



**VOL 13
AUGUST 2022**

NGĀ KETE MATAURANGA POUNAMU NEWSLETTER

COVID PACKS

Read all about the COVID packs we gifted to Kaumātua and Rangatahi

BFC+ STORIES

Check out two inspirational stories from our BFC+ Service

CHUR! ALL GOOD BRO?

A resource to support fellow Tāne Māori around whakamomori

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COVID PACKS



Our fabulous kaumātua and rangatahi from Te Wharekura O Arowhenua received Nga Kete Care Packs recently. The packs were all about recognizing a tough two years and a celebration of getting through it, remembering we are #StrongerTogether, #connected, #wecare!









BUILDING FINANCIAL CAPABILITIES +



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 āku ringaringa
Resilience, Empowerment and Hope

I Was An Emotional Over Spender

"This client wishes to remain anonymous"

I'm an emotional over spender who was going through a lot of personal issues and feeling a ton of anger. It didn't seem to matter how much deeper in debt I got, I would just continue spending. Then I walked through the doors of Nga Kete and everything changed.

My name is Nic, I live in Invercargill with my two little dogs and I work in electrical wholesale.

I'm originally from the far North, but moved south and later took on an electrical apprenticeship. People told me I couldn't finish it, so I made sure I did! I worked in the industry for a while before switching to wholesale, where I've been for about 10 years now. I absolutely love it!

I started seeing an EAP counsellor through my employer as I was going through some personal issues and needed support. The counsellor was great but I only had a small number of sessions, so I was referred on to the Mahana Southern Maori Mental Health & Addiction Service at Nga Kete.

I walked through the doors of Nga Kete at the start of the year and my entire world started changing. Everything has been better since then! The counsellor enabled me to let out all of my anger and frustration I was feeling from unresolved childhood issues and bad relationships.

My mind-set has completely changed! I'm less angry, my demeanor has changed, I'm keeping my house clean for the first time and I've uncluttered everything. I've even started an indoor plant collection! I'm doing home renovations too.

I don't know how to describe it. The counsellor has just made me feel better. We sat and talked and she is just magical. I didn't feel like I was sharing a lot but I must have because it's gone now. We talked about my finances a lot too because I am an emotional over spender. The counsellor referred me on to Peter Baker (Rongoa) and to Rachel (Building Financial Capabilities Plus).

Both of these services have helped me immensely. Peter was able to relieve some of my anger and tension through reiki, and Rachel has supported me with all of my financial woes.

I definitely don't over spend as much now because I have someone holding me to account, and it's helpful to have someone to talk to about financial issues – it's not something you want to talk with your friends about!

My over spending had landed me in a bit of trouble and I had old debts and was under a creditor's proposal. It didn't seem to stop my spending though! It was out of control. If I wanted it, I would get it.

But now, with Rachel's guidance, I have caught up with all of my overdue bills and I can buy useful things like paint!

The help and support I've received has been amazing. I have been so well looked after!

My future looks great! Before, I couldn't even see a future. I was surviving not thriving. But now I've become human and I can't wait to see what's in store for me!

"My mind-set has completely changed! I'm less angry, my demeanor has changed, I'm keeping my house clean for the first time and I've uncluttered everything ... The help and support I've received has been amazing. I have been so well looked after!"

I No Longer Want To Live In The Past

I spent years gambling excessively and smoking methamphetamine to block out past trauma I hadn't dealt with properly. But it was ruining my life and I couldn't see a way forward, until I engaged with Nga Kete's services. Now, I'm looking forward to a bright, positive, clean future.

My name is Mark Jessett, I'm originally from Christchurch and I was addicted to methamphetamine and gambling for almost as long as I can remember.

I moved to Invercargill when I was 15 and spent some time living here and on Stewart Island. I had a good job and my former partner gave birth to my beautiful son. Life was good but I was struggling with childhood trauma and, as a way to numb it, I started gambling and smoking methamphetamine.

Things eventually got pretty bad. Although I was working full time, I was struggling financially because everything I earned was being gambled or smoked away. All of my relationships were being affected, especially with my son's mother and soon we had separated.

I was in denial for years. I never actually thought I had a problem. I just knew that if there was any kind of tension or anything wrong in my life, meth would numb it and I'd deal with it later.

But eventually it came to a head and I knew I needed to get clean for myself and my son, and I had to deal with

my childhood trauma or things would never get any better. I spoke to my GP about my concerns and I was referred to the Gambling Harm Counselling service at Nga Kete.

The healing process started as soon as I came to Nga Kete. Being able to talk about it and feel comfortable with the counsellor was huge for me. It all seemed to be in her approach. She managed to completely change my mindset around gambling and I now know how harmful it is.

The counsellor helped me to understand what triggers me and how to find different ways to cope. It definitely wasn't easy to stop and I felt like I was absolutely at rock bottom, but I've been free of gambling now for 10 months and meth-free for 9.

I would never have been able to do it without the counsellor's support.

Following the counselling, I was referred to Whanau Ora and then the Building Financial Capabilities Plus services. The support has been amazing! I needed a sense of direction because I was at a standstill in my life and they helped me to set goals and to get into a health and wellbeing course at the Southern Institute of Technology.

I am completely shell-shocked at how much I have learnt and grown.

I had issues with finances for years but Rachel from the

"BFC+ HAS CHANGED MY LIFE. I'M EXCITED ABOUT THE FUTURE!"

BFC+ service has helped me with everything, and I can talk to her about anything as well. I'm finally on track with my finances, which is such a huge relief.

I have also been attending the Te Rongo Pai peer support group, which has been amazing.

Throughout the process, I have come to terms with my past trauma and I have learnt to forgive. I can't forget but I knew if I couldn't forgive I would never find a sense of inner peace to be able to move forward. I no longer want to live in the past.

I'm studying full time now and I'm really excited about the future. I could never have done all of this without the support of the staff at Nga Kete.



TE PAKI O MATARIKI WHAKARUIA



Staff had a wonderful night celebrating Te Paki o Matariki Whakaruaia at Te Wharekura o Arowhenua. Celebrating Matariki, whānau resilience, connection and hauora! Great to see providers and community working together!









Lucy Harding

Cancer Kaiarahi Service



Photo: Joanne Te Tai

What is the Cancer Kaiarahi Service? This service supports whānau with high suspicion of, or diagnosis of cancer, to get the right information, make informed decisions about treatment options, and get to treatment.

Barbara and Jo from the Cancer Kaiarahi Service visited me following my cancer diagnosis and we've been one big happy whānau ever since. They have supported me throughout my entire journey.

My name is Lucy Harding, I'm 79-years-old and have been living in Riverton for the past 40 years.

I have had a wonderful life, growing up in Marlborough and moving my way down the country working in hotels as a housemaid. Once I ended up in Southland, I began working at the freezing works where I spent the next 34 wonderful years until retirement. My late husband worked at the freezing works too and we spent lots of time outside work doing home renovations. I didn't have any children. I thought later in life it would have been nice to have kids but by then it was too late.

Last year I started losing weight – a lot of weight. At first I thought it was wonderful but then I started losing a bit too much and there didn't seem to be a reason, and it got scary. I didn't have any pain to explain the weight loss.

I couldn't eat anymore and I was surviving on small drinks every day (Ensure). I knew it wasn't enough but I couldn't bring myself to eat.

I went to the doctor and they started treated me for a thyroid. I was treated for this for about three months but it wasn't until I hemorrhaged that my cancer was found. My advice to anyone experiencing unexplained weight loss is to keep going back to the doctor.

It was during day surgery in Invercargill they found the cancer on my ovaries and a lymph node. I then went to Christchurch for a three-hour surgery and I was so grateful that the surgeon was able to remove everything. I was lucky that I had no pain, but it did take a long time for it to heal.

It wasn't until after the operation they told me I had cancer. It didn't feel real and I was in complete denial about it.

Throughout this scary time, I was lucky to have my niece Katrina (Mouse) supporting me. Mouse travelled from her home in Oamaru to support me with recovery from my surgery and met me in Dunedin to support me through my radiotherapy. She's been a great support. I also received huge support from my nephew Bill who looked after my house and dog while I was away. Ashleigh from the Cancer Society has also been a huge support.

Following my operation, I was introduced to Barbara and Jo from the Cancer

Kaiarahi Service through Ashleigh. I didn't know much about Nga Kete prior to this but I'm so pleased to have met them! We have been one big happy whānau ever since and they have supported me on my long and arduous journey ever since. They're like sisters to me now.

They have been a huge help. They have taken me to treatment, to town to see specialists. I knew I could ring them whenever I needed to talk. They took me here, there and everywhere and once they even brought me some lovely clothes! They have absolutely put themselves out for me and I feel so grateful for their unconditional support. They filled out forms for me and they even helped get everything I need for home help.

I remember Barbara came with me to see the doctor about treatment following the surgery, which included either chemotherapy or radiation. it was so helpful having her there because I wasn't sure what it all meant and I was worried about having to leave my dog for 6 weeks to go to radiation in Dunedin. But, Barbara told me I could take my dog which made me feel so much better.

At the end of this meeting with the doctor, I was told there was no more cancer. The surgeon had managed to remove the whole lot.

Barbara and Jo took me Dunedin for my radiation – they even took my car so I could easily get around in Dunedin while I was there.

Now, I'm feeling great and the doctors say I am cancer free! I'm so grateful for the support of my niece and the support of Barbara and Jo and Ashleigh from the Cancer Society.

Service Profile:

Mahana Southern Māori Mental Health & Addiction

Mahana provides support to individuals and whānau experiencing mild to moderate issues with mental health and addiction.

01

WHAT DO WE OFFER?

We offer:

- One-on-one counselling support
- Peer support group
- Cultural wellbeing activities - site/community based
- Creative arts
- Wananga-based interventions
- Pou whirinaki cultural advisor support
- Mobile service options

Mahana is a caring, Māori service supported by a Kāhui Kaumātua, ensuring the safe delivery of services to tangata whaiora and whānau impacted by drug and alcohol use.

02

WHO CAN ACCESS THIS SERVICE?

Self-referrals are welcome.

Please note: If you are engaged with a secondary service, you are not eligible for entry into Mahana. Mahana is NOT a crisis intervention service.

03

HOW TO GET IN TOUCH WITH US

Invercargill office: 92 Spey street, Invercargill, phone: (03) 214 5260 or freephone 0800 925 242.

Dunedin office: Level 4, 333 Princes Street, Dunedin, phone: (03) 244 8209 or free phone 0800 925 242

www.nkmp.maori.nz | admin@kaitahu.maori.nz



MAHANA Southern Māori Mental Health and Addiction Services: The Team



*Mahana Invercargill:
(From top left) Wendy Ellis
(Manager), David
Ihimaera, Tira Ririnui,
Korrey Cook, Karina
Thompson, Arianna
Andrews, Rhoda Hei Hei,
Diane Mowat and
Sandra Stiles.*

Mahana Dunedin: (From left) Richard McDonald, Tina Kapohe, Tuihana Ngamoki, Blondie Ngamoki (kākākura), Ricky Ngamoki, (front) Elizabeth Murphy and Alana Clarke.



NGA KETE MATAURANGA POUNAMU

He Puna Waiora
Wellness Centre

Southland Businesses & Farms
WE CAN COME TO YOU

FREE

Influenza Vaccination

MMR Vaccination

Pfizer Vaccination (Covid-19)

Health Checks

(Blood pressure, blood sugar etc)

Tuesday

09, 16 & 23 August 2022

Other dates will be considered on request

**For more information, or if you would like to
have us visit contact Scott on 022 092 4847**

INFLUENZA FREE TO ALL AGED 3+

Provides protection from the strains coming into NZ with tourists now borders are opening.

MMR (MEASLES, MUMPS, RUBELLA) FREE TO ALL NEEDING IT

To find out if you have had two doses of MMR, check your Plunket or WellChild book or ask your doctor. If you are not sure, get your **FREE** immunization now.

Measles is a serious and highly-contagious illness - there have been outbreaks in 2020 in NZ, Samoa, Tonga and Philippines.

There are no safety concerns in having additional MMR doses and you can also have it at the same time as your COVID-19 or influenza vaccine.

Children are usually vaccinated at 12 and 15 months; Covid responses may have interrupted this schedule.

Two doses of the MMR vaccine will protect 99% of people against measles.

PFIZER BOOSTER VACCINATIONS – FREE TO ALL ELIGIBLE

A second COVID-19 booster is now available for those at increased risk of severe illness from COVID-19 – a minimum of 6 months after a first booster.

In addition, a second booster is available for all people aged 50 years and over and health, aged care and disability workers aged 30 years and over.

CHUR! ALL GOOD BRO?



Tane pictured during the bus hiko.

A resource to tautoko (support) fellow Tāne Māori around whakamomori (suicide) was launched in Murihiku in June with waiata and kōrero, and a bus hiko around local Marae.

Kōrari, the Māori Public Health team at Ngā Kete Matauranga Pounamu Charitable Trust, organised the Marae hiko to enable kōrero (discussion) around the new resource.

Resource developer Mohi Allen (Kaiwhakarite, Mental Health Foundation) said CHUR! All good, bro? is a Tāne Māori suicide prevention resource created to support Tāne Māori and whānau to best tautoko and engage with fellow Tāne Māori who may be going through tough times or thinking about suicide.

“In the resource, you’ll find heaps of tips on how to kōrero/talk with the bro about the tough stuff, and there’s also a pull-out card with key helpline info that can be easily shared.”

The resource was co-designed through community consultation with whānau Māori and kaimahi around Aotearoa.

CHUR stands for: Connect, Hear Him Out, Uplift and Reassure and Refer.

Kōrari Māori Public Health manager Karina Davis-Marsden said three co-creators of the resource, local health and social services kaimahi, community connectors, kaumatua and rangatahi representatives will be on the bus visiting several Marae around the motu during the day.

The Marae include Te Tomairangi Marae (Invercargill), Hokonui Runanga (Gore), Te Rau Aroha (Bluff), and Takutai o te Titi Marae (Colac Bay).

Kōrari decided on a Marae hiko to enable an opportunity to give the whakapapa of the resource as it was being handed over, and provide an opportunity for kōrero and questions, Davis-Marsden said.

“Tāne Māori are alarmingly over represented in our whakamomori statistics and this resource was developed to awahi our Tāne and get them talking to each other about their mental health wellness. This resource is a taonga for our whānau, and the kōrero that can bring about the change that is needed to change these statistics.”





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: ngaketepharma@gmail.com

Web: 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.



Matariki 2022



THE TE KORE GROUP SAVED MY LIFE

Te Kore is a closed group for women who have experienced harm from addictions and/or mild mental health. “Te Kore is an invitation to meet your potential – Tau Arotahi is feeling safe enough to reflect and navigate from the past to acceptance, HERE and NOW!”

I spent my entire life holding on to trauma and hurt from my childhood, thinking I was unworthy and unlovable. However, by participating in Te Kore I am learning to truly love and accept all of me unconditionally. This group has saved my life in more ways than one.

I was born to a 15-year-old who was still a child herself and had lied about her age to my father. They were from different backgrounds and were both struggling with their own identities and sense of self.

I am the eldest of my siblings and we were often shipped around to different family members and friends of my parents who had their own ideas on how to raise children, which weren't always healthy or loving.

There were times I can remember being left home alone to take care of my younger siblings before we ended up in state care in the late 70s. It was this disconnected and disjointed foundation that set the scene for abandonment issues, lack of trust towards myself and others, no self-worth and no self-love. All of these factors and many more flourished throughout my life and became the driving force behind my unhealthy and dysfunctional relationships later on in life, especially the one I had with myself.

I became a mother of two daughters by the age of 23, which brought about many challenges in its own right, let alone adding no self-value or self-importance to the mix. I didn't know what self-love or self-acceptance was and I carried feelings of not being good enough and insignificance around like an open wound that only I could see. It felt like a huge scab inside me that never seemed to heal. I

couldn't even look at it because it was hideous and excruciatingly painful so I used drugs, alcohol and many other coping mechanisms to survive what I felt was like a steady consistent internal torture.

I had been working at the freezing works for many seasons feeling numb and on autopilot with my life when I heard about a course at SIT through a friend, which I immediately felt drawn to. I signed up for the course and started my journey as a social worker. My initial reasoning for undertaking this learning was firstly to understand why I do the things I do, and secondly how can I transform these insights into my life to help my daughters. I was not thinking about myself or what it could do for my own life as I had always put others needs and wants before my own.

Those four years of fulltime study, while working and raising two daughters, were extremely exhausting and there were countless times I didn't think I was going to make it. I began working in the field of social work, and it wasn't long before I was bombarded with what I now know were triggers from my own childhood trauma. My instinct, along with financial pressure, was to stay and try to manage it the best I could. What I didn't realise at the time was I didn't know what I was trying to manage or that I didn't even have the tools to manage whatever it was.

I ended up back at the freezing works feeling like a total failure and a disappointment. Those feelings of failure and disappointment added yet another layer to my internal wound.

Along my social work journey I met Diane from Nga Kete who I thought was this bright light and she had this energy that I was drawn to. Our paths crossed again years later and she told me about Te Kore. I knew immediately that this group was something I needed to do.

I started the group on 4 May 2021 and I thought because of my social work and life education that I

was already ahead of others in the group that didn't have that foundation behind them. What I came to learn in that very first session was that I hadn't even scraped the surface off what was really at the core of my internal hurt and pain. Te Kore has been the most frightening, terrifying, painful, intense, raw, honest, authentic, self-accepting, self-awareness, therapeutic, healing chapter of my journey so far. The two facilitators allow me to feel what I need to feel, when I need to feel it in my process of rebuilding myself, which is all in a safe and non-judgemental environment. I am gently encouraged and supported to be really honest with myself, to listen, to feel, to share and explore my trauma at my pace while being brave and vulnerable.

I know now how important it is to be brave enough to look inside myself and to allow myself to be vulnerable. It has been through my vulnerability that I have had my most personal growth and healing happen. The facilitators help give me the tools within a safe environment to be able to do what I need to do to move forward in my life with self-acceptance and self-love.

Up until the end of 2021, I spent my entire life holding on to childhood trauma thinking I was unworthy, not good enough, not important and unlovable. By continually participating and contributing in Te Kore I have turned my inner dialog from a negative prospective of myself and others, to an accepting loving one. I am now forgiving myself for the survival patterns and traits that I picked up while enduring trauma. I forgive myself for who I needed to be to survive. I am truly on my way to the place within me that I have always wanted to be - peaceful and free.

My two adult children have witnessed an immense transformation in me and the domino effect from that has been life changing for us all, including my moko. I've been on a real emotional rollercoaster ride since starting Te Kore, however I wouldn't change any of it. It has been through attending and participating honestly and openly in this group that I have been given the opportunity to have a life filled with self-love and self-acceptance.

To love myself unconditionally is the best gift I have ever received. I am very grateful for my life and I'm excited about what my next chapter holds for me. I will continue to attend Te Kore because I believe there will always be things I can learn about myself which in-turn allows continual personal growth and healing. I whole heartedly recommend and encourage people to attend this group because I believe it has saved my life in more ways than one.





Staff News & Views

Top: Some of our team met with staff from WellSouth to build connections and share our mahi. Great to have WellSouth here at NKMP!

Right: Our Te Pae Oranga and Restorative Justice team Ramari Paul, Jess McDermott and Taylor Hill pictured with Deputy Commissioner Wally Haumaha at the Māori, Pacific and Ethnic Services Iwi Provider Wānanga in Wellington! What a lovely photo!

Below: A huge congratulations to Kahlee who was the winner of a Pak 'n Save voucher for completing our online survey: Gambling Harm - How Much Do You Know?

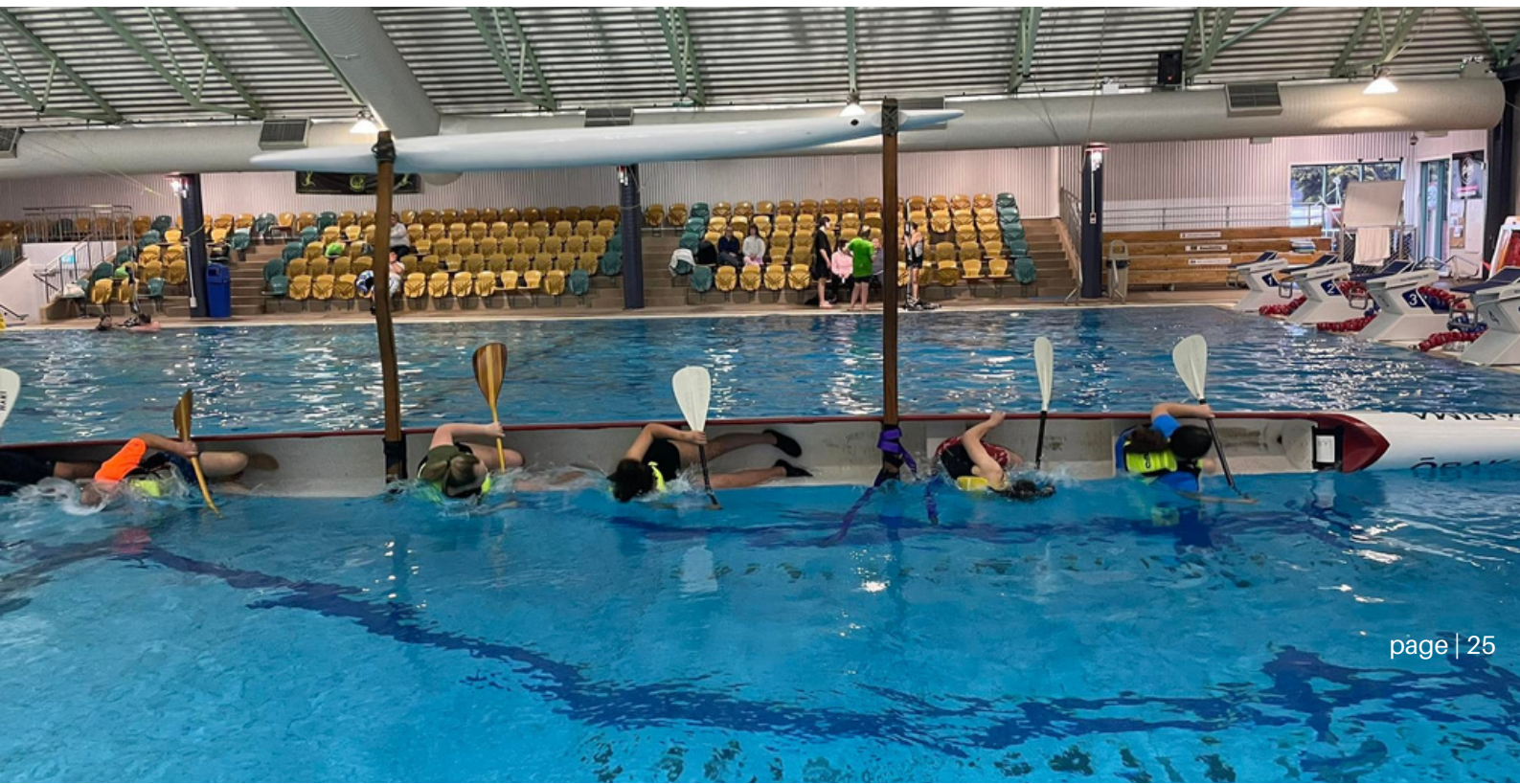




Staff News & Views

Above: Our lovely Tui Ora team (from left) Mary-Anne Tipa, Davina Jones (Manager), and Jordan Nikora celebrating Double Denim Doc Day.

Below: He waka eke noa! Waka ama rangatahi paddlers from our local secondary schools (James Hargest College, Verdon College, Southland Girls High School, Aurora College and Te Wharekura o Arowhenua) hit Splash Palace to practice tipping drills. It's about water safety and knowing what to do if the waka capsizes. This practice was part of Te Waka Taiohika o Murihiku, an initiative that supports physical activity, hauora and strengthens cultural connection to te ao Māori and te taiao (the natural environment) for rangatahi led out by Kōrari Māori Public Health team at NKMP.





Staff News & Views

Above: A huge thank you to KiwiHarvest for their massive support and regular distribution of food to our Pataka Oranga (Food Bank) to help the community!

"KiwiHarvest rescues 170,000 - 200,000Kg of good quality surplus food every month, and diverts this back to people who are struggling across New Zealand."

Below: Our Pataka Oranga (Food Bank) received a generous donation of mince from local farmer Paul Marshall recently. Nga mihi mā to koha aroha.





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*

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, 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