Kōrero o te wā
TE KOROWAI HAUORA o HAURAKI

Matariki 2017
The Matariki season when water lies in pools.

Hauhake tū, ka tō Matariki

Lifting of the crops begins when Matariki is set.

Matariki ahunga nui

Matariki when many mounds were heaped up.

Ka rere a Matariki, ka wera te hinu

When Matariki rises the fat is heated.

These whakatauki ring true for Haurakitanga (the Hauraki Way), and Aotearoa as a whole, as Matariki is reknown as the symbol of the wet, cold, infertile or inactive growing season.

These qualities bring about a time of coming together, of socialising, of learning and teaching, and of feasting. It is a time of wānanga and celebration of culture - both traditional and contemporary. It is the time of change and an ending of seasons and a period of preparation for the new season. It is therefore seen as the Māori New Year.

The significance and role of Matariki within Te Ao Māori (The Māori World) and Te Tirohanga Māori (The Māori Worldview) is heavily entrenched in Haurakitanga.

Ngā tini ki te rangi, hōrapa ki te whenua (Let the myriad of the heavens glow over the land) is a popular whakatauki (proverb) within Hauraki providing insight as to how deeply entwined Te Kāhui Whetū (constellations) are within Hauraki identity, culture and landscape.

Te Hau-o-Matariki (the wind of Matariki), a stream north of Thames, refers to the winds of change. Matariki is also the name of the bay immediately south of Manaia and the islands just offshore there.

The new moon of Pipiri (June) signifies the arrival of Matariki in Hauraki. Mātai Whetū (Star gazing) is the name of a ridge and marae at Kōpū and is a significant position for viewing Matariki in ‘te pā whakarua’ (north east direction).

Several Hauraki settlements including Mātai Whetū and Kōpū, with Kōpūārahi, Tūrua, and Matatoki (all associated with stars) reflect the celestial understanding and knowledge of Hauraki.

Ngā Pōito o Te Kupenga o Taramainuku (the floats of the fishing net of Taramainuku) is a Hauraki tradition that the islands of Hauraki are a mirror reflection of the star constellation of Te Kupenga o Taramainuku (the fishing net of Taramainuku).

Of note, many traditions maintain that the wairua (spirits) of those who have departed are held in the form of Matariki, and upon the year’s completion they are carried away in Te Kupenga o Taramainuku.

It is a time for Hauraki people to honour and learn from their wealth of knowledge and culture pertaining to Te Kāhui Whetū and to celebrate their unique, collective and united identity as tangata whenua of Hauraki.
Tenā koutou katoa

It is that time of the year when we batten down the hatches and snuggle in for the winter. It’s a time to take extra care of ourselves to ensure we don’t succumb to winter ailments as well as take plenty of time out to rest and re-charge the batteries. Sit back and reflect on what we have around us and what our beautiful world has to offer. Be eternally amazed at the sheer magic a rainbow brings, indulge in the smell of the bush after rainfall and don’t forget to look up at the skies especially at this time of Matariki - when the seven Matariki stars (Pleiades) herald in the beginning of the Māori New Year.

Matariki is also a time when we can look forwards and I am constantly encouraged by the actions of our future leaders - our rangatahi.

In this issue, read about a group of six Hauraki rangatahi, who have shown integrity, compassion and endurance in their latest venture - a 200km hikoi to raise funds to send 2-year-old Ka’iulani Forbes to America for treatment for a rare form of cancer (P11).

He taonga rongonui te aroha ki te tangata
Goodwill towards others is a precious treasure

We have arrived at the season of Hōtoke and all around the motu you can feel and sense the changing season and the beginnings of a new year. Matariki is upon us and this signals a time of changing seasons, a time to reflect on those who have left us and a time for thinking about the future. This was traditionally a time for our people where food sources were low and the need to reduce activity and ensure the kai was used carefully was at its peak. This enabled a time of learning to ensure whakapapa, mōteatea and other ancient practices were instilled in our people.

In a more modern world we note the need to be aware of our health and risks that this poses for us, it is a time to be pro-active and plan for our future needs, which is essentially what we at Te Korowai Hauora o Hauraki are doing.

For the past six months we have been working on developing a better system for our clinical settings. Thanks to all of the feedback that our whānau provide annually, we are aware of the things that we have to do better. We are increasing our acute care clinics and this means more time will be available to our clients, whereby you can walk into our Thames clinic at these times and be seen by our hauora team irrespective of whether you have an appointment or not.

You will be triaged by one of our team and then see either a GP or nurse depending on your needs. We want to make sure our whānau receive care when they require it. We are also aiming to make our hauora team bigger, so it will not be just Doctors and Nurses, but we will have Healthcare Assistants and other members of our wider whānau to help ensure you get the best health care possible.

We will also ensure that getting to the right person at the right time is made easier by having a one-point-of-entry triage service. This will ensure you get to the service area you require and that all referrals are managed in a timely fashion.

We are so excited about this journey as it has been a true partnership in terms of the development of concepts, design and implementation and the most important part is that, should some aspect not work, then we will have the courage to change the process quickly.

There will also be more of an emphasis on you being able to manage and organise your own care by using our "Manage My Health" portals and of course we are wanting to see more people using Smart Health to ensure timely access to, not only specialist appointments (minus the travel), but also after-hours care.

So, as we move into the future and we try to work toward achieving our vision of "Hauraki nation, a healthy nation" expect to see more and more of these types of changes and please let us know when you think we are doing well and when we are not.

Stay well over the winter and I look forward to seeing you all around the motu.

Ngā manaakitanga ki runga ia koutou
It was an exciting beginning to Matariki for the Thames Kaumatua rōpū when kaumātua Paul Sylvester showcased three magnificent woven creations depicting our beautiful night skies.

Paul says he dreamed up the idea to create a woven montage to get some of the “pictures of the astronomy behind the stories of Matariki”.

He spent three weeks weaving the backdrops and then designed and made pottery stars and planets, each with its own relevant design or number etched into it. For example the Southern Cross stars are named after letters from the Greek Alphabet, with the first two letters of the alphabet alpha and beta, representing the pointers.

Each mural signifies one cluster of stars – Matariki and the seven stars, the five stars of the Southern Cross and the planets Mars, Mercury, Saturn and Neptune, which line up at different times close to the horizon and are often seen near Matariki.

People spent time with whānau (family), reflected on the year that had been and made plans for the future. It was a time for wānanga (deeper learning) – coming together to pass on mātauranga (knowledge).

It was also a time for leisure and entertainment. These festivities included the lighting of ritual fires, the making of offerings, and celebrations of various kinds to farewell the dead, to honour ancestors and to celebrate life.

Matariki is a star cluster which appears in the night sky during mid-winter. According to the Maramataka (the Māori lunar calendar), the reappearance of Matariki, brings the old lunar year to a close and marks the beginning of the new year. Hence, Matariki is associated with the Māori New Year.

Ka puta Matariki ka rere Whānui
Ko te tohu tēnā o te tau e!
Matariki reappears, Vega starts its flight

The new year begins!

Traditionally, the reappearance of the Matariki star cluster (the Pleiades or Seven Sisters) – or of Puanga (Rigel) for some western and southern iwi (tribes) – coincided with the end of the harvest season. Winter food stocks were plentiful, and less work was needed in the gardens. As people had time to apply their energies to other activities, a time of renewal began.

Woven mural panels showcase our night skies


- Jo Belworthy
Parents and educators came out in force to celebrate Waihi’s third annual Under-5 Matariki Sports Day. The Matariki Stars - 63 parents and educators - brought along 113 pre-school tamariki to enjoy a morning of tabloid sports and healthy shared kai.

Three years ago PukewaTe Kohanga Reo (Waihi) identified the need for an event to bring the ECE community together over Matariki. Because the Waihi schools get together for an annual Tapuwae tournament over this time the Kohanga proposed a sports event for the Waihi Under-5 centres to be involved in.

This created the opportunity to demonstrate to educators and whānau simple activities that can be easily replicated in centres and at home to promote fundamental skill development for pre-schoolers. Healthy lunchboxes were also promoted though a display and tamariki shared healthy kai and water demonstrating that children enjoy healthy options and don’t need lunchbox fillers that come in packets.

The 11 centres were each asked to provide an activity and equipment that promoted a specific fundamental skill. This was coordinated by the Under-5 Energizer. There were 10 stations and an additional area that catered for Under-2s and feeding parents. The activities included rakau and poi toa, tug of war, parachute games, balance & throwing, bubbles and balloons, dress-up relay races, rob the nest and a challenge course. Counting, movement and colours in Te Reo highlighted the Māori theme.

Fundamental movement skills promoted throughout these activities included balance, eye-hand coordination, grip and release, spin and rotation, manipulation, locomotion and upper and lower body strengthening.

The stations were set up in a tabloid fashion where the centres rotated numerically around every five minutes. At the end of the rotations there was a group game that reflected Matariki and got all the adults and tamariki involved together.

Each centre were also asked to provide a plate of healthy kai to contribute to a shared kai. The event ended with a presentation of participation certificates to each centre and a special achievement was acknowledged to Footprints Preschool, who recently achieved their Silver Health Heart Award.

The 11 centres involved were: Pukewa Te Kohanga Reo, Community Kindy Waihi, First Steps Education and Care centre, Somerset Early Learning Centre, Kiwikidz Waihi, Kiwikidz at the Beach, Waihi Free Kindergarten, Footprints Preschool, Beach Kids Waihi Beach, Waihi Beach Kids and Waihi Playcentre.

- Krista Harries
Kōrero o te wā

Whare Aroha celebrates first birthday

Whare Aroha Opportunity Shop relies on your donations and your patronage. We deeply thank all of you who drop off your pre-loved goods for us. And thanks to all of you, our valued customers. Without you we would not be able to thrive.

You might not think of yourself as an Op Shop kind of person. You may usually prefer to buy things new.

If this is the case but your budget is limited, you’ll be amazed at the quality and variety of our goods. You’re sure to find an unexpected treasure. And if you love a good read, you’ll be impressed by our large collection of excellent fiction and that it’s arranged alphabetically by author.

For this cold winter weather we’ve pulled all the coats, hoodies, jerseys and cardigans out of storage and our racks are bulging. You can get a good jacket here for $5 or $6.

Money raised at Whare Aroha will be put towards funding new health initiatives and it means that Te Korowai Haurua o Hauraki will be able to further reach out to those in need in the Hauraki rohe.

Some unexpected outcomes have been the success of the bag making group and the retail training we’re able to give to our volunteers. Romi is taking a series of Journal Workshops throughout June and July.

The bag-making group continues to make quality bespoke bags from upcycled items such as skirts, scarves, ties and belts.

We’re also turning singlets into bags that we can give to you for free for your shopping instead of using plastic bags.

Recently, 50 beautifully made bags were donated to us by Christine Hazleman and we’re selling these for just $5.

Christine has offered to teach us her bag-making skills and we’ll be setting that up once we have a few more sewing machines.

In Plastic-Free July, the plastic bags will be well gone!

Whare Aroha Opportunity Shop has a small team of dedicated volunteers. Our spirits are lifted by your energy and hard work.

Nga mihi nui, nga wahine ataahua.

Romi

Whare Aroha’s 1st anniversary

The doors of Whare Aroha Opportunity Shop opened on July 16, 2016.

To celebrate our first anniversary, there will be lots of specials and also some raffles.

Stay in touch through Facebook, or call in whenever you’re nearby.

Be sure not to miss out!

Kia Kaha Te Kai

cook books

NOW ONLY

200 Richmond Street, Thames, Phone: 07 868 00850

Find us and like us on Facebook

Te Korowai Hauraki Whare Aroha Opportunity Shop

Email: wharearoha@korowai.co.nz

OPENING HOURS

Mon-Fri: 10-4

Saturday: 10-1
A donated bag made from denim shorts set the wheels in motion for a weekly upcycling workshop making ‘bespoke’ bags, which were displayed and offered for sale in an exhibition.

Since March, a small group of women has been gathering weekly in the back room of Te Korowai Hauora o Hauraki opportunity shop Whare Aroha to make their designer bags, the first of which they get to keep for themselves.

Mum Jasmine Iraia’s neighbour put her name down for the first workshop and after Whare Aroha coordinator Romi Curl showed her how to hand sew, she says she hasn’t looked back.

“I love it, I take them home and do them when my son is asleep,” she says. “It’s also very relaxing and good company down here.”

Jasmine remembers watching her grandmother sew as a child.

“The more time I spend here it’s like spending a day with my grandmother.”

She loves the colours of the different fabrics and scarves as well as the individuality of each piece of jewellery and other items she uses to add some ‘bling’ to her bags. Her first bag featured a single earring that would have otherwise been thrown away.

“It looked like a solar system and because of the change of season going into autumn, I thought it would look nice with the leaves and the colours,” she says.

Romi says the beauty of bespoke bags is that each one is unique.

“No one else will have a bag like yours,” she says.

Ever the environmentalist, Romi says the groups’ new mission is to make machine-sewn bags for customers to use instead of plastic bags.

- Jo Belworthy
Fun and games at Kaumātua Mini Olympics

There was a lot of fun and laughter at the wonderful Silver Fern Farms Event Centre in Te Aroha for the Hauraki Kaumātua Mini Olympics in June.

Whangamatā Marlins must have been practising because they took out first prize for the second year in a row, with Moehau coming second and Whangamatā Mixed third.

The games were awesome, each offering different types of challenges - and it was fun watching the teams work out strategies in games such as Memory, where kaumātua had to observe, and then remember, lots of different objects.

While there was laughter from all corners of the centre, the loudest constantly came from the corner hosting Noodle Hockey, where kaumātua tried to score goals with bendy ‘noodle’ hockey sticks.

Well done everyone who helped organise the Games and for the many volunteers who helped bring it together on the day.

Bring on the National Kaumātua Olympic Games in May 2017!

- Jo Belworthy
Like Minds Like Mine was invited to have a kōrero on Free FM in Hamilton about Stigma and Discrimination associated with mental illness. This visit brought back many memories as we used to run a weekly half-hour show for Like Minds Like Mine about four years ago. Big thanks to Shanti for the invitation!

You can check out Free FM: www.freefm.org.nz

Our Like Minds Like Mine programme was busy during June, kicking off with a “Break the Stigma Mend the Mind” Roadshow delivering workshops in Coromandel, Whitianga, Whangamata, Waihi, Paeroa and Thames.

The workshops were focused on self-stigma, the internalised stigma we all do to ourselves and looked at ways to change the mind and not let it define who we are.

The free two-hour workshops included an interactive activity where people could get creative and engage in discussion with like-minded people.

Lots of creative minds helped make these workshops fun and a great learning environment! Each participant was given an educational pack to take away.

Education is a better way to understand and explore how stigma and discrimination is occurring in workplace and community settings and how we can find ways to create fairer, more inclusive communities.

Media Watch
Local Focus from New Zealand Herald came to one of our LMLM workshops and did a live interview. Check it out here: http://www.nzherald.co.nz/health/news/article.cfm?c_id=204&objectid=11868661.

A big thank you to Journalist Hunter Calder from the NZ Herald Local Focus and Whaea Faye.

Partnership with Hauraki Plains College
A partnership between Like Minds Like Mine and a group of students are currently working on our project plan which will be a social media campaign featuring a short film targeting accommodation providers, landlords and community around discrimination and stigma associated with mental illness in an accommodation setting. Stay tuned!

Free FM kōrero brings awareness to cause
LMLM was invited to have a kōrero on Free FM in Hamilton about Stigma and Discrimination associated with mental illness. This visit brought back many memories as we used to run a weekly half-hour show for Like Minds Like Mine about four years ago. Big thanks to Shanti for the invitation! You can check out Free FM: www.freefm.org.nz

Articles submitted by Aaron Woolley, Like Minds Like Mine coordinator

Te Korowai Hauora o Hauraki
Freephone: 0508 te korowai
0508 835 679
When the plight of two-year-old Ka’ilani Forbes, battling a rare form of cancer, came to the attention of Iwi Health promoters Frank Thorne and Carrie Taipari, the couple, and a group of six Hauraki rangatahi rallied together for a 200km hikoi from Waihihi in Kaiaua to Kawhia, raising funds and awareness for Ka’ilani’s cause. **Rangatahi Josh Gill, 16, tells the story.**

Two year old Ka’ilani Forbes, of Ngā Puhi, Ngāti Whātua and Waikato descent, is a young girl currently battling Ganglion Neuroblastoma. This rare cancer is usually located in the nerve tissue of the abdomen and continues to spread throughout the body. Mother of Ka’ilani, Moana Forbes, said, because of the tumours, “she had a huge distended stomach.”

The abstract cancer is not responding to any typical cancer treatments available in Aotearoa, so Ka’ilani and her family have had to seek medical treatment in America.

The potentially life-saving treatment can only be accessed by six patients worldwide and Ka’ilani has been lucky enough to be accepted.

In order to receive the treatment, Ka’ilani is required to begin a trial treatment process in New Zealand.

The family will have to move to America to live for at least one year and raise $2 million for further treatment and living costs.

“Just hearing the price, I was just devastated,” Moana said. “It broke mine and my husband’s heart.”

With what seems to be an unreachable monetary goal, the Forbes whānau have had to reach out to anyone for the help of their daughter’s journey to a better wellbeing.

After hearing of the Forbes’ family plight, Te Korowai Hauora o Hauraki iwi health promoters Frank Thorne and Carrie Taipari, along with six Hauraki rangatahi spearheaded the ‘Hikoi mo Ka’ilani’ cause, a 200km walk to raise funds for the treatment.

“They are my whānau,” Frank said. “We wanted to give them a koha that encompassed all facets that make family the strength they are.”

The walk took place over seven days, from April 17-23, from Waihihi in Kaiaua to Kawhia.

With news spreading from whānau to the local community and beyond, word of the hikoi was also brought to the attention of news broadcasters such as Te Kaea, Coromandel FM and One News. A social media campaign was utilised through Facebook and promoted by Māori Party Co-leader Te Ururoa Flavell, in which he stated that the walk was a “massive effort,” by those involved.

With increased awareness to the cause, their ‘Hikoi4Ka’ilani’ Givealittle page raised $2061 over the week and the group are now continuing to raise any money they can.

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The Youth INtact team reaped the rewards of a lot of hard work with the success of two fantastic launches within the Hauraki area in May.

The first was held at the Youth Space in Whitianga, supported by Mercury Bay Area School and the Whitianga Social Services. There was a great turnout of young people and adults despite the rather questionable weather.

The outstanding performances from several groups and moving haka from a group of young tane were complemented by plenty of kai for everyone and some fantastic spot prizes.

After successfully “launching” in Whitianga, the kaimahi from Youth INtact did it all again in Paeroa. Supported by Waihi College and Thames Youth Centre, Paeroa College provided a venue to host our second launch for Pare Hauraki.

There was an outstanding turnout from young to old.
The day was opened with karakia by our Te Korowai Hauora o Hauraki kaumātua group, with the young people of Paeroa College responding with a powerful haka to start the festivities.

Performers from Waihi College stunned the crowd with their incredible talent, which was then matched by students from Paeroa College performing on their own turf, followed by Thames Youth Centre hip hop crew who also wowed the crowd.

The event was capped off with the beautiful voices of the kaumātua who had opened the day - a wonderful and fitting end to a fantastic day.

Also attending the launch were representatives from Youth INtact Hamilton, local services including two Youth Services, the NZ Police, Positively Paeroa, Goldfields School, and the Hauraki District Council Mayor John Tregidga.

Stirling Sports provided sponsorship, with the major prize won by Justyce Paraku-Harris.

-Monique Gardiner
Kōrero o te wā

Going pink for a good cause

It was pink, pink, pink everywhere on Pink Ribbon Breakfast Day in June as kaimahi and kaumātua came together at Te Korowai Hauora o Hauraki to raise funds for Breast Cancer.

After setting a target of $200, the Pink Ribbon breakfast held at the Wharehui in Thames and outer clinics raised the grand total of $366.40

While kaimahi had fun dressing up on the day – CEO Riana Manuel reiterated the sobering fact of why everyone had gathered – that eight women a day in New Zealand and 20 men each year are diagnosed with breast cancer.

Kaimahi and kaumātua gathered at the Wharehui kitchen early – cooking up batches of pink pancakes, whizzing up pink smoothies and decorating the walls with pink flags and balloons, while the tables boasted pink tablecloths, serviettes, plates and flowers and an incredible range of delectable and healthy delights kaimahi and kaumātua had poured their aroha into creating - ranging from cupcake salads, chia porridge and protein cookies to berry bliss balls, muffins and mueslis served in the tiniest of cups.

Two quizzes were held, with Debbie Petersen, Poukura Oranga, Manager Public and Health Services, acting as Quizmaster.

The first quiz offered fun general knowledge questions such as: “Where are bagels made?” (surprisingly, it wasn’t the USA – it was Poland!), while the other was a breast awareness educational quiz, kaimahi and kaumātua learning breast cancer information, such as when a woman should start having mammograms (40 years), the smallest size a lump can be detected by mammogram (2mm) and how much was raised via the 2016 Pink Ribbon Breakfasts - $1.7 m.

Mel Shea, Poukura Pūtea, Finance Controller won the educational quiz, with various kaimahi winning brooches, keyrings and balloons as well in the fun quiz.

Mel also supplied a sweet fundraiser, with Jo Belworthy, Communications and Marketing, correctly guessing that there were 66 pink marshmallows in a jar, while Poukura Tāngata Emma Redaelli’s son Jack was the closest guess to the number of red liquorice in the jar - guessing 99 for the 100 that were in there!!

Funds from the nationwide Pink Ribbon Breakfasts will go towards funding vital research as well as support for those who have already been diagnosed with breast cancer.

A grand fundraising effort and a lot of fun. Tumeke!

- Jo Belworthy

• 8 women are diagnosed with breast cancer in New Zealand every day - of these 1 in 8 is Māori
• 600 women die from breast cancer each year
• Māori women have, on average, a 33% higher incidence of breast cancer than non-Maori women
• Māori and Pacific women are at greater risk of dying of breast cancer than other New Zealand women.
• Over a 10-year average, Māori women have a 65.4% higher mortality rate from breast cancer than non-Maori women.
• Women over 50 at most risk of developing breast cancer
• 6% of breast cancer occurs in women under 30
• 20 men are diagnosed with breast cancer every year

- Jo Belworthy
Look out for warning signs of bowel cancer

It’s one of those body parts that a lot of people don’t want to talk about, but a healthy bowel is crucial to our wellbeing.

So, let’s get talking and learn a bit more about our bowel.

The bowel, also called the colon or intestine, is a tube-like organ that is part of the alimentary canal or digestive tract - the small intestine leading from the stomach, with the large intestine ending at the anus or back passage.

Most digestion of food occurs in the small intestine, while the large intestine is where the leftovers form and get ready to leave our body. If our body is functioning well, we will have normal, healthy bowel movements but sometimes things can go wrong – one of the major indicators of this happening is when bowel motions change – there may be bleeding, we will notice that our movements are more fluid like and/or you may become constipated. These are warning signs and need to be checked out by a doctor.

Unfortunately, some of these symptoms can indicate bowel cancer, but, according to Bowel Cancer New Zealand, if caught early enough, 75% of bowel cancer cases can be cured.

Most bowel cancers start as benign growths on the wall of the bowel called polyps and will not go any further. One type, though, called adenoma can become cancerous and, if untreated, will form a tumour in the bowel, which can then metastasise - or spread - to other parts of the body, mainly the liver or lungs.

Te Korowai Hauora o Hauraki lead nurse, Esme Maloney says the earlier bowel cancer is caught, the easier it is to treat.

“Bowel Cancer Awareness month is an opportunity for people to become aware and recognise the signs and symptoms of bowel cancer,” she says. “If anyone has noticed any changes in their bowel movements or any other changes, they should see their doctor immediately.”

Other symptoms to look out for are soreness or strain when having a bowel motion, lumps and achiness, a persistent change in bowel habits, going to the toilet more often or experiencing looser stools for several weeks, abdominal pain - especially if severe, any lumps or mass in your tummy and weight loss and tiredness (a symptom of anaemia).

For more information, go to http://beatbowelcancer.org.nz/

Jo Belworthy

Jim’s healing hands

Te Korowai Hauora o Hauraki Kaiwhakaora Jim Kingi has been healing since he was a young boy.

It took him a long time to believe in his healing ability and now he teaches his patients to believe in themselves, something he believes is crucial to the healing process.

Jim is able to see clients with different ailments, and, where necessary, he will work alongside the patient and their doctor to ensure the patient receives the best all-round care.

Clinics: Thames, Coromandel, Paeroa. Appointments: Freephone: 0508 835 676
HEALTHY KAI

Sweet and savoury crepes
Nadia Lim

Serves 8 - 10

Ingredients
CRÊPE BATTER
½ cup plain flour
2 eggs
¾ cup milk
1 tablespoon sugar
1 tablespoon butter

AUTUMN DUET AND CHOCOLATE FILLING
small knob of butter
1 Granny Smith apple, peeled, cored and sliced
2 pears, peeled, cored and sliced
¼ teaspoon ground cinnamon
1 tablespoon brown sugar
squeeze of lemon juice
50g chocolate, melted, or maple syrup

Method
Sift flour into a mixing bowl. Create a well in the centre and crack in eggs. Mix together with a fork. Add 2–3 tablespoons of milk and mix well. Whisk in remaining milk bit by bit, whisking thoroughly until batter is smooth and lump free. Add sugar and whisk in well. Rest batter in fridge for at least 15 minutes (this allows gluten to relax, resulting in a tender crêpe).

When ready to cook crêpes, melt butter in a medium-sized fry pan. Pour melted butter into batter and mix well. Pour half a ladleful of batter into heated pan, swirling pan around as you pour so batter spreads evenly over base. Lower heat and cook for 1–2 minutes, then, using a spatula, flip crêpe over and cook another 1–2 minutes. Remove from pan and stack on a plate in an oven heated to 70°C to keep warm. Repeat with remaining batter.

For the filling - Heat butter in a fry pan and add fruit, cinnamon and sugar. Sauté fruit for 5–6 minutes until it starts to soften. Squeeze in lemon juice.

To serve, place filling on a warm crêpe and fold into quarters or roll up.

Note from the author: You can get creative and fill crêpes with all manner of things, sweet or savoury. Here are two suggested flavour combinations. Another favourite of mine is mashed roast pumpkin, creamy mushrooms and spinach, rolled up and grilled in the oven with cheese and served with a salad.
Kōrero o te wā

Meet our Kaimahi

How long have you been in the role?
I have been involved in the project since 1997 since the project was setup, first in a voluntary role, while going through recovery from my own journey as a service user, then in paid employment.

Previous positions/history with TK:
I worked alongside my late Nan Jane Poutu with the mobile dental bus coordination, tattoo removal service, administration and Like Minds Like Mine, as well as back in the days as Consumer Advocate for people with experience of mental illness, a role once held in the organisation. Back then we were a sub-contractor for Like Minds with Raukura Hauora and can’t believe back then we use to have $2,500 for funding to put together three events.

What does your role involve:
My role involves working with Community Partners that exclude people with mental illness and to raise public awareness in increasing social inclusion and end discrimination towards people with experience of mental illness or distress. This is done through public awareness campaigns, community projects, education and promotion and research. Main overall outcome to be free of stigma and discrimination and having the potential to support recovery and inclusion.

Where has it taken you?
During my own personal journey and being involved in this project at a local, regional and national level, Like Minds is made up of champions and leaders who have had their own experiences. This makes this project unique and different from other contracts and programmes. It has taken me to sit on National Governance Advisory Groups as well as Regional Groups, and to become a very passionate voice and champion for Tangata Whaiora-Tangata Motuhake.

What do you love most about your job?
Working alongside Like Minded people who have their own experiences and meeting Like Minded people and making a difference!

Highlight/s: Being able to host the National Māori Like Minds Like Mine Conference at Hopuhopu for Māori Whaiora and whānau from around Aotearoa, New Zealand. This was a huge success for our organisation and put our organisation on the map. Most of all the best highlight was having my late Nan who walked alongside this kaupapa and taught me all the knowledge and tikanga to work with whānau who have taken great care of me and kept me safe.

AARON WOOLLEY
Like Minds Like Mine Service Coordinator

Staff Anniversaries

Several of our staff have marked anniversaries with Te Korowai Hauora o Hauraki over the past three months, some who have been with us for many years. Their hard work and commitment is appreciated and Te Korowai Hauora o Hauraki whānau wishes them all happy anniversaries and a huge thankyou for everything you do.

April
Lesley Hunter – 2 years; Leanne Siddins, Michelle Jones, Trudy Wilson, Caroline Mardell; Delphina Stone, Elizabeth Taukiri – 3 years; Sue McDonnel; Gayle Plasmyer – 5 years; Rachael Dromgool – 6 years; Raewyn Allison-Potae – 7 years; Robyn Campbell – 10 years.

May
Shirley Johns, Marta Wacowska, Margaret Conn, Janene Martin - 2 years; Karen Clouston, Jennifer Dixon - 3 years; Emma Redaelli, Suzanne Whitehead – 4 years; Linda Wikaira, Kath Makiri – 5 years; Rima Murray - 6 years; Gillian Tata-Henry - 14 years;

June
Caleb Stone, Helen Andersson, Kristina Cox - 2 years; Kelly Cochrane, Catherine Loew, Bettina Hunter, 3 years; Merena Russell, Vanessa Roach – 4 years; Sharron Kelly – 5 years; Lyn Rose, Thomas Clough – 6 years.

How to find Matariki

To find Matariki, look low on the horizon in the northeast of the sky between 5.30am and 6.30am.

1: First find the pot (the bottom three stars of the pot are called Tautoru, or Orion’s Belt). To find Puanga (Rigel), look above the pot until you see a bright star.

2: To the left of the pot, find the bright orange star, Taumata-kuku (Alderbaran).

3: Follow an imaginary line from Tautoru across to Taumata-kuku and keep going until you hit a cluster of stars - Matariki.


Te Korowai Hauora o Hauraki Freephone: 0508 te korowai 0508 835 676
Congratulations to Turaukawa Bartlett who is the most recent nomination and successful entry to the Midland Māori Leadership Network – Te Huinga o Ngaa Pou Hauora.

This rōpū consists of the elected representatives from each of the five rohe in the Midland DHB area, including the Bay of Plenty; Lakes; Taranaki; Tairawhiti; and Waikato. The group’s key objective is to ensure that a Māori ‘voice’ is not only acknowledged, but more importantly integrated in the development and implementation of all health strategies in Aotearoa.

As the Waikato representative, Turaukawa will be committed to ensuring that all whakaaro relating to the enhancement of Whaiora wellbeing is communicated to the wider rōpū; reinforcing the group’s collective effort in developing a united voice for all peoples of Aotearoa.

Out and about

The Whānau Ora Community Team of Bettina Hunter, left, (Community Health Worker), Trish Knight (Registered Nurse) and Gayle Catt (Registered Nurse) are busy in the community, working with patients and their whānau to improve their health.

Frank and Carrie represent Hauraki in Melbourne

Congratulations to Carrie and Frank for representing Hauraki and Te Korowai Hauora o Hauraki at the 15th World Congress on Public Health in Melbourne. Their 40-minute workshop was a great success and they are being asked to do seminars elsewhere.

Whakatauki

Matariki tāpuapua

The Pleiades season when water lies in pools
Welcome to Dr Forrest Pommerenke who joined Te Korowai Hauora o Hauraki in May, all the way from South Carolina in the USA.

Dr Forrest will be with us for the next two years and will be based at our Thames clinic.

Dr Forrest loves fishing, camping and hiking so he has certainly come to the right place.

His wife, Jan, is here with him too.

Rachel Christini is our new Tamariki Ora Nurse – job sharing with Janet and based out of our Whitianga office.

Lindsay McCowan has come to join our Energize team – working in our Paeroa schools. Lindsay has come to us from the Project Energize team in Hamilton.

Ayden Aspeslet (Project Energize) has come to us from Canada on a fixed-term placement covering Briar who is on maternity leave. Ayden predominantly looks after schools on the east ern side of the Peninsular.

Siobhan Wehipeihana is a friendly new face on reception at Thames. Siobhan is on a fixed term contract and has a background in admin as well as being a nanny.

Also a big Haere Mai to Home Assist Support Workers Carly Bidios and Angeliqie Anderson and Chamilka Punchihewa – a 4th year medical student on placement.

Irene Breese has joined the Hinengaro team as AOD clinician and Nina Silcock is new Primary Liaison Clinician in the CAMHS team.

Te Korowai Hauora o Hauraki said goodbye to Trish Colquhoun in May.

Trish has been with Te Korowai Hauora o Hauraki for more than 14 years and she was based at our Te Aroha Clinic.

A shared lunch for Trish was held and Trish is looking forward to a 10-week holiday in England visiting her whānau.

A big thank you to Trish for all her mahi over the 14 years and we all wish her the very best.

Also big farewells to Dolly Flude, Hannah Hoffmann and Carmel Williams.
**Kōrero o te wā**

**Pay equity changes welcomed for Support Workers**

The second quarter of 2017 has been exceptionally busy for our service as we manage our Support Workers’ new Guaranteed Hours agreements and prepare for the implementation of the pay equity settlement from 1st July 2017.

**Pay Equity**

The pay equity settlement will transform the Disability and Home Support sectors by increasing pay rates and recognising the significant value of Support Workers in our communities.

This is another welcome improvement to the employment terms and conditions of our Support Workers and we are hopeful with these positive changes our kaimahi will see support work as a valuable and sustainable career option.

**Training**

New settlement pay rates for existing Support Workers are based on analysis of tenure and qualifications; all new Support Workers employed after 1st July 2017 will be paid a prescribed hourly rate based on NZQA qualifications. Therefore the settlement also places increased emphasis on Support Workers attaining NZQA relevant qualifications within specified timeframes.

To support development, Te Korowai Hauora o Hauraki is committed to coordinating and facilitating further training to ensure all Support Workers have opportunities to complete NZQA relevant qualifications.

We will fully support all kaimahi who commit to undertake this training by providing

- Peer, collegial and mentoring support,
- Clinical support and supervision with a Registered Nurse, and
- Appropriate time to complete classroom work and on-site assessments.

**New faces**

Due to a steady increase in demand for our home based support services we have welcomed a number of new Support Workers to the Home Assist team at Te Korowai Hauraki o Hauraki during this quarter.

**Freephone**

Our Free phone 0508 24 66 32 number continues to prove to be invaluable to both our clients and kaimahi. It removes any cost to the caller to ensure there is no financial barrier to contacting our service.

After Hours it automatically diverts to the After-Hours On-Call Service Coordinator.

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**Microsoft 365 upgrade rolls out**

Operations is currently winding up several projects as the end of our financial year draws closer.

However to keep us busy over the coming winter months we are currently undertaking a large project to roll our Microsoft Windows 365 across the organisation.

Because of the rapid growth of the organisation over the years, our IT platform has grown in rather an adhoc fashion, and now Ops is revamping what we have previously had with a view of trying to future-proof our systems as best we can – considering how quickly IT changes!

Our Client Satisfaction Surveys are now ready.

This year, they have been designed to reflect the needs of our Clinical, Hinengaro, Oranga o te Tangata and Home Assist departments.

They are available online and in print format so look out for them.

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**Sharron Kane**

POUKURA KĀINGA

Manager Home Assist

**Gwendol Welburn**

POUKURA KOROWAI

Organisation, Development & Capability Manager
Making a difference for our whānau in our rohe

Whakatauki

Whakatauki te hau ki te Uru
Whakatauki te hau ki te Tonga
Kia mākinakina ki uta
Kia mātaratara ki tai
Kia hī ake ana
He atākura
He tio, He huka, He hauhu
Tihei mauri ora

Get ready for the westerly
and be prepared for the southerly.
It will be icy cold inland,
and icy cold on the shore.
May the dawn rise red-tipped on
ice, on snow, on frost.
Join! Gather! Intertwine

Matariki comes at a time when it is the end of our contract year, so this finds the Oranga o te Tangata team in a state of completing tasks, reporting, planning and getting ready to start a new year.

It also seems to be a time when some of our whānau are getting sick with colds and other viruses, which takes a toll on all of us.

We welcome new staff members to our team this quarter Lindsay McCowan and Ayden Aspeslet (Project Energize) and Rachel Christini (Tamariki Ora Nurse).

One of our exciting opportunities for the New Year is that Te Korowai staff (nurses, admin, managers, doctors, counsellors, navigators, community workers) are all being trained as Stop Smoking Practitioners. This will enable us to offer ‘Stop Smoking’ to our whānau no matter which part of the organisation they present at.

Previously we have had one or two dedicated quit coaches across all our services. Training staff in this new model allows for better coverage across our rohe.

Like Minds Like Mine has been facilitating a number of stigma and discrimination workshops around the rohe this quarter. We have had some great responses in some areas to this kaupapa, thanks to all those who attended.

Te Korowai Hauora o Hauraki is working with Hauraki Plains College students to make a film focusing on Mental Health Stigma and Discrimination in the accommodation setting.

The planned launch will be around Mental Health Awareness Week in October 2017 and the film will also coincide with key messages on billboards.

The Youth Summit is happening again in 2017 and is being organised by Te Mata Rangatira and Te Korowai Hauora o Hauraki iwi health promoters. The theme this year chosen by rangatahi is “Past, Present, Future – Be the Change!”. DATE: 3RD AUGUST 2017, VENUE: NGĀTEA MEMORIAL HALL

Whare Aroha – our opportunity shop - has been operating for one year in July. This has been a successful initiative and it has had some unexpected outcomes such as the sewing group, recycled bags, retail training and this month some of our whānau are doing a journal writing workshop.

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Kaumātua this quarter have seen some great events happening, Te Aroha rōpū hosted the Mini Olympics in Te Aroha – practice for the big event next year on 31st May in Te Aroha. Paeroa rōpū held the Matariki celebrations last month. Awesome fun at both events.

Whānau Ora Navigators are working hard with our whānau supporting them towards achieving their goals and aspirations. We are still having good successes with our Drivers Licence programmes (Learners and Restricted) and this month we have one in Coromandel.

Whakatauki

Kia ara ake, kia tō a Matariki, kua haere ētahi mahi
Matariki by its rising and setting signalled the time to commence certain activities
The second quarter of 2017 has seen the arrival of two new staff: - Irene Breese is our new Adult AOD clinician and Nina Silcock is our new Primary Liaison Clinician in the CAMHS team.

We have also had a leadership restructure with Karen Mobberley as Team Leader of our clinical services (CAMHS, Youth INtact, Maternal Mental Health and Adult AOD Specialist Services) and Rima Murray is Team Leader of our non-clinical services (Adult Community, Vocational Navigation and Pre-Vocational Facilitation).

Pre-Vocational Facilitator Jewels Raharaha has taken the GRAB group to another level with the development of her Whare Tapa Whā 3D model; this new tool allows her to demonstrate the four walls of wellness to her Tangata Whaiora in a visual and kinaesthetic way. She has also developed a board game - watch this space for the unveiling whānau.

Michelle Jones
POUKURA HINENGARO
Manager Mental Health & Addictions

The Youth INtact Youth Drug & Alcohol Service held their official launches in Whitianga and Paeroa. The rangatahi who attended were spectacular with their hip hop dances and singing, we have some amazingly talented rangatahi in Pare Hauraki.

Thank you to Turaukawa Bartlett, Monique Gardiner, Shane Howell, Judith Godwin and Aimée Bartlett for their excellent organisation and passion to this kaupapa.

The Hinengaro Team continues to deliver clinical and non-clinical services to our whānau in Pare Hauraki with some internal movements taking place; Judith Godwin (formerly Youth INTact) and Duni Murray (formerly Vocational Navigator) have moved into the CAMHS team, Judith as a CAMHS clinician and Duni as our new whānau support worker. The whānau support worker role has an additional 0.5 FTE attached to it so Duni will be able to support whānau with children experiencing distress as a fulltime worker - an important role as it means that Duni can walk and support the whānau through their child’s treatment without time restrictions. We are looking forward to filling their vacancies as soon as possible and welcoming new staff to our team.

As always, the team are either already engaged in ongoing study or looking for opportunities to fill their kete; their unspoken commitment to Te Korowai Hauora o Hauraki is to deliver the most up-to-date and evidence-based practices they can, well done team!

A new data management system is in place, specifically fit for storing and managing client information; this new technology has been a long time coming and I would like to thank Karen Mobberley and Gwendol Welburn for advocating and subsequently supporting the implementation of this fantastic new system. The whole team are extremely grateful - especially to Karen for her unwavering commitment.

The team are looking forward to what the next quarter brings - winter is a difficult time for many and we are prepared to support our whānau. We are also looking forward to what Matariki brings us.

Congratulations to our new Nurse Practitioner

Sarah Harrison
POUKURA HAUORA
Clinical Manager

We are already into the second half of this year and there have been a number of changes to the clinics since the last panui.

Firstly I would like to congratulate Esme Moloney on completing her Nurse Practitioner status.

Esme has worked extremely hard to become a Nurse Practitioner and this will benefit the Clinical Team, and of course, our patients.

A Nurse Practitioner is a legal title for a Nurse who has completed advanced education and training. Nurse Practitioners are highly educated and experienced health professionals working as part of the Clinical Team to improve health and to reduce inequalities in health.

Nurse Practitioners can see patients for a consultation for prescriptions, medical certificates, Women’s Health and other health conditions for all age groups. Esme is based in Thames four days a week.
Te Korowai Hauroa o Hauraki offers a huge range of services, giving access to amazing practitioners, ranging from Social Workers, Counsellors, Psychologists, Health Promoters, Nurses, Doctors, Tohunga Rongoā Māori, Kaimahi Mirimiri, Health Care Assistants, Home Assist Coordinators, Whānau Ora Navigators, Registered Nurses, Tamariki Ora/Wellchild Nurses, Workforce Coordinators, Kaumātua and more.

**GP & Nursing Services**
- High quality, Cornerstone accredited, accessible and affordable GP & Nursing services
- Immunisation
- Cervical Smears
- Hearing and Eye Tests
- Free Sexual Health Checks (under 25)
- Acute clinic (Thames only)
- Foot clinic – Coromandel
- Podiatry

**Hinengaro Mental Health & Addiction Services**
- Counselling
- Drug & Alcohol Counselling
- Recovery Group Programmes
- Whānau Advocacy
- Child & Adolescent Mental Health & Addiction Services
- Employment Support
- Youth INTact - specialist alcohol and other drug services
- GRAB - Gain Responsibility and Belief - life skills for adults experiencing mental illness
- Maternal Mental Health

**Oranga o te Tangata Public & Community Health**

**Kaumātua Support Groups** - Paeroa, Coromandel, Thames, Whangamata, Te Aroha

**Disability Information & Advisory Services** - support clients with disabilities

**Oranga Wairua/ Palliative Care** – support, enable and empower clients with life-limiting illness and their Whānau

**Tamariki Ora/Well Child** - Provide milestone checks for children from 0 to 5; provide education and support for mothers and guardians about the care of their babies

**Whānau Ora Navigators** – assist Whānau identify steps to enable them to achieve their goals and aspirations; support Whānau to become self-directing and empower them to lead their Whānau into a positive future

**Whānau Ora Education and Employment Coordinator** Support Whānau into employment or education; help them identify their strengths and skills and motivate them to achieve prerequisites for employment or education

**Kaiwhakaora** – traditional Māori Healer

**Service Coordinator/Takawenga** – support individuals and families who require assistance to navigate health and disability support services, with the aim of encouraging independence and enhancing their chances of health and wellness; **Pepi Pod**, a service for babies more vulnerable to accidental suffocation

**Like Minds Like Mine Health Promotion** – Work in community settings to reduce mental health stigma and discrimination

**Iwi Health Promotion** – empower Rangatahi and Whānau to be in control of their own Ora/Wellness (Holistic Health focus)

**Project Energize/Under 5 Energize** – work in schools, early childhood centres and Kohanga Reo promoting healthy eating and activity messages

Providing Personal Care, Home Help and other Support Services to allow clients to remain living in their home.

Home Assist specialises in home-based care and support and employs quality Support Workers who are caring, professional, reliable and empowering with the aim of maintaining independence, dignity and quality of life.

**Home Assist service includes:**
- Home Help
- Personal Care
- Shopping Assistance
- Medication Oversight - Both short and long-term care after illness, surgery or accident