



Western Bay of Plenty
Primary Health Organisation

TŪNGIA TE URURUA KIA TUPU
WHAKARITORITO TE TUPU
O TE HARAKEKE

Te Rerenga

NEWSLETTER | DECEMBER 2023

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Meri Kirihimete!

As we head into the festive season and toward our holidays, we look back to reflect on the year that was, and forward to the year that will be.

There has been an incredible amount of work undertaken this year by our WBOPPHO kaimahi, Iwi partner organisations and General Practice teams across our rohe. I want to acknowledge it and highlight that I am truly thankful for your commitment, dedication, and passion for our community. The determination and resolve, I see every day, to change the things we can, as advocates for equity, is stronger than ever. I am encouraged by the importance given to authentic

Te Tiriti o Waitangi partnerships and how this is driving our action for change.

As the healthcare landscape continues its transformation, one thing that can make a world of difference is the Manaakitanga (respect) we show for each other and the Whai Ihi (passion) we show in our work. We will carry on building strong partnerships, we will keep delivering benefits to the community, and through our collective strength, we will achieve equity. We also remember that there is much to learn from the teachings of our ancestors, the wisdom of our elders, and the fresh naivety of our youth. If we can hold this vision bright and clear and firmly in our sights, we can and will achieve a significant change in the well-being and health of all New Zealanders.

Getting into the Christmas spirit with the signs of summer around us, I want to wish you all a Merry Christmas and a prosperous New Year. Enjoy the summer holidays and time spent with your loved ones.

Nāku, noa nā,
Lindsey Webber, CEO



CELEBRATING 20 YEARS

A two-decade partnership towards health care equity



The Western Bay of Plenty Primary Health Organisation (WBOPPHO) celebrated 20 years of a unique journey on the 16th of October. Responsible for planning, funding, and coordinating primary healthcare in the region, the Joint Venture between Ngāi Te Rangi Iwi, Ngāti Ranginui Iwi, and Western Bay of Plenty Primary Care Providers Inc. (Providers Inc.) solidified its singular partnership over the years, reflecting on the shared vision that gave rise to its existence.

“We were the first and we still are the only PHO to be governed by a unique partnership between Iwi and providers. As we celebrate 20 years of this joint venture, we can be really proud of our strength and success in navigating multiple changes and challenges over the past two decades”, described the WBOPPHO CEO, Lindsey Webber.

The WBOPPHO embodies a dream shared long before its official foundation in 2003. In 1992/1993, First Health and PrimeHealth organisations emerged from a pilot project funded by the Health Reforms Directorate and the Department of Health. These organisations preceded PHO's and coordinated general practice. This is when the relationship between providers and Iwi became stronger in the region.

One of the founders of the WBOPPHO and its inaugural chairman until 2016, Dr John Gemming was the secretary/ chairman of PrimeHealth at that time.

– Dr John Gemming, one of the WBOPPHO founders, and Tatai Allen, from Ngāti Ranginui Iwi, at the 20th Birthday celebration



"We were the first and we still are the only PHO to be governed by a unique partnership between Iwi and providers. As we celebrate 20 years of this joint venture, we can be really proud of our strength and success in navigating multiple changes and challenges over the past two decades."

— WBOPPHO CEO – Lindsey Webber

"When it came to form the PHO, we already had lots of relationships. The idea of doing it together (providers and Iwi) wasn't a new idea for us. We knew, for example, we would have no casting vote. We either came to a consensus or it didn't happen. We were involved with lots of organisations nationwide, and they couldn't understand what we were doing", remembered the now-retired general practitioner.

Instrumental in the formation of the joint venture and a member of the board for 15 years, Colleen Te Arihi worked at PrimeHealth and First Health as the Māori Liaison. Also known as Auntie Tuki, she led the hui with Ngāti Ranginui, Ngāti te Rangi and Ngāti Pukenga, sharing the vision of creating the WBOPPHO as 50/50 partnership between providers and Iwi. "I was in a place to pull it off. We understood what the government was

planning to do, so we made it, and we were able to morph into a PHO once it became a government policy", explained Auntie Tuki.

The Ministry of Health's recommendation at that time was to have a Māori Advisory Committee. A suggestion that Dr John Gemming ignored, despite the flak he received, he declared "If we were going to do this, we needed to do it together". During the 20-year celebration of WBOPPHO, at Hairini Marae, the birthplace of WBOPPHO, CEO Lindsey Webber highlighted the organisation's pioneering spirit in her speech. "This work for equity, particularly for Māori, is embedded in our vision, mission and values and is reflected in the partnerships we hold. We were on this path before it was paved", she said. ▲

The history behind our brand

Did you know the original WBOPPHO brand, designed by Thomas Ngatai, had koru endpoints intentionally not connecting? It was an open invitation to Ngāti Pukenga for potential future involvement, however, Ngāti Pukenga chose not to join, and during the 2021 rebrand, the koru was closed to show the design we have today.

The koru symbolises the changing landscape of the health sector. The point of origin provides an equilibrium between the uncertainty of change and harmony. It represents our life journey. ▲

Old Logo



New Logo



Our whakataukī

The WBOPPHO's whakataukī was gifted to the organisation by the respected Rangatira Dr Morehu Ngatoko Rahipere. The proverb is a reminder of the importance of considering new ways of thinking when embarking on new journeys, which remains contemporary now a days.



"Tūngia te ururua, kia tupu whakaritorito te tupu o te harakeke."

Clear the undergrowth so that the new shoots of the flax will grow.

— Rangatira Dr Morehu Ngatoko ▲

Meaningful relationships driving common goals

The WBOPPHO has consistently evolved since its foundation in 2003, growing from around 10 employees to a workforce of 100 plus. Beyond providing care for the unwell, there are multiple programmes aiming to help the community to stay healthy, such as smoking cessation, school health services, diabetes management and immunisation. Amidst these changes, the foundation of meaningful relationships and collaborative efforts toward common goals has remained a steadfast anchor.

"I have been in this organisation most of the time and our journey has been good. You get your ups and downs. I mean, that's the way it rolls", said Paora Stanley, representative of Ngāi Te Rangi Iwi and Co-Chair of WBOPPHO. "It is like a marriage", defined Dr Dan McIntosh, Co-Chair representing Providers Inc. Paora concluded, "That is right. And you tend to hang in there because it is a marriage, it means something."

The groundbreaking partnership, which formed in 2003, still aims to improve health and wellbeing of the community for future generations, and to remove inequities, particularly for Māori. "The history of how the WBOPPHO got here shows the relationships are the most



– WBOPPHO's first CEO, Roger Taylor and Frank Kawe, Ngāi Te Ahi Hapū, during the celebration at Hairini Marae

important thing. And the uniqueness of the Joint Venture is what we need", believes Dan.

Revisiting the inception of WBOPPHO, the inaugural CEO, Roger Taylor, recalls the core values guiding the decisions. "One of the first things the Board said was 'this is not about the PHO. We are the means, and the ends is the wellbeing of the people'."

Future

Looking ahead, CEO, Lindsey Webber challenges the organisation to envision the health system not just for the next 5 to 10 years, but for the next 24 to 50 years. "Let's think about our strategy

in terms of the generations to come. What do we want our health system to look like for our mokopuna and our mokopuna's mokopuna?"▲

Our CEO's

Roger Taylor, CEO

2003 – June 2018

Ross Smith, Interim CEO

July 2018 – November 2018

Phil Back, Interim CEO

November 2018 – May 2019

Lindsey Webber, CEO

May 2019 – present day. ▲

Our providers, our whānau

From Katikati to Whakatāne, WBOPPHO serves close to 210,000 people enrolled through its 31 practices. The organisation plays a crucial role in planning, funding, and coordinating healthcare initiatives in collaboration with the professionals within these health providers. United in purpose, these teams become a whānau, driven by a collective mission to enhance health outcomes throughout the region. Together, they navigate challenges and celebrate shared successes.

▲ "I have been extremely privileged to be involved with the PHO over the last 20 years. The thing I am most proud of is the

many great and strong relationships that have been formed.

Lorraine Anderson – Practice Manager at Gate Pā Medical Centre Ltd

▲ "2021 was a transformational year for the PHO in resetting the culture, values and whakawhanaungatanga of its staff. Leading the relocation project to bring the clinical and administrative arms of the organisation into a single building was a mammoth task, but I feel privileged to have brought that one home."

Gareth Hudson – Practice Manager at Ōtūmoetai Doctors and former PHO employee

▲ "I have been part of the PHO whānau for 3 years and the continued support I have received from our liaison and the team has been above and beyond. They are never too far to aid us with helping our patients and staff alike."

Rowena Cook – Medical Centre Manager at The Doctors Bayfair/Pāpāmoa

▲ "I am the new Practice Manager at Te Puke Medical Centre, and the WBOPPHO team were amazing at introducing me to the range of services and support they provide. With the industry constantly changing and challenges we face we are very glad to have the support and guidance of the organisation."

Chris Fyfe – Practice Manager at Te Puke Medical Centre

INTERVIEW

"We have grown so much"

An employee of WBOPPHO since day one, Annette Ludgate witnessed every milestone the organisation has achieved in two decades.

It is no overstatement to declare that Annette Ludgate has been an integral part of the WBOPPHO before its inception. Initially joining PrimeHealth as a receptionist in 1997, a precursor institution to the PHO, she transitioned to the PHO on the 1st of October 2003, 15 days before the official establishment of WBOPPHO. In this interview, she shares her memories over the past two decades and a career intimately intertwined with the history of WBOPPHO.

How did you become an employee of the WBOPPHO?

I had been working for PrimeHealth since 1997. When PrimeHealth ended I was made redundant and then employed by the WBOPPHO as an Administrator and Receptionist. My employment started on the 1st of October 2003.

How was day one at WBOPPHO?

My first memory is of Roger Taylor, the CEO, arriving at the PHO for a

welcome morning tea. The duties were the same as working for PrimeHealth, just a different manager. The early days were busy, and very special. There was only a very small team of us. Roger was making connections with the community and Iwi as much as he could.

In what ways have you seen the organisation grow and change over the past two decades?

The PHO has grown so much. When I first started at the PHO, there were probably around 10 staff members. Now look at us! In 2014, when the Health and Wellness Service was created, many clinics were formed, such as a walk-in, workplace wellness, Hauora - Women's Refugee, Men's Shelter, Salvation Army outreach services, as well as Health Promotion.

Are there values that have remained constant throughout your time here?

It has to be the 'whānau first' philosophy that the PHO holds. I am extremely



appreciative of the understanding we are shown when it comes to "dropping everything" to look after our own.

Can you share a particularly memorable or rewarding experience from your time with the organisation?

One of the most significant memories I have is when Gemini Nursing Services opened in 2007. This was a free government-backed community nursing service on Cameron Road. The PHO called for submissions to start the free clinic in the hope that it would help with the early detection of illness in people who wouldn't normally go to a doctor. It was a big moment for the PHO. ▲

Kiri's Kōrero

Standing on the shoulders of giants is a metaphor that expresses the idea of building on the knowledge and achievements of those who came before us.

Our recent WBOPPHO 20th birthday celebrations were an opportunity to reflect on the exceptional leaders who have paved the way for improved Māori health outcomes by addressing cultural, social and systemic factors. Our leaders-Tangata Whenua and Tangata Tiriti had the foresight to establish a unique co-governance model that others aspire to.

It has been a partnership that has had its ups and downs, and to quote our Board Co-Chair Paora Stanley - CEO Ngāi Te Rangi "Firstly you have to have respect with each other to be able to make a decision to go into a partnership, back in the day it was clearly the case". Dan McIntosh Board Co-Chair adds "When things get hard, it's the relationships which we rely on". Shared goals, a common vision and trust have got them through challenges.

I feel privileged to work as the Director of Māori Health and Wellbeing with our

PHO whānau. I whakapapa to both Ngāi Te Rangi and Ngāti Ranginui, I have a sense that this is where I am supposed to be. At the birthday celebrations, Roger Taylor (the PHO's first CEO) acknowledged my beautiful mum Ataraita Ngatai who passed on the 18th of October (90 years young) and shared that she was one of his wise counsel, knowing that cemented my belief this is where I need to be.

Whether you have recently joined the PHO or have been here for 20 years, you belong here, you chose to be here and the PHO chose you. My hope is that we move forward in our shared mahi with gratitude, purpose and the understanding that we too, are becoming the giants for future generations to stand upon.

Ngā mihi

Kiri Peita – Director of Māori Health and Wellbeing



"You've got to have a passion for what you do"



An interview about equity and the role of relationships with Brian McKenna, Registered Nurse and Professor of Forensic Mental Health.

If you ever have the privilege to engage in a conversation with Forensic Mental Health professor Brian McKenna, you can be certain that some of his words will leave a lasting impact. With an open mind and open heart, the West Auckland-born pākehā of Celtic, English, and Jewish ancestry makes complex subjects relatable to anyone, no matter their background.

The father of four is a Registered Nurse and the only Professor of Forensic Mental Health in Aotearoa New Zealand, which is a joint appointment between Auckland University of Technology and the Auckland Regional Forensic Psychiatry Services (Mason Clinic), where he serves as Associate Clinical Director for Improvement. McKenna's qualifications include an undergraduate degree in social anthropology, a master's degree in health science and a PhD in Psychiatry. He is also on a journey with Te Reo Māori.

His impressive curriculum carries 28 years' experience, mostly around secure hospitals, working in the recovery of people with mental illness or intellectual disability who have

committed a criminal offence or are at high risk in the community. "The research needs are determined by the work conducted in the field, not the opposite", reasoned McKenna.

Son of a factory worker, McKenna remembers having the most amazing upbringing, with no perception that he was disadvantaged. "I was aware of what others had, and that we didn't have it to the same extent", he reflected. The professor believes it was education that brought his consciousness around inequities. "I used to trip around the country, trying to expose myself to all sorts of realities. Then it just hits you in the face. It's just there and then if it's there and it's unfair or needs correcting, you attempt to correct it. This is not my work, this is who I am", he concluded.

In this interview, McKenna discusses the origins and the concepts of inequity, and how research showed him relationships have a crucial role in achieving equity. The professor shares insights on building these vital relationships and gives us some inspiration to overcome uncertain times, such as the government changes currently underway in Aotearoa.

*"Kua tawhiti kē tō haerenga mai, kia kore e haere tonu.
He nui rawa ō mahi, kia kore e mahi tonu."*

"We have come too far not to go further. We have done too much, not to do more."

— Sir James Henare, quoted by Brian McKenna when reflecting about the future of health equity in New Zealand



INTERVIEW

Where does the inequity come from?

We're all different. Human beings are different, but like tends to attract like, and when you get groups of like they look after like, at the expense of people who are different, who are not like. So that's all your inequity, which is sort of driven by diversity. What does that create? It creates some injustice, unfairness, disparity, and disadvantage.

Is there a solution?

Inclusion is an attempt to arrive at a solution. The disadvantaged need to be part and parcel of society in the same sort of way everybody else is. To give all people power and decision-making opportunities, to correct what has already been created and disadvantaged. Resource needs to go to disadvantaged groups to assist them to come up to a similar level as others.

How does it apply to New Zealand?

In New Zealand, we have Te Tiriti o Waitangi - the Treaty of Waitangi, which is a document created when the settlers were outnumbered. It was an attempt to look at something which was equitable and inclusive, and yet we've had a history of the opposite occurring. Now we're going through phases of trying to correct this. There is a primary obligation to correct inequity for Māori, however, inequity is also related to ethnic minority status, having various 'disabilities', gender, sexual identity and so on. We're all aware of this thing called inequity. It's just a monster.

Your research brings up the role of relationships in achieving equity, how do relationships do that?

It is not as much the outcomes of the research, but the process that you develop while doing it. If you do the research in an empowering way with the right sort of people who belong to groups unlike your own, then you get a whole different perspective of the world.

So, it's very much that which teaches you. It's about being involved in the process, a process which is equitable and is built on human relationships.

Considering service delivery in Primary Health, how do we create better relationships to improve equity?

I think first and foremost, you've got to have a passion for what you do. If you haven't got a passion for what you do, then it is hard to convey genuineness to others. Then, you've got to put a lot of effort into the beginning of those relationships. You have to be prepared. You actually have to understand that you might be going into a context, which you don't feel completely comfortable with. So, you need to educate yourself a little bit. You might even have to sit with your sense of unease. In such relationships, you have not necessarily got the answers. In fact, you might be quite out of your depth. Focus on the relationship and develop the trust and the rest will flow from there.

And how do you develop trust?

I believe we develop trust by going into their space, not expecting them to come into our space. We have to get to really know people and that may take a bit of time. In a lot of these relationships, reciprocity sits here, which is what you give, and you receive.

Flexibility seems to be very important at this point, doesn't it?

You may have agendas in your own head, but be flexible with those, because those agendas may not be the agendas for the people that you're trying to build a relationship with. So have some flexibility around that. It's not about you. It's not about what you want. Open yourself up to the processes that the other group feels safe with and, if you can, do it face to face, in order to really get to know the person.

"We're all aware of this thing called inequity. It's just a monster."



How do you evaluate health equity in New Zealand?

It depends on what side of the wall you're on. Equity has sat there for Māori ever since the signing of Te Tiriti o Waitangi. I think in health, there's been some really good documentation about inequity. The Ministry of Health for instance has been very brave in talking about racism, bias, Treaty of Waitangi claims, and how those processes all feed into inequity. So, there's a lot of talk and then there was the legislation and the development of a new health structure. We saw a lot of it on paper, but it lacked the practicality of what that might look like in reality. Not enough effort was put into the mechanics of how it would operate.

Do you have a view about the future?

With the change of government, I've got a feeling that things might actually move backwards as opposed to moving forward. I think there's enough of a groundswell that even if we move backwards, there is enough push to keep on trying to move it forward. That means, holding on to your own values. Hold on to the relationships you have developed. They probably need more support now that there is instability. There is a quote from Sir James Henare, a very distinguished Ngāpuhi tupuna. "Kua tawhiti kē tō haerenga mai, kia kore e haere tonu. He nui rawa ō mahi, kia kore e mahi tonu", or "We have come too far not to go further. We have done too much, not to do more". ▲



A pioneering move to enhance health equity in Tauranga

Huria Trust introduces Aotearoa's first Kaupapa Māori Pathlab.

A determined Hapū-led organisation has brought to life a pioneering initiative. Thanks to Huria Trust, Tauranga now hosts New Zealand's first Kaupapa Māori Pathlab Service. Based within the hāpori of Huria Marae situated in Judea, the project has been officially open since September 2023. Though it is still in its early stages, a trail of success stories suggests that it has the potential to emerge as a transformative resource in working towards health equity.

Inspired by kaumātua meetings, the Registered Nurse and the clinic lead at Huria Trust, Kara Winiata, embraced the mission of bringing laboratory services closer to whānau. "When I first started here, I went over to our Kaumātua meeting, I sat down with the nannies, and asked what kind of clinical services

they want, and the first thing they said was 'to be able to have blood tests taken quicker and easier.' This is how it all started", said Kara, reflecting on the initial days.

The lengthy six-month process to establish the partnership with Pathlab and Te Whatu Ora appears to be paying off. Since the opening, Kara has been collecting remarkable stories about the service's impact on local whānau. "We have had patients come in for a blood test that they needed to get a year ago," she shared with a smile.

Aiming to create an inviting, accessible, and relaxed environment, where diagnoses are quicker and health outcomes better, Kara explained "Huria Trust has sought to recreate the Pathlab experience, and incorporate manaakitanga, comfort, relational and trust building with patients and their whānau."

As part of the initiative, in October the organisation welcomed the first purpose-

trained phlebotomist, wahine Māori Jewel Tipene. "I feel it is a privilege to be able to provide this service for whānau from our hāpori, and it was so humbling to be selected to do this mahi," stated Jewel.

The first months of the project suggest a promising potential for success. "People using our service really love the wairua or vibe we have here. Their positive experience and feedback assure me they'll return when needed. It also prompts them to ask about other services the Trust offers," concluded Jewel, who also serves as a Health Navigator for the organisation.

The Kaupapa Māori Pathlab is free for anyone to access, and no bookings are required. "Over 90% of our patients are Māori, which is our goal, but the whole community is welcome to pop in, have a cuppa, a kōrero and get their tests done", invites Kara. The lab is available four days a week, Monday, and Wednesday, 1pm to 6pm, and Tuesday and Thursday, 7.30am to 12.30pm. ▲

Changing lives with nurse-led clinics



– Kara Winiata, Sylvia Willison and Jewel Tipene

Huria Trust leads and supports cultural, social, health and educational projects for whānau within the hapū of Ngāi Tamarāwaho, and the broader Tauranga & Western Bay of Plenty communities. In addition to the recent venture, the Kaupapa Māori Pathlab, three initiatives enhance the health and clinical core of the organisation: immunisations; nurse-led clinics; and nurse-prescribing services.

The journey of Huria Trust supporting health projects extends back to 1990, four years after its foundation. The adoption of a clinical approach is a recent development, however, expanding their scope of services. “We were discouraged to take this path. It has taken a lot of time and resources to get us to this point, for which we are humbled and proud, by

the result we have achieved thus far in the clinical space”, says Sylvia Willison, the CEO and member of the organisation since its inception.

The addition of a whānau member and Registered Nurse Kara Winiata as the clinical lead, has opened new doors. An active member of the community and a familiar face to the hapū, she joined the team over a year ago. “We have started from nothing and built the service from strength to strength. We began with the nurse-led clinic, adding the immunisation service, the nurse prescribing service, the Rheumatic Fever Kura Programme and now the Pathlab”, narrated Kara.

The effectiveness and future possibilities of the health service offered by Huria Trust are best illustrated by the lives positively impacted by the organisation. A notable example is a man struggling with severe eczema who sought help after facing difficulties securing a GP consultation. He was provided initial education and treatment at the Huria Trust clinic and Kara promptly arranged an urgent GP consultation for him. Upon returning for a follow-up, Kara noted, “he was feeling and looking better. From there, Huria Trust also offered a range of services to tautoko the young man. For us, it is about identifying individuals like him, establishing a connection, and building trust”. ▲

How providers can help

Huria Trust aspires to improve health outcomes for whānau. The more people reached, the better the impact on the community. Health providers can help by promoting the Hapū-led Huria Trust services. There are posters and brochures available to be displayed at practices. “And the most important thing is to talk to your patients about it,” says

Kara Winiata, the Clinical Coordinator at Huria Trust.

“We have been working our way around GP practices, pharmacists, different organisations that would be key to support the mission and bring more people in. We want to make this work, and be the first Kaupapa Māori Pathlab of many,” said Kara.

Evolve to remain relevant

The organisation's objective is to consistently expand and refine its model of healthcare in a manner that remains relevant and supportive to the communities we are here to serve.



Kaupapa Māori Pathlab and Nurse-Led Clinic

NO BOOKINGS REQUIRED

Hours

- Monday & Wednesday 1pm - 6.00pm
- Tuesday & Thursday 7:30am - 12:30pm
- Friday 9am - 1pm

Services available

- Pathlab Blood and Urine tests
- Nurse Prescriber services
- General health checks
- Immunisations
- Wound-care
- Skin, Eczema and Asthma care
- Diabetes consultations
- Support for Breast, Cervical, Prostate and Bowel screening
- Hepatitis C testing
- Throat Swabbing (Strep Throat/ Rheumatic Fever)
- Healthy heart checkups
- Support to quit smoking
- Blood pressure reading
- Combined with Health Promotion services for Disabilities Information/ Advocacy, Whanau Ora, Early Intervention Kaumatua program, Kaupapa Māori Antenatal, Taurite Tu: an exercise program by Māori for Māori 60+ to strengthen and balance.

Contact

Address: 4 Te Kaponga Street, Judea

Phone: (07) 578 7838, ext. 711

Email: hauora@huriatrust.co.nz ▲

“Meeting whānau and individual's needs is a key to it all, or what our vision might look like in this space. And connecting the people with our vision and purpose to prepare for tomorrow and beyond the horizon. It is not about getting bigger for the sake of getting bigger. It is about our whānau, empowering them, and fostering opportunity for our people”, explained Sylvia Willison, the CEO of Huria Trust. ▲

Taking our 'why' to the next level

"Imagination belongs to hope. It's the creative dance of possibility." – Sharon Weil

WBOPPHO staff gathered for a half-day workshop at Classic Flyers in September. Bringing some of the learning gained during their Study Tour in May, the CEO Lindsey Webber and Director of Māori Health and Wellbeing, Kiri Peita, focussed the workshop on taking our PHO 'why' to the next level and creating a possibilities map.

The session was facilitated by Irihapeti Mahuika, now the CEO of Health Hawkes Bay. Kaimahi were encouraged to discuss and debate on a series of healthcare topics as well as talk about what equity means to them and how they implement it in their daily mahi.

The WBOPPHO Principles were a focal point of the day, which included our vision, mission, values, purpose and 'why'. Through sharing examples of how different kaimahi are living the values of the PHO, staff were able to see how

something on a piece of paper translates to their everyday. More importantly, they could see how every role contributes, whether in the community or in the office.

All of the thoughts and ideas during the workshop were captured in an illustration by Leah Critchley from MotivCreative, to form our very own WBOPPHO possibilities map. "The idea to create this map was inspired by the Study Tour. We heard from some well-established locality networks, and a key pattern that rang out was, that successful health systems rely on the intertwining of friendships, passion, innovation, and hope. One locality articulated this well, with an illustration on a wall called a Possibilities Map", explained Lindsey.

As the name suggests, a Possibilities Map reminds us that everything is possible, we just need to dream big. ▲



Tapuhi Ahi Kā – Māori Midwife Service

Tapuhi Ahi Kā provides a full Midwifery service to whānau Māori and holds the vision of treating everybody with mana and respect. This Māori-led clinic follows Te Ao Māori principles, which embody the whole whānau, offering a wrap-around support system that goes beyond the hapū wahine and pēpi.

After seeing too many Māori māmā going through the hospital with no midwife, Te Rina Joseph – Clinical Director of Kaupapa and her team of Māori midwives felt compelled to change things for tangata whenua hapū māmā, who felt lost in a Western system. Tapuhi Ahi Kā service provides Māori-led solutions, which aim to provide better outcomes for mama and pēpi and whānau with

wairua support and counselling support, all in the same facility.

The rōpū have been based at the Rangiora Hub at Fraser Cove for the past few months and now have their own premises located on Cameron Road. A lovely crowd of whānau and community service providers gathered to celebrate their opening on the 6th of October to mark the occasion with the rōpū, who are excited to be back out in the community.

Staff from the PHO were privileged to attend the launch of Tapuhi Ahi Kā, where they were gifted a kawakawa tree from the rōpū and it will be planted in the whenua of its premises at 1st Avenue. ▲

Tauranga Moana Tauranga Tangata Festival 2023

Thousands of people affiliated with Tauranga Iwi spent their weekend celebrating their unique identities at the Tauranga Moana Tauranga Tangata Festival on the 21st and 22nd of October this year.

Tauranga Moana celebrated their two-day bi-annual Tauranga Moana, Tauranga Tangata Festival on Matakana Island bringing together its three Iwi of Ngāi Te Rangi, Ngāti Ranginui, Ngāti Pūkenga. Te Hui Ahurei o Tauranga Moana, Tauranga Tangata 2023 was hosted by whanaunga of Te Moutere o Matakana, Rangiwaea me Motuhua.

The aim of the festival is to showcase, celebrate and enjoy the talent around Tauranga Moana.

A festival committee representative commented "We are so thankful and proud to have shared this little piece of us with you. The Moana does not separate our islands from the mainland, it connects us. Sharing this weekend with you has meant so much to our community and we are amping for our Matapihi whānau to host the next Hui Ahurei in 2025. Mai i tēnei mata o te Moana ki tēnā - e whakanui ana i a koutou. Kei tawhiti!"

The overall winner was Te Papa o Matapihi. ▲



Working toward a smoke-free Aotearoa

The Bay of Plenty and Lakes Tobacco Control seminar held in Te Puke on Wednesday 11 October saw a crowd of 50 representatives of services in the smoke-free space ready to reach the goal of a smoke-free Aotearoa.

WBOPPHO Health Promotion Co-ordinator, Tiana Bennett, who was involved in the planning and implementation of the seminar noted that "Providing a light-hearted and relaxed atmosphere to discuss the challenges of reaching a smoke-free Aotearoa really helped in getting attendees involved in discussing this goal". Tiana also took up the role of MC alongside Aporina Chapman, of Te Whatu Ora Hauora.

There was a range of informative speakers such as Shane Bradbrook, with 23 years in the tobacco control and public health space, who shared his experience on a number of tobacco-related Boards, committees, and advocacy roles. Has been a key driver and innovator in creating ground-breaking Māori approaches to tobacco use. Selah Hart, Deputy Chief Executive of Public and Population Health for Te Aka Whai Ora, also spoke and is a well-known face in Māori Public Health, with a strong dedication to whānau, hapū, Iwi and hāpori in achieving hauora. Selah has led many advocacy campaigns to address systematic issues and create changes to the health system with a focus on addressing inequities.

Other speakers focused on the role and responsibilities of a Smokefree Officer, information and highlights from local areas of Western and Eastern Bay of Plenty and the Lakes. A Think Tank session facilitated by Hapai Te Hauora gathered action plans and tasks for future work and actions. The day



concluded with an interesting panel discussion on Rangatahi and Vaping, given the popularity it has with our youth and the consequences of its consumption.

Feedback from the audience indicated that this seminar was long overdue and the actions moving forward were to meet regularly and work collaboratively to reach the goal of a Smokefree Aotearoa by 2025. Tiana applauded everyone with a "Congratulations on such a warm rich day, amazing kōrero, sharing of knowledge and big energy". ▲

Upcoming Events

December

- 1 World AIDS Day
- 3 International Day of Disabled Persons
- 10 Human Rights Day

February

- 1-29 Health Awareness Month
- 4 World Cancer Day
- 6 Waitangi Day

There are too many events to list, so this list is not comprehensive.

Meet Niki Pucci, our new Diabetes Nurse Educator at the WBOPPHO

Niki is a Registered Nurse Prescriber who is passionate about improving diabetes care management in our community. Her role focuses on building diabetes management capability across the PHO Network and Clinical Services teams, by offering education, clinical advice, and support. Niki will also assist the Diabetes Self-Management groups.



As part of her orientation, Niki has met with Te Whatu Ora's Diabetes team, partly as an information gathering exercise, but also to explore opportunities of how the primary and secondary care teams can work collaboratively in this space. She will also be meeting with other community-based diabetes services to strengthen relationships and improve collaboration across services.

Working on Mondays, Wednesdays and Thursdays, Niki increases our diabetes capacity, she will meet with practice

teams over the coming months and will collaborate to identify how best she can support their efforts in diabetes management. "I have been getting to know all about the services and projects currently offered, and I look forward to meeting everyone soon", said Niki.

In the meantime, if you or your practice would like to have immediate assistance, please contact nsadmin@WBOPPHO.org.nz or send a referral via BPAC e-referrals to 'Diabetes Nurse Educator'. ▲

New faces in the whare

We have a few new faces in the whare, and we thought it best to make a mini introduction, especially as many will be seen out and about in the practices. To make it fun, we asked them to tell us something about themselves that most people wouldn't know...



– Emma Walker

Stop Smoking Practitioner

"I was an outdoor instructor for many years working in youth development. Amongst many outdoor pursuits, I enjoyed a lot of sea kayaking, and once kayaked from Leigh (north of Auckland) to Great Barrier Island. The voyage took 10 hours!"



– Li Kee Chee

Community Dietitian

"I usually shop at kids clothing section for myself, especially for casual wear – and yes, especially shoes."



– Anna Summerfield

Community Dietitian Lead

"I am brand new to Mount Maunganui – one week at time of writing, having just moved from Wellington. I am a yoga teacher in training and spend 90% of my free time at the beach."



Western Bay of Plenty
Primary Health Organisation

TŪNGIA TE URURUA KIA TUPU
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O TE HARAKEKE

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