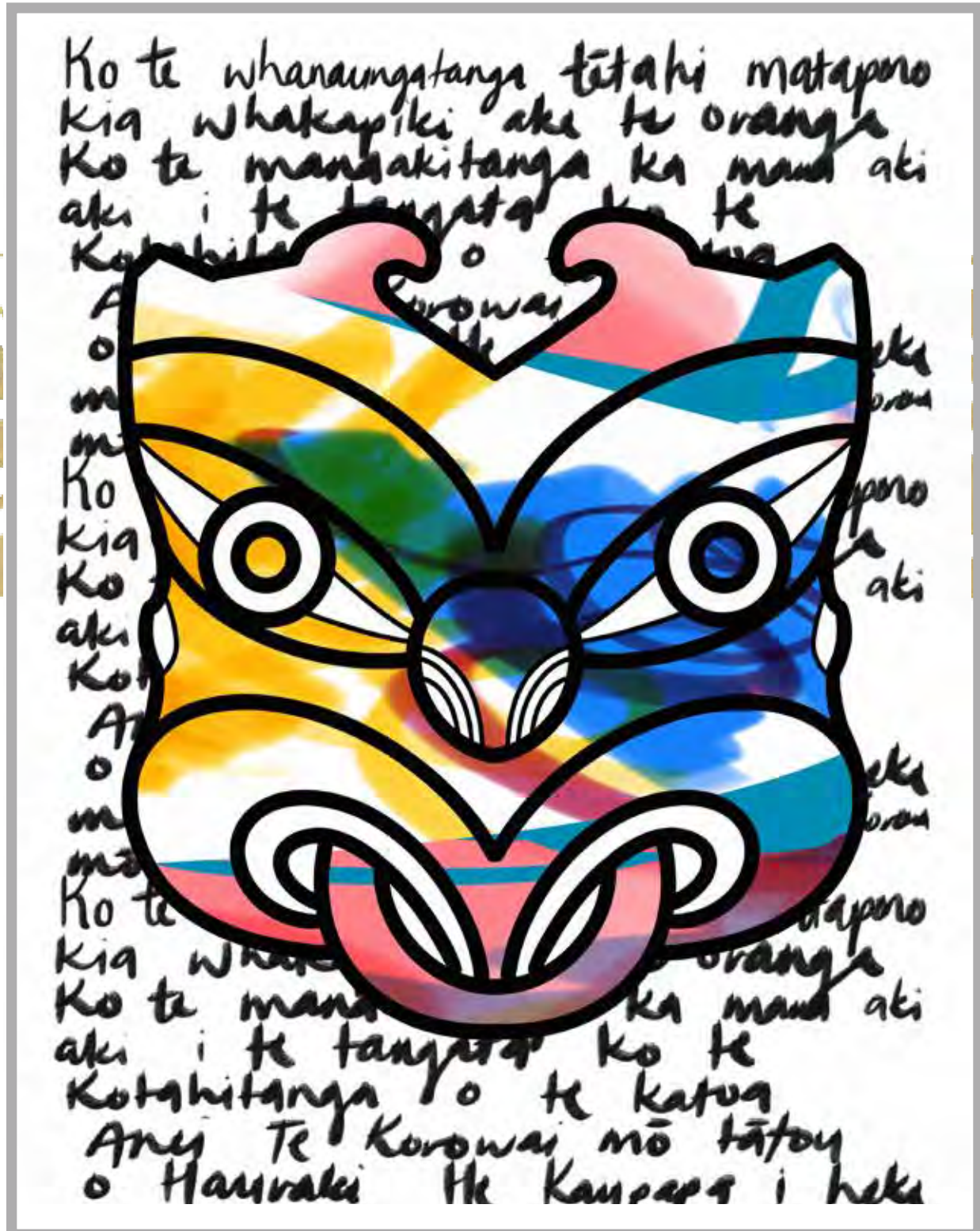


TUIA



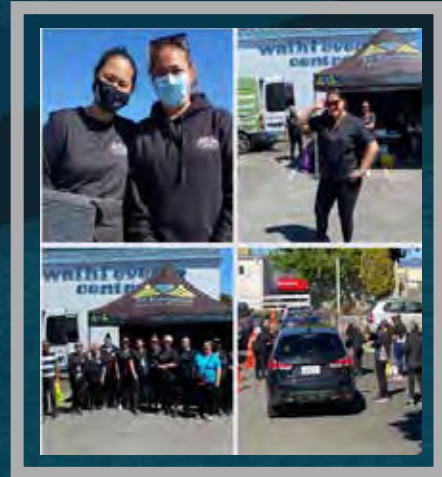
MATARIKI | 2022



“TUIA TE RANGI
TUIA TE WHENUA
TUIA TE MOANA”

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I2 *MIHI MAI: Get to know our kaimahi*

Mānawatia a Matariki - Celebrate the rising of Matariki!

This issue of Tuia is a collection of contributions from across our organisation, showcasing a variety of whakaaro from our kaimahi (staff). As the saying goes ; *Mā tō rourou, mā tōku rourou ka ora ai te iwi* - with your contribution and my contribution our people will thrive, so a huge thank you to all kaimahi who were able to give to this kaupapa.

Tuia ki te whaiao, ki te ao mārama!

E T E T Ī, E T E T Ā

Mānawatia a Matariki - Celebrate the Māori new year, celebrate the rising of Matariki, celebrate another edition to the Tuia whānau. Like Matariki, this issue of Tuia represents many things but overall it gives an insight into a handful of kaupapa from the year that was.

Matariki is a time to reflect on the past and set new goals for the future, it is also a time to acknowledge those who have passed on and have the opportunity to send loved ones to adorn the eternal night sky. Among those *kāhui whetū* (star clusters) is the beloved Liane Ngamane. Liane dedicated over six years as a Trustee of Te Korowai Hauora o Hauraki, six years full of *mahi* and timeless *hononga* (connections) - *e te whāea moe rikoriko mai rā ki te tauawhi o tō kāhui tupuna*.

"Tuia te rangi, tuia te moana, tuia te whenua" With the rising of Matariki up above, we now set our gaze towards the crimson sky that shines upon *Te Paerangi* (Horizon) and as you sail through Tuia, you will be met by the strong currents of Hinemoana whose strands of *rimurimu* (seaweed) are embellished with the hopes and aspirations of our ancestors. The ebbing and flowing tides that connect land with sea and past to present - *He tai timu, he tai pari* and the incoming tide of rangatahi voices barrelling through the waves - *He ao, he ao, he ao rangatahi te ao e noho nei tātou* - the world that we know today is one that is heavily influenced by rangatahi, guided by *whakapapa*, culture, indigeneity and etched within our connection to the whenua (land).

Finally as we hitch our waka to the mooring post Tai wawata, we acknowledge those *iho pūmanawa* who have helped our waka (canoe) sail this far. *Tai Timu, Tai Pari* features the ebbing tide that links into Te Aka Whai Ora and celebrates the incoming tide that has now returned home to Tikapa Moana. Earlier this year Riana Manuel was annouced as interim CE for the Māori Health Authority (Te Aka Whai Ora) and Taima Campbell stepped in as Interim Manukura Hauora for Te Korowai Hauora o Hauraki until we found the right person for the role. Fast forward to Haratua (May) and the offical appointment of Tammy Dehar as Manukura Hauora was in play. During her pōwhiri, Frank Thorne (TCDC) made reference to these three Hauraki wahine when he said *"He tau pai, he tau wahine te tau."* Once translated this saying loses its essence but in short he acknowledges Riana, Taima and Tammy for their continuous mahi in the Hauora space and their many accomplishments.

So on that note, if we were to consider a saying that best describes these wahine it would be through the words of Kui Te Puea Hērangi :

"Mehemea ka moemoeā ahau, ko ahau anake.

Mehemea ka moemoeā tātou. Ka taea e tātou."

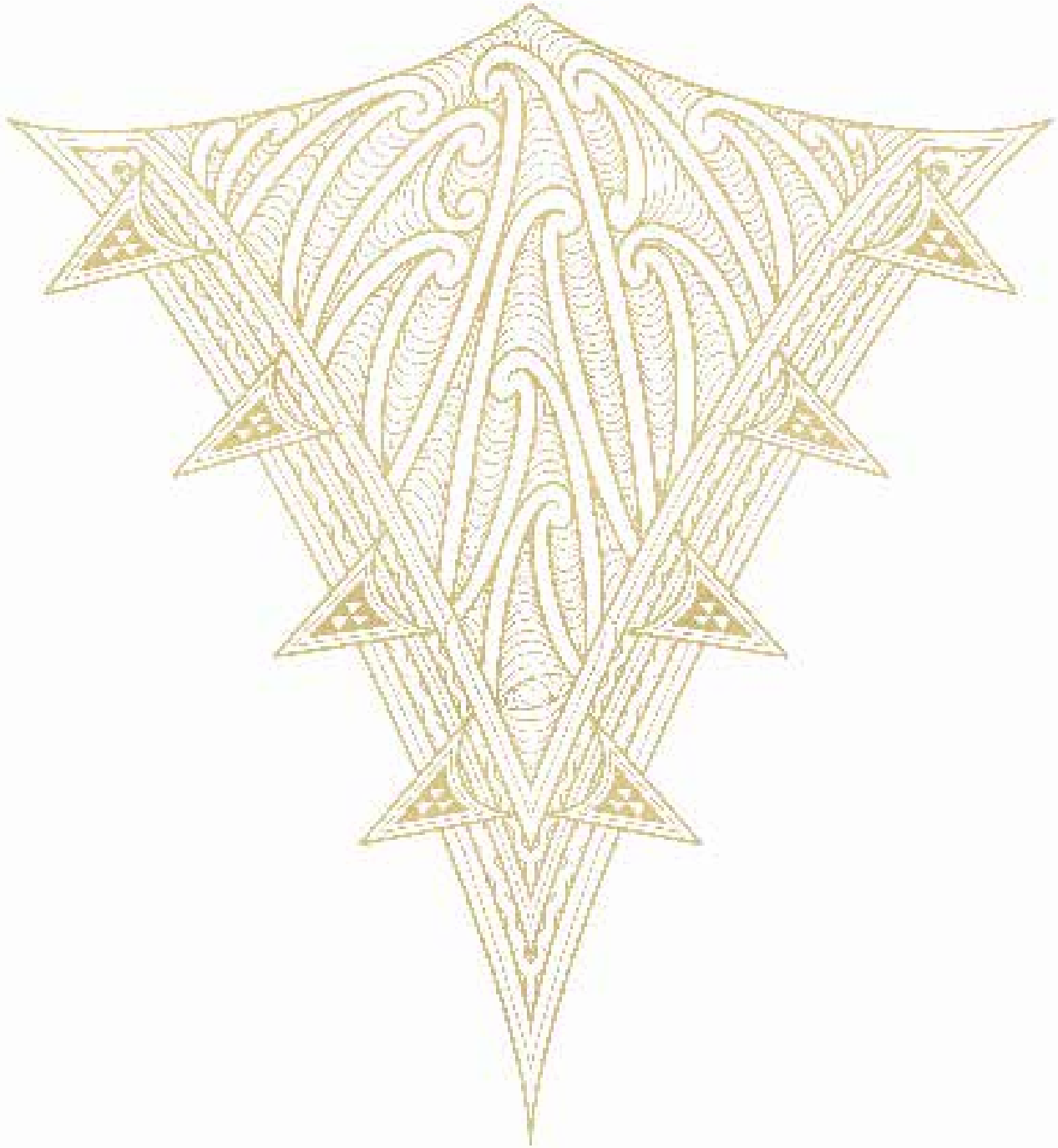
If I dream, I dream alone. If we dream as a collective, we can achieve our dream.



ETETĪ ETETĀ

Kalany Shelford
Te Etita

NGĀ WAI TĀPARA



Comissioned design by local artist Keanu Manuel - Ngāti Pūkenga, Ngāti Maru, Ngāti Porou of Tutamure Arts. colours may vary for finalised logo.

A RANGATAHI

“BY RANGATAHI, FOR RANGATAHI”

- Mahinarangi Skipper, Staz Kingi-Timothy,

Zani Smith, Kesian Paymani

The formation of Ngā Wai Tāpara a Rangatahi was in response to the voice of rangatahi across Hauraki. The name Ngā Wai Tāpara a Rangatahi means the flowing waters of aspiration for rangatahi. As we travelled the motu connecting with rangatahi it was clear that the aspirations of rangatahi were huge and the capacity of our rangatahi is an untapped reservoir of talent and positive influence. We held wananga with rangatahi over a period close to a year to understand what the needs are and ensure the mahi and pathway for rangatahi kaupapa is led and driven by the rangatahi not exclusively by funder's requirements. We then brainstormed some ideas and ways forward and piloted these kaupapa as part of a feasibility study. Based on rangatahi voice and the feasibility of the kaupapa we decided to launch Ngā Wai Tāpara a Rangatahi.

Rangatahi Ora Sports Day: Rangatahi Ora Sports Day was a collaborative project created to bring whānau and health services together, providing them with sports, kai and credible vaccination information to help them make an informed decision. The day was held at the Jack Mclean Gym in Thames. We had a variety of activities including, b-ball, acrobatics instructor, tik tok comp and Ki o Rahi. There were prizes that were given throughout the day for rangatahi who showed good sportsmanship, active participation, or completed activities and tasks that were given by the MC. Te Korowai vaccination team were on site,

providing whānau with vaccinations and information about covid and the vaccination process.

After School Program: Wai Tapara are running a kaupapa for rangatahi to attend after they finish kura. This program runs from 4 pm until 7 pm every Tuesday afternoon. Rangatahi engage in a variety of activities such as nga taonga takaro, sexual workshops, rāranga, kai gathering and bonding exercises.

Tuakana Thursdays: Every Thursday afternoon Wai Tāpara have been having wānanga with rangatahi who are keen to be tuakana and help give back to other rangatahi in their community. Our tuakana whānau is made up of rangatahi from Kerepēhi, Thames, and Te Puru. Wai Tapara and the tuakana are now rolling out Noho Marae every school holidays for rangatahi 13 years and up. The tuakana crew often support and facilitate a variety of kaupapa we have. These range from Toi Ora, Whānau Ora, drivers licensing, to our big Rangatahi Ora Days. Our tuakana kaupapa ensures a 'by rangatahi for rangatahi' approach to everything we do.



PROFESSIONAL TRAINING AND DEVELOPMENT

- Ella Pyman

Continuing education in the workplace enables discovery of new knowledge, strategies and possibilities which can enhance kaimahi's service to the community.

Te Korowai Hauora o Hauraki now has a new role, Rauwānanga, which focuses on the training and development of our kaimahi. The purpose is to develop kaimahi's own abilities and enhance their service to the community. This role speaks to our kaupapa, to continually strive for excellence in the way we provide our services to our people and the way we involve our people.

The catalyst for striving for excellence is maintained with the availability of development and training.

This role has currently been able to offer regular first aid training, Kaiāwhina cadetships, de-escalation training and online and in-person driver safety courses. Other training that is happening in the organisation is Mahi a Atua for mataora and Health and Wellbeing certificates being completed by support workers.

This is just the start.



A new advancement at Te Korowai is an online learning site for our kaimahi which is soon to be offered. This online learning platform is currently being developed with course content which will help support the onboarding, training, and upskilling of employees at Te Korowai. We hope this will strengthen the accessibility of training and be a regular place where employees can access learning resources.

“Regard man as a mind rich in gems of inestimable value. Education can alone cause it to reveal its treasures and enable mankind to benefit therefrom.” Through the forms of engaging workplace development we are committed to the mining of gems so these treasures of every individual and team at Te Korowai Hauora o Hauraki can be shared to benefit our community.

FROM PARE HAURAKI TO THE LECTURE THEATRES OF TĀMAKI MAKĀURAU

- Tayla Thompson and Rangihōia Hollis

When I left school, I wasn't sure about my career path or what I wanted to do with my life. After working full time for two years and having my own interactions with the health care system, I decided to follow in the footsteps of my mum and pursue a career in Nursing. Initially when I applied for the Bachelor of Nursing programme, I was met with resistance and there was real concern that I would not be successful in completing a nursing degree.

I was offered alternative pathways but chose to back myself and work hard. One trait I have inherited from my whānau is a stubborn streak and this value was truly alive and well, particularly at the ripe age of 20. Hearing others doubt my capability only made me more determined to prove them wrong. I completed my degree after three years and for the last five years I have been working as a rural primary health care nurse. Since completing nursing, I have gone on to do further study in the field but have always wanted to pursue a career in medicine.

This year I came to a point where I had to decide whether I was going to continue to study toward becoming a Nurse Practitioner or to go and study medicine. I realised that there would be nothing worse than to look back in years to come with regret. I have applied to Med School and plan specifically to be a General Practitioner and return to Hauraki to provide primary care services for my people. I plan to return to help my people continue to build and operate a system that puts an equity lens over how we provide care.

I want to ensure that we can build and maintain a system that provides better, sooner and nearer services to my people who are scattered across a geographically diverse region. I want to ensure that Doctors are able to care for our community in partnership, using models of care that will grow the wellbeing of the people here in Hauraki. Finally, I want to ensure that as a Doctor I am able to work in a team that reaches beyond the borders of health and make sure that we can affect housing, education, economy, and whakapapa; I want to invest in legacy work to ensure our mokopuna thrive.

While we know that health inequities, inequalities and disparities exist, and that Māori often experience the direct effects of this in terms of health outcomes, working at the coalface at Te Korowai Hauora o Hauraki has given us a whole new appreciation of how resilient our people are. What we admire most about whānau that we have had the privilege of working alongside, is their self-determination and their desire to be the drivers of their own wellbeing. We have learnt many life lessons during our time at Te Korowai, the most profound being Kotahitanga, Manaakitanga and Whanaungatanga, which are the core values to which we both align ourselves. The past two years have taught us that we are able and willing to work hard and push past our limits. These principles have been cultivated by the people that we work with and their commitment to this kaupapa. We want to thank our whānau here at Te Korowai for these teachings that we will take with us on our new endeavour of Medicine. *“E hara taku toa i te toa takitini, engari he toa takitini”.*

Like the kīwaha '*Ko te manu e kai te miro, nōna te ngahere. Ko te manu e kai i te mātauranga nōna te ao*' - Continue to expand your knowledge and more doors will open. Do not be discouraged if advised to take another path, the destination is all the same. We encourage rangatahi and those wanting to pursue a career medicine to absolutely go for it. We need more Māori doctors. Grades are one part; however, a spade is a spade and if your heart is in the right place there will always be success.



MIHI MAI : CIARA + RACHAEL DUNCAN



Ngā Mihi nui ki a koutou katoa i tenei wa o te tau

Ko Maungatautari te maunga
Ko Waikato te awa
Ko Tainui me Aotea ngā waka
Ko Ngati Koroki Kahukura me Ngati Tūwharetoa ngā iwi
Ko Ngati Raukawa me Ngai Rangi ngā hapu.
Ko Pohara te Marae
No Putāruru te tupuna
Kei Turua māua e noho ana inaianei
Ko Rachael rāua ko Ciara a māua ingoa

“E kore au e ngaro, he kakano ahau i ruia mai i Rangiatea”
“I can never be lost, I am a seed born of Rangiatea”

Both Ciara and I worked in the Ohu Oranga o te Tangata team, I was the Administrator and the Health & Safety Administrator for the organisation. Ciara is the Administration Support for our Whānau Ora team. I have recently moved over to Hauraki PHO as Executive Assistant to Hauraki PHO's CE Taima Campbell who is also acting Poukura Hinengaro for Te Korowai Hauora o Hauraki at present. I had been with Te Korowai for nearly eight years and Ciara started in February 2021.



In August 2021 we were notified Coromandel Township was a place of interest and we were going into lockdown I went to my manager and asked what Ciara and I could do to help and that was the start of our experience working on the front line. We were seconded to help our Covid team at the drive-through testing station in Coromandel for two weeks. We both loved the experience being out in the community and we wanted to do more of it, so we put our hand up every time they needed help. We had another chance to be part of the swabbing team when we set up testing stations in Kaiaua and Mangatangi when they became a place of interest. It didn't matter that we were working weekends because we were out supporting our communities and whānau. We were able to do our part to keep our communities safe because we are both fully vaccinated. The reason why we decided to be vaccinated is to protect our whānau, our kaumātua, our culture, our future generations, and we are doing our bit to keep Aotearoa safe.

- Rachael + Ciara

COVID-19 - CARE IN THE COMMUNITY

-Harata Taukiri

It was one of those years where on reflection it would be easy to look back and say “How on earth did we get through that?”

We have had the best of times and the most challenging of times as we stuck to our commitment of vaccinating 90% of our Māori population.

A few fun facts, not only did we manage to get our Māori vaccination rates to 85% (currently and hopefully at 90% by the time this goes to print), but our mobile team was the highest vaccinating team of the district and the fourth highest in Aotearoa.

Part of this has been because of the introduction of our Kaimanaaki team who are now fully qualified and able to perform Covid-19 tests and vaccinations under the supervision of a Registered Nurse.

This team have also managed our weekend vaccination and testing programs ensuring our community members had better access to services during times where there is very little.

Mauri tū, Mauri ora .





In addition to the support we provide around Covid Vaccinations, once whānau have been identified as a positive case we, in partnership with the Hauraki Māori Trust Board, Whānau Ora and others, have been able to provide kai, resources, clinical products, pharmaceuticals and other needs all delivered to kāinga and whānau throughout Pare Hauraki and then daily calls will be made to the whānau to ensure sure that they are progressing well.

We endeavour to provide resources and information for our community about how this type of self isolation works and what will be needed in terms of preparation.

All clinical care is provided by a GP but the wellbeing support is provided by our Whānau Ora team in collaboration with Hauraki Māori Trust Board who deal with kai and additional social supports.





HAURAKI ORA

- Claire, Bettina, Sue, Josie, and Vicki

The arrival of the Hauraki Ora contract was a bit of “Oooh this is exciting” and also a bit of “Ok how will this work in with the stuff we are already doing?” The concept of doing more community-based stuff was definitely exciting and we looked forward to meeting new people. We used a staggered approach and we headed off to Kaiaua and Harataunga in July 2021. Both Marae were very welcoming and keen to have all the services we could offer, and more. Key things for them were remote access to specialists and GP services.

And then Covid-19 arrived again and we were into our second Level 4 nationwide lockdown. This put a dampener on things but once we were out the other side the focus turned to testing and vaccinations. We were a bit put out as Covid had ruined all our big plans but eventually we got over it and side-stepped into offering diabetes screening alongside the vaccination clinics.

We have run pop-up diabetic screening events at Kerepēhi Marae, Wharekawa Marae Kaiaua, and Waihi Community Centre. Over these events, we screened 237 people. Of those, we identified 20 with high BGL's who were advised to see a GP within 2 weeks. For the first two events, the high blood sugars were followed up with a COBAS point of care HbA1c test. One person had an HbA1c of 124mmol/L and we advised he go to ED immediately.

The opportunity has been fun to say the least.





The Piki te Ora team's aim is to support our whānau living with chronic conditions like diabetes, heart disease, asthma, respiratory issues and cancer.

We are a team of five (Sue Registered Nurse, Josie Enrolled Nurse, Bettina Community Health Worker, Claire Dietitian and Vicki Admin Support) with fabulous support from our awesome GP, Doctor Martin, star Pharmacist, Keryn. We have also welcomed Georgia to our team while Claire has been away and worked alongside Kalany (Project Manager) for Hauraki Ora.

The core of our mahi is working with whānau in their homes to support them to manage better. We cover the Hauraki area and take anyone who is enrolled with Te Korowai Hauora o Hauraki. We generally work with someone between two months and one year but sometimes it's longer than that.

Bettina supports people to move their tinana; she takes a group to the Te Aroha pools every Monday, Thames pools on Thursday, and exercise class in Thames on Thursday.

We have also worked closely with Kalany (Hauraki Ora project manager) on providing health services at our local Marae. We have been out to Kaiaua, Harataunga, Kerepēhi, Waihi and Manaia.

Mate Huka is our other big project - this aims to improve diabetes services in Hauraki. The early stages of this involve consultation on what whānau want, followed by designing and implementing a new diabetes prevention service.

We are also available for health screening at community events; recently we attended the Health Day in Paeroa and did a morning out at VETEL.

Feel free to contact us at any time if you'd like more information about how our service can help.



PITO HAUORA

*Uakina atu rā taku waka i te one ki Te Whitianga-nui-a-Kupe,
ka tere atu rā ki ngā au o Tikapa moana – Marutūāhu tāngata, Marutūāhu
kowhao rau.*

Ka ū taku waka ki Kāwhia Moana, Kāwhia tangata e.

Toia mai rā te kete rukuruku a Whakaotirangi.

*Ko Mōkau ki runga, ko Tāmaki ki raro, Ko Mangatoatoa ki waenganui. E ngā
mana e ngā reo, anei rā ko Pito Hauora!*

A new health service, Pito Hauora launched for everyone in the Hauraki rohe.

This new preventative and health screening hub has been introduced by Te Korowai Hauora o Hauraki and the Waikato District Health Board to help create greater access to hauora services closer to home for whānau in the Thames – Coromandel - Hauraki rohe.

Pito Hauora launched on Monday 20 June 2022 with karakia and whakatau led by Dr Korohere Ngapo. The development of this service reflects the wawata (aspirations) of the Hauraki Locality.

Pito Hauora is a health and wellbeing hub for everyone in the rohe and the aim is to reduce barriers by providing access to health screening and other intervention services closer to home. As an Iwi Māori Health Provider within Pare Hauraki and the largest provider of holistic whānau-centred services within the rohe, Te Korowai Hauora o Hauraki deliver hauora services in a way that is uniquely Māori yet inclusive of all peoples who choose to engage with their services- including the newly launched Pito Hauora hub.

The name Pito Hauora was gifted to the service by Dr Korohere Ngapo and symbolises the potential of growth and in this context, refers to the promise of a healthier pathway.

Chief Executive Māori Health Authority, Riana Manuel was there to celebrate the launch as she recognised this health gap and was instrumental in bringing the services together.

“This is a great milestone for Māori health as this is the first mammography service in New Zealand to be incorporated into a Māori health provider and it is also the first combination of a dental health facility and a mammography service in a Māori health provider.” said Manuel.

Chief Executive of Te Puna Hauora Matua o Hauraki (HPHO), Taima Campbell said the opening of the Pito Hauora service is another step towards transformation in the health sector and the establishment of localities, a key part of the health system change.

“Under the leadership of Hauraki iwi, local providers, community agencies and our community, I am hopeful we can achieve the aspirations of our whānau and our vision for wellbeing for Hauraki.” said Campbell.

Manukura Hauora o Te Korowai Hauora o Hauraki, Tammy Dehar says *“Our moemoeā (vision) of ‘Mō Tātou o Hauraki - Hauraki as a Healthy nation’ and our kaupapa to continually strive for excellence in the way we provide our services to and with our people is underpinned by our mātāpono (values).”*

The Breast Screening Midland service was one of the first to join with a breast screening machine being installed at the centre in May this year. The service performed mammograms on 400 women in their first four weeks. They are hoping to encourage other women from surrounding areas to utilise their service in the near future so they don't have to travel so far. 18

Waikato DHB chief executive Kevin Snee says the Pito Hauora model is an important partnership between the DHB and Te Korowai Hauora o Hauraki for the Hauraki community and is an excellent example of the new Health New Zealand/Hauora Aotearoa plan aimed at delivering health that is equitable and accessible for all.

“We are excited at what the locality prototype can achieve and are committed to being part of this work. Screening services save lives through early detection and treatment.” said Snee.

Pito Hauora will be staffed with a mix of Te Korowai Hauora o Hauraki and DHB staff with the focus being on local faces working with local people to support them to get the healthcare they need. This will be open Monday to Friday from 8:30am – 5:00pm. Operating hours may vary for each service.



Services available (However each service has different age requirements) :

- **BREAST SCREENING:** Wāhine aged 45–69 are encouraged to get a free mammogram every 2 years. This service is provided in addition to the mobile screening units that travel around Thames, Coromandel and the Hauraki areas.
- **CERVICAL SCREENING:** Wāhine who are 25 and over are encouraged to smear their mea.
- **FLU, MMR & COVID** Vaccinations available to all our whānau who are due.
- **DENTAL SERVICE:** This is being offered alongside the mobile dental units that travel around to all kura around the region. Whilst the Thames site is still under construction, there is a mobile dental unit on site as well. To book a dental appointment for your tamariki please call 0800 825 583.

Get connected and get protected against preventable diseases. To book an appointment or for more information free phone 0508 835 676.



Te Aka Whai Ora
Māori Health Authority

Credit: Photographer Brett Phibbs, used with permission of New Zealand Doctor Rata Aotearoa

Ko Moehau kei waho

Ko Te Aroha kei roto

Ko Hauraki te Whenua

Ko Tikapa te Moana

Ko Te Awaawa o Manaia tōku ūkaipo

**Ko Ngāti Pukenga, Ngāti Maru, Ngāti
Kahungunu oku Iwi**

Ko Mataatua, Tainui, Takitimu oku waka

Ko Riana Manuel tōku ingoa

T A TIMU

Tai Timu - The Tides Ebbs

Mā te kahukura ka rere te manu. Earlier this year we said “Mā te wā” to our valued Manukura Hauora of seven years, Riana Manuel as she was announced

interim CE for the Māori Health Authority and as of July 1st is officially Te Tumu Whakarae of Te Aka Whai Ora - The Māori Health Authority.

As we all know, Riana is deeply committed to improving the health and wellbeing of our people and believes in doing so it will impact positively on the health and wellbeing of Aotearoa whānui. In a statement, Harry Mikaere (Te Korowai Hauora o Hauraki Chairman) said “*This is a tribute to our late Dame Te Atairangikaahu and to the many of our leaders of Tainui Waka who are no longer with us today, that gave those of us the opportunity to bring closure to the past decades and to take this significant opportunity and vision forward*”



Ngā puke ki Hauraki ka tarehua

E mihi ki te whenua

E tangi ki nga tangata

Ko Moehau ki tai

Ko Te Aroha ki uta

Ko Tikapakapa te moana

Ko Hauraki te whenua

Ko Marutuahu te tangata

Ko Tammy Dehar Ahau

Tihei Mauri Ora

Tai Pari - The Tides Flow

E hoki ki ō maunga kia purea ai koe ki ngā hau o

Tawhirimātea. In addition to the *Tai Timu* or Ebbing Tide, we welcomed the incoming tide, Tammy Dehar into her new role as *Manukura Hauora* and had the privilege of welcoming her back to her very own ūkaipō in early May.

Tammy comes to the role with many years of executive experience in the Hauora Māori domain, most recently as Leader, Strategic Projects with National Hauora Coalition. Her strong commitment to pro-equity, anti-racist and values-based organisations seeks to ensure they thrive and make a positive impact in the lives and wellbeing of whānau and hāpori.

“ I was drawn to this role, not only because of my whakapapa, but the fact that the kaupapa aligns with my personal values and strongly reflects my personal and professional philosophy” said Tammy.

**T
A
PARI**

