

Koanga 2019

Kōrero o te wā

TE KOROWAI HAUORA o HAURAKI



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Te Reo Māori ia rā ia rā

Greetings

Kia ora - Hi

Tēnā koe - Hello (to one person)

Tēnā kōrua - Hello (to two people)

Tēnā koutou - Hello (to three or more people)

Ata marie - Morena/Good morning

Po marie - Good night

Haere mai - Welcome/enter

Nau mai - Welcome

Kei te pehea koe i te ra nei? - How are you today?

Kei te pai ahau - I'm good

Ka nui te ora - I'm great

Farewells

Haere rā - Goodbye (to someone leaving)

E noho rā - Goodbye (to someone staying)

Ka kite anō - See you again

Hei konā - See you later

Kua haere au - Okay, I'm off

Hei apopo- See you tomorrow

Kia waimarie - Good luck

Mauri ora! - Cheers

Kia pai tō rā - Have a nice day

ia rā ia rā ia rā - everyday



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Whakatauki

Waiho i te toipoto, Kaua i te toiroa

Let us keep close together, not wide apart



Here we are taking pride of place on the brand new
Pak 'n Save advertising board in Thames.

Editor: Jo Belworthy

E: joann.belworthy@korowai.co.nz • P: 021 0274 8490

From MANUKURA HAUORA - Riana Manuel

Mihi:

Ngā mihi o te tau hou Māori ki a koutou katoa

As we start our new year off, it is only fitting that we reflect on the year that was and acknowledge all of those who we have lost along the way and at this time I would like to pay a special mihi to our own colleague Sharon Daly.

Sharon passed away on 31 May 2019 and is sorely missed by all of us here who enjoyed the never-ending stream of positivity that she displayed when working with the community she lived in and loved.

Matariki is also a time for new beginnings and a time for us to look forward and work together to achieve the goals we have set for the coming year.

In this same spirit, our Board have completed their review and reset of our Strategic Plan which sets goals for our whānau here at the coal face. So, watch this space, as we here in the teams start to roll out initiatives to support this plan.

We have had the pleasure of hosting our Prime Minister, Jacinda Ardern here at Te Korowai Hauora o Hauraki. The PM came to visit us in order to hear first-hand of the kind of challenges

we face both as a whānau and as a provider here in Hauraki.

She also recognised the very rural and geographically diverse nature of our region and wanted to hear about the challenges we, as a kaupapa Māori organisation, face in providing services that are meaningful and effective.

It was a great opportunity to have our voices heard and for the full hour of her day that we were able to capture, we made sure to send a clear message of concern about the Government continuing to create services and models of care in the absence of us or our voices.

We also pointed out that, as an organisation that was established over 25 years ago to try and better support our whānau with mental health issues, we well understand the need for wellbeing and this is one of our very pou here in our whare.

However, we need funding to follow these conversations so that we can make the difference here at the coal face and not wait for the middle man to consume our opportunities.



We continue to grow our kaupapa with a notable growth of enrolments to our Whānau Health Centres and, of course, the 10% growth in our overall business model that we have noted this year at the end of the financial year.

So, it is all upward and onward and we look forward to reporting again when the weather warms and the season changes.

Ngā mihi o te tau hou Mauri ora



PM Jacinda Adern paid a whistlestop visit to Te Korowai Hauora o Hauraki - P12-14



Meet our new rongoa aromatherapy healer Jo Shelford - P5



Our very own “Doc” Martin Mikaere featured in the issue of the Listener, featuring the rural GP crisis - P15

Steptember 2019 - the challenge is on!

Are these winning smiles?



Te Korowai Hauora o Hauraki kaimahi are once again stepping up to the Steptember challenge with great gusto.

Last year, 14 teams took part in the challenge, joining thousands of people around the world taking on the challenge of moving 10,000 steps per day throughout the month of September.

All participants are given a pedometer to wear throughout the challenge and they can step any way they like - dance, run, surf, cycle, swim, roll, walk or any number of activities!

Steps turn into dollars by teams getting their friends and whānau to sponsor them, raising funds to support kids and adults with Cerebral Palsy.

So, expect to see our kaimahi pounding the pavements during their lunch breaks, after mahi and in the



weekends with their whānau to get their step count up.

And the bonus – aside from the bounding enthusiasm – is that our kaimahi became fitter and healthier.

Last year's winner, The Fantastic Steppers - led by our very competitive Doc Martin - raised over \$1000.

Who will this year's winner be and how much will they raise?

Work Anniversaries

1 year: Leanne Young, Latrichia Hayward, Michelle Dick, Shona McMichael, Sally Winikerei, Kelly Barangyai, Walter Franks

2 years: Angelique Anderson, Helen Crosthwaite, Bernice Thompson; Jessica Hine, Stacey Paul, Charlotte Nunes, Georgina Wikaira, Khadine Topia, Melena Ngapo-French, Sharon Handley

3 years: Romi Curl, Cherie Taylor, Shane Bekker, Sandra Gray

4 years: Riana Manuel, Caleb Stone, Kristina Cox, Johnnie Hudson, Shane Howell, Jodi Waller, Sharon Simpson, Kahureremoa Ramanui-Scalon

5 years: Bettina Hunter, Kataraina Wright, Michelle Sproul, Helen Walsh

6 years: Merena Russell

7 years: Kath Makiri, Suzanne Whitehead, Lindsay McCowan, Lindsay McCowan, Izabela Borucinska, Taney Smallfield

8 years: Thomas Clough, Lynnette Rose, Marcia Morehu, Angela Ansin, Sue Sarjant, Cathie Skipworth, Nicola Greulich, Fay Edwards, Sharon Ngapo, Kaylene Fenton

9 years: Carolyn Tearne, Janet Etches

10 years: Jane Davies

11 years: Dawn Garrett

16 years: Meralda Walters



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Jo offers Rongoā - aromatherapy infusion

Jo Shelford has brought her rongoā and aromatherapy healing infusion to

Te Korowai Hauora o Hauraki Whānau Health Centres throughout the Hauraki rohe.



As a Mātanga Rongoā/ Rongoā Practitioner and a certified holistic aromatherapist, Jo is able to cross over her rongoā - herbal medicine, mirimiri (body work) and spiritual healing - with the therapeutic qualities of essential oils.

“Papatūānuku doesn’t stop at the borders of New Zealand, so aromatherapy means the whole world is available,” she says. “It’s just that we live in New Zealand, so this whenua has its own healing plants, so while rongoā is always made with New Zealand natives, aromatherapy can be added to it.”

She says the essential oils play a complementary role to rongoā, with the native plants always taking precedence.

Jo, who has had her own clinics overseas and Auckland, joined Te Korowai Hauora o Hauraki as their Rongoā Practitioner in July.

Each week, she travels from her home on the Hibiscus Coast to Thames and then fortnightly to Paeroa and Coromandel – all roads well-travelled over the years due to strong family connections in the area and monthly wānanga.

But then Jo is no stranger to travel. As the wife of former All Black, cancer survivor and men’s health advocate Buck Shelford, she has been living, working and travelling in far-flung countries such as France, England, Italy and Japan for many years.

The seeds for her aromatherapy training were sown when she was still living in New Zealand after her sister-in-law sent her a Tisserand aromatherapy kit.

“When she sent me my first package, I thought if I ever got to England, I would go to school there because Tisserand were THE aromatherapy college,” she says.

As luck would have it, Jo was able to do her training in 2004, just one year before the London college closed, bringing her new skills back to New Zealand in 2005.

“When I came back to New Zealand, people had no idea what

an aromatherapist was,” she says.

Jo always wanted to incorporate Rongoā Māori into her practice so started her training alongside the likes of respected Rongoā practitioners and friends Donna Kerridge and Pa (Rob) McGowan.

She also acknowledges her Tohunga Taputapu Arika Matua Billy Tuhua. “We have a rigorous training as tohunga and to have been chosen to do this work is an honour and a privilege”.

She says rongoā medicine complements traditional medicine. “One is not better than other, it’s just different to the other. We deal with the wairua (spirit) in rongoā and that brings that aspect to the practice and medicine as a whole.”

She says now rongoā is becoming more recognised there’s more of a move towards that partnership.

“And it should be a partnership - with each understanding their limits.”

Rongoā medicine uses plants native to New Zealand, which Jo says can be made into tinctures, creams and lotions.

“Rongoā is holistic, so in working with the whole person we touch on the mind, body and soul,” Jo says. “There’s no religion involved, it’s about working with the wairua/spirit in you.”

“You’re not going to have rongoā in any other country but New Zealand, it’s using things from this land to heal so it is imperative that we as practitioners look after Papatūānuku.

“By caring for the earth, she can look after us and then we can continue to look after people.”


Once practiced by tohunga and considered tapu, rongoā knowledge was traditionally handed down from generation to generation, but after it was outlawed in 1907, the practice was forced underground. The Tohunga Suppression Act was repealed in 1962 and then in 1999, Ministry of Health guidelines acknowledged that traditional Māori healing complemented mainstream primary health care. Today 18 providers across the country receive funding to deliver rongoā.

Jo is excited about strengthening her links to the Hauraki rohe and working with the Hauraki hapori whānui (community).


“Working with local people, Haurakitanga, it’s all about Hauraki. There’s a strong connection, and it’s the way home. It’s what I want to do.”

*“Takoto ai te marino, horahia i waho rā
Haere mai ki Hauraki, he aute te awhea”*





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Two new leaders

Introducing our two new Kaiarahi Whānau - Whānau Ora Navigators

Chrystal, left, and Abbey



Chrystal Bate

My name is Chrystal Bate, my iwi is Tainui, I was born in Thames!!!! Three days later I moved to Waihi with my twin brother where I was raised!

I lived in Tauranga for many years, working for Work and Income, Workbridge (10 years working with people with varied disabilities placing into work/training/vocational pathways), then on to Youth services before marrying a keen fisherman and relocating to our beautiful Hauraki rohe!!!!

I have just completed two years working for the Wisegroup, working with people with Mental Health needs under the Waikato DHB.

I have a large whānau, sharing my husband's four daughters and soon to be 11 moko!!!! (any day now), I am extremely close to my mātua and siblings, with nieces and nephews aplenty!!!!

I am committed to making better lives for our Hauraki Whānau!!!

Abigail Tahuaroa Nāmana

*Ko Tokomaru rāua ko Tainui ōku waka
Ko au tetahi uri nō Te Ātiawa me Ngāti Rārūa ki
te Tau Ihu o Te Waka.*

*Ko Ngāti Te Whiti me Ngāti Turangaapeka ōku
hapū.*

*Ko Riwai Tahuaroa-Watson rāua ko Tinipere
Whangowhango ōku Tīpuna*

*Ko John Tahuaroa-Watson rāua ko Maxine Birt
ōku Mātua*

Ko Abigail Tahuaroa Nāmana toku ingoa.

I am the mother of five children ranging from 15 to 35 years.

My work life began in HR and evolved to studying at Te Wānanga o Raukawa as a Toiora Whānau Practitioner.

I have worked in Āhuru Mōwai Family Start, Children's Health Camp and Whānau Ora ki te Tau Ihu o Te Waka.

Anei te whakatauki rongonui ki au:-

*"E kore au e ngaro, he kākano i ruia mai
i Rangiaātea"*

Tēnā koutou, tēnā koutou, tēnā rā tātou katoa

Khadine Topia Team Leader

Whānau Ora
Navigator Service



Te Aroha Clinic
221 Whitaker Street
Te Aroha 3320
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Assisting whānau with Work and Income support

Our fabulous Whānau Ora Navigator Chrystal Bate has been assisting whānau with Work and Income support on Wednesday afternoons. For over a month now Work and Income Thames have been welcoming Whānau Ora as a partner to their hub and accommodating us with space and full support.

Some whānau can find going in to Work and Income can be confusing and a hard task, so going to appointments with a Kaiarahi can help whānau feel supported.

Helping whānau create and access MyMSD is going well. Once whānau are able to check their own information, make changes to their personal details and apply for certain assistance it can create real independence!

Whānau really enjoy being able to manage a lot of their benefit needs via MyMSD, reducing their time going into Work and Income offices.

Whānau who live in wider areas such as Whitianga can use our support with Work and Income services to get much-needed access using Kaiarahi as agents on occasions, who can help complete tasks, sometimes saving them having to travel to the Service Centre.



Kaiarahi Whānau are working closely with Work and Income around whānau who need housing support. Together we are working to ensure any whānau in need is getting the support they need to access emergency housing and future sustainable housing.

Sharing and supporting helps break down barriers and makes sure that whānau that are receiving support where they need it.

*Whaowhia te kete matauranga
Fill the basket of knowledge*

Working towards drier, safer and healthier homes

For the last two years the Whānau Ora team has completed over 20 Whare Ora assessments to support whānau to have drier, healthier and safer homes. Whare Ora is a free initiative from Waikato District Health Board.

Whare Ora can offer:

Heating devices, thermal curtains, draft stoppers, mould kits, blankets, pillows, and subsidised installation referrals (landlords or homeowners are required to pay for this).

If you want to see if your whānau meet the criteria - information can be found on the Thames clinic whiteboard, through your GP, or contact the Whānau Ora team.



A group of hardy souls spent their Saturday climbing, walking, riding and swimming in and around Te Aroha - all in an effort to raise funds for the Te Ataarangi haerenga to Australia.

Empowering parents with parental skills

The Whānau Ora team held three Positive Parenting wananga - Whakapakari Whānau.

The programme is designed to help whānau build positive relationships with their tamariki and develop strategies to manage problem behaviour. It is targeted to caregivers of tamariki aged three to eight years.

The importance of making time to play and spend quality time with tamariki whilst letting tamariki lead the play was stressed.

Parents learned how to encourage behaviours they would like to see through setting clear rules, boundaries, using praise, coaching, reward charts and encouragement and also selectively using consequences such as ignoring, loss of privilege and time out.

We had a fantastic group of mums attend each week with much of the group attending each wananga.

Each wananga was full of laughter and some tears while new friendships and positive peer supports formed.

Mums also offered weekly feedback to the group around homework and goals they had set for themselves.



Moehau programme supports access to education, resources

This programme was developed to support Whānau Ora clients on the Whānau Ora navigator service, helping them access education and resources enabling them to move forward proactively on our service.

Between 10 and 15 people joined our first Moehau programme in Thames from June 25 to July 16.

The programme addressed the following areas for our whānau – Powhiri and the History of Te Korowai, Maara Kai, Speed Dating with Services and Moemoea – Goal Setting.

As part of the initial programme we were lucky to have a number of our internal and external service providers as guest speakers and who also helped in the background.



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92.4 NGATEA | 92.4 TAPU | 92.4 TE AROHA | 92.4 THAMES
92.4 WAIOMU | 92.4 WAITAKARURU | 92.8 WAIHI | 99.6 PAEROA**

A fun-filled day of pampering for kaumātua

It is incredible how a small group of people from Te Aroha Kaumātua rōpu pulled together to create a fantastic day of pampering and fellowship for the people of Hauraki.

Celebrating Mataraki with the whānau was important to bring everyone together for the new year.

The Kaumātua who attended enjoyed themselves so much, they were treated to mirimiri by Trish Knight, face massages by Natasha Clifton our own registered nurse from Te Korowai, nail painting by staff members Claire and Bettina and let us not forget Moira and her team of able Kaumātua. Thank you.

There was a shared kai which was enjoyed by all. Thank you to all who participated to make this event one to remember.

Ma te kahukura ka rere te manu



Pampered . . .



Health Day delivers many wellbeing messages

Te Korowai Hauora o Hauraki Health Day in Paeroa was a huge success with 54 whānau provided with health checks and/or promoting wellness services in the Hauraki area.

There were 16 service providers who worked collaboratively to benefit whānau.

Te Korowai Hauora o Hauraki internal service providers were:

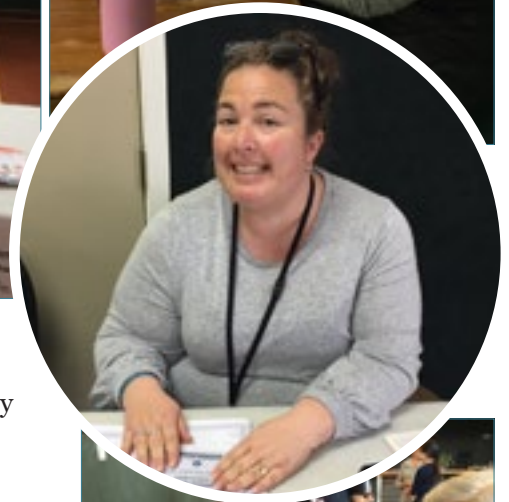
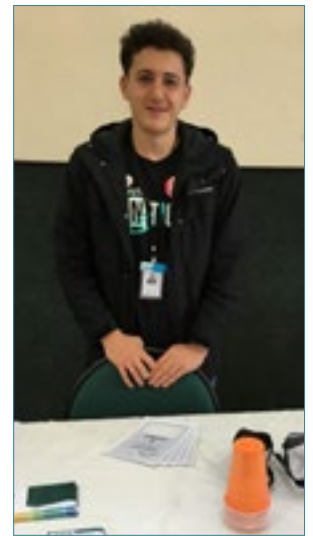
- Whānau Ora Navigators
- Whānau Ora Chronic Diseases / Dietitian
- Youth INTact
- Hinengaro
- Disability & Information Advisory Service (DIAS)
- Tamariki Ora
- Home Assist
- Rongōa Māori

External service providers

- Mobile Pharmacist
- Hauraki Māori Trust Board
- Epilepsy Waikato
- Right 2 Be Safe - CAPS Hauraki
- Whare Ora Waikato DHB
- Heart Foundation

Whānau also enjoyed four prizes of fresh fruit and vegetables.

Our core values were in full swing on the day, Whanaungatanga between services and whanaungatanga between whānau and services was buzzing all day. Kotahitanga was everywhere you looked, with everyone pulling together to make a strong and supportive team for all the whānau that came through the doors on the day.



Manaakitanga was also thick in the air as whānau and services were glowing with beaming smiles as they met each other as the rounds were being made.





Kaimahi enjoy intimate visit by our Prime Minister

Photos, story Jo Belworthy

Referring to Thames as the ‘big smoke’ brought hails of laughter from Te Korowai Hauora o Hauraki kaimahi who warmly welcomed Prime Minister Jacinda Ardern to their Wharehui in July.

The Prime Minister was relaxed and friendly on her whistlestop visit.

CEO Riana Manuel and about 80 kaimahi were able to share their invaluable contribution to the health of the Hauraki community, while Prime Minister Ardern acknowledged that organisations such as Te Korowai were at the core of New Zealand’s wellbeing and always had been.

Riana says Te Korowai Hauora o Hauraki came from very humble beginnings with an aim to support whānau struggling with mental health diagnosis and finding support for them.

“Through the support of many of our kaumātua throughout Hauraki we were able to come together and create an organisation that would support our people toward wellness,” she says.

Prime Minister Adern shared her “small personal connection” to Te Korowai because of the work Te Korowai has done on behalf of her own family, in particular her grandparents, under its Ohu Kāinga Home Assist umbrella.

“My grandparents and parents were born in Te Aroha and if we asked my grandfather what he wanted to do on a day out when we visited on a Sunday afternoon, he would always want to come here – Thames was the big smoke - because you had a shopping centre and fast food,” she says.

“But, of course, your catchment area covers my grandparents and you have been part of providing them with care later in their life, as you are for many.”

Te Korowai Hauora o Hauraki services span across three district health board areas, with four whānau health centres in Thames, Paeroa, Te Aroha and Coromandel, while their Home Assist and a multitude of other services reach into the wider rural communities.

The logistics of accessing clients throughout such a wide and sometimes isolated catchment were not lost on the Prime Minister, who grew up in the rural town of Morrinsville.

Compounding those logistics, she says, is the fact that the area sits alongside Otaki in terms of age profile.

“You have a high proportion of older citizens and that means you are providing really critical care,” she says.

Elaborating on a quote from former Labour Prime Minister Norman Kirk, Prime Minister Ardern stressed the importance of supporting the nation’s health and wellbeing.

“He had this saying that all anyone ever needs is something to do, somewhere to live, someone to love and something

to hope for. Nothing could be truer, but he is taking something for granted there and that is that we need our health, because if we don’t have our health, that something

to do is that much harder, and that somewhere to live is what contributes to whether we are often well or not and that affects those people around us who love us.”

“I see this as being absolutely critical to

the wellbeing of Aotearoa and health

sits at the core of that - be it our physical wellbeing, or, increasingly, a focus on our mental wellbeing as well.”

Prime Minister Adern says that while the last budget had a particular focus on mental health and wellbeing, the health system and the professionals that work within it have for a long time been plugging a gap where it hasn’t been provided for by central government leadership.

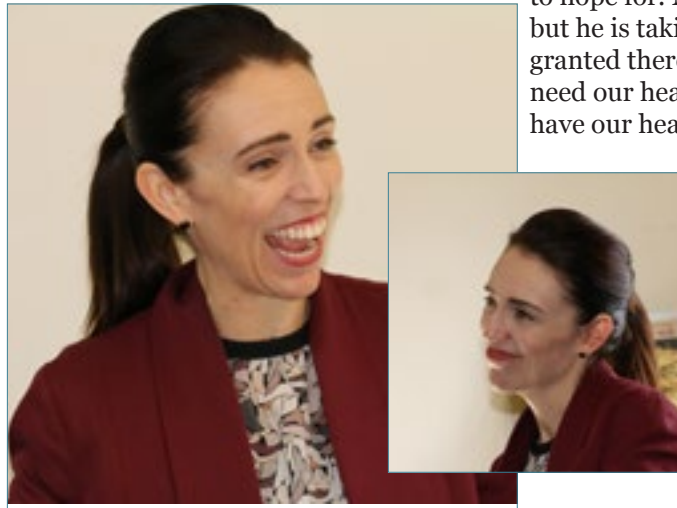
“So many of the places I visit are already making sure they are integrating mental health services into their primary care practice, so I would love to hear more from you (Te Korowai) as to how you see us rolling out what is now a half billion dollar programme for primary mental health care in every medical centre, iwi provider, GP practice - rural or urban across the country - as a way of trying to grab that missing group not getting the care they need.”

Specific funding for kaupapa Māori services is within that package, she says.

“We will be reaching out and asking what will work for your community best. Let’s not design this in Wellington - you’re already here working on the ground. Tell us what primary mental health care for your community would look like and how best to offer that.”

The Government recognised that it needed to build care, focusing from maternal mental health right through to those who may require more intensive tertiary services, she says.

“We actually have need at every single part of that mental health and wellbeing spectrum. Our mental health has so many contributing factors - we often don’t put enough





emphasis on the connection for instance between family violence and mental health, between financial insecurity and mental health, between trauma and all the origins of that trauma and mental health.

“So, acknowledging that when we built that wellbeing budget, the work that we did on Oranga Tamariki and the investment there and trying to put in extra support into early intervention was about mental health.”

The rollout of nurse-based health services in schools was ongoing.

“We are now moving through decile 5 and we have already extended some free doctor visits for that kura but for our young people it will be again the rollout of that primary mental health service through youth health centres as well as through our kaupapa Māori providers and through our GPs.

“Absolutely every single place a person accesses primary health services are where we want those services to be.”

Prime Minister Ardern says the Dunedin study had provided the Government with many insights into the life experience of Aotearoa’s young people and the impact that then had on their mental health further down the track.

“There’s a really interesting linkage there that tells me that really investing in the work we do through early childhood education and through parenting support will make a

“Investing though early childhood support and parenting support will make a longterm impact”

longterm impact that I won’t see until I’m old and grey, but if I know now that if I invest now, then my grandchildren will benefit from that - and that is an investment worth making. So, we need to use that evidence base that we have.”

Riana agreed, citing a report written 33 years previously by Māori leader John Rangihau.

“He was outlining the very same things you have just done now,” she says. “If we leave it too long, we will not see the differences that we envisage. Now that you are a mother and I am a grandmother of eight, I am determined above all to make sure that those babies don’t have the same problems that we have.”

Riana says Te Korowai Hauora o Hauraki’s vision had always been “Hauraki as a healthy nation”.

“We hope that one day it will no longer be the vision and we can replace it with something else. It won’t be needed anymore because we would be a healthy nation” [More: P14](#)

The many faces of our PM



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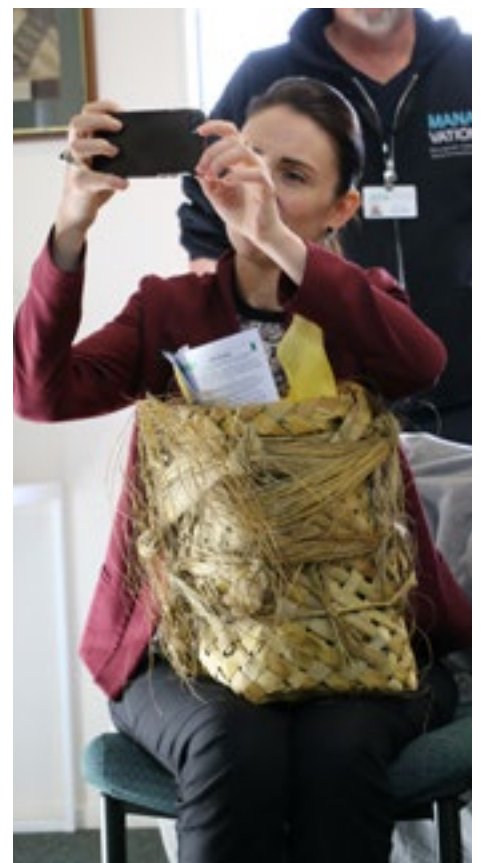
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‘Doc Martin’ features in Listener article on predicted GP shortages

Our very own “Doc Martin” featured in the Listener Anniversary edition in August this year in an article on predicted critical shortages of family doctors. Dr Martin Mikaere appeared in the article “Catering for Rural Communities” - highlighting the shortage of doctors in “rural” practices.

About 40% of doctors on the GP training scheme are international graduates who are more likely to practice in minor urban, rural and less-affluent areas where there could be a “cultural disconnect” between them and the communities they serve.

Doc Martin agrees. “There is a cultural divide - if you’re used to working with Māori people, you don’t get put off when they want to bring their whānau in with them, but some people might get intimidated by it. If you can’t develop a good rapport with the person sitting in front of you, you’re likely to get 30-40% less information and you don’t get the stuff they’re more embarrassed about because they don’t trust you enough to bring it up.”

Doc Martin intends to stay in the region longterm.



Cervical screening promotion gets off to good start

The Cervical Screening promotion has kicked off to a great start! It has been awesome to see all the women who have been in already.

Thanks go out to the HPHO who provided funding to purchase incentives of the free gifts and hamper draw for our wahine.

This created a bit of a buzz and allowed people to talk about the topic - a great way for whānau to also encourage their wahine to book in.

Thanks also to the administration team and clinicians for encouraging our wahine and explaining the importance of cervical screening.

Special mention this month to Nurse Practitioner Ashleigh Battaerd who convinced several women to have their smear during their consult, well done Ash!

The lucky Coromandel winner for the July hamper drawn by Katrina was Sandra, who was super excited to have won and agreed to having her photo up to help promote awareness as were Te Aroha winner Lisa and Shirley from Paeroa.

There is one more cervical screening clinic in Thames – on Wednesday, September 25 from 9am–12pm.

September is Cervical Screening Month so, let’s keep the momentum going and encourage our wahine to keep up to date with their smears.



Shirley from Paeroa



Sandra from Coromandel



Lisa from Te Aroha

Workshops on self-sustainability popular

The Whānau Ora Moehau team held a second Maara Kai workshop offering whānau the opportunity to participate in workshops to help them feed their pātaka matauranga and help them grow as individuals and as a whānau unit.

This workshop was aimed at teaching whānau how self-sustainability can be simple, cost-effective and fun.

Whānau received a recycled/recyclable plastic planter box to take home with a collection of winter vegetable seeds to choose from to plant. The workshop taught some simple, yet effective ways to plant, nurture and grow their kai.

Me ona tikanga Māori was woven throughout the workshop and also matauranga Māori of our own, with whānau learning the significance of Matariki and how it connects to Maara Kai at this time of the year, as well as karakia, pēpeha and whakawhānaungatanga.

We invited an outside service provider Louise Deane to help deliver our Maara Kai workshop, who did a brilliant job throughout the hapori creating and delivering

programmes for whānau about self-sustainability. We were humbled to have her on board to tautoko this workshop.

There were 13 whānau in our workshop who thoroughly enjoyed it.

- Whānau actively participated in karakia, pēpeha and a sharing porowhita on what knowledge we each held or did not hold or know about Matariki
- Whānau were shown different ways to line their boxes and how best to plant their seeds, using the lasagne method (layering, leaves, manure, soil, wet newspaper etc.)
- Whānau were shown different methods on how to nurture and grow their seeds to seedlings using everyday household items.
- Whānau and Kaiārahi shared kai rānui and whakawhānaungatanga
- Karakia whakamutunga



Jodi's soup kitchen warms kaiamahi puku



Jodi and EJ came up with a novel idea to raise funds for their recent trip to Canada - Jodi's Soup Kitchen - offering kaimahi yummy, warming soups, the perfect remedy to a cool, wet winter.

They were off to a roaring start with 25 orders for their first day, with the momentum continuing each week with a different soup to tempt the palates.



Whare Aroha
Te Korowai Hauora o Hauraki

OPPORTUNITY SHOP

Getting creative at Whare Aroha

You might not know that as well as selling lots of quality, reasonably priced secondhand goods at Te Korowai's Whare Aroha Opportunity Shop, we also provide a range of activities and services.

- Romi can help you with a CV and job interview skills.
- You can paint rocks with our Rock Group, on Wednesday mornings.
- If you are studying the Road Code and need literacy help, book in for time with Romi. Support with any Adult literacy requirements is also offered.
- If you have some time to be a volunteer and you can sew, we have two sewing machines that you can use to help us make bags, wheat bags or any other items to sell in the shop. New ideas for projects are welcome.
- Journal writing courses can also be arranged.
- All of these are offered for FREE.

Phone Romi on 0278083343 if you would like more information, or call into the shop for a chat.



Some of Bridget's amazing rocks.



OPEN HOURS
Monday - Friday:
9.30 - 3.30pm
Saturday:
CLOSED until Summer

3 YEARS OF WHARE AROHA

Whare Aroha first opened its doors in July 2016. When I was blessed with being chosen for the job of running the shop I was thrilled. The space, the old Dining Room of the Brian Boru building, was stacked with banana boxes full of donations and I had two weeks to set it up! We made it just in time for the opening and the blessing given by Matua Frank Thorne.

Over the past three years, many volunteers have come and helped. But Bridget and Jenny have remained loyal and true this whole time. Thank you both! And thanks too to everyone who has donated goods and to all of our devoted customers! It seemed auspicious that just on our three-year anniversary Jacinda came to visit! It was an exciting day for us. *Romi*



L-R Romi, Jacinda, Bridget, Jenny.



Barb with the illustrated gardening quote.

200 Richmond Street, Thames Phone 027 8083 343 Email: whare.aroha@korowai.co.nz
FACEBOOK: Te Korowai Hauora o Hauraki Whare Aroha Opportunity Shop

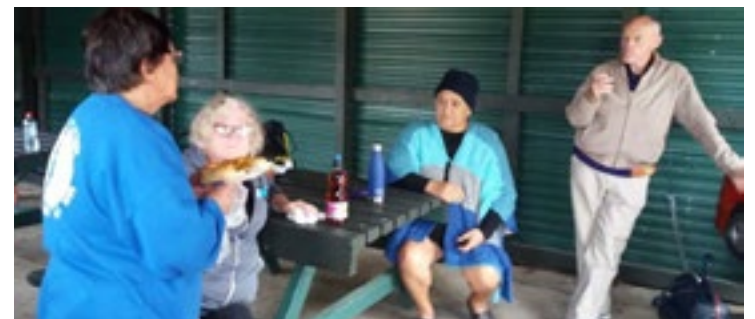
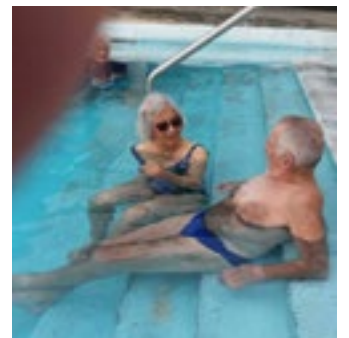
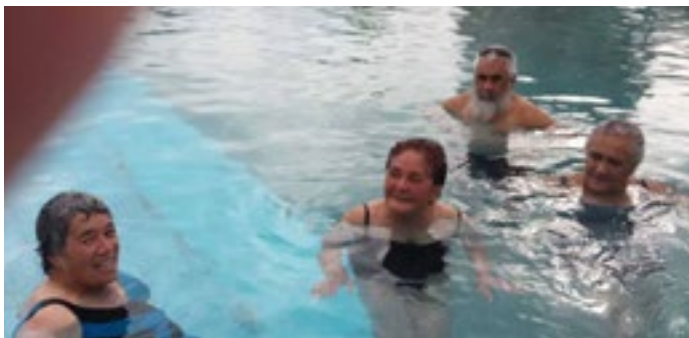
Lots of fun activities within Kaumātua community



Well done to our Te Aroha Kaumātua Rōpū for their first big event for Matariki Celebrations - Pamper Day. Moira Lagaluga your team rock!! A big thank you also to our Whānau Ora Community Health Team - Natasha Clifton, Clair Cannon, Bettina Hunter, Marian Mallon, and not to forget Trish Knight and Val Yeates for pampering our kuikui and koroua - then turning a hand in the kitchen. There were some new faces too, which was so good to see.



Moehau Kaumātua Rōpū enjoy trip to Miranda Hot Pools



Whangamatā
diabetes
workshop
with Marian



Matariki celebrations



Kaimahi had the real privilege of attending the Matariki celebration this year alongside the whānau from Te Whare Tāhuhu Kōrero o Hauraki' at Matai Whetu Marae. *Ngā mihi ki a koutou i tae mai*, thank you to all of those who found time to come and enjoy the experience.

Dr Rangi Matamua gave a presentation about Matariki and really helped dispel some of the myths around what Matariki is, what it means, and what it should mean for

us in the world. It was an excellent presentation and I think all who attended really enjoyed the creation story/ movie that preceded the full presentation. The artistry, the stories and the passion to reignite old kōrero and traditions was evident.

Here are five key things Dr Rangi Matamua hoped we would all take from this experience:

1. Matariki, otherwise known as Pleiades, is one of the most well known constellations throughout the world
2. Matariki does not happen on the same day every year, Māori follow the lunar calendar
3. Matariki does not translate as "Little eyes". This is an incorrect translation made by Elsdon Best shortly after colonisation.
4. Matariki is not just a Māori thing, all cultures celebrate this celestial group of stars.
5. Primarily, Matariki is a time for remembering our loved ones who have passed on, celebrating the present with feasting and waiata etc., and planning for the future.



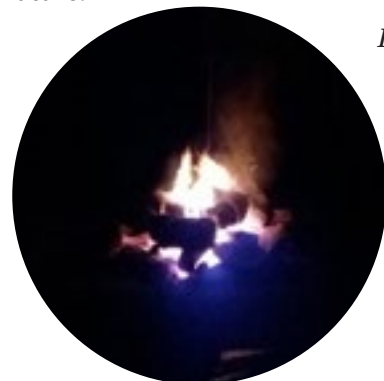
We were able to participate in the formal ceremony early in the morning at 4am. The ceremony involved the lighting of the fire, cooking and presenting of traditional kai to ngā Atua, and reciting ancient karakia.

There was also a time for remembering our loved ones who have passed on throughout the year. This involved being able to call out their names and this was done for our dear colleague Sharon Daly as we remembered her and other whānau members.

Following the ceremony we enjoyed a wonderful breakfast and returned to our homes or mahi at about 7am.

Needless to say, it was a very long day for us all, but a wonderful one at that as we face the world with new hopes and dreams for the future.

Riana Manuel



Home Assist - our changing team

Gayle Townley

Last month we said farewell to Gayle Townley who has accepted a role in Adult Mental Health at the Maanaki Centre based at Thames Hospital.

Gayle has provided clinical oversight for our Home Assist team and has enthusiastically led our Support Worker training programme in partnership with Careerforce. She has worked alongside our Support Workers to achieve the most fantastic results during her time in our team, highlighted by the graduation of 35 Support Workers last November. In the first six months of this year, another 11 Support Workers complete their training and gain NZQA qualifications.



Annette Dunn

We welcome to our team our new Clinical Coordinator Annette Dunn. Annette brings with her a wealth of knowledge and experience, particularly in the Aged Care sector, from her previous role as Clinical Charge Nurse in a residential facility.

Siobhan Wehipeihana

To assist us to meet an increasing demand for our services, Siobhan Wehipeihana moved from her part-time Service Coordinator role into a fulltime Administrator role in our team in August. Many of you will already know Siobhan from her presence on the reception desk in our Thames GP clinic.

New Support Workers

Since April 2019 we have welcomed 11 new Support Workers to the Home Assist team across the rohe including Hauraki Plains, Whangamatā, Tairua, Pauanui, Tokoroa, Waihi, Thames and Whitianga.

We are still looking for experienced Support Workers in Tokoroa and Coromandel. We are currently advertising to fill these vacancies. If you know of someone who may be interested in Support Work then we would love to hear from you, or they can contact us directly on 0508 24 66 32.

Sharon Daly

It was with great sadness that on Friday, May 31, we had to share the devastating news that Sharon Daly, dedicated Home Assist Service Coordinator for Coromandel, Whitianga, Tairua and Pauanui, passed away suddenly at her home in



Prime Minister Jacinda Ardern was warmly welcomed by the Home Assist team. Jacinda is seen here with Cherie, who coordinated care for Jacinda's grandparents.

Home Assist

Sharron Kane
POUKURA KĀINGA
Manager Home Assist

Ohu Kāinga Our Service

Whitianga.

The support has been amazing with beautiful messages of condolence and aroha, so very much appreciated by our team as we come to terms with the sudden loss of our very dear colleague and friend.

Our Support Workers have been fantastic, despite their sadness, and worked so well to cover the Service Coordinator role to

ensure all clients continued to receive the care required.

Māori NASC Visits

We are very fortunate to have representatives from the DSL Māori NASC (Needs Assessment and Service Coordination services) team work from our Thames offices from 10 am – 2 pm on the first Tuesday of every month.

Kaupapa: DSL Māori NASC will have a presence and be accessible in the community for Kaumatua/ Whānau and service providers including:

1. Review of care package allocation
2. New Assessments
3. Provide information about DSL Māori NASC services
4. Provide presentations to Kaumatua / Whanau / Interest groups on request

If you would like to take advantage of this service please contact Home Assist services on 0508 24 66 32

Good News Story (see P21)

Te Korowai Hauora o Hauraki Home Assist Service featured in a Waikato DHB Patient Experience story that is now displayed in facilities around the Waikato DHB region - *Patient experiences, what makes a difference?*

Home Assist provides home-based support services for the Townsend family of Te Aroha.

Mother, Trish Townsend, shared her family's story as part of Waikato DHB's Patient Experience series and mentioned the support received from Te Korowai.

We feel incredibly privileged to be able to support this amazing family.

Sharron Kane



Support workers help amazing Te Aroha family

Our amazing Home Assist team support the Townsend family of Te Aroha. Mother, Trish Townsend, shared her family's story as part of Waikato DHB's Patient Experience series and mentioned the support received from Te Korowai.

"Due to our health setbacks, DSL has been able to work closely with Te Korowai Hauora o Hauraki (Te Korowai) to bring in wonderful support workers for Kyle, Brett and Sharon. Barbara (manager for DSL) and Marie (service coordinator at Te Korowai) have worked together to find the right support for the family which we appreciate so much. The support workers are very good and get on well with all of us. It is lovely to hear that they think of us as a second family."

The story was also picked up by Stuff - the following article by Aaron Leaman is abridged. For the full version and more photos, go to: <https://www.stuff.co.nz/national/health/104267478/family-bonds-help-overcome-health-challenges>

The Townsends of Te Aroha could be anyone's family.

Portraits of Lloyd and Patricia Townsend's four children hang on the lounge wall, arranged in the time-honoured tradition of oldest to youngest: Kyle, Brett, Sharyn and Joanne.

The Townsend clan. The photos, taken years apart, show the siblings aged two years and three months. Each portrait reflects the same untroubled smile.

Some five decades on, and all but Joanne still live at home.

The family's lounge is affectionately known as "Sharyn's room", a space she's furnished with her own television and radio. She prefers different telly programmes to the rest of the family, they say.

Spread along the room's window ledge is a collection of brightly-coloured figurines: solar-powered toys positioned to catch the sun. Each day, as the morning light floods the room, the figurines begin to shake and sway, a poignant contrast to Sharyn's near motionless frame.

At age nine, Sharyn's feet began to twist, the first expressions of an inherited neurological disorder.

Over the decades, the condition slowly robbed her body of movement. Kyle, the oldest, was the first to show symptoms of the disease, then Brett. Joanne has been unaffected by the disease.

Today, Kyle, Brett and Sharyn, all aged in their 50s, are confined to electric wheelchairs. The disease

hasn't impacted the siblings' cognitive functioning, but has affected their speech. Brett and Sharyn now rely on a text-to-speech device to communicate.

Kyle and his siblings were the fifth generation born on the Townsend farm. Lloyd and Patricia hoped their children would one day take over the farm, but their disabilities made that impossible.

By the time the family moved to Te Aroha, Kyle, Brett and Sharyn were all in wheelchairs.

But the story of the Townsends isn't one framed by loss or limited by disability. Theirs is a tale of resilience, triumph, and of what can be achieved when a family refuses to bow to circumstance.

The Townsends shifted to their purpose-built house in Te Aroha 17 years ago as Patricia and Lloyd entered their retirement years.

The house, which sits on a 10-acre block, features extra wide doors and passageways to accommodate wheelchairs.

Despite their growing health challenges, keeping the family together has been Lloyd and Patricia's priority.

But it's also meant accepting help from others, namely Waikato DHB's Disability Support Link and Hauraki health provider Te Korowai Hauora o Hauraki.

Every weekday morning, two helpers arrive at the house about 7am to help shower and dress Brett and Sharyn. Lloyd and Patricia see to Kyle. In



Patricia Townsend says every day the family spend together is a blessing. From left, Kyle, Lloyd, Sharyn, Patricia and Brett.

the evening, two helpers return for a couple of hours to help get the siblings ready for bed. Helpers also come to the house on weekends.


Mornings are typically the busiest time of the day. But there's always time for a sit-down morning tea - a hangover from their days on the farm, Patricia reckons.

Helper Saskia Lee has been supporting the Townsends for almost a year.

In that time, she's never heard the family complain about anything.

"If I could, I'd like to keep coming here until I retire," she says.

"They're such an incredibly welcoming, positive family who just get on with life."



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Do you need support in your home?

then CONTACT us today for more information

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0508 24 66 32

Our Home Assist team specialises in home-based care and support and employs quality Support Workers who are caring, professional, reliable and empowering.

Together we aim to maintain your independence, dignity and quality of life.

Our service includes:

- Home Help
- Personal Care
- Medication Oversight

Our services are fully funded and available free of charge for eligible clients.

www.korowai.co.nz

Oranga o te Tangata 'out there and active'

Oranga o te Tangata Ohu

“Out there and active” has been the motto for the Oranga o te Tangata ohu over this last quarter. From Kaumātua training for Iron Māori to traditional Māori games being delivered all around the rohe in primary and high schools by Project Energize and iwi health promotion team.

The Whānau Ora team has held some great workshops such as parenting, Kai Ora, Hikoi a whānau and Maara Kai workshops. Our Kaumātua ropu have had cook-offs and fun trips to Driving Creek Railway.

Iwi Health Promotion – the team has developed three new programmes this quarter and these are currently being offered in Thames South School, Thames High School and Coromandal Area schools.

Wahine Toa - The Wahine Toa programme is being delivered to Year 7, 8 and 9s. This programme was designed to increase and build resilience within our young Wahine.

Ka Tu Ka Ora – stand tall and be well - the programme was designed to deliver an overall Hauora programme to rangatahi capturing and focusing on all four elements of Te Whare Tapa Whā.

PhūSion – the programme infuses more than one Hauora component that covers physical activity, positive relationships (consent) through media and the construction of a short film relating to consent.



Rongoā – we have a new Rongoa Practitioner who has started with us this quarter – Jo Shelford. Jo will be offering clinic sessions in Thames, Coromandel and Paeroa. Welcome Jo to the Te Korowai Hauora o



Debbie Petersen-Pilcher

POUKURA ORANGA

Manager Public and Community Health Services

Hauraki team. Val Yeates is still working alongside our Kaumātua Rōpu offering Mirimiri and Rongoā workshops. *(Story: P5)*

Health and Safety

Te Korowai Hauora o Hauraki managers and the health and safety team reps are taking steps to ensure that all our staff driving around Hauraki are safe on the roads. We are taking a three-pronged approach, monitoring our fleet using GPS, training new staff as they come on board in driving basics, and offering a driver licence refresher course for staff.

The first one of these courses was held in June with 15 staff attending and learning about roundabouts, road rule changes and other new and interesting driving facts.

Project Energize

The **Project Energize** team is really busy servicing all 40 primary schools in the Hauraki rohe. This term had a big focus on Matariki with a mix of traditional Māori games, leadership skills training and nutrition sessions.





Kaumātua Iron Māori

Fifteen plus Kaumātua from around the Hauraki rohe have been working with professional personal trainer Johnny Ainsley to get them ready to compete in the Kaumātua Iron Māori in Napier in November 2019.

As well as training our Kaumātua have been busy doing healthy kai cook-offs, learning about asthma, diabetes and other health info. They have also been on trips to Kaumātua Idol in Hamilton and some visited the Driving

Creek railway. Our DIAS team has been supporting those Kaumātua with impairments to manage their day-to-day activities independently by offering support, information and advocacy.

The team also ensure our Kaumātua are socially interacting and participating in the community, as well as ensuring our Kaumātua have the equipment and aids they need to enhance their daily living.

Whānau Ora team has been hard at work

The **Whānau Ora** team has been working hard this quarter supporting whānau to achieve over 87 outcomes.

They have run a variety of workshops for whānau such as – Kai Ora (Healthy cooking sessions), Whakapakari Whānau (Positive Parenting) and Hikoi a whānau (local community walking groups).

These workshops grow a sense of Whānaungatanga amongst our Whānau Ora whānau, which strengthens with every workshop the whānau attend. The Whānau Ora team also worked alongside Te Puni Kōkiri

on a housing project – where the team and builders assessed and supported whānau in need of housing repairs for health and safety reasons.

Kai Ora



Hikoi a whānau



Te Korowai Hauoroa 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.

GP & Nursing Services

High quality, Cornerstone accredited, accessible and affordable GP & Nursing services

- Immunisation
- Cervical Smears
- Hearing and Eye Tests
- Free Sexual Health Checks (under 25)
- Acute clinic (Thames only)
- Foot clinic – Coromandel
- Podiatry

Hinengaro Mental Health & Addiction Services

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



Te Korowai
Hauoroa o Hauraki

Mō tātou o Hauraki
Health and Wellbeing services for everyone in our community

Tamariki Ora/Well Child
To support parents to protect and improve their child's health so they can grow and develop to their full potential

Kiata - 027 808 3356 (Thames, Paeroa, Waikī, Ngāroa, Te Aroha)
Kauaiti - 027 868 3336 (Whānauā, Hikurangi, Pūaruai, Teirua, Kaitiaki, Matarangi)
Kaitiaki - 07 866 8084 (Coromandel)

FREE service for ALL children from birth to 5 years throughout Hauraki rohe

• 5 check-ups in your baby's first year
• We can come to you!
• Holistic wellness for our tamariki

www.korowai.co.nz

www.korowai.co.nz

Freephone: 0508 835 676 (0508 tekorowai)

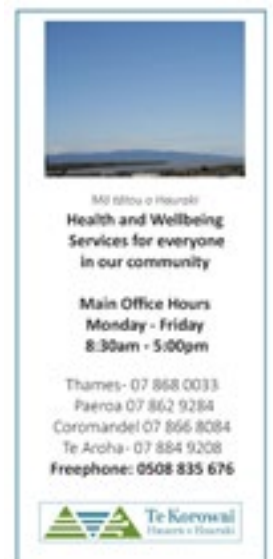
- **Disability Information & Advisory Services** - support clients with disabilities
- **Tamariki Ora/Well Child** - Provide milestone checks for children from 0 to 5; provide education and support for mothers and guardians about the care of their babies
- **Whānau Ora Navigators** – assist Whānau identify 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
- **Service Coordinator/ Takawenga** – support individuals and families who require assistance to navigate health and disability support services, with the aim of encouraging independence and enhancing their chances of health and wellness;
- **Pepi Pod** - a service for babies more vulnerable to accidental suffocation
- **Iwi Health Promotion** – empower Rangatahi and Whānau to be in control of their own Ora/Wellness (Holistic Health focus)
- **Project Energize** – work in schools, early childhood centres and Kohanga Reo promoting healthy eating and activity
- **Quit 4 Good Stop Smoking** - 6-week course - free Nicotine Replacement Therapy (patches, gum, lozenges) Rewards on completion of course.
- **Dietitian** - Patients under the care of Te Korowai Hauoroa 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

Home Assist Services

Providing Personal Care, Home Help and other Support Services to allow clients to remain living in their home. Home Assist specialises in home-based care and support and employs quality Support Workers who are caring, professional, reliable and empowering with the aim of maintaining independence, dignity and quality of life.

Home Assist service includes:

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



Mō tātou o Hauraki
Health and Wellbeing Services for everyone in our community

Main Office Hours
Monday - Friday
8:30am - 5:00pm

Thames - 07 868 0033
Paeroa 07 862 9284
Coromandel 07 866 8084
Te Aroha - 07 884 9208
Freephone: 0508 835 676

Te Korowai
Hauoroa o Hauraki