

Mātaiwhetū Kōrero



Ko te Awa Tupua te mātāpuna ora o Te Oranganui Waka He awa ora, he iwi ora

He mihi mahana ki a koutou, i tenei wa o te Hotoke.

So much can change in our community and the world between one newsletter and the next. Who would have thought that we would be facing a worldwide pandemic and that our whānau, iwi, and communities would have to consider how to keep ourselves safe in order to beat this ngangara. And, we responded brilliantly. Quietly, we just got on with responding to the needs of our whanau and working collaboratively to supporting our whānau and work together.

Te Oranganui were lucky to be a part of the Te Ranga Tupua Iwi Response and to work alongside the Iwi Chairs as well as all of the other Iwi organisations in our rohe. We also worked with the various agencies in the community to advocate on behalf of our whanau where need be. We established the HUB and an 0800 number to help wherever we could. Linking in with the other Iwi alongside of their responses, was vital during this period. Action speaks louder than words. We all just got on with it.

Several months later we have now moved into a recovery phase. The effects of COVID-19 are still with us and might be here for a while. Therefore, Te Oranganui are still running the 0800 number for the next three months, inclusive of a transition service to support any of our whanau. Ko koutou, ko matou, ko tatou e. We need to continue to keep an eye on each other, and help out where we can. I am extremely proud of ways in which Te Oranganui have been able to walk alongside the various iwi/community initiatives at this time. The strength of collaboration that has been established is something that the various Te Ranga Tupua organisations are interested in continuing.

As a Whanau Ora provider Te Oranganui also received Hygiene packs from the Whanau Ora Commissioning Agency during the lockdown period. Supplies came weekly and were distributed through the HUB. We were innovative in our approach to ensure that whanau, iwi organisations, marae, kohanga reo, and early childhood centres, other social services in the community had these if they needed them. So many of the barriers came down during this time, which enabled us all to work effectively together, and I hope that that was reflective in the contact and tautoko that you all received.

Te Oranganui learnt how resilient our community can be and how we can look after each other. Ka mau te wehi koutou.

This newsletter shows some of the initiatives that we have continued to work on over the last few months. Some people tell me that they didn't realise the full range of services and initiatives that Te Oranganui provide. The organisation continues to grow and just as importantly the collaborations with other iwi organisations is an important part of our development. Marae, hapū, iwi and communities have shown faith in our ability to support them over the years and it will be important for Te Oranganui to continue those strong relationships moving forward.

Kia Haumaru koutou. Be Safe!!!!



TE ORANGANUI RESPONSE TO COVID-19

2020 was to be a year full of exciting ideas around how Te Oranganui would continue to provide a wholistic whānau ora approach to whānau and community. Events were organised to bring whānau together, plans finalised which would see our kaumatua re-join us for their monthly get together and new kaimahi bought into the fold as part of the organisation's strategic operational improvements. And then came COVID-19 and everything came to a sudden halt in February when this virus entered our country and changed all of our lives.

In this Issue

Te Oranganui response to COVID-19

Te Oranganui Rebrand

Te Reo o te Rangatahi

Suicide Prevention

Awa Pūoro Ki Te Ao

Bowel Screening & Flu Imms

Te Waipuna Health - Change of Hours

By the time Aotearoa contracted the very first case of COVID-19 on 28th February the Mātaiwhetū and her team of Kaihautū were busy updating the organisations emergency response and business continuity plans. They also began to discuss the deployment of kaimahi to a potential Response Hub should there be a major outbreak; a function that is neither new or unfamiliar to so many of our kaimahi.

Te Oranganui Kaihautū worked tirelessly to ensure Te Oranganui business could continue and that kaimahi regardless of their position and personal circumstances would be taken care of. The Mātaiwhetū also began meeting and collaborating with the Iwi Leaders of Te Ranga Tupua to ensure we would work together to provide a collective response as Iwi Māori. This collaboration between Te Ranga Tupua and Te Oranganui saw the establishment

of the Te Ranga Tupua Response Hub (TRT Hub).

The TRT Hub started operating on Monday 23rd March and just two days later, Aotearoa moved into Alert Level 4 lockdown for four (4) weeks. The establishment of the TRT Hub saw a number of kaimahi who would usually work in Mental Health, Whānau Ora and Family Start coming together to work in the hub. The mahi varied between receiving calls from the 0800-response number and making check-up calls to our whānau and kaumatua to making and delivering care packages to whānau.

Some Te Oranganui services remained open during the Alert Level 4 lockdown. Te Waipuna Health continued to provide medical services to whānau and support to the CBAC which was based at Te Oranganui. The Waiora Hinengaro team had a skeleton crew onsite who continued to provide the essential services their tangata whaiora required and the Taihāhā team also continued to provide those essential services to whānau with disabilities. Most other kaimahi worked from home whilst juggling the care of their own whānau.

Te Oranganui also worked alongside the Whanganui Regional Health Network, the Whanganui DHB, Taranaki DHB and iwi providers to take healthcare services out to the people with pop-up clinics established in Marton, Waverley, Ratana and Matahiwi. These pop-up clinics offered a range of services including COVID-19 testing, immunisations and general health checks with each being extremely popular in the various communities they went to.

Te Oranganui has proven over many years and through a number of situations that we have an ability to collaborate with other organisations and services and this time was no different. Our team of kaimahi proved again how adaptable they are, working above and beyond the call of duty to provide for our many whānau in need.



The Te Ranga Tupua Response Hub located at Te Oranganui



The NZ Army delivering hygiene packs to Te Oranganui on behalf of the Whānau Ora Commissioning Agency

TE ORANGANUI REBRAND

Back in December 2019, we reported on the unveiling of the new Te Oranganui tohu; Moko Waiora at our 2019 Hui-a-Tau. Moko Waiora means ‘Enduring Legacy’ and honours the original Te Oranganui tohu whilst acknowledging the evolution of Te Oranganui which is evidenced by whānau transformation for the past 27 years. Moko Waiora professes that we are striving for more than Hauora, we are striving for Waiora.

In addition to the new tohu, Te Oranganui services and kaimahi position names have been changed as part of a piece of work that Rauru Broughton did which integrates the waka framework to Te Oranganui. This is where the name Mātaiwhetū comes from which means Navigator; someone who is able to look up to the stars and then navigate the waka in the right direction..

The new service names are as follows:

- Te Kei: Office of the CEO
- Te Taituarā: Business Unit
- Te Taihāhā: Disability Support
- Waiora Hinengaro: Mental Health, Addictions & Vocation
- Toiora Whānau: Whānau and Community
- Te Puawai Whānau: Whānau and Tamariki
- Waiora Whānau: Health and Wellbeing



Image: View of the Te Oranganui campus from the Wicksteed Street carpark

• Whakahaumanu Mana Tāne: Whanganui Prison Drug Treatment Programme
In addition to the new service names, kaimahi positions are titled as follows:

- Mātaiwhetū: CEO
- Taurima: Personal Assistant to the CEO
- Kaihautū: Manager
- Kaitātaki: Supervisors and Team Leaders
- Kaitūruki: Frontline/support worker and coordinators
- Kaipaneke: Administrators and Receptionists

The kaimahi and services aren't the only ones with new names based on the waka framework with the Board of Trustees now referred to as Tumu Herenga Waka.

In February 2020, Te Oranganui began rolling out the new tohu to the public. The release of the new Te Oranganui website was the first of a number of steps we have taken to introduce Moko Waiora to the world. At Te Oranganui, we are very proud of the mahi we do and the services we provide so have worked very hard to ensure the information we are putting out to the general public is as up to date and as accurate as possible. Our social media presence has also increased 40% which has been one of the main drivers behind getting our new brand seen more and more.

New signage was the next step for the organisation with signs planned for production at the end of April, however the arrival of COVID-19 put a temporary hold on this step. We have since worked hard alongside local sign writers and are pleased to report that the new Te Oranganui signage has been erected with a couple of new additions. The new signs give a bright and refreshing look for the organisation.

Kaimahi are also playing a pivotal role in the public display of the new tohu as they now proudly sport new Te Oranganui soft shell jackets making them easily identifiable out in the community.

Cervical Screening Month
August 2020

Are you due or **OVERDUE?** | Embarrassed or **SCARED?**

DON'T BE!!!
Your health is important to us!!

Give us a call, grab your girls & come on in... We'll take care of you!!!

Smear your Mea

A smear takes 5 minutes...
The impacts of cervical cancer lasts a lifetime!!

Whanganui Clinic: 06 349 0037
Waverley Clinic: 06 346 5193

TE ORANGANUI

AUGUST IS CERVICAL SCREENING MONTH



**To make your appointment,
call Te Waipuna Health on
06 349 0037**

TE REO O TE RANGATAHI

The voices of our future generations

Te Reo o te Rangatahi is an initiative that captures the voices and thoughts of rangatahi to feed into strategic decisions and national policies.

March was a busy month for Te Reo o Te Rangatahi with two workshops held with Rangatahi in both Whanganui and the Rangitikei.

The first workshop was held on Wednesday the 4th of March in Whanganui at Te Oranganui where rangatahi attended from Te Kura o Kokohuia, Whanganui City College, Whanganui High School, Pakohe alternative education, YMCA Central and the rangatahi innovation programme. They were also fortunate to have support from Whanganui Public Health, Stop smoking service, Te Oranganui – Mental health and addictions, kaimahi from Te Rūnanga o Ngā Wairiki Ngāti Apa, Pakohe alternative education, community leaders and Te Puni Kokiri.

Rangatahi from other kura or learning centres enjoyed engaging with one another as well as kaimahi who offered their time to help facilitate discussions with rangatahi. Whakawhanaungatanga was the most important thing for rangatahi and kaimahi. It provides a good opportunity to expand networks amongst kura, kaiako and other kaimahi creating positive relationships.

Rangatahi were asked questions about their health and well-being and gave good insight in to what they think health and well-being means to them.

The second workshop was held on 16th of March in Marton at Te Poho o Tuariki. This workshop targeted rangatahi that live in the Rangitikei rohe from Marton to Taihape. We saw rangatahi from Taihape Area School, Marton Junction School and Rangitikei College.

This was a great opportunity to engage with rangatahi who live in the Rangitikei district and for some it was the first time at Te Poho o Tuariki, previously known as Turakina Maori Girls College. Rangatahi, kaiako and kaimahi thought it was a great day, kaiako were appreciative of the fact that rangatahi fully participated and responded well to the kaimahi/facilitators.

Te Runanga o Nga Wairiki Ngati Apa provided support and allowed the team to host the workshop in their building, the kohanga reo that is yet to open catered for the hui and supplied a beautiful healthy kai for us throughout the day and again, kaimahi from public health, stop smoking service, community leaders, kaiako from the schools and kaimahi from Te Puni Kokiri supported the workshop.

Both workshops were enjoyed by all those involved with rangatahi, kaiako and kaimahi very appreciative and rangatahi looking forward to the day they can participate in another hui like this.





A WHOLE OF COMMUNITY APPROACH TO SUICIDE PREVENTION AND WELLBEING

How might we increase collective wellbeing to prevent suicide?

In the Whanganui rohe (region) suicide presents above New Zealand rates. The national average of provisional suicide deaths between July 2007 and June 2018 is 11.23. Whanganui's average for the 2017/2018 year is 19. Māori in Whanganui are hospitalised at higher rates than non-Māori following self-harm and those aged 15-19 have a higher rate than other age groups.

When the renewal of the regional strategic plan for suicide prevention came up in 2017, Whanganui District Health Board CEO, Russell Simpson proposed that the development of a whole of community systems strategy should be held by Healthy Families Whanganui, Ruapehu, Rangitīkei. Simpson acknowledged Healthy Families Whanganui, Rangitīkei, Ruapehu worked collaboratively across communities and sectors to deeply understand issues and then co-design solutions – this mindset was needed if the region is to shift the dial.

“Suicide is a complex problem that requires numerous concurrent approaches, along with effort and focus that is highly coordinated and sustained,” says Marguerite McGuckin - Project Manager, Suicide Prevention.

The Healthy Families team went about engaging across rural and urban communities, professionals and practitioners, from mental health workers to teachers, to whānau who have lost someone, to those who have had an attempt, to our young and old.

The emerging themes of over 5000 contributions reflected the importance of social inclusion, continuity of care, role-modelling, a service sector that's joined and easier to navigate as well as Māori world views, systems and approaches among other things.

A strategic framework was developed in partnership with the Change & Innovation Agency. A wellness spectrum and continuum of support was designed so communities and the health sector could design a future reality centred on community wellbeing.

“Part of our critical learning has been that someone reaching out for help can be a shameful experience



for many people. Assessments have been designed with a clinical lens, rather than a more holistic one. We can see that there's the opportunity to explore a common referral process and common narrative – where kindness and care underpin the engagement process,” says Rebecca Davis, Impact Strategist (CIA) and Manager for Healthy Families Whanganui, Rangitīkei, Ruapehu.

Suicidologist Barry Taylor says, “If suicide is the solution, then what is the problem, and are there alternative solutions?” For some communities, those solutions need to explore indigenous systems and models of care, specifically for Māori communities. Sitting alongside the Collective Wellbeing initiative Healthy Families Whanganui, Rangitīkei, Ruapehu and other Māori champions are exploring how traditional practices in contemporary contexts can be used to improve individual wellbeing.

The lessons to date are showing us more and more Māori are interested in exploring alternative and traditional practices that create a deep sense of connection to a source of wellbeing internally and externally. Examples of what we heard from the community are, “We need a functioning village to raise our whānau” and, “I don’t need a white clinical room or prescription. I need Tāwhiri on my face and Tangaroa on my feet.”

There is great interest and commitment to this type of approach in the region. Different groups are coming together to contribute to the implementation of the framework. “There is such a willingness from people we approach to trial a different way of doing things, and to understand that this plan needs to be iterative – we need to be constantly learning and reflecting as a collective about what is making a difference and what is compounding hopelessness,” says Davis.



AWA PŪORO KI TE AO

A collective of local taonga pūoro practitioners (traditional Māori musical instruments) and Māori health professionals are exploring music as therapy and creativity as a means of bringing community together and promoting well-being through connections to traditional musical art forms.

A Facebook community was established to help people struggling with day to day life during the COVID-19 rāhui (isolation). Called Awa Pūoro Ki Te Ao, the group not only aims to raise awareness of the maramataka (traditional Māori lunar calendar) and taonga pūoro but also contains projects and activities you can do at home to combat tension, anxiety, depression and boredom.

The page has engaged more than 14,000 people, 6,000 of which on a Māori men's mental wellbeing focussed post. The approach for the Facebook community has been adapted from a previous wellness wānanga run by the group at Te Ao Hou Marae into an accessible platform combining activities based on hauora hinengaro (mental health) and mātauranga Māori.

To date, the Awa Pūoro Ki Te Ao online community say they have experienced:

- Reduction in anxiety and mental distress
- Reduction of negative impacts of mental distress
- Improved access to content centred around wellness
- An informal social network surrounding them

“In social innovation, we know that it's often the informal networks that create the feeling of being supported and a protective factor for well-being is connection, especially quality relationships,” says Rebecca Davis.

We are currently working with our collaborative partners to increase reach and demonstrate evidence of these practices alongside Awa Pūoro and continue to gather evidence in an effort to increase the well-being of Māori and non-Māori through taonga pūoro.



THE IMPORTANCE OF BOWEL CANCER SCREENING



Image credit: Whanganui District Health Board

The National Bowel Screening Programme (NBSP) has been gradually rolling out across the country since January 2018 and has been a prominent topic of discussion for health professionals and promotions teams in our region since late-2018.

Early last year, the Whanganui DHB assembled the Bowel Screening Equity Working Group; a group of health promotion professionals who drive the bowel screening kaupapa throughout the Whanganui, Rangitīkei, Ruapehu and South Taranaki regions with representation from various health organisations. For Te Oranganui, that representative is Nan Pirikahu-Smith (Ngā Rauru Kītahi, Ngā Wairiki, Whanganui).

Nan is a member of the Toiora Whānau team and works mainly in the Ngā Rauru region providing advocacy and support to whānau in need. Nan has worked in the hauora sector for well over 10 years and has a passion for driving

māori to understand the importance of their own health and wellbeing. This passion is what makes Nan the ideal candidate to be working in a group such as this.

The working group meet regularly and communicate often to ensure that all regions are being reached, that whānau are receiving their bowel screening packs and they also follow-up with whānau who need a little more information about the importance of bowel screening. “So many of our whānau are whakamā about taking the test and some don’t even understand the importance of bowel screening so its my job to make sure they understand, and I take that very seriously” says Nan Pirikahu-Smith.

In 2019, the group discovered there were gaps in South Taranaki and had been trying to find ways to cover those gaps when a chance meeting with the Ministry of Health’s bowel screening programme director occurred. The Whanganui District Health Board and Te Oranganui continue to work with the Ministry of Health to ensure that all people who are a part of our service are able to be a part of this pilot.

Bowel cancer, like many other types of cancer does not discriminate. Earlier this year, Whanganui’s cancer advocate Esther Tinirau (Ngāti Ruaka) went public with her bowel cancer battle in an attempt to encourage whānau to get screened. Esther described her journey thus far talking about the different medical procedures she’s endured and the strength she draws from Te Awa Tupua, her whānau and her own inner spirituality and mental resilience. Fortunately for Esther, she has incredible support to help her through this journey.

Alongside fighting her own battle, Esther is also one of many New Zealanders supporting Bowel Cancer New Zealand’s call to the government to screen Māori for the disease from age 50.

Around 12 per cent of New Zealanders aged 50-59 are diagnosed with bowel cancer every year so Bowel Cancer NZ is calling for screening by 2025 for all New Zealanders in their 50s and immediately for Māori in this age group.

Around 22 per cent of Māori diagnosed with bowel cancer are in their 50s compared to 12 percent for New Zealanders overall

You can read more about Esther's journey here:

https://www.nzherald.co.nz/wanganui-chronicle/news/article.cfm?c_id=1503426&objectid=12311441



Image credit: Whanganui Chronicle

FLU IMMUNISATION SUCCESS

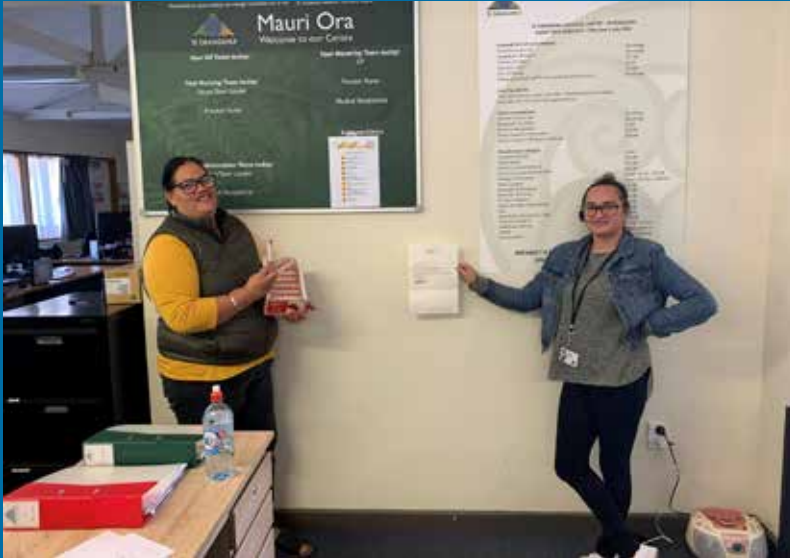
Te Oranganui have successfully provided flu immunisations to 73% of our registered whānau this year with just under 40% of those immunised being our Māori population.

The arrival for COVID-19 potentially helped to drive this year's immunisation success, but we know for sure that the additional services provided to our rural whānau through pop-up clinics saw a sky rocketing increase in kaumatua and whānau with chronic conditions opting to have their flu immunisation this year.

The results we have seen coupled with the approach Te Oranganui chose to take this year has identified that our whānau are positively impacted when the service is offered away from the clinical confines of a medical environment and brought to their neighbourhood or region where whānau are given the opportunity to approach, ask and receive responses in a place that is most comfortable for them. Moving forward, Te Waipuna Health are going to be looking at holding further pop-up clinics in other parts of the rohe, at events and in spaces where our whānau can be reached. Our priority is always the health and well being of our whānau therefore if being able to take the service to the people will help to strengthen their hauora, we are more than prepared to make it happen.

For dates and locations of future pop-up clinics, keep an eye on our Te Oranganui website and social media accounts.

TE WAIPUNA HEALTH RECOGNISED DURING LOCKDOWN



Pictured are Te Waipuna Health receptionists Te Aroha Kora and Ngawai Whanarere showing off their chocolates and letter

Our team at Te Waipuna Health were acknowledged by a member of the public during alert level 4 lockdown. On the 7 May, the team received a letter from 'Whittakers Chocolate Lovers' informing them that Maxine Hughes of Whanganui had nominated the team as 'Lockdown Legends' for their contribution towards keeping our community safe.

In addition to the many others who were working hard during the lockdown, our Te Waipuna Health team remained on site throughout alert level 4 providing vital services to our whānau and community each day. From flu vaccines and assisting the CBAC team to providing online and virtual GP and nurse consultations. "Ensuring our whānau knew that they could still get their medication, flu vaccines and have medical consultations was important for our team. We are very thankful for the acknowledgement" says Te Waipuna Health Kaihautū, Jamie Procter.

TE WAIPUNA HEALTH



As of 01 July, Te Waipuna Health will be changing the opening hours to 8.30am on Monday, Wednesday, Thursday & Friday.

The clinic will still open at 10am on Tuesdays.