

# Te Rerenga

News from the Western Bay of Plenty Primary Health Organisation



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Primary Health Organisation

TŪNGIA TE URURUA KIA TUPU  
WHAKARITORITO TE TUPU  
O TE HARAKEKE



*Kaumātua Des Tata and Tutu Pearson from Ngāi Tamarāwaho, supported by kuia Colleen Whetukioterangi Te Arihi from Ngāi Tamawhariua, bless our new whare at 87 First Avenue.*

## PHO settles into new whare in First Avenue

**It's been a busy few months for WBOP PHO, with the opening of our new whare at 87 First Avenue and a whole lot of valuable mahi making a difference for the health and wellbeing of people in our communities.**

We've also celebrated some major achievements for our colleagues in the Queen's Birthday honours and New Zealand Primary Healthcare Awards.

The move to First Avenue has brought all staff at WBOP PHO under one roof for the first time – and what a great workspace it is! Highlights include the light and airy shared spaces, attractive greenery, a spacious staffroom with an outdoor area that will no doubt be well-used in the summer months, and plenty of meeting spaces.

Special thanks to kaumātua Des Tata and Tutu Pearson from Ngāi Tamarāwaho, supported by kuia Colleen Whetukioterangi

Te Arihi from Ngāi Tamawhariua, who blessed our new whare to help welcome positive energy into our space and life, and inspire harmony, peace, good health, happiness and prosperity.

Inside you'll find out how Ngāti Ranginui Iwi's Mauri Ora programme is helping to improve health literacy and access to health and wellbeing services for Māori, how our diabetes self-management team has helped one man on the road to good health, and how telehealth will help make a difference to the health outcomes of people on Matakana Island.

We also highlight some of the activities we've been involved in recently.

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# Kaupapa Māori programme improving access to healthcare

An increased presence at community events and active engagement with whānau is seeing improved health literacy and access to health and wellbeing services for Māori through Ngāti Ranginui Iwi's Mauri Ora programme.

Mauri Ora uses traditional Māori kaupapa and values, such as whakawhanaungatanga (inclusiveness) to bring people together to learn about hauora with a holistic approach.

WBOP PHO has funded the programme since 2016, which has continued to grow and add new projects.

Many of the Mauri Ora projects are targeted at tāne (men) who traditionally don't make time to look after their health.

"They might be the main provider for their whānau so they can't take time off work to have a health check," says Mauri Ora Coordinator Te Aihe Toma. "Our events work for them because they're held at weekends and after-hours, and it only takes a few minutes for a check."

Hikoi Kori Tinana Wero was a recent project where participants completed a hikoi (walk) and a series of exercises each week for six weeks, going into a prize draw and earning points along the way for their marae to win their own Kī-o-Rahi



(traditional Māori ball game) set. Whānau were encouraged to walk together and reconnect with their rohe (area), and social media was used to monitor progress and increase engagement.

Cheryl Toma says she took part because it gave her great pride to connect to her whakapapa.

"It was a simple kaupapa - free and accessible to everybody, and you could do it on your own or with your whānau. Walking the whenua (land) allowed me to connect with my taha wairua (spiritual wellbeing) and my marae, and most of all, it was fun."

WBOP PHO Director of Māori Health,

*Wairoa Marae was the winner of a Kī-o-Rahi (traditional Māori ball game) set for earning the most points during the Hikoi Kori Tinana Wero held earlier this year.*

Kiri Peita, says kaupapa Māori programmes delivered by our Iwi effortlessly deliver whānau ora programmes that focus not only on health but also on wellbeing by using Māori values such as whakawhanaungatanga.

"It is inherent in how Iwi approach their mahi and care for our whānau. This leads to positive hauora outcomes for our whānau."



## Pink Bake Sale raises funds for breast cancer services

Part of our mahi here at WBOP PHO is supporting women to attend their breast and cervical screening. During May we had a Pink Bake Sale to raise funds for Breast Cancer Foundation NZ as part of its annual Pink Ribbon Breakfast campaign. Not only did we raise \$270 we enjoyed an amazing morning tea donated by the clever bakers among us!



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## PHO diabetes course sets Craig on the road to health and wellness

**Craig Kawiti has experienced a few health scares in recent years – a brain tumour, followed by a heart attack – but it took being told his type 2 diabetes would have to be treated with insulin injections to jolt him into making some serious lifestyle changes.**

The 57-year-old Tauranga man hit the gym, radically altered his diet, and is currently celebrating a 32kg weight loss.

Craig was referred by his GP to attend one of WBOP PHO's free diabetes self-management courses.

The course teaches participants about the risk factors and symptoms of type 2 diabetes, possible complications, food and nutrition, exercise and physical activity, and medications. Ongoing support is provided for those who need it.

Craig attended the 10-hour course over five weeks and highly recommends it to those who want to learn more about how to manage their diabetes.

"I didn't even know what diabetes was when I joined the course. I was shocked at

what I was hearing. I never realised how much of my ill health was related to my diet. I learned to start reading the labels on the food at the supermarket and looking out for things like high levels of sodium and sugar," he says.

"You need to learn about these things so you can take action to save yourself. You also learn a lot from others on the course by sharing stories and asking questions."

Craig also joined Sport Bay of Plenty's Green Prescription programme and is now a regular gym goer, as well as a keen walker, runner and cyclist.

A combination of lifestyle changes and medication have ensured that Craig no longer needs to have insulin injections to manage his diabetes.



*Craig Kawiti has lost 32kg through changes in diet and exercise in a bid to tackle his type 2 diabetes.*

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If you would like to refer patients to the PHO's diabetes self-management courses use the BPAC referral process or email [selfmanagement@wboppho.org.nz](mailto:selfmanagement@wboppho.org.nz).

## Cultural training a hit with staff and practices

WBOP PHO and its network of general practices had a fantastic workshop last month with Graham Bidois Cameron, Pou Tikanga (cultural leader) at Bay of Plenty District Health Board, on cultural safety and competence, Te Tiriti o Waitangi, racism and discrimination in all forms and all forms of biases, conscious and unconscious. More than 200 people attended the training which is part of our commitment to achieve equity of health outcomes for Māori in our communities. WBOP PHO Director of Māori Health says feedback from the training has been "extremely positive" and will be used to help inform future support for practices on how to engage with Māori patients.



# Telehealth services coming to Matakana Island

Consultation with Matakana Island whānau has resulted in a new collaborative project that will see telehealth services offered to the island.

WBOP PHO, Bay of Plenty District Health Board and Western Bay of Plenty District Council have joined forces to provide a radio mast, 4G network technology, diagnostic equipment and technical expertise.

Director of Māori Health, Kiri Peita, says the services are being co-designed with whānau and Te Awanui Hauora Trust who will use it not only for GP, nurse and hospital outpatient appointments, but also online learning opportunities. The services will complement the fortnightly GP clinic provided by Ngati Kahu Hauora.

"The residents are excited about the opportunity to improve their access to healthcare. Living on an island presents multiple challenges to accessing healthcare,

including transport, cost and time."

Te Awanui Hauora Trust COO Te Uta Roretana says residents currently pay \$80 for a return barge trip to take them into town for specialist appointments so the ability to have digital consultations will be of great help.

"We will also be able to use the technology to access online education and training. During Covid quite a few of our whānau became very tech-savvy and we'd like to continue with that."

Kiri says the roll-out of a telehealth service to remote communities such as Matakana Island, in consultation with those communities, is an important step towards improving equity of health outcomes for Māori.



## Germs come to life for children at Waipu Hauora

WBOP PHO Outreach Immunisation Lead Donna Durning was privileged to present a kōrero to children and their whānau at the Waipu Hauora school holiday programme recently.

The child-focussed session concentrated on germs, how we become contaminated by them and how far they can travel. Donna also spoke about immunisation for the parents who attended. The children ended the session by making their own germs from playdough.

## IN BRIEF

### Congratulations to Jack Thatcher, CNZM

Chairperson of Te Puna I Rangiriri Trust, Jack Thatcher, was named a Companion of the New Zealand Order of Merit for services to Māori and education in the recent Queen's Birthday Honours list.

Jack teaches the Mau Rakau programme, funded by WBOP PHO since 2005. The programme trains rangatahi Māori (youth) to become empowered and realise their potential, focussing their energies on positive self-awareness and making healthy choices.

Through the trust, Jack also established a traditional navigation school in 2015 where 30 students a year can gain recognised NZQA qualifications. He develops and leads ocean voyages for his students using traditional navigational instruments and techniques.

Jack has also led educational tours of the Mauao historic reserve for 27 years during Matariki.

### And more congratulations!

Pauline McQuoid from Medwise won Community Pharmacist of the Year at the New Zealand Primary Healthcare Awards He Tohu Mauri Ora recently.

The award recognises a community pharmacist who has made an outstanding contribution to customer health through their excellence in clinical pharmacy practice.

Medwise works closely with the PHO to provide clinical pharmacist services in primary care and across the care transition from secondary to primary care.

Congratulations also to clinical resource nurse Kate O'Dwyer from WBOP PHO who was part of the New Zealand Wound Care Society team named as a finalist in the Best Supplier Service, Product or Campaign category for their successful Wound Awareness Week campaign in 2020.

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