

# Weaving Wellness



**VOL 12  
MAY 2022**

## NGĀ KETE MATAURANGA POUNAMU NEWSLETTER

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### **COVID COMMUNITY CONNECTOR**

Read all about our  
new service

### **TE WAKA TAIOHIKA O MURIHIKU**

Our first rangatahi  
Waka Ama Sprint  
Series

### **TE MANAWA WHĀNAU**

Read all about  
our online  
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# Welcome to the Management team!

## Joe Clarke

We welcome Joe Clarke, who has worked at Ngā Kete for the past three years, to our senior management team!

Joe is the newly appointed NKMP Pou Whirinaki.

Joe, who has been working at Ngā Kete within the Te Waka Tuhono team for the past three years, said he is humbled and privileged to be in this new position.

“It allows me to be in a space that upholds the mana and integrity of us as Iwi Māori and also the mana of Ngā Kete.”

Joe will continue working within the Te Waka Tuhono team and will also provide guidance where needed in terms of tikanga Māori. This can include karakia, whai korero, waiata, manaakitanga for whānau wanting to connect to Tikanga Māori.





# Welcome to our New Staff



Karen Gardner - Stop Smoking Coach Otago



Savanya Tagomoa - Administration Level 2



Miringa Popham - Community Connector



Kim Spooner - Nurse



Sean Morgan - Kōrari Māori Public Health



Mary-Anne Tipa - Tui Ora team



# Welcome to our New Staff



Tuihana Ngamoki - Dunedin Mahana ELA



Scott Carr - COVID Response & Agency  
Training and Education



Karina Thompson - Invercargill Mahana  
Addictions Counsellor



Evaline Surekha - Stop Smoking Coach  
Central Otago





# Te Waka Taiohika o Murihiku



Kōrari Māori Public Health hosted the first Rangatahi Waka Ama sprint series for their programme: Te Waka Taiohika o Murihiku.

15 teams competed in a 250 metre sprint race in challenging and rainy conditions. The teams have been training for the last 3 months from year 7 to year 13.

Hearty Rangatahi on the water doing their thing! Super proud of all participants and a big shout to everyone who supported our day.

Ngā mihi  
Kōrari Māori Public Health Team



















# Sagar Khemani

Have you met our Te Anau Whānau Ora Navigator, Sagar Khemani?

Sagar, who is originally from the Himalayan town of Darjeeling in India, spent his early years playing in the biggest mountains in the world and drinking countless cups of Darjeeling tea.

“Later on, I moved to the capital city of New Delhi for university where I pursued a Bachelor of Arts with honours, studying English Literature. I then worked for a local newspaper as well as Time-out magazine, New Delhi, as a journalist. In 2015, I decided to leave the motherland to try something different and flew to New Zealand to do a diploma in Adventure Tourism Management. I worked in the adventure tourism industry for the next few years until Covid-19 entered our lives and shrunk the industry drastically. I worked at the local supermarket post Covid for a wee while.”

Sagar has always loved working with people “and wanted to contribute more to Aotearoa as I felt that I had received a lot from this country, and



so I wanted to give back.” Sagar went on to work for the Department of Corrections and later the Department of Conservation.

It was then Sagar applied for the role at Ngā Kete Matauranga Pounamu Charitable Trust. “I feel absolutely privileged to be working for NKMP and I hope to continue growing professionally as well as personally as I forge my way ahead in my new role.”

“I am really enjoying making connections with my clients and it is very rewarding work. To be able to help someone and make a real difference in their lives which has a flow-on effect in making a difference in a small community is priceless.”

Outside of work, Sagar enjoys running and tramping. “You can often find me training with the Fiordland athletics club and running races ranging from 400metres on a track to an ultra-marathon like the Kepler Challenge. I am also an avid fisherman and if I’m not running or tramping I’m usually fishing. I also enjoy cooking and reading. In the winter months, I like to head up the mountains for skiing.”

To get in touch with Sagar phone 027 555 069 or visit him at Fiordland Community House, 21 Luxmore Drive, Te Anau





# WHĀNAU ORA

**Do you want to achieve your dreams and aspirations?**

We can assist you with social needs, problem solving and support to achieve medium and long-term goals for your future.

*"Explore and experience your journey the way you want to live it!"*

*- Sarah Wilson, Whānau Ora Navigator*

For more information or to refer to the service:

Contact Sagar Khemani

Mobile: 027 555 0069

Visit us at Fiordland Community House, 21 Luxmore Drive, Te Anau or phone (03) 249 7754

Website: [www.kaitahu.maori.nz](http://www.kaitahu.maori.nz)

Facebook: [www.facebook.com/nkmp](https://www.facebook.com/nkmp)

Email: [admin@kaitahu.maori.nz](mailto:admin@kaitahu.maori.nz)



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# Mahana

SOUTHERN MĀORI MENTAL HEALTH  
AND ADDICTION SERVICE

## *Te Anau Clinic*

Fortnightly Addictions clinic held at

**Fiordland Community House**

21 Luxmore Drive, Te Anau

Commencing Wednesday 18 May 2022

10am-2.30pm

By appointment only

Contact us on **0800 925 242** for more information



# Service Profile:

## COVID Community Connection Service

With COVID-19 now expected to be a part of our everyday lives, we have a new COVID Connection Service available to support individuals and whānau to self-isolate safely in our community.

01

### WHAT DO WE OFFER?

Our COVID Community Connectors will:

- Assess your current situation and needs to be able to self-isolate safely.
- Help you put together an isolation plan for you/whānau.
- Assist you to connect with other services/agencies that can assist.
- Consider financial support (in certain situations).
- Support individuals/whānau during and after self-isolation.

We are here to help with any concerns you may have about having to self-isolate at home and we can support you to do this safely.

02

### WHO CAN ACCESS THIS SERVICE?

Self-referrals are welcome if you have been directed to self-isolate due to having COVID, or you are considered a household contact, or because you are concerned about your wellbeing. We will also receive referrals direct from the Ministry of Social Development.

03

### HOW TO GET IN TOUCH WITH US

Give us a call on 0800 925 242 or visit [www.nkmp.maori.nz](http://www.nkmp.maori.nz) for more information.





# COVID Community Connection: The Team

## MEET THE TEAM



*(Left) Kim Malcolm and Miringa Popham.*





# COVID-19 Vaccination Update

We are closing our booking system for COVID-19 vaccinations and doing walk-in vaccines only.

Held at He Puna Waiora Wellness Centre, 92 Spey Street, Level 1.  
Our hours for this are now:

Monday & Tuesday  
10am-6.30pm

Wednesday, Thursday  
Friday 10am-4pm



## Agency Visit



Some of our team met with Invercargill National MP Penny Simmonds and National MP Harete Hipango!



# Te Manawa Whānau 2022



*"The Pangore and Pepi had fun creating in our sandpit. Our sculpture is called a wheke/mermaid. There was so much fun, laughter and co-operation in their play, whanaungatanga in action."  
Tu meke tamariki ma, tu meke! - Te Rourou Early Childhood Centre Bluff!*

We enjoyed hosting our online event, Te Manawa Whānau! We encouraged whānau to make time with the family to build a sand creation! It's all about coming together and connecting with Te Taiao (the natural environment). We all know being active and spending time in nature with the people we care about makes us feel great!

## **Ngā mihi nui to all the participants who entered!**

1st: Hereaka-Young whānau

2nd: Dawson whānau

3rd=: Wilmshurst whānau

3rd=: Bolton whānau

Special prizes

First entry: Bourke whānau

Pepi award (youngest participant): Boniface whānau

Ko Whiringia a Iwi - People's choice tohu: Te Rourou Early Childhood Centre Bluff

Spot prizes:

Henwood whānau

Topi whānau

Spence whānau

Furlonge whānau



















# He Puna Waiora Pharmacy



**Pictured: Tae Song and Terry Son in the HPW Pharmacy**

Did you know we have a pharmacy here on site at He Puna Waiora?

The pharmacy, which opened in September 2019, is a joint initiative between Ngā Kete and community pharmacists Steve Jo, Tae Song and Terry Son. Mr Jo said he had always dreamt of opening a pharmacy within a medical centre to enable medical professionals to work seamlessly together to look after whānau.

## **Open Hours:**

Monday & Tuesday 9am-7pm

Wednesday-Friday 9am-5pm

Level 1, 92 Spey Street, Invercargill

Phone: (03) 929 6696

Fax: (03) 929 6697

Email: [ngaketepharmacy@gmail.com](mailto:ngaketepharmacy@gmail.com)

Web: [www.kaitahu.maori.nz](http://www.kaitahu.maori.nz)

**Zero prescription fees** (terms and conditions apply). Delivery services available.

You do not need to be a patient of HPW to receive prescriptions from our pharmacy.



# Rachel Robinson

Have you met our Building Financial Capability Plus Kahukura Rachel Robinson?

BFC+ is an intensive wrap-around service that supports whānau to manage finances, debt and other needs impacting on wellbeing. This is a free, confidential and personalised service.

Whānau experiencing difficulties with finances and in other areas of their lives can access this service.

Rachel offers a reliable and safe service tailored to whānau needs, support and guidance with planning goals for change, advocacy and connection with services, a specialist financial mentoring service, and a space to realise hopes and dreams.

We accept referrals from all agencies as well as self-referrals. Referral forms are available by contacting 0800 925 242 or visiting us at Level 2, 92 Spey Street, Invercargill.



*He kai kei aku ringaringa  
Resilience, Empowerment and Hope*



REGISTER NOW!

# HOME OWNERSHIP COURSE

DO YOU WANT TO OWN YOUR OWN WHARE?

DO YOU GET CONFUSED WITH THE PROCESS OF BUYING A HOME?

DO YOU WANT TO KNOW WHO CAN SUPPORT YOU?

DO YOU WANT TO LEARN MORE ABOUT HOME OWNERSHIP AND  
GAIN CONFIDENCE IN NAVGATING THE HOME OWNERSHIP PATHWAY?



CALL US OR VISIT [WWW.KAITAHU.MAORI.NZ](http://WWW.KAITAHU.MAORI.NZ)  
TO REGISTER FOR OUR **EIGHT-WEEK** HOME  
OWNERSHIP COURSE BEGINNING 27 JUNE 2022.  
LIMITED SPACES AVAILABLE.

Every Monday  
commencing  
27 June 2022

5.30pm-7.30pm  
NKMP, 92 Spey  
Street, Level 1,  
Invercargill



PH KIM DIACK OR RACHEL ROBINSON  
FOR MORE INFO ON 0800 925 242







## Staff News & Views

Top: Part of the Community Services team with a food parcel and COVID care package.

Right: The wonderful Ramari Paul with our brand new Te Pae Oranga banner.

Below: Raeana Davis, of the Toi Toi Maori Art & Gift Shop, poses with products from an online competition!







## Staff News & Views

Top left: Joanne Te Tai and Annaleah Ah-Kuoi of our Toku Oranga team.

Top right: NKMP staff member Shaun Taane holds a handmade quilt inspired by his late mother Errolyn Taane, who was a huge part of the quilt-making group for several years! The group was even named after her!

Below: A huge thank you to ET Patchwork Circle, a local quilt group, for your amazing donation for whānau in need!!







A wonderful day out for our Kaumatua group at Oyster Cove in Bluff





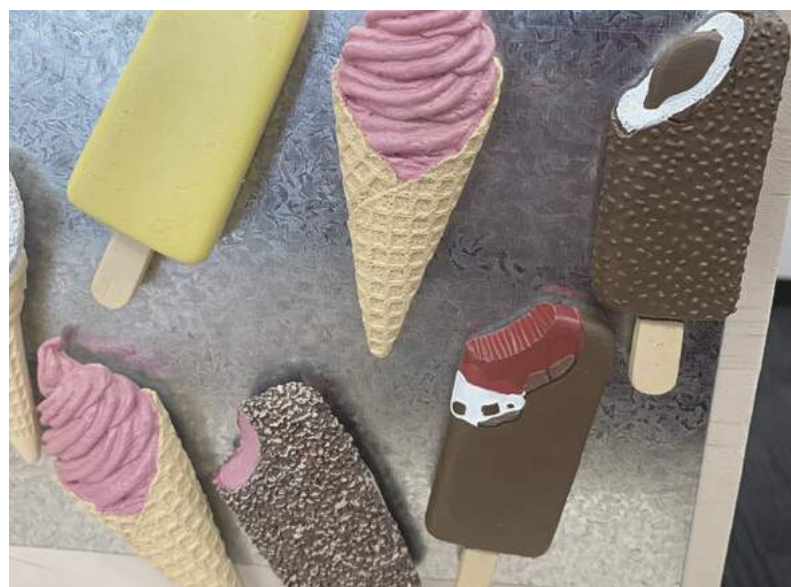
## Staff News & Views

Above: Great to have Te Rau Ora - Te Whare Tukutuku in the whare. Discussing new narratives on wellbeing and kaimahi development. Thank you Jim and team.

Below: Our Community Services team had a wonderful catch up with Neece Aichen and Liz Ryan from Advantage South!







# TOI TOI MĀORI ART & GIFT SHOP

*Thank you for supporting Toi Toi Māori Art & Gift Shop, a Ngā Kete social enterprise.*

*Our brand new online shop is live now!  
[www.kaitahu.maori.nz](http://www.kaitahu.maori.nz)*

*Our shop is stocked full of goodies including pounamu, weaving, paintings, korowai, glassware, woodware, and more.*

*We offer gifts and locally made products with free gift wrapping and lay by options.*

*Our bright and tidy shop is located at 119 Dee Street, Invercargill - right next to BurgerFuel! Pop in and see us, check out our brand new online shop [www.facebook.com/ToiToi15](https://www.facebook.com/ToiToi15), or give us a call (03) 218 6488.*

*Open hours:  
Monday 10am-5pm  
Tuesday-Friday 10am-5.30pm  
Saturday 10am-2pm*





**nkmp**

NGA KETE MATAURANGA POUNAMU  
CHARITABLE TRUST