, corrections, Te Tihi, He puna, whakapai hauora. This gives us also a chance to catch up as kai mahi.

We put together a small group of kamahi (Vaine - Te Tihi, Zara - Whakapai Hauora and Hika - Te Wakahuia) to look at drawing some kōrero from our Tamariki/Rangatahi.

We had a few questions to ask of whānau with rangatahi/tamariki.

Our targeted audience is made up of 4 cohorts: 10-12yrs, 13-17yrs, 18-24yrs and Pakeke

We asked them the following questions;

1. Who is your hero and why? 2. What do you dream your life will look like in the next year or two? 3. How can your whānau value Te Ao Māori more? 4. Do you know of any Māori/Youth Services in Manawatu? 5. If you didn't have to worry about money, what would you do with your life?

This data is with Vaine, our lead, who is setting up rangatahi wānanga 2024 taking on some of the feed back which will be shared in the new year.

E ora ki te ako, E ako ki te ora!
Hika Pene, Whānau Ora Navigator

Whānau Ora

Whānau Ora *Continued...*

In the past 6 months I have had the opportunity to learn new skills to help support whānau. I achieved my First Aid Certificate, Mental Health First Aid Certificate and Poupou Whakapiki Mauri (Certificate in Health and Wellbeing). My mahi has me working alongside whānau that have been working towards their moemoeā (dreams). This ranges from growing their own kai, going on a whānau holiday or moving into their first rental property.

We have people that sit at operational levels in places like Oranga Tamariki, Ministry of Social Development, Kainga Ora and The Department of Corrections, come and listen to what whānau have to say. Whānau have also been interviewed to share their story and journey with Whānau Ora as a way to inspire others to give it a go as well as encourage services to learn Whānau Ora.

Jemma Lambert, Whānau Ora Navigator

Whānau Resilience/ Te Waka Marutau

Te Waka Marutau attended a hui held by Tu Tama Wahine o Taranaki in New Plymouth on the 7th of August 2023 to consider the option of the Marutau collective hosting the next symposium in May 2024. We are pleased to report that the Marutau Collective (*central New Zealand region*) is hosting the next Whānau Resilience Symposium in New Plymouth in May 2024, **“They say, that the journey is the highlight of Whānau Resilience.”**

With that in mind, the collectively coming together as the biggest region in Aotearoa has its challengers and hurdles but we hope and pray that the results will speak for themselves. Like many others we have adapted to zoom, and opportunities to meet where possible with the eight organisations around the lower North Island that make up the Marutau Collective.

We are always learning within the whānau voice and the Marutau Collective spaces the opportunities that help long-term healing. This upcoming symposium follows on from the first ever symposium hosted by Te Tai Tokerau in January this year which highlighted the divers' approaches in delivering Whānau Resilience.

Mathew Matakai and Venessa Pokaia, Kaimarutau



Whānau Ora Community Health Promotion

In the last six months, a movement has been gaining momentum to transform how we deliver information. This movement is centred on promoting a healthier and more positive lifestyle by moving away from the traditional lecture-style delivery. Instead, the approach is to engage with whanau in a more authentic setting, free from clinical jargon and time constraints, focusing on meaningful face-to-face interaction. This new approach creates a more natural and engaging experience for all participants.

As part of our efforts to promote traditional practices and cultural awareness, we introduced a nutrition program based on the constellation of Matariki. This initiative allowed families and staff to learn more about the gathering of kai and the significance of the nine whetu associated with Matariki. Through this programme, we aimed to highlight the importance of our cultural heritage and promote healthier eating habits among our community.

Individuals took on various physical challenges to improve their overall fitness to pursue their dreams. These challenges encompassed a range of goals, including shedding excess weight, enhancing their cardiovascular endurance, and achieving other personal fitness milestones. Through this physical journey, they aimed to continue striving towards their aspirations and achieving their desired outcomes.

Te Wakahuia Manawatu Trust has also invested in the raising of waka culture. I acknowledge the culture has been dormant. My investment aspiration in this space is to see whānau engage in pastimes that have us connect with our environment, returning to waka practices such as the sport of waka ama, culture connection reference waka tauā and waka hourua thus reconnecting to our rangatiratanga, our connection to Te Moananui-a-Kiwa.

‘Ka hikimata te tapuwae o Tangaroa, ka whaimata te tapuwae o Tangaroa. Tangaroa! Ka haruru!’

‘Behold the bounding strides of Tangaroa, lo, to and fro is Tangaroa. Tangaroa! Listen to his restounding roar!’

Much attention and resources have supported men's wellness programmes within the community. Being invited to participate in Safeman, Safefamily was a genuinely privileged and rewarding experience. The gathering provided a unique opportunity to connect with men in an environment free from criticism and filled with honesty. Participating in other community groups, like Tauau to Pakahiwi at Snapback Gym at Zenith, is a continual source of enjoyment and fulfilment.

The Whānau Ora Community Health Promo Team wishes you, the reader, a very Merry Christmas and a Happy New Year. Keep watching this space; we have more initiatives planned for 2024 as the world changes. Let's follow the examples set by our forebearers and live life to its fullest potential.

Mauri tū! Mauri ora!

*Na Mahaki Tamatea
Kaiarataki*



I am thrilled to introduce Katherine "Spartan" Sparham, the newest member of the Whānau Ora team. With her extensive experience and expertise in uplifting the mauri, Katherine's addition to the group is a huge asset. Her passion for promoting well-being and cultural responsiveness is evident in her work when engaging with the hāpori. I am confident that she will help achieve the goals of enhancing the health and well-being of our whānau.

This is my 4th week in the new role, having moved from the Māori Cancer Co-ordinator into this role has been exciting. I have started by working alongside TWMT teams to learn and better understand their services. I continue to sit in many community roopu with local iwi and health providers, so maintaining those connections.. Being able to network in previous spaces due to friendships being formed has also abled me to link in Breast Screening and the National Bowel Screening team.

I have registered Te Wakahuia Manawatu Trust in the 2024 Relay For Life which is a fun way to come together to raise funds and support whānau in the Cancer Support space.

Katherine Sparham, Whānau Ora Community Health Promoter

Whānau counselling/ Family Violence Prevention

Within the last two terms of 2023, the Hine Puawai Programme has had impactful engagement within our community. A total of 23 Kohine have actively participated in the program during this period. This nature-based programme explores all aspects of well-being, here we begin to understand and nurture our innate mana and tapu through the power of Rongoa Maori, creativity and storytelling. Focusing on the transformative potential of an intimate, reciprocal relationship with te taiao; Hine Puawai aims to ensure the preservation and accessibility of our healing practices for future generations. In particular, kohine navigating the pathway through te kore, te po, ki te ao marama. It is great to see that many of these kohine are engaging in ongoing support from our Rangatahi services.

A new initiative was developed for the programme this term: Whanau wananga – Kete ikura.

This came as a response to one of the mama asking if there was a programme like Hine Puawai for them, or if there was some way, they too could learn more about what we are sharing within the programme.

This full day wananga was then delivered for the first time in term 4. It is for whānau of the kohine attending the programme, that provides an opportunity to come together and explore the wisdom and practices we share in the taha tinana section of our programme, focusing on the sacredness of the Wharetangata and traditional understandings of Ikura. With our own Kairaranga Kiri Gerretzen, we sit under the guidance of Hine-te-iwaiwa in te whare pora and wananga these subjects. Whanau are guided through the session to create the kete ikura that their kohine will be receiving, weaving in their own aroha and wisdom. The first wananga was a success, with one whānau bringing work colleagues to fill the spaces of whanau that could not attend. This act of generosity ensured that all participants in the programme will still receive their taonga. It painted a beautiful example of our connected community.



Hine Puawai is taking registrations for kohine in our community who are wanting to jump on our programme in term 1 2024. Nau mai e hine !!

Also, in collaboration with WAI the Womens Art Initiative I am taking calls of interest for Rangatahi Maori who have experienced or witnessed Family Violence to come join me in a creative programme to express ourselves through mahi toi / art.

Summer Holidays ! If you are staying local over the holiday period and are looking for a fun, free day out with your whānau; pack a lunch and head down to the Albert street river entrance. After turning right you will find a forest of pine trees, within this forest is a secret playground with forts, tree huts, flying foxes, balance ropes and a pump track. A beautiful place to burn off some energy and to be surrounded by te taiao.

Kelly Jarvis, Counsellor, Family Violence Prevention Co-ordinator

Whānau Care and Support/KIK

My Biggest Highlight for this year has been engaging with the young people of the Highbury community. They are amazing Kids with big futures ahead of them. I am so grateful to have had the opportunity to share space with them.

Kiri Gerretzen, Whānau care and support, Kik Co-ordinator

Te Wakahuia runs a program for rangatahi after school, where they can come and play games, have fun and a kai. Kiwi Iwi Kainga (KIK) operates on Monday, Wednesday and Thursday 3pm-4:30pm during school terms.

KIK is for those aged 10-18years but is under negotiation to accept younger children.



Te Ara Tōtika – Whānau Ora Practitioner



Delivering Wānanga for whānau who have now started to develop awareness around the self healer, finding purpose and identity. Creating safe spaces to explore

individuality and to understand the kaupapa of Rangatiratanga and Wairuatanga explained as the relationship between the Hinengaro (mind) and the Manawa space (heart) and how the both communicate to eachother.

Whānau are invited to join in on experiencing Waka Ama and all that it has to offer.

Lynaire Hartley, Kaiwhakaora, Whānau Ora Practitioner



Te Kawau Rukuroa

Youth Mental Health and Addictions Service

The Te Kawau Rukuroa space has been busy over the last half a year. Many rangatahi have been able to explore their different moemoea within the service. The heading in to the end of the year can be challenging for our rangatahi, with changes to kura (going to Highschool), change of friend groups, and new situations. Rangatahi are still able to register with the service for any support around mild- moderate Mental Health and Addictions and are aged between 12-24 years old and are living in the 4412.

The rangatahi team met with Dignity NZ in July. This was a great opportunity to discuss trends/themes with the sanitary products and Awa Undies that are being utilised with our rangatahi in Highbury. It has been a blessing to have access to these products. One of the key purposes of our partnership with Dignity NZ is to support our Hine Puawai programme and the whānau attending. This is facilitated by our Te Wakahuia kaimahi, Kelly Jarvis.

Amy Shannon and Frances Manase