



Mike Paku,
Chairman

Reducing Inequalities Tamariki Ora Earns Top Award

The outstanding results achieved by Te Taiwhenua o Heretaunga staff working to give babies and children a safe and healthy start in life have earned top-level recognition.

TToH's programme Well Child Tamariki Ora carried off the award for Commitment to Reducing Inequalities in this year's Hawke's Bay Health Awards, administered by the HB District Health Board.

TToH was also a co-winner of the Team of the Year award, for its involvement in the Safe Sleep programme.

Tamariki Ora is a programme aimed at children from birth to five years throughout Hastings, Napier and Central Hawke's Bay. It offers packages of integrated health care and monitoring, including in-home immunisations, for tamariki who might not otherwise receive such services.

At the same time it supports whānau and caregivers in helping their tamariki to maintain good health and development, and ensures they are enrolled with a GP for primary healthcare.

During the past year, Tamariki Ora nurses administered immunisations to 400 children, and helped to raise the overall Hawke's Bay



immunisation rate for under-2s to 95 percent.

TToH's involvement with the Safe Sleep programme has seen it distribute nearly 100 pēpi pods, which are special boxes made into beds for babies in situations where there is no cot or cradle in which they can sleep safely.

TToH's General Manager Hauora, Patrick

Le Geyt, says the Tamariki Ora staff fully deserved these awards.

"Our mothers and children deserve the best we can provide, and this award is recognition of that. I am very proud of our staff and how they work with whānau and other agencies for the betterment of our community."



He tuitui tangata ngā ra kei te heke mai nei, hei paihere hoki i te aroha o ngā whānau, hei whakamana i te whānautanga mai o Ihu Karaiti.



Christmas is an opportunity for us all to stop what we are doing and come together as whānau to share the things we have in common.

We like to create something special, to show each other how much we value this time together.

However, it is worth remembering that the true value of Christmas is not measured by how much we spend.

The most precious gift we can give is our time and love – to our tamariki, parents, brothers, sisters, whānau.

The memories that arise from simply spending time together will endure long after any gifts are opened, admired, and eaten or put away.

I wish you all safe journeys and quality time with whānau, to refresh and be ready for an exciting New Year.

Ngā mihi o te wā me te Tau Hou
Alayna Watene

Kaiwhakahaere Matua



Earthquake Turtles Know The Drill

Staff and children at Te Tirahou Early Childhood Education Centre in Heretaunga Park were only too pleased to demonstrate their "Earthquake Turtle" skills during the national earthquake practice in September.

At exactly 9.26am on 26/9, nearly 1.3 million people nationwide took part in the drop, cover and hold emergency drill, codenamed The New Zealand ShakeOut.

At Te Tirahou, staff and children stopped what they were doing, dropped to the ground and covered their heads with their arms to become "earthquake turtles". Those in the sandpit had a comfortable spot to nestle into, while the children inside climbed straight under the tables.

Centre manager Makere Anderson said she was pleased with the children's practised response to the make-believe quake.

The drill was staged in the wake of the Canterbury earthquakes, which revealed that many people still do not know what to do when the ground shakes.



Te Tirahou enrolments contact: 873 7542



Taku hei piripiri taku hei mokimoki taku kati taramea – the gift of love and appreciation to you all



As we draw near to another year's completion I hope all the joys over this year have been earnestly celebrated or any sorrows have languished to fade away.

There are exciting opportunities ahead for this organisation and I look forward to sharing each other's company into the New Year again.

One and all embrace your whānau, enjoy and celebrate each other's company, have a think about those who are not so fortunate. Most importantly, give your kids and mokos an extra hug, because:-

When I get old
I'm gonna move in with my kids
MAKE a lot of noise
TRASH the house
Pay no bills and
When asked to clean up
PITCH A HISSY-FIT LIKE IT'S KILLING ME

Ngā mihi mō te Kirihimete te Tau Hou hoki ki a koutou katoa

Ngā mihi o te wā me te aroha nui,
Nahāku noa iti nā



Facelift for Heretaunga Park

The main entrance to the conference facilities in Heretaunga Park will look very different by Christmas. A major upgrade to create a more clearly-defined approach and entrance to the building is nearing completion. Three flagpoles have been erected in an area undergoing extensive new landscaping including plantings and textured paving. Internal refurbishments are also being done.



Tamariki Kapa Haka

The high standard of kapa haka among Hawke's Bay tamariki drew crowds of spectators to this year's Ngāti Kahungunu Primary Schools' Kapa Haka Festival. More than 1000 children took part in the four-day event, held at the Regional Sports Park in Hastings recently and hosted by Mangateretere School. TToH is a sponsor of the festival, which has been running for nearly 40 years and now includes Pasifika performances.



Awareness Creates Wellness

Some inspiring stories were shared by participants in a wide range of activities during this year's Mental Health Awareness Week during October.

A powhiri was held at TToH to launch a regional programme of events and activities designed to promote the week's theme of Take Notice – or "mindfulness".

Mindfulness means being aware of the present and focusing on it without judgement; not fretting about the past or worrying about the future.

For many people with mental health problems, mindfulness is a useful technique to re-wire the brain and achieve release from negative thoughts and emotions that help to perpetuate illness.

TToH's Oranga Hinengaro organised an earlybird breakfast, at which nurse Horiana Nukutarawhiti spoke about the challenges of mental health work.

The TToH Te Manaaki Taiao unit organised a planting and fishing expedition at Haumoana for clients and supporters.

New Parents at Te Whare Karamu

New house parents have been appointed to Te Whare Karamu, TToH's highly-acclaimed home for teen parents.

Lisa Tahau is the new house mother, with the support of her husband Trevor. General manager Tautoko Whānau Nathan Harrington says Te Whare Karamu plays a key role in TToH's support network for teen parents, giving them an opportunity to learn parenting and life skills under the care of skilled matua.

During their six months at the whare they are assisted back into school or into training or employment. They are taught to manage their finances and make practical preparations for independent living.

Te Whare Karamu has earned high praise from welfare and audit authorities.

Te Whare Karamu contact: 871 0629

Rangatahi In Sharp Focus



Nearly half of the Māori population in Hastings District is younger than 20, so it is not surprising that a large proportion of the services provided by Te Taiwhenua o Heretaunga are aimed at tamariki and rangatahi.

TToH provides free GP care for all under-25s, and free dental care for all under-19s. It also offers a broad range of specialist services, many staffed by young professionals who have a special empathy for rangatahi and tamariki.

Hauora Heretaunga

When people enrol with the TToH GP service, they automatically receive information about the wide range of other services offered by TToH.

These include

- Well Child (through Tamariki Ora)
- Oral care and education
- Mobile nursing
- Smoking cessation
- Disability Support
- Kaumātua Service Mobile Nursing
- Tamariki Ora

General manager Hauora Patrick Le Geyt says families do not have to be high-needs to enrol at TToH. He encourages them to enrol so they have the comfort of knowing they can access Hauora services and specialist care if or when they need it.

Hauora Heretaunga GP contact: 871 5352

Tautoko Whānau

This the social and education services division of TToH. Most of its work is youth-orientated.

Programmes include:-

Youth Services, which incorporates three programmes:

1. Youth aged 16 and 17 – getting them back to school or into training or work experience
2. Youth aged 16 and 17 receiving a Youth Payment – helps them to manage their

money and provides support around accommodation. TToH directs part of their weekly allowances to rent, power and food.

3. Parents aged up to 18 – money management including budgeting education and parenting courses.

Alternative Action – a programme to help young people sort out their lives and re-connect with whānau before they reach the point of being required to attend Family Group Conferences. This programme, run in conjunction with Hastings Police, is being cited to other police regions as a model of best practice.

Tuakana

Teina – a programme in which parents are able to support and pass on to other young parents the skills they have learned.

Tane Toa – an opportunity for young fathers to buddy up within a support group to share parenting tips and social events

Youth Services contact: 871 5350, ext 851

Family Start

– a service for families wanting support around the time of a baby's birth.

It provides a Kaimahi Whānau to help those families where social and family circumstances put at risk the good health, education and welfare outcomes for children.

Family Start contact: 871 5350, ext 813

CLIENT:

"There are expectations of you, and when you embrace it, that's enriching."

One client who had been doing seasonal work for more than a decade was now on a work experience trial in his dream job as a storeman, with the prospect of becoming a

permanent staff member.

Whakaakoranga Contact: 871 5350, ext 874

Oranga Hinengaro

Te Tai Mana team within Oranga Hinengaro (mental health services) works holistically with tamariki, rangatahi and their whānau to develop a plan to address their needs and develop goals. It accepts referrals from intending clients, whānau or the community.

Clients – both Māori and non-Māori – say the whanaungatanga concept that underpins Oranga Hinengaro's work turns it into a very different experience from other mental health services.

Oranga Hinengaro has its own consumer advisory group, Te Ao Taunaki (The Supporting Light)

Oranga Hinengaro Contact: Ph 871 5354, ext 700.

Whakaakoranga – a programme to improve job-seeking skills, help identify a desired career path, and complete the NZQA-approved unit standards necessary to qualify for opportunities to gain work

experience.

General manager Tautoko Whānau Nathan Harrington says Whakaakoranga has achieved some spectacular successes with its individually-tailored approach. "We find out what the employers want in an employee then help our candidates to meet those requirements."

CLIENT:

"The big difference I've found is that they wanted to come around to the house and really talk to my family. They treat this as a family."

Ko te Piko o te mahuru tera te tipu o te rakau.

A bent sapling determines the girth of a great tree. By providing a positive environment, nurturing and teaching the right values to the young person they will grow in healthy mind, body and spirit.

Behind The Scenes

Pia Apai

Has worked hard to make a successful career in catering. Now head cook for Alfalfa Catering at Heretaunga Park in Orchard Road, Pia and friend Lisa Harley recently headed off a field of challengers to win a regional cookery contest with a sophisticated and mouth-watering finale menu.

Q: What led you into a career in catering?

A: It started out as a part-time job to earn extra money when I had young children. Lisa and I started in the Saddles kitchen as dishwashers. I loved watching Mary Orton and Noel Crawford creating yummy dishes and I wanted to learn, so I guess you could say I fell into this career by accident.

Q: Which part of the job do you most enjoy?

A: I love catering jobs like weddings, dinner parties, Christmas functions, as you get to go to different locations and people's homes. I also love to create and cook new dishes.

Q: What has been your biggest challenge?

A: The long hours that we had to do for the millennium. Our New Year's Eve work started at 7.30am and ended at 4.30am on New Year's Day, then we started again at 6am

and finished at 9pm that night. It was the worst time in all the years that I have been in the catering world.

Q: What has been your biggest highlight?

A: Doing backstage catering for the first seven Mission concerts; catering for Paul Holmes' wedding, and international rugby and cricket matches.

Q: What food do you like to cook for your family?

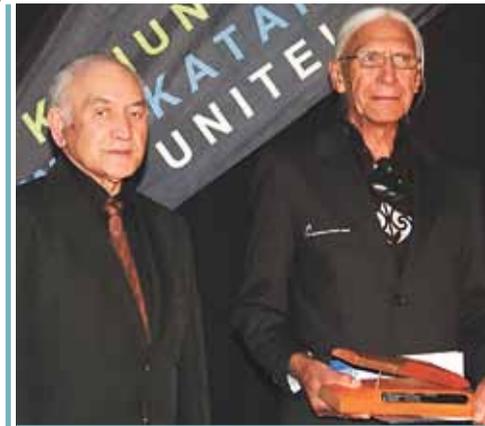
A: When it is just my children, it is normally stir fires or curries, but if we have big family dinners, we go all-out with traditional dishes as well as me testing new recipes. I can rely on my family to tell me exactly what they think.

Q: How do you like to spend your weekends?

A: When we are not working, I love reading and just chilling out with my grandson, but it is usually time to catch up on housework and chores around the house.



Winning Ways



Master carver Takaputai Walker (left) and waka ama champion and coach Tamihana Nuku were joint winners of this year's Active Kaumātua category in the Ngāti Kahungunu Sports Awards.

One of the joint winners of this year's Active Kaumātua category in the Ngāti Kahungunu Sports Awards was Takaputai Walker, a master carver acknowledged earlier this year by TToH in the Matariki Living Taonga awards.

The other winner was Tamihana Nuku, a waka ama champion who coaches the Senior Masters Men's Squad from Maraenui.

Takaputai, who lives in Havelock North, has recently completed and shipped off some impressive new carvings for the whare nui at the Polynesian Cultural Centre in Hawaii.

TToH is the proud sponsor of the Active Kaumātua category because it is an opportunity to highlight the exceptional achievements by some of our kaumātua role models.

THE WINNING DINNER

Entrée:
A caramelised onion and marscapone tart with tomato concasse and rocket garnish.

Main:
A rack of lamb on garlic mash with slow-roasted tomatoes and a minted gravy, served with a medley of roasted vegetables.

Dessert:
Hazelnut dacquoise with berry coulis and a chocolate ganache

Makere Anderson

Has been the manager of Te Tirahou Early Childhood Centre at Heretaunga Park for nearly three years. It's a job that combines her love of tamariki with the opportunity to enhance their learning and development through Te Reo and Tikanga.

Ko Karuru te maunga

Ko Mohaka te awa

Ko O'Keefe, Smith, Hawkins, Nehemia ngā whānau

Ko Ngāti Pahauwera te hapū

Ko Ngāti Kahungunu te iwi

Ko Makere Anderson ahau

Q: Why did you decide to become an Early Childhood teacher?

A: I began in kohanga reo with my two older tamariki at the beginning of the kohanga reo movement in Otautahi. My journey then led me further into the career of early childhood education.

Q: Is it a job that requires any special qualities?

A: Many. The ability to relate to tamariki at their level, to be able to extend on their interests, as well as building a strong working relationship with whānau.

Q: What has been the biggest highlight in your career?

A: My graduation, when my two older sons performed a haka in my honour. I was so proud.

Q: What has been the most demanding challenge?

A: Training for my Diploma while working full-time as an Early Childhood teacher, as a mother and wife. I had to take a year's leave to have a break before returning to complete my studies.

Q: Which part of the job do you most enjoy?

A: The many wonderful conversations and the ability to have fun with tamariki.

Q: How do you like to spend your weekends?

A: Most of all I enjoy spending time with my husband and whānau or having a day to do something for myself, such as having my hair or nails done, roaming around the shops, or a massage.



Kaumātua Whare



A high level of public interest in the new Kaumātua home being built at Flaxmere has resulted in a billboard being erected on-site to explain what the project is all about.

The whare is a social housing project being undertaken jointly by TToH and Housing NZ, to accommodate up to 10 kaumātua.

Sited in Bristol Crescent, on the edge of Flaxmere Park and opposite Flaxmere Village, the whare is based on the internationally successful Abbeyfield model, which offers senior citizens an opportunity to live communally but semi-independently. There will be a live-in housekeeper to provide residents with two meals a day, and a roster of support volunteers from the community. Residents will share some of the chores.

The whare's completion date is estimated for June 2013.

Kaumātua Whare contact: 871 5350, ext 764

Elections Bring New Faces to the Boardroom

There are five new faces around the boardroom table at TToH as a result of elections held at marae across Heretaunga

Four of the five new trustees are:



Monique Heke, Omahu



Paratene Edwards, Mangaroa



Jaamin Pere, Korongata



Christine Hilton, Kahuranaki

Absent: Kaye Adams, Runanga

These elections marked a significant change to the former system, with all places on the board – Te Haaro – now opened up to election every three years. This replaces a rolling system in which some seats came up for election each year.

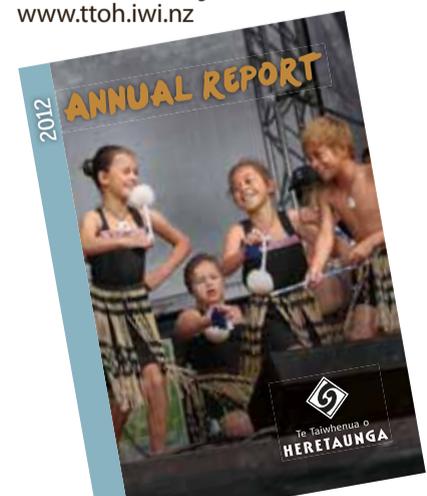
Mike Paku of Ruahapia marae will again serve as chairperson, so

another election will be held for a replacement delegate from Ruahapia. The same process will apply for the trustee elected to be the deputy chair.

The board will choose one of its members to become TToH's representative on the board of Ngāti Kahungunu Iwi Incorporated.

Annual Report and AGM

The 2012 Annual Report was released at the AGM on November 16. Copies are still available at TToH, 821 Orchard Rd, Hastings. Ph 871 5350. Or view at www.ttohiwi.nz



Living and Learning History

A recent outing for kaumātua brought the chance for them to learn more about the history of Matahiwi Marae in Lawn Road, Clive.

The visit was part of TToH's kaumātua programme – open to anyone aged 50 and over – which offers regular outings, social events, and exercise sessions such as tai chi and line dancing. Health checks are also part of the service, enabling TToH medical staff to monitor the wellbeing of each kaumātua.

At Matahiwi, kaumātua Tom Mulligan explained some of the history of the marae before taking the group into the whare tipuna to share whakapapa and view a display of taonga with local links, set up by staff from the Hawke's Bay Museum and Art Gallery.

Kaumātua Service contact: 871 5350, ext 832



Teremoana Vaine Ngapare admires one of the stone adzes in the museum display.



Mihi Edwards, Olive McClutchie and Ngaere Pohio admire a piece of weaving from the museum collection.



Florence Edwards and Betty Wati enjoy lunch together in the whare kai at Matahiwi.

Whānau Urged to take part in Census



Whānau are being urged to participate in next year's Census so the size of the Māori population can be accurately measured. This information is needed when Government decisions are being made about the allocation of funding for whānau development.

The Census will also note many things that affect people's quality of life, such as income, housing and education. This is important information, needed for planning and decisions that affect people's everyday lives.

Te Rangihau Gilbert, from Statistics NZ, says Census forms will be delivered to all homes in late February, for whānau to fill in on the national Census Day, March 5. The completed forms will be collected by Statistics NZ staff.

By law, all information given in the Census forms will remain strictly confidential in the possession of Statistics NZ. It cannot be passed on to IRD, Winz, police, or any other government department.

The last Census in 2006 showed that–

- **33,555 Māori usually live in Hawke's Bay, an increase of 1467 people, or 4.6 percent, since the 2001 Census.**
- **The HB Māori population ranks 8th in size out of the 16 regions in New Zealand.**
- **5.9 percent of New Zealand's Māori population usually live in Hawke's Bay.**

New Activities for Waitangi Day Festival

The traditional hikoi included in each year's Waitangi Day Family Festival at Farndon Park in Clive is to be supplemented by a hikoi in another form – on bikes – known as a Bikoi.

The route for the Bikoi will be the iWay off-road cycle path from Oak Avenue to Clive.

Another new item on the February 6 festival programme will be a talent quest – Waitangi's Got Talent.

The Waitangi Day Family Festival, sponsored by TToH, has been going for 14 years and is firmly established as a favourite day-out for families.

Farndon Park is close to where the Treaty of Waitangi was signed in June, 1840. Each year, there is a costumed re-enactment of the arrival of European settlers, and waka rides on the river.

Te Mata Development a Chance to Renew Links



The most frequently-told legend about Te Mata is that the hill is the body of the chief Rongokako, the ancestor of all Ngāti Kahungunu. Hence the name Te Mata o Rongokako (the face of Rongokako).

Te Mata Park was part of a block of land bought in 1862 by John Chambers, whose sons gifted 98 hectares of it to the people of Hawke's Bay in 1927.

The new visitor and education centre proposed for Te Mata Park would be an opportunity for Māori links to the area to be recognised and incorporated in its operation, says a report by TToH's Te Manaaki Taiao Unit.

The unit prepared a cultural impact assessment report – He Kōpua Kānapanapa – for the Te Mata Park Trust Board, which plans to build a visitor and education centre just inside the park gates to cater for an estimated 200,000 visitors each year.

A series of hui organised by Te Manaaki Taiao revealed a complex network of historical links to Te Mata, beginning with occupation of the area by Tara and Rangitane as far back as 1000 years ago, before Kahungunu arrived.

Consequently, although there are no known wahi tapu on or around Te Mata, it is an area rich in history and a place of immense spiritual and whakapapa importance to Heretaunga Māori.

The report therefore included suggestions for recognition of this, and the inclusion of tikanga and wānanga in some aspects of the construction and operation of the new centre.

TToH Te Kaihoutu Marei Apatu says this would be a welcome opportunity for Māori to re-connect with Te Mata.

Australian VIP Visit

TToH was pleased to host a delegation of health executives from Australia recently. Queensland's Minister for Health, Lawrence Springborg, the chief information officer for Queensland Health, Ray Brown, the chief executive of Queensland Health, Dr Tony O'Connell, and the chief executive of the Queensland Health Renewal Taskforce, Dr Brett Hayward, spent some time with TToH chief executive Alayna Watene and general manager Hauora Patrick Le Geyt, discussing the delivery of health services to indigenous populations. Several of the visitors took a tour of Heretaunga Park and were very impressed with the standard of facilities and services provided for community benefit.



Holiday Hours and Services

The Main Office at Te Taiwhenua o Heretaunga will be closed from December 21, re-opening on January 7, 2013.

GP Services at Hauora Heretaunga will be open every day as normal except for the Statutory Holidays on December 25 and 26, and January 1 and 2.

Dental Services Closed until normal services resume on January 9
Family Start In an emergency, ph 871-5357 for contact information

Mental Health Services at Oranga Hinengaro will be open from 8.30am – 5pm as normal except for the Statutory Holidays on December 25 and 26, and January 1 and 2.

Normal Services in all departments will resume on January 7.