



Western Bay of Plenty  
Primary Health Organisation

TŪNGIA TE URURUA KIA TUPU  
WHAKARITORITO TE TUPU  
O TE HARAKEKE

# Te Rerenga

NEWSLETTER | OCTOBER 2023

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## A full day of sunshine and colour at Memorial Park

**Flurofest is Tauranga Moana's localised celebration of our national Mental Health Awareness Week (MHAW).**



– Attendees show off their fluro outfits

There was something for everyone on this fun day, with live music and entertainment from the famous Harmonic Resonators, giant outdoor games, face painting for the little ones, kai stalls, and community providers promoting their services.

With everyone dressed in fluro colours and getting into the theme of things, it was a bright and colourful event that brought whānau together. The PHO was privileged to be part of this kaupapa and had a steady flow of whānau engaging with Health Promoter, Tiana Bennett and Health Improvement Practitioner, Rebecca Lovett, who also had fun with the day's activities while focusing on the 5 Ways to Wellbeing. ▲

*With everyone dressed in fluro colours and getting into the theme of things, it was a bright and colourful event that brought whānau together.*

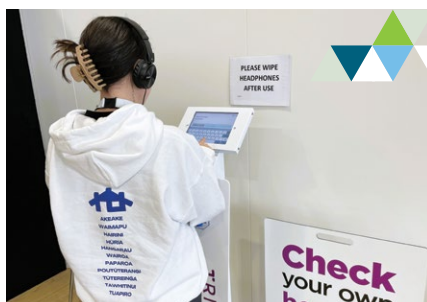
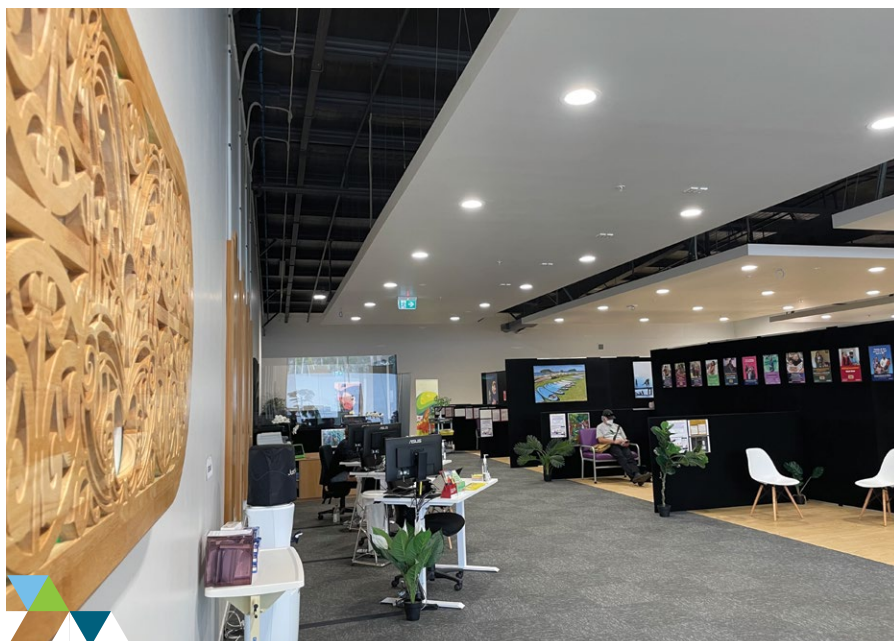




# Rangiora Hub: Evolving to meet the needs of the community

If you have patients requiring support for their health and wellbeing, as well as the flexibility of a walk-in clinic with Monday to Saturday opening hours, the Rangiora Hub is a great option.

At its inception in June 2022, the focus of the Hub was on providing access to COVID-19 vaccinations, and other immunisation services, alongside health care information. With the pandemic ending and the immediate needs of the community changing, Rangiora Hub has adapted its services. It now offers support to pregnant women and new mums; lifestyle services like nutrition and diabetes advice; disability support and services; cervical screening, evening groups on key well-being topics, and even financial mentoring.



The Rangiora Hub is a partnership between Ngāti Ranginui Iwi and Te Whatu Ora and is open to everyone in Tauranga. The hub also aims to create continuity of care, connecting patients with GPs, and supporting them with their hauora.



**Opening times:** Monday through to Saturday 9:30am-5:30pm.

**Location:** Fraser Cove Shopping Centre – 219/261 Fraser St

**Just walk in, no appointments are necessary. ▲**

## Did you go Dry this July?

**Dry July is a fundraiser that challenges you to go alcohol-free and raise funds for New Zealanders affected by cancer.**

The funds raised by participants of Dry July will help Look Good Feel Better NZ, PINC & STEEL NZ and Prostate Cancer Foundation of New Zealand improve the comfort, care, and wellbeing of people affected by cancer.

July gone, Lindsey, Trish, Bharat, Amy, and Adrian – with support from Margie, pulled together to form the July Tea Totallers. Ambitions were high,

with an aim to fundraise a solid \$1,500 for people affected by cancer. We were not disappointed by their efforts either, the team came in with a total of \$1446.20 at the close.

The team would like to thank all their supporters, inside and outside the PHO who rallied and pitched their support toward this worthy cause. ▲





# And just like that, the WBOP PHO is almost 20 years old

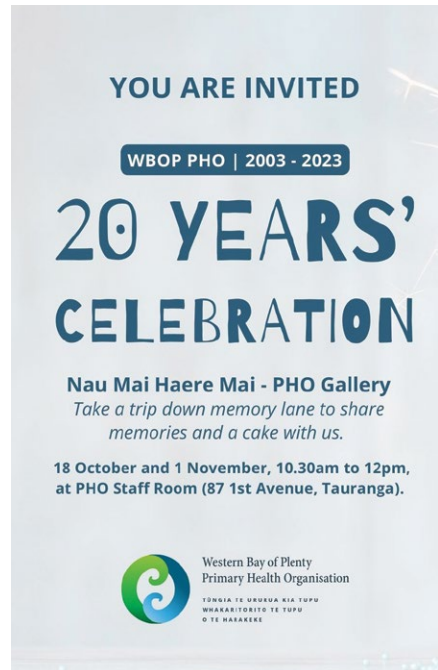
The Western Bay of Plenty Primary Health Organisation turns 20 years old on the 16th of October, which kicks off four weeks of activities over the months of October and November.

We will celebrate through one of our values, whanaungatanga, which is about inclusiveness and a sense of belonging, by inviting staff, practices, and iwi partners to join us in celebrating this huge milestone.

Our first event is on the 18th of October, we will have a display of video, images, and stories from past and current staff where people share their journey. We will also share in kai and talk about our dreams for the future.

*We will also have a hikoi/blessing of toka mauri (touchstone) on Mauao at sunrise on the 2nd of November, followed by breakfast.*

This is a continuation of the Cultural Haerenga, we had earlier in the year, where a special moment occurred receiving Mauri (life force) from Mauao.



The taonga gifted from Mauao, a toka mauri went through a naming ritual using karakia and named "Houhanga-a-rongo".

Make sure you check out our December newsletter, which will feature a double page spread of the celebrations. ▲



— Cultural haerenga to Mauao

# The revitalisation of Te Reo Māori

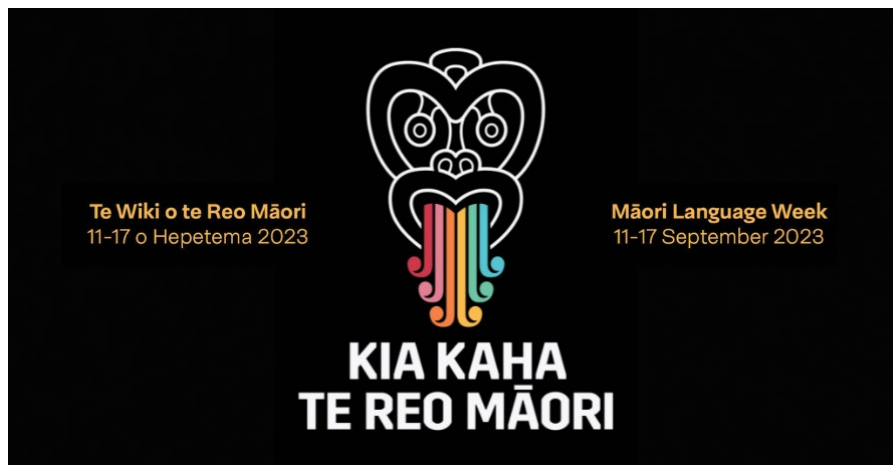
We recently had Te Wiki o Te Reo Māori – Māori language week. Te Reo Māori has undergone a rollercoaster of dominance, loss, suppression, and revitalisation from the first settlers til today. Let us take a quick journey over time to see how Te Reo and its usage have changed from the 1800s until now.

## Dominance

In the 1800's, Te Reo Māori was the dominant language of Aotearoa. As the initial Europeans arrived, they learned Te Reo Māori to ensure effective communication. Their children were some of the most fluent European speakers and writers of Māori. The language began its written journey in 1814 with missionaries and was systematised in 1820, by Hongi Hika, a relative of his and Professor Samuel Lee. Māori embraced this new form of the language enthusiastically and taught each other all over the country (nzhistory.govt.nz).

## Suppression

By the 1860s, Pākehā were the majority and English became the dominant language of New Zealand, with Te Reo confined to Māori communities that were living separately from Pākehā. Speaking Māori began to be officially discouraged and suppressed in schools, both formally



and informally, to assimilate young Māori into the wider community. Little was understood by Pākehā about how the language was an expression of culture, pride, and identity. Some Māori even began to question its relevance to their new Pākehā-dominated world (nzhistory.govt.nz).

## Loss

After the Second World War, there was a huge migration of Māori to cities, where plenty of work was available. One of the main things to be lost in this migration was Te Reo Māori. A combination of the language being unknown to city teachers, continued suppression in schools with many children suffering punishment for speaking their native tongue, and separation from their home communities, its everyday use ceased. By the 1980s, fewer than 20% of Māori

could be classed as native speakers (nzhistory.govt.nz).

## Revitalisation

The 1970s was when Māori people reasserted their identity, emphasising language as an integral part of that. A petition was presented to parliament on the 14th September 1972, by Ngā Tamatoa, Victoria University's Te Reo Māori Society, and Te Huinga Rangatahi. Te Reo Māori began its official revitalisation that year, the one day introduced that year, became a week in 1975, which we celebrate today as Te Wiki o Te Reo Māori.

This is by no means a full description of the Te Reo Māori journey, but rather a taster, and encouragement for further exploration. What did you learn during Te Wiki o Te Reo Māori this year? ▲

## Kiri's Kōrero

### Ahakoā he iti, he pounamu

*Te Reo Māori is a taonga of Māori, guaranteed under Te Tiriti o Waitangi. The Māori Language Act 2016 also makes clear it is for every New Zealander and a valued part of our national identity.*

All who learn Te Reo Māori help to secure its future as a living, dynamic, and rich language. As we learn, we come to appreciate that diversity is a key to our unity.

At our PHO, we proudly committed to socialising and learning the reo. Since 2020 we have held fortnightly Te Reo Māori sessions called, He Pounamu, which is protected professional development available for all kaimahi (staff).

Traditionally, pounamu (greenstone) is regarded as a talisman. There is a

whakataukī (proverb) 'Ahakoā he iti, he pounamu', which translates to 'although it is small, it is a treasure and has a great value'. Often the humblest are the most precious, and the most treasured. Within this context, it means, that whatever we learn, no matter how small there is value, and it adds to our kete of knowledge.

Ngā mihi

**Kiri Peita** – Director of Māori Health, and Wellbeing



DIVERSITY DAY / 9 AUGUST 2023

# Celebrating the diversity of culture within our PHO whānau

As a way of expressing our PHO value of Whanaungatanga – Inclusiveness and sense of belonging, we celebrated Diversity Day on the 9th of August with colleagues.

This involved talking about where people were born, any story or whakapapa behind their name, favourite or typical dishes, and places of significance. We learnt a lot about our fellow colleagues' cultural backgrounds, and we also got to eat a diversity of kai at the same time.

The importance of personal sharing is in creating a workplace where everyone feels a sense of belonging and is part of our whānau. We will not always agree or think the same way, but we will respect each other's differences. ▲



... creating a workplace where everyone feels a sense of belonging and is part of our whānau.



– PHO colleagues share their cultural tales

# Raising confidence of whānau on Mōtītī Island in an emergency

Whānau on Mōtītī Island now feel more confident in an emergency after receiving First Aid training from St. Johns.

Approximately 40 people, from young tamariki through to kaumātua, live permanently on Mōtītī Island, which is just off the Tauranga Moana shore. The rescue helicopter is called about six times a year to make the 8 to 10-minute trips in response to an emergency. They tend to respond to emergencies such as tractor accidents, falls, cuts, broken bones, and severe illness. Knowing what to do in the first instance, is critical when you are far from the immediate assistance of emergency services.

Matt Delaney and James Bray from Hato Hone St. Johns made the trip over to Mōtītī to run the First Aid course for the Patuwai whānau. Twenty-five whānau members attended and one of those who attended said that they “feel comfortable helping out in an accident now”.

Attendees learned about recognising vital signs, using medical equipment, and getting accurate readings for various



— Attendees of the first aid training get instruction from St. Johns

vitals such as blood sugars, blood oxygen, and blood pressure. They also learned how to use splints for fractures, hemorrhage control, tying tourniquets, airway management, and CPR. Aspects of chest pain, diabetes, respiratory conditions, and other chronic conditions were also discussed. Whānau all know the importance of learning new skills and information to

deal with emergencies, as they also know that it is whanaungatanga and being together that makes whānau feel safe and connected. Coming away feeling more confident and prepared for emergencies, gave attendees a boost, as they can do their bit to keep their whānau safe and supported in an emergency. ▲

## Opportunity to connect with community-based services

Over 100 professionals from general practices attended the WBOP PHO Provider Forum Service Expo at Waikato University, in Tauranga, on the 20th of September.

The event was an opportunity for clinicians, administrators, and managers to connect and explore a range of community-based services available for patient referrals. For 2023, the Service Expo featured stalls from nine organisations: Age Concern;

BOP Community Pharmacy Group; Diabetes NZ; Gender Dynamix; MSD – Work & Income; Ngāti Ranginui Iwi; Pacific Island Community Trust; Poutiri Wellness Centre; St Johns Stroke Foundation; Tauranga Sexual Health; and Tautoko Mai. ▲

### Upcoming Events

#### Hiringa-ā-nuku – October

- 9-15 Baby Loss Awareness Week
- 10 World Mental Health Day
- 12 World Arthritis Day
- 16 Oct-15 Nov 20th Birthday Celebrations PHO Awareness Week
- 20 World Osteoporosis Day
- 20-23 Tauranga Moana Tauranga Tangata Festival

#### Whiringa-ā-rangi – November

- 1-30 ‘Movember’ Men’s Health Month
- 12 World Pneumonia Day
- 14 World Diabetes Day

#### Hakihea – December

- 1 World AIDS Day
- 3 International Day of Disabled Persons

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





*Authentic partnerships are more than just contractual arrangements. They are rooted in transparency, open communication, and a sincere desire to achieve common goals.*

— Members of the Study Tour 2023 singing on stage

## Partnership and common goals

The WBOP PHO CEO, Lindsey Webber, and the Director of Māori Health and Wellbeing, Kiri Peita, participated in this year's Collaborative Aotearoa Study Tour. The aim of the experience was to gain fresh insights, from the delegation and the Study Tour itself, that could be in turn applied to their everyday mahi in Aotearoa.

The Study Tour saw participants visit organisations focused on primary and community integration in Canada, as well as integrated care systems in London that are like the planned Localities model in NZ, but further down the track. The tour finished with an opportunity to attend the 23rd International Conference on Integrated Care (ICIC23).

Aotearoa, New Zealand is well recognised on the world stage for its leadership in health and well-being, and more specifically for its indigenous leadership. Delegates who attended the Study Tour represented Iwi, Primary Health Organisations, Local Government, and the Charitable Sector.

Throughout the tour, delegates commented about how the concept of partnership was threaded throughout everything Kiri and Lindsey described in their mahi and interaction with kaimahi. Whether it was in the approach or celebration of success within the WBOP PHO community. Kiri commented,

"It is so great to see how our partnerships are achieving meaningful change in our community, fostering cross-cultural understanding, and driving progress in addressing inequities that exist in our rohe."

When asked how the WBOP PHO has maintained such a strong joint venture partnership 20 years on, Lindsey replied "Our partnership with general practice providers and Iwi has been built on mutual respect and a shared understanding of each other's strengths, weaknesses, and aspirations. Authentic partnerships are more than just contractual arrangements. They are rooted in transparency, open communication, and a sincere desire to achieve common goals. This has enabled us to foster an environment where all parties can be vulnerable, take risks, and learn and grow together."

This sense came through again when Lindsey and Kiri presented at the Collaborative Conference at the end of

August. This time via a video of the WBOP PHO Co-Chairs Dr. Dan McIntosh and Ngāi Te Rangi CEO, Paora Stanley. Dan noted, when referring to partnership, "It's like a marriage" to which Paora agrees and says, "Yeah it is like a marriage, and you hang in there because it means something when you have a common vision, whereas some partnerships – and some marriages, don't have that". Collaborative Aotearoa (the Collaborative) is a national network of primary health care organisations and supporting partners committed to pursuing a vision focused on the health and wellbeing of whānau and communities. The Collaborative focusses on whānau centred models of care and community-led approaches, honouring Te Tiriti o Waitangi and the principles, including equity, and ensuring Māori and Pacifica are partners in the design and delivery of system change and implementation. ▲

# 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...



– **Kathy Everitt**

*Project Manager*

"I played piano for about 10 years growing up but when I was asked to play keyboard in a band at university, I just couldn't do it! I wanted to say yes, but stage fright took over...!"



– **Sharon Richmond**

*Health Improvement Practitioner*

"I find furniture for free – either on the side of the road or on Facebook Marketplace. I upcycle it and then give it to whānau who need it. I do taekwondo and I volunteer for DOC – rat baiting up Mauao".



– **Niki Pucci**

*Diabetes Nurse Educator*

"I can do fire poi!"



– **Britney Mueller**

*Executive Assistant*

"I often surprise people with my ability to carve meat well, fillet fish, and change my own car oil and filter. My dad's a Butcher by trade and always wanted a son (his 2 daughters had no choice but to learn these things)".



– **Patrizia Krieser**

*Marketing Coordinator*

"I only learned how to swim and drive after I turned 30."



– **Jacky Maaka**

*People and Culture Administrator*

"Since having my DNA tested in 2020, I've clocked 12,400 DNA matches globally".



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