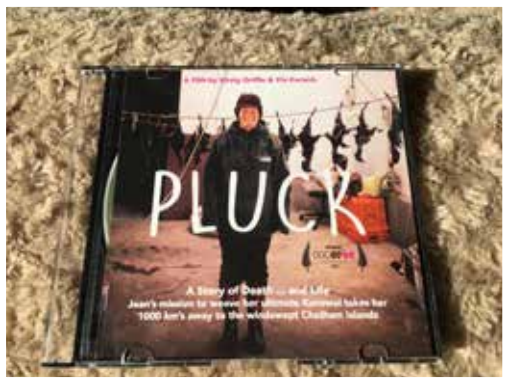


Koanga 2020

Kōrero o te wā

TE KOROWAI HAUORA o HAURAKI



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Te Reo Māori ia rā ia rā

ia rā ia rā ia rā - everyday

Hui - meeting, conference, gathering
 Marae - the area for formal discourse in front of a meeting house; or the whole marae complex, including meeting house, dining hall, forecourt, etc.
 Haere mai! - Welcome! Enter!
 Nau mai! - Welcome!
 Tangihanga - funeral ceremony in which a body is mourned on a marae
 Tangi short - (verbal version) for the above; or to cry, to mourn
 Karanga - the ceremony of calling to the guests to welcome them onto the marae
 Manuhiri - guests, visitors
 Tangata whenua - original people belonging to a place, local people, hosts
 Whaikōrero - the art and practice of speech making
 Kaikōrero or kaiwhai kōrero - speaker (there are many other terms)

Hotline for immediate help

Te Korowai Hauora o Hauraki launched an Immediate Response freephone hotline this month, offering help to those suffering mental distress.

The hotline comes hot on the heels of the launch of Te Kūwatawata ki Hauraki - a mental health immediate response service, which uses an indigenous-style proven framework to ensure those in distress receive support and treatment when they need it.

Te Kūwatawata ki Hauraki is spearheaded by Te Whare Wānanga o Te Kurahuna training service providers Dr Diana Kopua, independent psychiatrist and former head of psychiatry at Gisborne DHB, alongside her husband, tohunga and Tā Moko practitioner Mark Kopua.

The couple has been contracted to create Te Kūwatawata ki Hauraki within Te Korowai using their Mahi a Atua framework and Māori service design to improve how to work with whānau suffering mental distress.

Dr Kopua says the phonenumber is an inclusive service with a holistic Māori approach that drives systemic changes to work with whānau in distress.

“Even if that is just a phone call - we will work hard to get you seen as soon as you believe you need to be seen by a team of people who will be operating from a Mahi a Atua framework,” she says.

Dr Kopua says the Mahi a Atua approach supports the fact that one size does not fit all. The approach values whānau being able to choose the wānanga (forum) that suits them best - be it by phone, in person, on their own, with whānau - however and whenever they like. For more information: go to www.korowai.co.nz/news



Dr Diana and Mark Kopua

Mahi a Atua

Mahi a Atua is a Māori therapeutic intervention that uses pūrākau (retelling and sharing of stories) of atua (ancestral Māori gods) allowing Māori to not only access their cultural heritage, but to better examine and align their feelings and actions against the attributes, trials and tribulations of their taonga (ancestors).

Pūrākau narratives can raise all sorts of issues such as generational conflict, whānau struggles, gender adversity, incest, bullying, withdrawal and depression and while some messages within the pūrākau may not always be immediately obvious, the storytelling approach often helps whānau find solutions to problems and situations within their own lives in ways that are not always rationalised cognitively.



IMMEDIATE RESPONSE HOTLINE

OPEN
 Mon-Fri:
 8.30-4.30

for whānau
 suffering
 mental distress



Te Korowai Hauora o Hauraki
Immediate Response Hotline
 offers an inclusive service with a holistic Māori approach that values everyone and drives systemic changes on how to work with whānau suffering mental distress. The Immediate Response hotline ensures those in mental distress receive support and treatment as and when they need it.

If you, or whānau are suffering mental distress, please contact our **FREE Hotline** for immediate support and treatment.

FREEPHONE
0508 111 555

www.korowai.co.nz

Whānau Health Centres

Open: Mon-Fri: 8.30-5pm **FREEPHONE**
0508 835 676

Thames: 07 868 0033
Te Aroha: 07 884 9208
Paeroa: 07 862 9284
Coromandel: 07 866 8084
www.korowai.co.nz



From MANUKURA HAUORA - Riana Manuel

E ngā rau Rangatira ma e rere ana tēnei mihi ki a koutou katoa.

E te kuia “Nanna Jean” ka tangi hotuhotu nei matou, te whānau o Te Korowai Hauora o Hauraki mōu. Moe mai rā e te kui, hoki atu ki tō ūkaipo, moe mai rā haere atu rā.

I wanted to make a special mention of our very special Nanna Jean who passed away recently leaving a massive gap in the lives of her whānau whom she loved very much. This kuia worked tirelessly with our kaumātua services ensuring there were opportunities for kaumātua from all around our rohe. Of special note was her exceptional work in regards to the creation of her korowai and these were on display at her tangi and most importantly the documentary “Plucked” that was completed prior to her passing. We will miss her presence and her great sense of humour

It’s a real privilege to be able to bring you our Koanga edition of “Kōrero o te wā” as we settle back into Alert Level One. Te Korowai Hauora o Hauraki continues to be a part of the response around Covid-19 on

many different levels, from both establishing our Community-Based Assessment Centres, providing sanitising packs and kai as well as continuing to offer our BAU services to support whānau.

We have also continued to progress key projects to improve access to our services for our people creating closer, better, sooner services.

To this end, it is great to see our Nurse Practitioner-led services evolve and enable the opening of our Whitianga clinic at Coghill street in Whitianga. We have a great team ready to meet the many needs of their community and working closely with all other services as required. You can read more about this throughout this edition.

We have also seen the developing of our “Kia whakakotahi tatou” project which brings together both secondary and primary mental health services to establish a service that will ensure better access and outcomes for our whānau here in Hauraki. It takes a partnership approach to our local services and challenges and aims to solve



these collectively.

This is similar to our Rural Partnership Project that seeks to see primary care GP services based in a hub format at our local Thames Hospital base. We continue to work with the Waikato District Health Board to design this and hope to have more progress on this project over the coming months.

Finally, a huge mihi to you all in the community for your ongoing support of our services. We will continue to progress the aspirations of our people and look forward to the coming months as we navigate this new world with Covid-19 ever present.

*Nō reira,
Ka mā te ariki,
Ka mā te tauira,
Kia puta ki te whaiāo ki te ao
Mārama.*



Kaimahi dress up for Pink Day: P13



Haere rā Nana Jean: P20



Nurse Practitioner and Nurse-led clinic opens in Whitianga: P7, 23

CEO finalist in Women of Influence awards

We're feeling very proud of our CEO Riana Manuel, who has been named a finalist in the 2020 Women of Influence Awards.

Riana acknowledged her nomination with this kōrero:

"Noku te maringanui kua tukuna taku ingoa ki tēnei kaupapa, noku ano te māngāri kua tae atu ki te whiringa toa. E hara taku toa i te toa takitahi, he toa takitini kē.

"It is my privilege to have been nominated by my colleagues for this award and I am equally honoured to have made the finalists. It is not me alone who has been nominated but all who have had a hand in my journey to date. Ngā mihi."

The awards are a celebration of New Zealand's high-achieving women, with entrants judged on the strength, scope and impact of their actions.



The winners will be announced at the Awards Dinner at the Aotea Centre in Auckland on November 17.

Congratulations Riana and thank you for continuing to inspire us all!

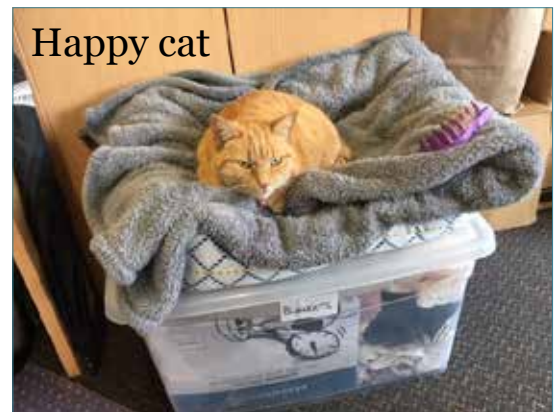
WHAKATAUKI

Kaua he whakamā ki te korero Māori,
Ahakoa he iti, he taonga.

*Don't be shy to speak Māori,
No matter how little, treasure it*



Happy cat



Miss Snapper is very happy with her new bed and blanket from Aunty Marlene. And she also had shrimp for her breakfast - a very spoiled girl.



Paeroa Clinic
43 Belmont Street
Paeroa 3600
Phone: 07 862 9284



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8.30am - 12.00pm
1.00-4.30pm



Wananga

Kaimahi came together in September for a wananga at Manaia Marae. After pōwhiri, there was a celebration dinner, followed by karakia led by our Board Chairman, Harry Mikaere. Kaimahi were treated to waiata sessions to learn moteatea and new waiata.



Te Korowai kaimahi from all our clinics gathered together in September for a shared waiata to be part of the million taking part in Te Wā Tuku Reo Māori : Māori Language Moment 2020.

As well as the kaimahi gathered in the Wharehui at Thames, all the outer clinics joined in via Zoom.

The result was lots of fun! Tumeke!



Anniversaries

1 year: Jane Marshall, Florence Paul, Hinerangi Hesse, Caroline Graham, Annette Dunn, Jo Craft, Carolyn Epiha, Katrina Middlemass-Vano, Edith Wilkie, Jessica King, Bex Short, Paula Nelson.

2 years: Gypsy Roberts, Emma Hawkins, Emma Darragh, Anna Mikaere, Claire Cannon.

3 years: Charlotte Nunes, Timara Thwaites, Azalea Kereopa.

4 years: Sandra Gray.

5 years: Shane Howell, Andre de Lange, Lisa Julian, John Jones.

6 years: Jessica Moulder, Janet Leonard, Madeline Smallfield.

7 years: Sandra Gleye.

8 years: Taney Smallfield.

9 years: Sue Sarjant, Angela Ansin, Nicola Greulich, Fay Edwards, Sharon Ngapo, Marcia Morehu, Cathy Skipworth, Christina Jarden, Hariata Adams.

11 years: Jane Davies

12 years: Dawn Garrett

13 years: Jeannette Powell.

14 years: Val Yeates.

18 years: Josie Rapana.

Mental Health Awareness Day



Stalls, activities, information, giveaways and kai were on hand when Te Korowai kaimahi headed to Railway Park in September for Mental Health Awareness Day.



Health coach training

Important mahi was done by all at the Health Coach training in the Board/Conference room in October.

Te Korowai kaimahi were joined by Te Kōhao Health - it was a lovely and productive day for everyone.



Comings and Goings

Haere mai

Haere mai to those who have joined Te Korowai Hauora o Hauraki whānau in the last few months.

Big welcomes go out to Erana Marsters, who has joined our Whānau Health Centre as a Receptionist/Administrator, based in Coromandel.

Haere mai also to new members of the Hinengaro

team - Joanna Chan, Esther Harris, Leanne Litherland, Denise Riwai, Tania Wihongi, Hinemoa Jones and Walter Baker.

We also welcome Jessica Hine - Receptionist/Administrator with our Whānau Health Centres based in Paeroa and Te Aroha.

Haere mai also to Harata Taukiri, Whānau Ora Navigator with the Oranga o te Tangata team.

Emma Darragh has moved from her Project Energizer role with the Oranga o te Tangata team to take up the reins of the GoldCare project management.

The Home assist team welcomes new Support Workers Karen Mawhinney, Erin Moodie, Nat Conner, Renae Shepherd, Harz John, Roxanna Webb and Marion Brown.

Keryn joins health centre team

Keryn Gage has joined the Thames Whānau Health Centre team part-time. Keryn has had a community pharmacy business in Thames for 30 years. During this time, she worked at Thames Hospital from 2008- 2015 and was pharmacy representative on the Hauraki PHO Rural Sustainability Leadership Alliance Team from 2017-2018.

Keryn is passionate about a patient-centered care model, where she can optimise medicine compliance, give comprehensive education, and improve health outcomes. Her long-term vision has been for pharmacists and other health providers to work together in an integrated way so important information is shared to improve patient care.

As well as dispensing medications and good advice to patients, she will work alongside our clinicians as well as with the Piki te Ora team.

Haere rā

Haere rā to Susan McAskill, Joanne Coghlan, Lynda Cosgrave, Pauline Smit and Christine Simpson, Support Workers with the Home Assist team.

Haere rā to Tiffany Challis from the Oranga o te Tangata team and to Crystal McSheffery from the Whānau Health Centre team.

Haere rā also to Isobel Dumble and Barbara Thomas from the Hinengaro team, and Shannon Jones, who has taken up an exciting new opportunity in Tamaki Makaurau.

Nurse Practitioner-led clinic opens in Whitianga

By Jo Belworthy

A new Nurse Practitioner-led health centre opened in Whitianga in September.

Alongside its Nurse Practitioner and Nurse services, the clinic also offers free under 25 sexual health, early pregnancy care, cervical smears and appointments for U18s.

Nurse Practitioners are registered nurses who are authorised to practise in an expanded nursing role in clinical settings. They combine their advanced nursing knowledge and skills with diagnostic reasoning and therapeutic knowledge, providing care for people with both common and complex conditions.

Nurse Practitioners practise both independently and in collaboration with other healthcare professionals to promote health, prevent disease and to diagnose, assess and manage people's health needs, including services that may have traditionally been performed by other health professionals, such as prescribing medicines and ordering diagnostic tests and X-rays.

Many Nurse Practitioners work in primary care where, like general practitioners, they may be the lead health care provider for health consumers and their families/whānau.

Te Korowai welcomes Nurse Practitioners Ashleigh Battaerd and Esme Moloney to its Whitianga practice.

Ashleigh previously worked out of Te Korowai Hauora o Hauraki Coromandel clinic and prior to qualifying as a Nurse Practitioner, she worked at the Whitianga Doctors Surgery as a practice nurse for seven years. Ashleigh brings both passion and a wealth of experience to the position, which will help create sustainability of service at the Whitianga clinic.

Ashleigh grew up in rural Canterbury but has called Whitianga - where she lives with her

husband and young family - home for the past 11 years. She realised early on in her nursing career that she wanted an advanced nursing role in rural primary health care and has focused on that

goal ever since she graduated from Christchurch Polytechnic Institute of Technology. Ashleigh completed her Masters in Nursing (First Class Hons) in 2014 before registering as a Nurse Practitioner in 2016.

"I love the challenge and diversity that working with rural communities offers and enjoy being part of this community also," she says.

Ashleigh says Nurse Practitioners are the frontline of our health system in some isolated communities, helping to improve access to primary healthcare and address persistent health inequalities.

"We have a crucial role to play in helping New Zealand meet the challenges facing its health

system such as providing a sustainable solution to ongoing workforce shortages," Ashleigh says. "New Zealand doesn't have enough doctors, so fresh thinking in workforce planning and new employment models are needed."

Nurse Practitioner Esme Moloney lives in Whangamatā with her partner and two small children. Esme has worked in primary and secondary health care settings for over a decade and more recently has extended this

practice in the appearance medicine field.

"Working across a wide range of differing social and cultural groups has given me a firm foundation in understanding health and wellness, and a flair for working with people to achieve optimal health outcomes," she says.



**Nurse Practitioner
ESME MOLONEY**



**Nurse Practitioner
ASHLEIGH BATAERD**

CONTINUED: P23

Out and about with Mobile Whānau Clinic

By Kath Makiri

It was a wet, wild and windy start when the Whānau Ora team hit the road with the Mobile Clinic in July.

But never let the weather get in the way!! And they did make it their areas on schedule for the first week.

These funded clinics mean all whānau have access to free health care, whether it be for flu vaccinations, COVID-19 testing or a general health check or navigation – whether they are enrolled with Te Korowai or not.

Coromandel is notorious for its unforgiving roads, so the clinic nurses had to be very patient as they made their way around the rohe.

The mobile clinic came together in a short time so ngā mihi nui to all our kaimahi involved in getting this mobile unit kitted out and on the road.

Some of our darling mokopuna came to visit the camper with their koro. It was so beautiful to see our next generation of medical professionals, of which one had brought her own stethoscope along and every time her koro mentioned doctor she would say "Koro, I am the doctor!"

The mobile clinic was briefly converted to a mobile COVID-19 testing station in August when it travelled to rural communities throughout the Hauraki rohe in response to the resurgence of COVID-19 in neighbouring regions.

A team of dedicated nurses and support staff travelled around Hauraki's rural communities to ensure those most in need could access COVID-19



swabs if required.

Te Korowai Hauora o Hauraki Whānau Health Centre in Thames also reopened its COVID-19 clinic which ensured the wider public could access swabbing services.

ABOVE: Mother and daughter team Tayla and Janine Thompson coordinate results at Kerepēhi Marae before sending for COVID-19 testing.

LEFT: Janine Thompson explains the COVID-19 swab procedure, while Tayla, right, stands by ready to take the swab.





MUM AND DAUGHTER TAKE FREE HEALTH CARE TO THE PEOPLE

From left, Janine Thompson, Kath Makiri and Tayla Thompson

By Jo Belworthy

Tayla Thompson and driver and Navigator Kath Makiri have been delivering the free health services to those in need since July and were joined by Tayla's mum Janine in August.

Janine rekindled her Te Korowai connection after starting work there as a kaiawhina (community health worker) 18 years ago.

“We are committed to working with our most vulnerable people and to make a difference in the lives of the people who need us the most - however that looks for them,” Tayla says.

“As health professionals, it is important to us that we work alongside whānau to support them however we can, to achieve the goals that they set for themselves. It's vital that whānau are not only involved, but are the drivers of their own care.

“This is of the utmost importance to us because we don't believe in dictating care to whānau based on what we, the clinicians believe is required for patients to achieve wellness. Our role is to empower whānau to find their voice so that they are able to self-advocate when navigating the health care system.”

Janine has come full circle working with Te Korowai. While working as a kaiawhina, she

found her passion was working with people and decided to further her career and train as a nurse. On completion of her Bachelor of Nursing degree, she secured a job at Mercury Bay Medical Centre where she stayed for 11 years, four of those working alongside Tayla, who by then had followed in her mother's footsteps and trained as a nurse.

“I wasn't 100 per cent sure what I wanted to do when I left school - I was tossing up between nursing and police, so I decided to work for couple of years and save money to pursue whatever career I decided on, so I worked in customer service and management roles, until deciding that nursing was the right pathway for me,” she says.

Tayla loves working alongside her mum.

“We worked and lived together for four years before I started with Te Korowai a year ago as a Youth INTact worker, so it's actually really strange when we don't work together.”

She recalls a co-worker during the early days of her nursing career telling her how much she had learned from her own mother.

“I've been fortunate to have wonderful preceptors who have helped to shape my nursing knowledge and skill, although my mum has

“Our role is to empower whānau to find their voice so that they are able to self-advocate when navigating the health care system.”

CONTINUED P:10

Taking free health care to the community

FROM P:9

been one of the biggest contributors to growing my nursing practice. Because you have a different relationship with your mum, you can be upfront and honest with each other when giving advice.”

Tayla says they have an understanding that they can give each other support and feedback which they see as a koha.

“We are giving the gift of feedback with the intention of growth because we want the best for each other and the whānau that we work with,” she says.

“That is why I think Mum has been a tremendous part of me building my own nursing knowledge and skill. We are colleagues, but first and foremost we are family, and that

means we support and encourage each other to be our best”.

Tayla says it was almost a “no-brainer” to get the campervan up and going again this year.

“It’s taking us back to our roots,” she says.

“Te Korowai started out as a mobile service in the middle 1990s and the campervan the organisation used at that time was a familiar sight among many communities.”

The Mobile Whānau Clinic is a funded initiative until September, with hopes of continued funding.

To see when Te Korowai Hauora o Hauraki Mobile Whānau Health Clinic is in your area, please Freephone: 0508 835 676; visit FB: Te Korowai Hauora o Hauraki, where the schedule will be updated, and/or www.korowai.co.nz/news

RONGOĀ

Wairākau can be used for many ailments

Making wairākau is similar to making a tea except it is made by simmering plant materials in water for about 15-20 minutes. Many wairākau are taken internally to help ease respiratory conditions, including Kūmarahou, Mingimingi, Mānuka, Kānuka, Houhere, Kawakawa and Tānekaha.

Prior to gathering your plant material and again before making your rongoā, offer a quiet karakia to acknowledge Tāne’s gift, and the purpose for which it was harvested.

Gather a handful of your chosen leaves with cold water (about 1.5 litres) in a stainless steel pot. Bring this to the boil and simmer gentle for 15-20 minutes. For Kānuka, Kawakawa and Mānuka leaves, use a lid on the pot to minimise as much as possible the release of steam.

Remove the pot from the heat and strain plant material from the water when cool, using a clean cloth or muslin. The water is your wairākau. The liquid can then be stored in the fridge until needed for up to a week.

Return the spent plant material/leaves to Papatūanuku. Never discard your used leaves in the rubbish.

Mix half a cup of cold wairākau with half a cup of



Kūmarahou

hot water to make a lukewarm drink. Drink as required. Wairākau is best consumed lukewarm for optimal absorption.

**Please note that Kawakawa is a diuretic and has been known to initiate a reaction in sensitive people and should only be taken by people with renal problems under the strict supervision of their health practitioner.*

Sourced:

Ngā Mate Takurua He Mahi Rongoā

– Winter Ailments Working with Rongoā

By Donna Kerridge

Top tips to boost your immunity

When your immune system is strong, you have a better chance of fighting off colds and other infections. Your immune system has the job of defending you against disease-causing microorganisms, such as the viruses that cause colds and the flu. When your immune system is healthy, it can do a remarkable job of defeating these viruses and keeping you well. But sometimes a virus invades successfully and makes you sick.

So how do you strengthen your immune system? Here are our top 10 tips to help keep you in tip-top shape:

1. Wash your hands regularly

Washing your hands regularly is a proven way to stay healthy and reduce the spread of viruses. The recommendation is to wash them for 20 seconds and dry them for 20 seconds.

2. Eat plenty of fruit and vegetables

Eating a healthy diet rich in fruit and vegetables helps keep germs away. Aim for five plus a day – it's easier than you think. Try to eat a rainbow of colours. Eat what's in season and use a mix of fresh and frozen vegetables to keep within your budget. Learn more about the benefits of fruits and vegetables and how to get more in your diet.

3. Don't smoke

Smoking is bad for your health and harms your body in many ways including causing damage to your lungs and heart. It's also bad for the health of your friends and whānau who breathe in second-hand smoke.

4. Limit alcohol

Drinking too much alcohol is bad for your health and can weaken your immunity. Reducing your alcohol intake or quitting all together will bring

health benefits and joy to your wallet.

5. Keep away from sick people

This may seem obvious, but keep away from sick people to reduce the risk of getting sick yourself.

6. Exercise regularly

Regular exercise boosts your immune system and makes you feel good, so brush off your workout gear. Aim for 2.5 hours of moderate exercise each week. Try and sit less and do more.

7. Get enough sleep

Getting enough quality sleep is essential to your wellbeing and protects your physical and mental health. It's recommended

that adults get between 7–9 hours' sleep every night. Follow a good sleep routine. Go to bed and get up at the same time each day and try some relaxation and mindfulness exercises before you go to sleep. Falling asleep 15–20 minutes after going to bed is a sign that your body's in a good sleep routine.

8. Follow public health advice

Listen to the Ministry of Health or Government about what health advice to follow. They are the experts and know what they're talking about.

9. Watch your stress levels

Too much stress is bad for your health and weakens your immune system, so try to keep your stress levels in check.

10. Check your vaccinations

Make sure your vaccinations are up-to-date. Being vaccinated makes sure that your body is ready to jump into action when you come into contact with certain infections. Get the flu vaccination each year – it's free for many people.

Source: www.healthnavigator.org.nz/healthy-living/w/winter-wellbeing/



Coromandel Clinic
225 Kapanga Road
Coromandel
Phone: 07 866 8084



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8.30am - 12 noon
1pm - 5pm



Cervical screening reminder for wāhine

Every year, 160 women in New Zealand are diagnosed with cervical cancer, and of those women, 50 will die from this devastating disease.

But cervical screening can, and does, save lives.

September was Cervical Screening Awareness Month and a reminder for women (wāhine) and their whānau to consider their own health and make cervical screening a priority.

Cervical cancer refers to the abnormal, uncontrolled growth of cells in the cervix, the lower part of the uterus (womb). It is one of the easiest cancers to prevent – as long as the cell changes that cause the cancer are detected early.

“Cervical screening can pick up any abnormalities many years before they are able to turn into cancer,” Te Korowai Hauora o Hauraki Clinical Services Manager Taima Campbell says.

Te Korowai clients who booked their smear in September went into a draw for a \$200 gift voucher – with one voucher to be won in each



Te Korowai Hauora o Hauraki Nurse Bernadine Warren presents a gift basket to one of our lucky winners, Michelle Ngatai.

Below: Paeroa clinic



of Te Korowai Hauora o Hauraki clinics in Thames, Paeroa, Te Aroha and Coromandel.

They also went into the draw for a share of \$300 of petrol or supermarket vouchers.

The Cervical Screening programme is available to all women in New Zealand between 20 and 70 years old.



Above: The SYM boys

Regular three-yearly cervical smear tests are recommended for all women aged 20 to 70 who have ever been sexually active.

A cervical screening appointment takes very little time and is free for Te Korowai Hauora o Hauraki patients.

Well done to our Whānau Health Centre teams who decorated their offices to fit the theme.



Coromandel clinic



LEFT: Dr Forrest Pommerenke was voted Best Pink Individual, while above, the team from Whitianga clinic won Best Dressed Team.

In the pink for a good cause

A big thankyou to everyone for supporting Pink Shirt Day in October; it was an awesome day seeing everyone bring awareness to this kaupapa and having some fun, breaking up the usual routine and supporting the kaupapa by wearing pink.

Pink Shirt Day began in Canada in 2007 when two students took a stand against homophobic bullying, after a peer was bullied for wearing a pink shirt. It is now celebrated annually around the world.

In Aotearoa, Pink Shirt Day works to create schools, workplaces, communities and whānau

where everyone feels safe, valued and respected.

If Te Korowai can stand behind this movement and lead by example that we do not tolerate bullying, this gives our community and Hauraki whānui hope for our next generation. Thank you all for jumping behind this movement and putting a STOP to bullying.

We raised \$103.70, which will go towards funding the development of resources and programmes to create environments that are safe, supportive, inclusive and free from bullying.

Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora – Speak Up, Stand Together, Stop Bullying!



Te Aroha Clinic
221 Whitaker Street
Te Aroha 3320
Phone: 07 884 9208



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1.30-5pm





Learning how to cook using slow cooker

A few pictures from our September *Kai Ora: Cooking with a Slow Cooker* sessions at Manaia Marae, Kerepēhi Marae and in the Wharehui at Thames Whānau Health Centre.



Whitianga Clinic
2 Coghill Street
Whitianga 3510
Ph: 07 869 5244
Fax: 07 869 5288



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Clinic Opening Hours
Nurse Practitioner
Mon, Tues, Thurs, Fri:
8:00am-5pm
Nurse-only clinic
Wed: 8:00am-5pm



Get sprouting for Spring

Spring time has arrived and the days are getting longer, there are some cute lambs on my road and my veggie garden is starting think about growing again.

*By Claire Cannon
Dietitian*

Early Spring is often the time of year when fresh veggies are getting scarce in the garden and more expensive in the supermarket. The winter crops such as pumpkin, broccoli and cauliflower are finishing up and the spring crops haven't yet got into full production.

Sprouting can be a cheap and quick method of supplementing fresh kai at this time of year. It's something I do all year round and it is particularly handy for people who live in a place without a garden or who don't have time to care for a garden.

Sprouting takes between three and six days to produce an edible crop and requires very little work.

Step one: Purchase what you are going to sprout. I use a mix of brown lentils, black lentils, puy lentils and blue peas and you can also try sunflower seeds, alfalfa, chickpeas and mung beans. You can buy these from Pak 'n' save, Binn Inn, the Thames organic shop and Restore.

Step two: Soak your lentils, peas or beans in a jar overnight with cold water, just cover the lentils with water and swirl it around to get the air bubbles out.

Step 3: Drain the sprouts and then leave on your kitchen counter and rinse 1-2 times per day (I find twice a day in summer and once in winter



as they grow slower in the cold). You can get a sprouting lid to make the rinsing easier, I think Thames organic shop sell them, or you can just use a sieve or hold the original jar lid loosely on to hold your sprouts in as you drain the water off.

Step four: Wait until the sprouts have sprouted. This is when you can see the little tails coming out. They are now ready to eat and will keep for about another week.

Step five: Eat them! I normally start putting them in salads and stir-fries now and use them up over the next week as they grow. Experiment with different recipes.

This is a whole website devoted to sprouts!
<https://sproutpeople.org/sprout-recipes/>

COVID-19 sets stage for new normal moving forward

It's been a very interesting past few months and I think we will continue to have a new normal going forward from now.

Again we have had some interesting times during the past few months, as a country, as an organisation and as an Ohu.

We have again postponed, cancelled, and tried to re-work our programmes to suit the particular level we are in at the time.

We have postponed the Kaumātua Olympics until March 2021 now as October was not going to happen. Other services like ours in other parts of the country are doing the same.

Over the past few months we have continued to give out hygiene packs to whānau in need, which has been an excellent link to our communities.

Our Kaumatua Tuakana/Teina project started in July – this is a research project in conjunction with Waikato University and Rauawaawa and Te Korowai.

We have trained four of our local kaumātua as Tuakana and over a period of six months they will work with six kaumātua through six kōrero focusing on health and wellbeing related issues for our kaumātua.

No more Project Energize in Schools across the Waikato

Te Korowai Hauora o Hauraki has held a sub-contract with Sport Waikato for the delivery



of Project Energize for over 10 years.

Our Energizers have been active in our local communities working alongside schools to provide excellent professional development for teachers and modelled Nutrition and Physical Activity class sessions with school students in all Primary Schools in the Thames, Coromandel and Hauraki areas.

In July, Sport Waikato gave Te Korowai Hauora o Hauraki notice that our sub-contract will be ceasing from December 31, 2020.

This is due to Sport Waikato undergoing a transformational change in their delivery model.

This not only has an effect on our four Energizers working in our Hauraki schools – it impacts across the whole of Sport Waikato affecting over 50 jobs.

Reconnecting with whānau

Our Whānau Ora team has been working hard reconnecting with whānau since the lockdown level changed. We ran a Kai Ora cooking class at Manaia Marae in August and September.

Whānau Ora has received new funding thanks to Te Pou Matakana our Whānau Ora Commissioning agency.

This will enable us to employ a new Kaiarahi to join the team.

This new funding is to work extensively with 10 whānau over a two-year period.

Kia kaha Whānau



Debbie Petersen-Pilcher
POUKURA ORANGA
Manager Public and Community
Health Services



On October 14, Bex, Harata and Rachael from the Oranga o te Tangata team were invited to the monthly meeting for the Kerepēhi Rural Women's League as guest speakers to talk about their services. They had gifted some crochet blankets for whānau after lockdown.

Bex and Harata spoke about Whānau Ora and their mahi and how they engage with whānau, while Rachael spoke about the wrap-around services at Te Korowai. Many people did not know all the services Te Korowai Hauora o Hauraki provides in the community.

Some had been able to access the Mobile Clinic for their flu injections when it visited Kerepēhi and were very appreciative of that as they fall into the vulnerable age group.

They have invited the team to speak again in the New Year and maybe we could get other teams to join us and give a kōrero about their mahi.

The Women's league then gifted Te Korowai with more cot blankets, baby mittens and bonnets which will be given to our Tamariki Ora team.

Oranga o te Tangata team heads to Kerepēhi to share information on services



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Thames 3500
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Covid-19 still impacts service delivery



Covid-19

Covid-19 is still very much a dominating factor in the way in which we operate our service to maintain the safety and wellbeing of our frontline Support Workers, kaumātua and clients.

A move back to Alert Level 2 in August was disappointing but not entirely unexpected as we have witnessed similar second wave outbreaks overseas.

I am pleased to report that our team moved seamlessly to the increased alert level employing all Ministry of Health guidelines into our mahi.

We are mindful and very thankful for the many personal sacrifices all whānau have made to help reduce the transmission of Covid-19 Alert in our communities.

Career Pathways

Jasmine Mudgway

Jasmine joined the Service Coordination team on Monday, July 13 July. Jasmine is coordinating services for Paeroa and Te Aroha.

Jasmine has worked for us for over three years in a Support Worker role based in Paeroa and completed her Level 2 and Level 3 Health and Wellbeing qualifications during this time.



Home Assist

Sharron Kane
POUKURA KĀINGA
Manager Home Assist

Ohu Kāinga *Our Service*



Melissa Henderson

Melissa moved from her role as a Support Worker to Service Coordinator for South Waikato on Monday, August 10. Melissa has over 10 years' experience in aged care and holds a Level 3 Health and Wellbeing qualification.

It is great to be able to provide a career pathway for two of our promising and committed Support Workers into Service Coordination roles.

Marie Bourke

With our new Service Coordinator Melissa in place for South Waikato, Marie moves from her role as Lead Coordinator to a new role in our team, Kaiārahi - Team Leader.

Marie will train, oversee and mentor our service coordination team while maintaining referral triage responsibilities and service coordination for our high and complex kaumātua and clients.

Workforce Development

Despite the disruption to our training calendar this year due to Covid-19, we are very pleased to announce that a number of our kaimahi have successfully completed NZQA qualifications.

- 8 Support Workers have gained New Zealand "Certificate in Health & Wellbeing Level 2
- 4 Support Workers have gained New Zealand Certificate in Health & Wellbeing Level 3
- 2 of our team have gained New Zealand Certificate in Tikanga (Matauranga Māori) Level 3

Congratulations and well done!

Engaging in and completing relevant training demonstrates great commitment to our kaupapa and a genuine desire to provide the very best care for whānau.

New Support Workers

We are actively recruiting through the Te Korowai Hauora o Hauraki website for Support Workers in Paeroa, Coromandel, Putaruru and Tokoroa to meet referral demand. We are particularly interested in applicants who hold relevant qualifications or have previous relevant work or life experience.

If you are interested in a career in support work please visit our website www.korowai.co.nz

Our Best Buddy

Snapper is a very welcome visitor to the Home Assist office and on most week days can be found curled up in the sun or well positioned under the heat pump supervising the team.

When work becomes a little stressful, there is nothing nicer than this very affectionate little ginger cat brightening our day with her quiet presence.



Support Workers Latrichia Hayward, below right, and Roy Makiri, below left, receive their New Zealand Certificate in Health & Wellbeing Level 2 from Te Korowai Hauora o Hauraki Home Assist Coordinator Sarah Harrison.



These are extraordinary times -
Take care and stay safe.
Ngā mihi nui

Sharron, Marie, Cherie, Sarah, Siobhan,
Annette, Theresa, Jasmine & Melissa
- Ohu Kainga Home Assist Team at Te
Korowai Hauora o Hauraki



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Haere rā to our Nana Jean

It is with great sadness that we farewelled our beloved kaumātua Jean Neshausen, affectionately known as “Nana”, in September.

Nana Jean was always larger than life, making the most of every opportunity and not even letting the cancer that eventually stole her life, slow her down.

A battler to the end, she was the life of the party – always with a willing smile, great laugh and the gift of the gab!

“At least my mouth is still working!”, she loved to say, and yes, it sure worked well!!

Jean was a giver – a free giver of love – “I love you” she would say to everyone she met. She could always be found in the kitchen at gatherings and loved nothing more than cooking up kai for whoever needed it.

While undergoing chemo at the clinic in Thames Hospital, Jean would arrive for her sessions armed with jokes, a story to tell, and a ready smile, brightening up the clinic for everyone else who was there, many who commented how much brighter she made their day. And she always brought coffees for the nurses – even when she wasn’t booked in for her chemo, her generous spirit once again to the fore.

Fortunately, Jean was able to attend the Thames premiere of the award-winning Short Film documentary “Pluck”, made by Thames film-makers Kirsty Griffin and Viv Kernick, before she passed on September 11. The film was based on Jean’s final journey to her “soul home”, Rēkohu - the Chatham Islands, where she linked in with the locals to gather weka feathers for her beloved korowai. Weka are protected in New Zealand, but in the Chathams, they provide kai for the islanders, so Jean was delighted when she found a new source of feathers for her cloaks.

Jean had never shied away from how or where she sourced her feathers, whether it was picking up road kill, gladly receiving dead birds dropped off on her doorstep by well-meaning friends or wringing the neck of weka – she would do whatever it took to keep weaving.

But, having woven 15 korowai over the years for friends and whānau, Jean realised that she hadn’t made one for her daughter Gwendoline, and knowing that her time was running out, she was determined



Jean and her beloved Gwendol



to get to the Chathams one last time to gather feathers to make that one last, but very special, korowai.

The film, completed during the Covid-19 lockdown, was a labour of love for Kirsty and Viv, alongside Nana Jean, who called herself the “Angelina Jolie of cancer”. It won, not only the hearts of those who knew and loved Jean, but also the prestigious Best NZ Short Film in this year’s Doc Edge NZ Film Festival, qualifying it for consideration for the 2021 Academy Awards.

It is a fitting and beautiful tribute to Nana Jean’s wairua (spirit) – showcasing her integrity, grit, determination, passion and mischievous sense of humour.

Our Aroha to the Welburn whānau. We miss you Nana Jean.

Jo Belworthy

New venture targets improved mental health care

Te Korowai Hauora o Hauraki and the Waikato DHB Mental Health and Addiction Services have launched a project to improve service delivery to Hauraki whānau.

The project will involve connecting the services to allow whānau to access a broad range of health and wellbeing services through a single point of entry (“Waharoa”).

This will be achieved by a process of co-design including staff, whānau, hapū, iwi and key stakeholder representation.

Achieving equity for Māori single most significant action

Achieving equity for Māori is the single most significant action that the services can undertake to improve Māori health and wellbeing.

Te Korowai Hauora o Hauraki Clinical Services Manager Taima Campbell has been seconded as Poukura Hauora to lead the integration into a new future that is based on the mana motuhake of our rohe and the aspirations set by our people for our people.

Taima is a Registered Nurse with over 35 years’ experience in the health sector working in child health, public health, Māori health and nursing leadership roles.

She has worked previously for the Waikato, Auckland and Counties-Manukau DHB’s implementing a range of change management,

quality improvement, nursing and workforce development programmes.

Taima whakapapas to Ngāti Tamatera; Ngāti Maru and Ngāti Kiriwera.



*Poukura Hauora
Taima Campbell*

Supporting Maori into leadership roles

She has been part of the Ngā Manukura o Āpōpō Māori nursing and midwifery leadership development programme, which has focused on supporting more Māori nurses and midwives into leadership roles.

Taima lives in the Coromandel and is also a tauira of Te Whare Tāhuhu Kōrero o Hauraki learning Te Reo Māori on her own whenua.

The project will transform mental health and addiction services in Hauraki with critical priorities for reducing inequalities for Māori and improving the wellbeing of all whānau.

The project will develop improved ways of accessing the services, including more virtual contact with whānau throughout the broad Hauraki region.

The joint venture is the first of its kind and learnings from this project will inform further developments in other parts of the Waikato DHB Health Area.



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Profit exceeds budget in first quarter

Pūtea (Finance)

Our financial results are looking good for the first quarter with profit exceeding budget.

With COVID-19 restricting staff's access to travel, quite a few holidays (and hence leave) wasn't taken. So we're encouraging staff to take their leave when possible to reduce our leave liability.

Our audit for the year is completed and went well. Our statutory accounts are currently being reviewed by our auditors, so they will be ready in good time to prepare our Annual Report for the Annual General Meeting in early December.

Hangarau Whakaaturanga (IT)

We have experienced some challenges with the global supply chain for tech items disrupted by COVID-19.

So we have done some bulk buying to ensure essential items are always available. Other items can be hard to get hold of, but we continue to work with our suppliers to get these as quickly as possible.

Helpdesk technician

We have had the benefit of Lincoln Fernandes from Spark working as our helpdesk technician for several weeks now. Lincoln has brought great technical expertise and always a happy smile to the role.

We are currently working on a Digital Strategy to ensure we reduce risk and provide better IT services. Watch this space to see future plans!

Caroline Graham
POUKURA PŪTEA
Business Support Services Manager

In the meantime we have now commenced the Goldcare project, which will implement a new rostering solution for Ohu Kainga Home Assist.

It's a big project and we're happy to have Emma Darragh acting as Project Manager. Emma was previously one of our Project Energizers working in schools, but as this contract is soon to end we were pleased to find she also has Project Management skills to see us through the implementation over the next few months.

Our phone system has been upgraded and we continue to make adjustments with new call-flow being added soon.

Rawa (Assets)

Whitianga

After a mammoth effort from the Assets team, our Whitianga Clinic is now open and taking patients.

Many thanks to John and the team for spending long hours travelling back and forth to ensure all the trades, equipment and furniture has been set up properly.

Ensuring our premises comply with Council requirements is no mean feat and with persistence, John has made sure all the 'i's are dotted and 't's are crossed.

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Whitianga clinic up and running

Te Korowai Hauora o Hauraki Nurse-Practitioner Whitianga Whānau Health Centre opened in September offering new clients access to our Nurse, Nurse Practitioner and other services.



HAUORA

Nurse Practitioner-led clinic opens in Whitianga

FROM: P7

Originally from Auckland, Esme began her nursing career in the post-anaesthetic care unit at North Shore Hospital, before making the move to Whangamatā, where she undertook a completely different role in the general practice branch of rural kaupapa Māori organisation Te Korowai Hauora o Hauraki in 2011.

“It was in this setting that I found my true appreciation for advanced nursing practices,” Esme says. “It became increasingly evident that the current model of primary care services was insufficient and becoming unsustainable to address the patients’ needs.

“This highlighted the value and the absolute need

for the Nurse Practitioner paradigm of practice.”

Esme completed her Master of Nursing, which saw her gain extensive clinical skills and a deep understanding of the complexity of primary health care and then, after completing her Nurse Practitioner training in 2016, she was endorsed by the Nursing Council in 2017. Since then she has been working in the busy Thames Te Korowai Hauora o Hauraki clinic.

Esme has a special interest in skin conditions and also enjoys managing long-term conditions and reviewing medication regimes.

“I’m looking forward to returning to work in a fresh location at the new Whitianga clinic after having my second baby during level four lockdown,” she says.

Jo Belworthy



Whitianga Clinic
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Whitianga 3510
Ph: 07 869 5244
Fax: 07 869 5288



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Nurse-only clinic
Wed: 8:00am-5pm



Te Korowai Hauora o Hauraki offers a huge range of services, giving access to amazing practitioners, ranging from Social Workers, Counsellors, Psychologists, Health Promoters, Nurses, Doctors, Kaimahi Mirimiri, Health Care Assistants, Home Assist Coordinators, Whānau Ora Navigators, Registered Nurses, Tamariki Ora/Wellchild Nurses, Workforce Coordinators, Kaumātua and more.

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- **Immunisation**
- **Cervical Smears**
- **Hearing and Eye Tests**
- **Free Sexual Health Checks** (under 25)
- **Acute clinic** (Thames only)
- **Foot clinic** – Coromandel
- **Podiatry**
- **Dietitian** - Patients under the care of Te Korowai Hauora o Hauraki with the following conditions can be referred to the dietitian: Unintentional weight loss, Overweight and obesity; Irritable bowel syndrome; Type two diabetes; Pre-diabetes; Poor wound healing; Cardiovascular disease; Mental Health – Mood Food
- **Tamariki Ora/Well Child** - Provide milestone checks for children from 0 to 5; provide education and support for mothers and guardians about the care of their babies

Hinengaro Mental Health & Addiction Services

- Counselling
- Drug & Alcohol Counselling
- Recovery Group Programmes
- Whānau Advocacy
- Child & Adolescent Mental Health & Addiction Services
- Employment Support



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Katrina - 07 866 8084 (Coromandel)

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- Youth INTact - specialist alcohol and other drug services
- Mauri Ora - Gain Responsibility and Belief - life skills for adults experiencing mental illness
- Maternal Mental Health

Oranga o te Tangata Public & Community Health

- **Kaumātua Support Groups** - Paeroa, Coromandel, Thames, Whangamatā, Te Aroha
- **Rongōa Māori - Mirimiri** - traditional Māori healing clinics offered in Thames, Coromandel, Paeroa
- **Disability Information & Advisory Services** - support clients with disabilities
- **Whānau Ora Navigators** – assist Whānau identify steps to enable them to achieve their goals and aspirations; support Whānau to become self-directing and empower them to lead their Whānau into a positive future
- **Whānau Ora Education and Employment Coordinator** - Support Whānau into employment or education; help them identify their strengths and skills and motivate them to achieve prerequisites for employment or education
- **Pepi Pod** - We are a provider of safe sleeping Pepi Pods for the whānau of newborn babies to help reduce the risk of SUDI.
- **Iwi Health Promotion** – empower Rangatahi and Whānau to be in control of their own Ora/Wellness (Holistic Health focus)
- **Project Energize** – work in schools to promote healthy eating and activity
- **Quit 4 Good Stop Smoking** - 6-week course - free Nicotine Replacement Therapy (patches, gum, lozenges) Rewards on completion of course.

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- Personal Care
- Shopping Assistance
- Medication Oversight - Both short and long-term care after illness, surgery or accident



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