

tūhoe hauora tihei mauri ora!



Tihei Mauri Ora!

Issue # 1

January 2017—
June 2017

Board of Trustees

Tihei mauri ora!

Tuatahi, ko te wehi ki a Ihoa o ngā mano, te taumata o te pono, o te tika.

Tuarua, ki ngā mate huhua huri noa, ki a koe hoki Jozie Karanga, mema o te poari o Tūhoe Hauora, e te ruahine, e te ringa whiti o te ao Māori, koutou katoa, haere, hoatu, moe mai rā.

Kāti, ki a tātau katoa i puta i te waipuke, i puta i te āwhā, i puta ki te ao mārama, tēnā koutou katoa.

Tūhoe Hauora, from a Board perspective is clear about operations and governance.

Our General Manager, Pania Hetet leads her team and the Board provides support.

Tūhoe Hauora is about people

first... The well-being of all aspects of a person, of a whānau, of a people is paramount. As we evolve, so too do our values, kaupapa and tikanga. In this, we endeavour to communicate all our kaupapa with respect, integrity, dignity and understanding regardless of age, gender or relationship.

Primarily, we provide mental health, addictions and welfare services and support to Tūhoe and also the wider community.

We encourage leadership, positivity, sensitivity, forte and working with others to get the best results for our tangata whaiora, and whānau. Te Tiriti o Waitangi helps us to measure our own cultural quality in how we participate, partner up with and also protect our people.

We try to do it right the first time or we learn how to do it right the next time!

Kia ora tātau katoa

Nā Finney Davis
Te Tiamana o te Poari



Nau mai, Pānui mai

INSIDE THIS ISSUE:

Tuhoe Kaumatua Empowered	2
Te Poroporoaki a Janet Mclean	2
Get Active with Green Prescription	3
He aha o whakaaro? Age & Law	3
Events Calendar	4
Kei hea a Tuhoe Hauora?	4

2017 is upon us and with it comes growth and innovative ideas. As part of our expansion and innovativeness, we're enthusiastic to launch our inaugural 'Tihei Mauri Ora!' Newsletter.

Tihei Mauri Ora ...Let there be life ... is our organisation's vision but it also means giving us the right to speak, which is specifically what our newsletter is designed to do. It is to inform individuals, communities, agencies and organisations of the mahi we do to aid in the improvement



of the holistic wellbeing of individuals.

We have signed you up for our newsletter in the hopes that you will find great value in its content. However if you do

not wish to receive our quarterly newsletter, simply reply to this email and type 'unsubscribe' in the subject box.

Effective Feedback, both positive and negative, will be very helpful to improve the distribution of our future publications so please feel free to contact us:

PO Box 17, Tāneatua 3163
Phone: (07) 312 9874
Fax: (07) 312 9873
Email: tari@tuhoeauora.org.nz

TŪHOE KAUMĀTUA EMPOWERED

Tūhoe Hauora's Kaumātua programme was led by Rameka Tuhaka who organised an event for the Kaumātua of Tūhoe. The purpose was to inform our Kaumātua about the services available.

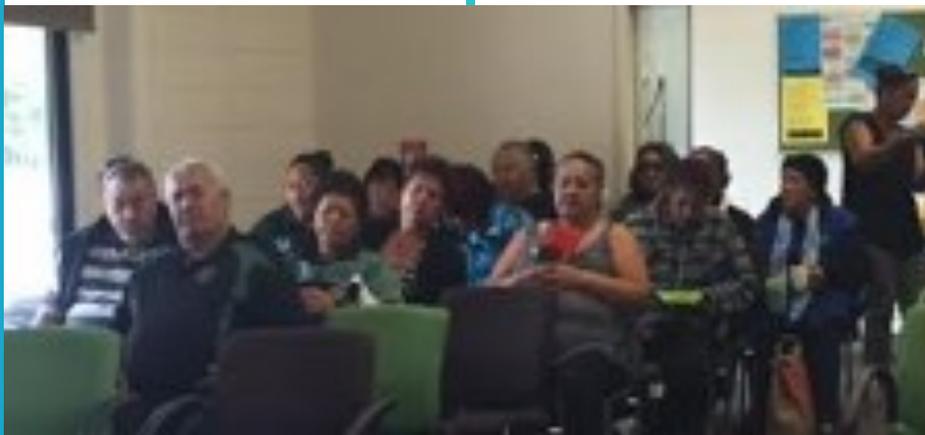
There was a great line-up of health providers, within the Whakatane District, that promoted their services to the Kaumātua of Tūhoe. Tūhoe Hauora was first trailed by Support Net, Hospice, Disability

of Plenty and the Eastern Bay Primary Health Alliance.

All health providers delivered detailed descriptions of the services they provide, their client eligibility and their referral process. Listening to these health providers were the most thing the Tūhoe Kaumatua really liked about this event, according to the information collated.

All Tūhoe Kaumātua were invited

to this event, via their own Tūhoe Tribal Authorities. All who attended came from either Rūātoki or Ruatāhuna. They rated this event, and its facilitators, as excellent and encouraged Tūhoe Hauora to organise more events like this because 'the atmosphere (was) very welcoming and supportive', some would even tell friends and family to 'attend the next day arranged' or 'I'll go to the next one'.



Tūhoe Kaumātua and Health providers universally absorbing all the new information.

Te Poroporoaki a Janet Mclean

On Thursday the 23rd of February 2017 we - Tūhoe Hauora and the whānau o te whārua o Rūātoki - were cordially invited to Hungahungatoroa Marae in Matapihi, Mount Maunganui to support one of our own, Janet Mclean, as she officially stood down as the General Manager of Māori Health Planning and Funding, which she has held for just over 16 years.

From her kōrero and the Bay of Plenty District Health Board's (BOPDHB) website I discovered that Janet has many years of expertise and knowledge in the health sector even before she returned to her papa kāinga.

Whilst she lived in Wellington,

Janet worked with the Ministry of Health to develop government policies and has also had experience in health service management and iwi governance, which has benefited the many hapū of the Bay of Plenty to date.

Janet is from Ngāi Tūhoe ki Rūātoki, due to her papa, hence the prominent presence of Tūhoe at her farewell. You could see and feel the ihi me te wehi everyone felt towards her accomplishments over the years not only for her own hapū but for all hapū within the Bay of Plenty.

There was a good mixture of hapū and iwi present at Janet's farewell. Besides Tūhoe and the BOPDHB, there was Ngāi Mata-puna Oranga from Te Puna Hauora, Whakatāne Māori Health

and Poutiri Trust from Te Puke, to name a few. All spoke highly of Janet's vibrant presence and how her vigilant devotion will be sorely missed in the future.

Janet has no future plans, in terms of employment, however personally she intends to put her feet up and spend more quality time with her mokopuna while they are still young enough to cuddle and kiss. Good luck Janet.



Janet Mclean attentively sitting with her Tūhoe Kaumatua

GET ACTIVE with GREEN PRESCRIPTION

Tūhoe Hauora not only supports initiatives that promote healthy lifestyles, it also supports staff participation. From 10 am – 11 am every Tuesday, Akuira (Jack) TeMoana and sometimes Te Wairemana (Jessie) Bush – ngā kaimahi of Tūhoe Hauora – provide support for kaumātua to attend the Green Prescription programme at the Aquatic Centre, they also participate.



Te Wairemana (Jessie) Bush and Akuira TeMoana (Jack) fully enjoying their exercises through the Green Prescription programme.

Akuira enjoyed his first session, even though he appeared exhausted, because it catered for his fitness level, which is one of the requirements of the Green Prescription programme.

The Ministry of Health defines Green Prescription (GRx) on their website

has a “health professional’s written advice to a patient to be physically active. It’s a smart and cost-effective way to encourage whanau to become physically active and eat healthier as part of their health management plan. This is available nationwide.”

Sport Bay of Plenty (SportBoP), the



Two Tūhoe Kaumatua, Maui Akuhata and Dawn Peita, listening carefully to their instructor.

main provider for the Green Prescription programme in Whakatāne and its surrounding areas, explains the process of the Green Prescription programme.

- A doctor or practice refers patient to the Green Prescription team. An initial consultation with one of the Green Prescription team to discuss the journey to a healthier lifestyle.

- Assist with setting physical activity and nutritional goals and develop a plan that will help to achieve these goals.
- Continued support and encouragement regularly for 6 months.

Sport Bay of Plenty offer many different activities, from high to low impact, and adjust them accordingly. Therefore if you need support, motivation and information on how to develop a healthy lifestyle through sustainable physical activity and nutritional guidance then Sports Bay of Plenty is the rōpū you need to contact.



Akuira (Jack) TeMoana happily relaxing in the spa after a hard workout.



He aha ō whakaaro? - Age and Alcohol



The age for purchasing alcohol in New Zealand is 18. This means anyone who is aged 18 years or over and shows approved ID can enter licensed premises and buy alcohol.

In some circumstances, people under 18 may be allowed in licensed premises even though they are not allowed to buy alcohol.

It is illegal to supply alcohol to someone under the age of 18 years unless the person supplying the alcohol:

- Is the parent or legal guardian and the alcohol is supplied in a responsible manner

or

- Has the express consent of the young person’s parent or legal guardian and the alcohol is supplied in a responsible manner.

You could be fined up to \$2,000 if you don’t follow the law.

There is no age at which it is illegal to drink alcohol in New Zealand.

Alcohol.org.nz



Legal Drinking Age



He aha ō whakaaro?

⇒ Do you agree with supplying alcohol to Under 18 year olds? Why?

⇒ Is supplying alcohol to Under 18 year olds the norm in your rohe?

If you have any whakaaro, you can email, post or hand deliver your responses to:

Tūhoe Hauora

44-46 Tūhoe Street, TANEĀTUA 3123
PO Box 17, TĀNEĀTUA 3163
Email: nimitan@tuohohauora.org.nz



tūhoe hauora
tihei mauri ora!





44-46 Tūhoe Street, TANEĀTUA 3123
PO Box 17, TĀNEATUA 3163

Phone: (07) 312 9874
Fax: (07) 312 9873

Email: tari@tuhoehauora.org.nz

TŪHOE HAUORA

Tihei Mauri Ora!

EVENTS CALENDAR

29 Poutūterangi 2017
Incredible Years 14 week programme begins, exclusive of school holidays

13-17 Pipiri 2017
Impaired Driving Course, Rewatu Marae

1 Haratua 2017
AOD 9 week programme in School begins in Term 2

2 Haratua 2017
Kaumātua Computer 16 week Course begins, every Tuesdays and Wednesdays, exclusive of school holidays.
SORRY COURSE IS FULL!!

8 Haratua 2017
Psychiatric District Nurse, Jeff Symonds, will be facilitating monthly training for Planned Adult Respite Carers who support whānau tangata whaiora.

TIME: 10am—12.30pm

WHERE: 3rd Floor, Commerce Street Plaza, 52 Commerce Street, WHAKATANE

Contact Michelle Harawira

2 Haratua 2017
Kaumātua Computer 16 week Course begins, every Tuesdays and Wednesdays, exclusive of school holidays.

17 Hereturikōkā 2017
CAYAD Management Hui in Gisborne

22-23 Pipiri 2017
CAYAD Meth Forum in Auckland

SPORT BOP's RURAL 6 WEEK CHALLENGE

- Free sessions at the Tāneatua Squash Club ending with a tournament to put those new skills into action

For more information please contact

WHEN: Wednesdays for 6 weeks
TIME: 4pm (Juniors)

6pm (Adult Beginners)

Jared Gravatt 021 971 905 or email jared@gravattsports.co.nz

- Sandy Pirihi is planning six weeks of fun sessions for Kaumātua (50+) in Waimana and Tāneatua.

These sessions will help improve mobility and health in a fun environment.

For more information please contact Rameka Tuhaka (07)312 9874

- Low impact Fun Self Defence Classes for Ladies of all ages and abilities are being planned. Venues, Days and Times are yet to be confirmed for Waimana, Tāneatua and/or Rūātoki.

For more information please contact Crystal Mika 027 361 5514 or email mikamilf@hotmail.com

FAMILY EXPO ... What a blast!

On the weekend of the 4th and 5th of March 2017, the town's Presbyterian Church and its minister, Reverend Chris Barnard organised a Family Expo to bring together the town's social agencies and service providers to connect with the people who need them.

Before the weekend, each organisation had to compose a question for the tamariki to answer. When they answered correctly they were given a card. Once the tamariki had collected all the cards from each organisation, their name was placed into the



with the help of Bryalee Marshall, set up camp and represented Tūhoe Hauora.

There were children everywhere laughing and competing. There were a lot of free activities and the favourites, judging from the long waiting lines, were the mechanical bull riding, bouncy castles and the interactive stalls.

draw for a brand new bike. There were 26 organisations who chose to participate and on the 4th of March 2017 from 8.30 am to 2.30 pm Cara Marshall, Millie Akuhata and Alamein Newth,

It was a very busy, successful Health promotion day for Cara and Millie because thousands learnt that Tūhoe Hauora **is only** situated in Tāneatua.