

Te Kārere o te Wā



Tui Ora
LTD
Let Unity Prevail

Update

E ngā iwi, e ngā reo, e ngā karangatanga maha, o ia marae huri noa o te maunga Tītōhea ā Rua Taranaki, tēnei te mihi manahau mō tēnei wā ki a koutou kia ora tātou katoa.

KO HAYDEN WANO TE KAIHAUTU KI TE KŌMIHANA MATUA O TE HAUORA HINENGARO

Hayden heads up national body for mental health and wellbeing

Tui Ora CEO Hayden Wano said leadership at all levels will be needed to drive change in the mental health and wellbeing sector.

On September 12 he was named chair of the initial Mental Health and Wellbeing Commission by Prime Minister Jacinda Ardern.

It will monitor the Government's progress in the sector and lay the groundwork for a permanent Commission.

Hayden said the Government's step was bold and it was critical that leadership and commitment is sustained over time.

The brief is wide-ranging and includes engagement with key agencies, the primary care sector, non-government organisations, kaupapa Māori providers, whānau, Pacific Peoples and people with lived experience.

"For those of us working in this field we have known for some time that we can do much better for whānau and for New Zealanders."

A critical goal for the commission will be to identify priorities and to get some momentum behind the programme. *"It will be important over time, that we are seen to be making a difference. As part of this process, it is essential that we acknowledge the good things that are happening in the sector as well as challenge the system where we know we can do better."*

The Tui Ora Board fully endorses the appointment, says Board Chair Wayne Mulligan, and believes it will strengthen the position of Tui Ora, and wider Taranaki as well as ensure a regional kaupapa



Māori voice at Government level."

The initial Commission will be in place from November 2019 until February 2021, depending on the legislative timeframes for the permanent Commission. Its other members are Dr Julie Wharewera-Mika, Kevin Hague, Kelly Pope and Kendall Flutey.

Hayden will continue as CEO of Tui Ora and is working through a process with the Board to ensure there is appropriate support in place.

He aronga hōu, he timatanga hōu

Life changing impact of wahine programme

Aroha permeated a hotel boardroom as 11 women graduated in August from a life changing Tui Ora programme.

The Mana Wahine Collab was an initiative developed by Tui Ora, Sport Taranaki and Māori Women's Welfare League.

It saw the women gather over two months to learn about being physically active, eating and cooking well, goal setting, parenting, budgeting, taking care of themselves and whānau and learning to bond as a group.

Most of the women, who identify as Māori or Pacifica, are mothers; many battled low self-esteem, lack of motivation, weight issues or addictions.

Confidence had soared for Michelle, who spoke at the August graduation. *"I feel empowered I guess. I can go out anywhere."*

"It's had a huge impact on my health. I choose my kai more wisely and I'm doing different cooking."



Graduates from the Mana Wahine Collab programme

"I knew people before but the ladies I met here, you could say we have become life-long friends. The teachers – they have given us huge guidance."

Tina said she didn't usually speak publicly but was taking this unusual step because she was so grateful and the programme had a *"massive impact on her life."* Before it started she was in a bad space, lacked direction and felt unfulfilled. Now she's healthier, setting goals, more

financially stable, a better mother who is more active with her two children. She's also coach of a Taranaki girls' rugby team and is banding together with others on the programme to set up a catering venture.

Renee said the connections with other wahine was a blessing. *"It's difficult to approach women around my age for friendship and that has been a huge accomplishment."* The programme challenged her but

each challenge she faced made the next one easier to get through.

Courtney delivered a competently written speech, detailing the steps the programme had taken, noting that they had been reminded of the joy of self-care and self-love.

"It's a once in a lifetime opportunity, a place to feel safe, loved, empowered, motivated. No words or actions could thank each one of you [the tutors] for the effort you have put into this programme. Every day I feel blessed."

When the programme started, those leading it knew what they wanted to achieve but could not have anticipated how well it would go, says Stacey O'Carroll from Māori Women's Welfare League. She thanked businesses and organisations that had supported them: Box Office, Dress for Success, Shoe Clinic, Bendon, Escape Café Yoga Studio and Happy Nails.

"Our mission is your success," said Leanne Matuku from Tui Ora. *"We wanted to awahi you in your goal setting, your health and wellbeing journey and aspirations. We knew this would be cool, we just didn't realise how cool it would be."*



Ko te tūmanako e haere ake...

Hope on Wheels

A sunny yellow street party on wheels came rolling round the mountain earlier this month when the Tui Ora Van of Hope marked International Suicide Prevention Day.

September 10 has been an international day of awareness since 2003, with people worldwide committing to taking action and renewing their commitment to prevent suicides in their communities.

Tui Ora Health Promoter Sue Martin said they decided to decorate their van in yellow and journey around the maunga to take a positive suicide prevention message to the heart of smaller Taranaki communities.

The van became a “mobile street party” for a day with a range of suicide prevention resources on the trip, which saw them stop in Waitara, Inglewood, Stratford, Eltham, Hāwera, Manaia and Ōākura.

Wherever the team stopped, with their music blaring, they were warmly received, with people ready to talk, when everyone took a dancing break.

“We were dancing on the roundabout in Manaia and everyone going past was tooting and waving, it was all very positive,” Sue said.

More than 350 suicide prevention packs were distributed and the team were also struck by the immediate impact their kōrero was having. At one stop, they talked to some workers having smoko, and several were



Tui Ora kaimahi gear up for their Van of Hope promotion.

prompted to contact mates or family immediately who they thought could be struggling.

This was just the sort of practical, everyday action

people could take that makes a massive difference.

“We can all help prevent suicide, it’s not just up to one person,” Sue said.

Kua rite, werohia mai!

Ready for a challenge

Robyn Taylor (pictured) showed she was up for a challenge when she headed to Taranaki.

The newly appointed Clinical Nurse Leader relocated from Wellington on 1 July after 18 years at Karori Medical Centre.

Leaving behind her home and family and moving somewhere new was certainly a change.

“It was almost like a big bang theory...I was looking for a change and challenge...one of the things I have told my kids is, ‘You need to feel the fear but do it anyway.’ It’s proving I meant what I said now!”

Robyn, who completed a postgraduate paper in Māori health together with te reo courses, was driven to help people, something she was excited to apply at Tui Ora.

“I saw I could make a difference, I am not here to tick boxes,” she said.

Leading a team of four practice nurses, four Tamariki Ora nurses, a Tamariki Ora kaiārahi, and two long term condition nurses, Robyn said a large part of her role was ensuring staff were included and backed up.



“They are often dealing with very challenging things and it’s really important they feel comfortable coming to me for support.”

She enjoys constantly looking at ways to make systems more efficient and patient-friendly and is excited about the upcoming introduction of the Health Care Home model, a system which minimises wasted time in many ways.

She is also driven by a need to make services more accessible and her assessor role for the Royal College of General Practitioners Cornerstone programme is useful, allowing her to help maintain high standards and find new practical solutions to common issues.

Robyn is looking forward to serving the community need in another area, with her ‘hobby’ as a fully qualified marriage celebrant.

Kia rua te ako, ka rangatira ki te hauora hinengaro

Doubly qualified in mental health nursing

Another round of tertiary training didn’t deter Trish Sison (pictured) from tackling the area of mental health nursing.

She grew up and studied in the Philippines, completing a nursing degree. But NZ required her to re-study so she returned to tertiary training and completed a second nursing degree at WITT before undertaking a postgraduate certificate in health sciences (mental health).

Now as a registered nurse working in Te Whare Mahana and Tira Motuhake Service at Tui Ora, she speaks positively and warmly of the whānau whai ora she works alongside.

Trish is one of a 20-strong team that includes registered nurses and recovery support workers who work across different settings.

They support whānau to achieve their mental health and well-being when they live in Te Whare Mahana in Waitara; while the Tira Motuhake Service supports whānau to maintain mental health, well-being and independence in the community.

“What I like about our work is we are there at the recovery stage so there are days when I go shopping and walking with whānau. Hospital mental



health nurses in acute services don’t get to see that other part of a person, when they are getting well.

“Here, it’s a more hopeful environment because you see progress on a long-term basis. Mental health is a lifelong process and I’m in a privileged position to hold the torch for them. Those relationships are important because if things turn to custard there is a level of trust that helps people stay connected.”

Trish also enjoys the holistic, whānau ora approach that organisations like Tui Ora take. *“It reminds me of home because the Philippines is a very family-orientated country and whānau ora embodies that – the fact that people place value on welcoming each other, there’s always kai and a sense of hospitality.”*