

He Waka Kotahi

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August - September 2008

King Tuheitia Second Koroneihana Anniversary



The "ope taua" accompanying dignitaries, prior to the signing of the Deed.

Another landmark celebration was held at Turangawaewae Marae, Ngaruawahia, starting Tuesday 19th August, with the traditional mourning for those who've passed away, both within te rohe o te waka o Tainui and the wider motu, since the Koroneihana celebrations, last year.

The afternoon of Tuesday 19th saw the arrival of the Squamish First Nation people, of Canada, and the signing of an M.O.U. with them, regarding a joint venture. The occasion confirmed the intention of Waikato Tainui to extend the hand of whānaukatanga and to initiate cooperative ventures with other iwi taketake (indigenous people) around the world.

Wednesday 20th marked the arrival of Government officials and dignitaries to pay their respects to King Tuheitia. Later in the evening, local kapa haka entertained the Iwi in Kimiora dining room. Thursday 21st was the anniversary of the King's Coronation and a huge crowd gathered on Turangawaewae and listened to speeches, lasting over four hours. Finally, King Tuheitia delivered his speech, in which he focussed on our taitamariki and confirmed that education is the pathway into the future for the iwi.

One of the highlights of Friday 22nd was the signing of the "Deed of Settlement" for the co-management of the Waikato River. At times, in the proceedings, it was a very emotional occasion with compliments paid to those who were hugely influential in past proceedings and negotiations and who have passed on. Queen Te Ata-i-rangi-kaahu and Te Kotahi (Sir Robert) Mahuta were especially singled out.

The signing of the deed is a landmark occasion, signalling a new, innovative level of cooperation between Waikato Tainui, the Crown, and other key stakeholder groups, the overarching purpose being to restore and protect the health and well-being of the awa. Obviously, it won't happen overnight, but a plan has been sorted and the Crown has committed substantial funding

and other resources over an extensive timeline, as an expression of commitment and support for the kaupapa.

As was expressed at the signing, the river is a revered tupuna, and rectifying the faults of the past and present is well overdue, in order to restore the proper "mauri" of te awa o Waikato. When the King was asked if he approved of the Deed being signed by Waikato Tainui, he was obviously aware of the importance of the occasion and was pleased to give his consent.

Mauriora, ake, ki to ʻtafou tupuna, ki to ʻta ʻtou awa!



Te Arikinui, King Tuheitia and Minister of Treaty Settlements, the Honourable Dr Michael Cullen – A moment of both solemnity and joy.



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Whakapiki Ake 2008

Whakapiki Ake is a partnership programme between the University of Auckland's Faculty of Medical and Health Sciences and participating New Zealand Secondary Schools aimed at encouraging Māori students to pursue a career in Medical or Health Sciences.

Whakapiki Ake allows Year 13 Māori students from participating schools to visit their DHB s to gain some insight into the health workplace and then choose to go on to enrol in the Certificate of Medical and Health Science and/or Bachelor of Health Science programmes at Auckland University.

On Monday 14th July, Te Puna Oranga hosted 12, Year 13 Māori Students from the Church College of New Zealand. The day involved speeches from health professionals, medical students, and team building activities.

We would like to acknowledge all those who gave of their time to support the students, with a special thanks to the Waikato Clinical School, Health Waikato wards and our whānau at Te Ahurei a Rangatahi who provided the students with an enlightening experience. We wish all students the very best for their futures.

Gateway Student Programme 2008

Ko Tainui tōku waka
Ko Waikato tōku awa
Ko Waikato tōku iwi
Ko Maungatautari te Maunga
Ko Ngāfi Haua tōku hapu
Ko Rukumoana raūa ko Tauwhare Marae o'ku Marae
Ko ahau te tamahine waenganui o te whānau
Ko Lee-anne tōku mānā, Ko Kaikino tōku pāpā
Ko Anne Samuel raūa ko Philip o'ku matua whāngai
Ko Te Kura Wahine o Kirikiriroa tōku kura
Ko Turaa Hotene taku ingoa.

2008 at Hamilton Girls High School saw myself enter year thirteen/7th form. This year is considered the year of relaxation and future paving. As I had set myself to follow in the foot steps of my whānau before me, a career in Māori health was considered. (Gate-Way is a programme that lets secondary students interact in work experience, for a minimum of 80 hours). I was led to Te Puna Oranga where I found many un-considered jobs, much to my delight.

Being Rangatahi I have the ability to endorse the message from a rangatahi point of view. From my perspective Te Puna Oranga are great advocates as they encourage Māori to be the people behind the surgical masks and not the opposing. They also encourage Rangatahi to consider Māori Health, so that we can learn, that what we do today can affect our future. Māori health in New Zealand has never been at it's best but, Te Puna Oranga encourage Māori to make good health and wellbeing choices.

I attended the Koroneihana as part of the Workforce Expo and from my perspective the Koroneihana was all about networking ourselves among the other health providers, advising youth to



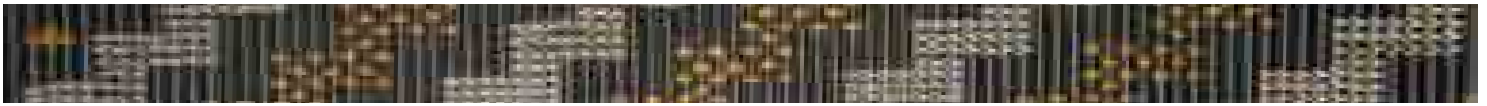
Te Puna Oranga Gateway Student, Turaa Hotene

consider Māori health as a profession and our kaumātua and kuia to have themselves checked. The whole Koroneihana event was amazing, and was an excellent way to interact with our Māori counterparts and society.

My Future now consists of many educated decisions and I await the opportunity to not only be a paid member of Te Puna Oranga in the near future but to be amongst the staff and not behind the pamphlet.

So I conclude, (very cliché I know) He aha te mea nui, He tangata, He tangata, He tangata. What is the most important thing? It is people, it is people, it is people. Te Puna Oranga (Māori Health Service), not as an organisation, but as a Māori bounded societal collective should be commended for their extraordinary effort in embracing their first Hamilton Girls High School protégé of the future and living to the whakatauki above. I personally recommend Rangatahi to take on Te Puna Oranga because, Te Puna Oranga may just become, like they did for me, the goal for you in future.

No'reira teñā koutou teñā koutou teñā koutou katoa.



Workforce Expo 2008

Waikato DHB Te Puna Oranga staff attended their 2nd Koroneihana celebrations at Patterson park in Ngaruawahia. This year marks the 150 years of Kingitanga. The expo, a regular feature of Koroneihana, affords organisations, government departments, community groups and DHBs to promote and profile the difference that each group is making in raising success, awareness, advocacy and achievements for the New Zealand public. Koroneihana involves tamariki, rangatahi and kaumatua. The theme of the expo this year is Mo te ta'ngata - for the people.

Te Puna Oranga staff found that it wasn't difficult to engage people, as there was genuine interest in the Waikato DHB, and visitors found the information being provided was useful and helpful. Overall, Waikato DHB representatives were pleased with the success and interest in the Waikato DHB stand, and look forward to future opportunities to promote health in the Community.

Commissioning of Waikato Hospital Chaplains and Chaplaincy Assistants.

Waikato Hospital Chapel, Wednesday 27 August.

With the recent retirement of Reverend Jack Wirihana, the Hospital Chaplains have now gained a husband and wife team, with the commissioning of formerly part-time Chaplain, Raumiria McRoberts to a full time position and her husband, Taylor McRoberts, as a part-time Chaplain. Their Chaplaincy colleagues were present to support the kaupapa, as well as whānau and of those being commissioned.

Both Raumiria and Taylor descend from Te Whānau-a-Apanui iwi. Raumiria also descends from Ngāfi Porou. On her Whānau-a-Apanui side, Raumiria descends from a number of hapu. Her maunga is Whangakao and her awa is Motu. On Taylor's side, his hapu is Kaiaio, his maunga is Maungaroa and his awa is Kereu. Taylor and Raumiria are both parents and grandparents.

Anglican Archdeacon, Eru Beattie, presided over the commissioning ceremony of Raumiria and Taylor. Eru was formerly a manager of the Waikato DHB Māori Health Unit. There were also five Chaplaincy Assistants commissioned. Raumiria stressed that she and Taylor, are at the Hospital to provide a healing ministry to any turoro (patient) or whānau wanting it, regardless of denomination.

The other Chaplains, in the Hospital, represent a number of other denominations and work cooperatively, together, when it comes to occasions, such as blessing new premises and plaques.

Teñara'ako'ua, e nga'Hepara o te Atua me ta'ko'rua kaupapa rangatira.

Mauriora, tonu ki a ko'rua!

Obesity Prevention Course – Deakin University

Geelong, Melbourne, Australia.

In July this year, three local Māori Providers; Nga Miro Health, Te Ko'hao Health and Rauawaawa Kaumatua Charitable Trust, sent staff to a five day Obesity Prevention Course held at Deakin University, Geelong, Melbourne. The HEHA (Healthy Eating Healthy Action) Māori Communities Actions & Projects to Reduce Obesity, Improve Nutrition and Increase Activity Funds sponsored, in part, their attendance at this training.

The Obesity Prevention Course has been developed by Deakin University to provide a fundamental understanding of the obesity epidemic and the determinants of obesity as well as approaches for addressing the obesity epidemic. Noted was the distinct lack of course content, by the course organisers, in relation to the indigenous peoples of Australia and what initiatives are currently addressing the fight against obesity among the Aboriginal populations.

Aside from this, participants enjoyed their training and felt that the resources they received would benefit their local work in the area of obesity prevention including the wider objectives of HEHA.



Nga Miro, Rauawaawa Kaumatua Charitable Trust, and Te Ko'hao Health delegates

Te Puna Oranga Secondment to Maniapoto Māori Trust Board

Over the past three months Erena Kara has been seconded to the Maniapoto Māori Trust Board to support the development of their Iwi Hauora Plan. The secondment is one that Te Puna Oranga fully supported and is seen as one way the Waikato DHB can support Iwi and Māori communities in their attainment of better health and wellbeing.

The opportunity to provide support to Maniapoto Māori Trust Board is one that Erena appreciated receiving. The experience of working within the Trust Board and alongside staff was one that she gained much knowledge from, and hopes will only enhance her mahi within Te Puna Oranga.

Erena would like to take the opportunity to thank the Maniapoto Māori Trust Board and staff for the manaaki and awhi shown to her while on secondment in Te Kuiti.



Erena Kara, pictured right with fellow team members John Kopa and Joseph Pene

Maōri Community Projects Given Funding Boost

Waikato DHB has granted more than \$360,000 to seven local community providers for their projects aimed at improving Māori nutrition and increasing physical activity. The projects range from increasing awareness of physical activity and nutrition among Kaumātua to develop resources that help inform healthier choices of kai for children.

Waikato DHB Te Puna Oranga (Māori Health Unit) general manager Riana Manuel said the projects each have a slightly different objective but the focus remains the same - to improve nutrition, reduce obesity and increase physical activity.

It is fantastic to be able to support these initiatives and we look forward to reviewing them in 2009.

The funding is a way of empowering these communities to be innovative and come up with local solutions based on the needs of their people.

It is about community development and ultimately improving the health outcomes for Māori people, she said.

The successful projects will be implemented by:

- Te Korowai Hauora o'Hauraki (Thames-Coromandel)
- Taumarunui Community Ko'kiri House
- Nga'Miro Charitable Trust (Ngaruawahia and Huntly)
- Te Rohe Pōfāe o Rereahu Maniapoto Charitable Trust (Te Kuiti)
- Rauawaawa Kaumafua Charitable Trust (Frankton/Dinsdale)
- Ngāfi Maniapoto Marae (Te Kuiti)
- Te Ko'hao Health Ltd (Hamilton)

The funding comes from the inaugural round of the Māori Community Actions and Projects released earlier this year by the Ministry of Health as part of the national Healthy Eating, Healthy Action (HEHA) project.

Waikato DHB's Māori population, which sits at around 22 per cent, is a priority population group in the national and regional HEHA strategy.

Applications were sought earlier this year from Māori health providers for projects that are driven by communities, build on existing strengths and networks and are consistent with the aims and associated outcomes of HEHA.

This is the first time the DHB has provided funding to Māori communities for specific projects aimed at improving nutrition, reducing obesity and increasing physical activity.

It is an excellent opportunity for Māori communities and we are excited to be a part of it, Mrs Manuel said.

HEHA is the Ministry of Health's strategic approach to improving nutrition, increasing physical activity and achieving a healthy weight for all New Zealanders.

For more information about HEHA and the Māori HEHA work plan visit www.waikatodhb.govt.nz/heha

Te Kaere

Healthy Hapu Innovations Funding:

Applications open: 1/10/2008

Applications close: 31/10/2008

For any queries, please contact:

Ditre Tamatea

Te Puna Oranga (Māori Health Service)

07 834 3628

HEHA (Healthy Eating, Healthy Action)
Community Action Project:

Māori Community Actions and Projects to reduce obesity, improve nutrition, and increase physical activity.

Applications open: 1/10/2008

Application close: 31/10/2008

For any queries, please contact

Natania Katene

Te Puna Oranga (Māori Health Service)

07 834 3628

