

Te Kārere o te Wā



Tui Ora LTD
Let Unity Prevail

Update

Engā 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.

Tā koha tōna pukenga

Sharing her skills in new role



After a 12-year stint at Tui Ora, Jane Hawkins-Jones, General Manager Service Development & Delivery (pictured on left with her moko), has moved to another significant health role.

On May 10 she started as Regional Integration Manager at HealthShare. Based in Hamilton, she will be responsible for driving integration across the five Midland region DHBs.

During Jane's time at Tui Ora, the organisation grew from 20 people to more than 360. She rose through the ranks holding several management posts, including integrating Youth Services to Tui Ora and managing the amalgamation of several providers under the Tui Ora umbrella. She also found time to get her MBA, studying full-time on top of her day job.

Many speakers praised her energy, professionalism and work ethic at her poroaki, as well as noting her compassion and empathy as a leader.

Jane paid tribute to three kaumātua influential and supportive in her career: Mahau Waru, Lindsay MacLeod and Matua Pue Whakaruru.

She thanked chief executive Hayden Wano for being her champion and allowing her to succeed as a Pakeha woman, in a leadership role, in a Māori organisation.

Asked what she will miss the most, Jane said it would be the people first and foremost, but also the politics and the personal dynamics. She is proud of everything she has achieved and felt the time was right for a new challenge.

Tiaki tinana

Popping up to protect winter health

Tui Ora celebrated Immunisation Week this year with a one-day pop up vaccination clinic in Waitara on May 3. The clinic, which took place at the Māori Women's Welfare League rooms, encouraged clients and members of the public to get immunised and protect themselves, their whānau and the community.

Teaming up with the Taranaki DHB and Pinnacle Midlands Health, it was standing room only at the clinic which ran from 9am to 3pm. Children, mothers and flu fighters all queued up to get their jabs with many sticking around afterwards for a cup of tea and a chat.

Tamariki Ora/Well Child staff Sonya Popovich, Sarah Cox and Gaylene Corry, on hand to

administer the injections, were wowed by the number of people taking up the offer.

"We've hosted clinics before but nothing as big as this. There has been a really impressive turn out," said Gaylene.

New mum Freedom Edmonds was not taking any chances this winter. With two-week old Kupa in tow and another toddler at home, she simply doesn't have time for the flu. She was vaccinated last year too and says it is a small price to pay for a flu-free year.

Returning this year for vaccinations were locals Gaelene Cole and Melody Peel.

"I volunteer at the Salvation Army and when I heard the clinic was happening I thought I would definitely come along. I managed to rope in four of my colleagues to come too," said Gaelene.



On Thursday May 18, a second pop up clinic for free flu jabs was held at the Ngaruahine Iwi office in Hawera, with 14 kuia taking advantage of the opportunity. A student nurse spending time at Tui Ora was able to get amongst the action and advise of after-immunisation information.

Hononga ki te Maunga

Maunga making natural connections

A Tiki Toa of Taranaki's natural environment is exciting school students who are switching onto the role the maunga can play in their lives.

They have walked tracks, heard stories of significant sites, identified what is a pest and what is not – and learnt that you don't need to look like a person in a Kathmandu advert to appreciate the outdoors.

Tiki Toa is the name of the joint Tui Ora and Department of Conservation (DOC) project.

Project manager Hinenui Wano-Bryant explains the name's background: *"It came out of our kōrero with young people. We talked about going up the maunga and what we would do and see. We explained it as a tour and someone said like a 'tiki toa', which was a nice play on words. It is part of how they see the mountain. The word toa means to be strong, to be a champion of, a warrior, so it's a powerful thing."*

Discussions started last August following collaboration with DOC, the Next Foundation and high profile mental health advocate John Kirwan.

A workshop at the Ngati Ruanui-owned Mountain House in December with students from Te Pihipihinga Kakano Mai i Rangiatea was the first step.

Students discussed what good health meant for them. Relationships were key – having good friendships and whānau involved in their lives – as was the natural environment.

"They described how they felt better on the maunga. It looks different, smells different, sounds different – away from the hustle and bustle; it helps them relax and there is lots of things to do, or experiences to have, in the natural environment," says Hinenui.

A second group of students from Devon Intermediate came onboard, the pilot programme got underway and now 15 youngsters aged 10-12 years are young explorers – with the aid of DOC guides,



Hinenui and a videographer.

Some but not all are Māori, and they are a diverse bunch selected by the schools as students most likely to benefit from the experience.

Continues



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So far they have visited Puniho Pa, walked the Puniho track (a good three-hour hike) and to Dawson Falls. Along the way they learn about sites significant to different iwi – like why Kapuni River is sacred, (it is used to perform blessings and ceremonies) and what is Rauhoto Tapairu (the rock that guided Taranaki from central plateau).

In June a trip to the Manganui ski field is planned to see the snow.

It is a learning experience for everyone, both adults and the kids. For example, the students thought they needed expensive gear to be proper trampers, but a trip to the Warehouse secured them good hiking shoes. *"If you don't think you look like the people in a Kathmandu ad of course you think 'we don't go up the mountain,'" says Hinenui.*

Whānau were involved right from the start and there are hopes their interest will grow.

The programme will undergo an initial evaluation by researchers from the Health Promotion Agency (HPA).

In the meantime, Hinenui is positive about responses to date: *"This is a nature resource we have on our doorstep and we're giving young people a different experience that they don't normally get.*

"Some really respond to the freedom and the physicality of the outdoors. They like learning by doing, and this helps them release that energy in an outside classroom.

"Our intention is to do this for a year so that by the end they will have developed appreciation, confidence and they will know what they need to go up there independently, with their own families."

**Others involved in the project are Markham Grey, the Kaitiaki Taiohi at Tui Ora, Jane Dobson DOC Community Partnerships Ranger and Brandon Kingi DOC ranger.*

Whakapiri wāhi mahi aukati

Workplace embraces quit message

Taranaki aluminium giant McKechnie is getting behind staff who want to quit smoking. Teaming up with the Taranaki Stop Smoking Service (TSSS) run by Tui Ora, eight out of 10 smokers managed to quit completely with the other two greatly reducing their smoking rate. It is hoped that the success of the latest stop smoking challenge will inspire other smokers at McKechnie to quit.

"You gain everything and lose nothing by quitting smoking," says Quit Coach George Rapana, who worked with the team. *"It's not just about the cost which is significant, but it's about regaining your health and your life."*

McKechnie's Simon Wall was joined on the programme by wife Lisa. As part of the initiative, employees were encouraged to invite partners to join the programme. As a household they are now \$250 better off a week and have supported each other through the process.

"We recognise that most of our lives are lived outside the workplace and for many smokers the first thing they do when they get home is have a smoke. If someone else in the household is smoking then it makes it that much harder not to light up," explains Health Safety Well-Being & Compliance Advisor, Sherie Nicoll.

A former smoker herself, Sherie says she understands how hard it is to quit smoking but found motivation in her five grandchildren. *"I wanted them to be able to hug and kiss me without thinking I stink."*

Toolmaker, Charles Frere, says the death of his Dad led to his smoking habit. *"Quitting*



is beginning to get easier but the third week was hell. Social situations are the hardest. If I'm with friends who are having a beer and a smoke at the end of the week, then it's really hard."

Says Sherie: *"This is the second time we have worked with Tui Ora Quit and we would challenge any other workplace to do the same. Quitting together is easier than going it alone and we are proof that it works,"*.

The Stop Smoking programme runs for seven weeks but ongoing support is offered for up to three months for those who need it. It is a free service, available to anyone throughout Taranaki.

World Smokefree Day was on Wednesday 31 May and Tui Ora plans to promote the Quit Now message in a number of events in June. *To find out more about TSSS see the website www.tuiora.co.nz/Services/All/Stop-Smoking-Service or email stopsmoking@tuiora.co.nz*

Waka niho

Community caravan tackles teeth

Adults in desperate need of dental treatment received a low cost service when a caravan parked at Tui Ora for the second time this year.

Thanks to a collaboration between Taylor Dental, Tui Ora and a group of Otago University dental students, well over 100 people are likely to be the recipients of the basic yet vital dental care in the first six months of this year.

Sue Martin of the Tui Ora Public Health Team says by the end of May, 115 referrals had been received with many of those people seen when the caravan first visited in March and a second group helped when it was on site from June 6.

Clients have an initial examination at Taylor Dental before further work is carried out inside the mobile clinic at Tui Ora. It is a great opportunity, both for the clients and the Otago uni students, who are in Taranaki for six weeks at a time, interspersing medical practicums with cultural learning.

Whakarite he wāhi pai mō ngā rangatahi

Office revamp builds better space for rangatahi

A group of Auckland tradies on a national road tour 'made over' the Taranaki Rangatahi Services in central New Plymouth recently.

The office now boasts an improved office layout, better able to meet the needs of its young clients. A wall was removed, new doorways installed, carpet laid and walls painted.

Before they began the rebuild, representatives from the BCITO (Building Construction Industry Training Organisation) were

welcomed at the Rangatahi Services office. The local whakataui was captured on camera as BCITO was making a series of films to promote its work.

Youth Service Team Leader Terri Wood said the renovation was a fantastic opportunity.

"We were approached by the BCITO and saw it as a win-win. We needed the renovations to be done to improve the space for youth and staff – and it was completed quickly and at no cost to us."

"There was also an aspect of one group of young people – construction apprentices – helping their peers. It's allowing us to make the office into a more youth focused space."