

KIA HIWARA

NGĀ KETE MĀTAURANGA POUNAMU NEWSLETTER

April 2024 Vol. 20

Moko Hauora 2024

Tā moko connects whānau to whakapapa and tells our people's stories

Teoti Jardine

Potter, poet, psychiatric nurse, and gay rights activist Teoti Jardine tells his story

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S.O.A.R. (Disability Service)

Restorative Justice

Te Pae Oranga (Iwi Community Panels)

Tui Ora (Intensive Intervention)

Toi Toi Maori Art & Gift Shop (119 Dee Street)

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9am-7pm

Wednesday-Friday

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FROM THE CEO

TRACEY WRIGHT-TAWHA



Nga mihi mahana ki a koutou katoa

What a bumper newsletter we have for you this edition readers.

I'm really pleased to share a number of whānau stories and some key write ups on some very special people who have chosen to share their creative talents. My thanks to Kanui Pohorama for his interview and poem entitled Be Well, Go Well, Stay Well.

Kanui is an amazing man with an equally bright and colourful history, reflective of his own journey to wellbeing and recovery. A beautiful man, passionate about his maoritanga and so creative and insightful. I'm also delighted to showcase Teoti Jardine, an internationally known poet and human rights activist, with a passion for environment and sustainable practices. Teoti recently took time to reflect on what wellbeing means from his lens. So much great reading from our community - my thanks to all who chose to contribute.

I don't know about you but I always feel a little reflective as autumn comes – I think of the last of the summer sunny days and the arrival of chilly winter on the horizon. I like to focus on getting the last of the pickles and chutneys made and in the pantry and to do a good clean-up of the garden and get my glasshouse ready for the spring by turning over and enriching the soil with blood n bone, followed by a clean-up of the garage. All those wee tasks that bed us in for winter. So many seasonal projects. Hope you find a minute to forward plan as I know how challenging everyday life can be.

Getting groceries the other day I was disturbed to take two small brown paper bags out to the car as I considered the \$90 I had just spent on what seemed to few items. Cost of living is a challenge. We have a marvellous financial advisor here at Ngā Kete, Rachel who is a qualified financial mentor and provides budgeting services – please feel welcome to make contact with her. Also our Whānau Ora team are fabulous navigators who are adept at problem solving and walking with you to navigate needs and solutions – phone 03 2145 260 or 0800 925 242 for further support.

Lastly our Tūmanako Wellbeing team have been hard at work in our Thomson Street property and we are about to extend respite residential care for clients requiring some short term mental health stabilization so they can better return home to live well and independently. We will be working with our Te Whatu Ora mental health team partners in providing this service, with referrals required to come via a clinical pathway e.g. via the Southland mental health team and or your GP. If you seek more information on this please call us on 21 45260 and ask for the Site Manager Kerstin Kummerer. For a service brochure phone 03 2145260 – we will happily pop one in the post for you or look up our website www.kaitahu.maori.nz

In the words of Kanui Pohorama – Be Well, Go Well, Stay Well. Nga mihi

***Whāia ngā pae o te māramatanga Ko te pae
tawhiti, whāia kia tata Ko te pae tata,
whakamaua kia tina E puta ai ki te whaiao, ki te
ao mārama!***

***Pursue the many horizons of insight, Bring each
one closer, Master them and emerge
enlightened!***



MEET OUR NEW POU WHIRINAKI





Kane
Johnson

CULTURAL COMPETENCY, CATALYST FOR CONVERSATION

Ki te puku mahi kia u te angitu
Work hard to succeed

This whākatauki can be used in many ways but for me, this whākatauki represents the journey ahead for us all, to succeed in developing Aotearoa New Zealand, into a more harmonious and empathetic country that embraces through education, our absolute unique taonga, our indigenous Māori.

Society seems to be fractured in my opinion. Social cohesion has been damaged through the covid-19 strategies, and more recently, ill-informed, ignorant, intentional political views are hurting tangata whenua and tangata tiriiti relationships. The political landscape at the time of writing this is probably the most divisive I've seen. For me, many Māori and marginalised groups, this feels like a massive step back. It's with this

**“THE ROLE OF POU WHIRINAKI
PLACES MANA AND FOCUS ON
THE IMPORTANCE OF CULTURAL
UNDERSTANDING IN OUR
WORKPLACE.”**



current climate, that I am most excited for my role as Pouwhirinaki here at NKMPPT a role where I will educate to create empathy.

Cultural competency is a term I personally don't like. For me, the term is too broad, non engaging, unfriendly - cold. I'm not about to coin a new catch-phrase, but, for me, Cultural competency is about understanding and acknowledging, factually and in its entirety.. For our organisation, we build upon our uniqueness as Aotearoa New Zealand. My role is to unpack the good, the bad and the ugly. In turn this is to develop our understanding of what it is to be a treaty partner and my aim is to develop a more empathetic workforce. This then creates meaningful connections and outcomes for the whanau we walk alongside with. Here at Nga Kete, whānau, our most important tāonga, have a set of values, beliefs and history when they enter our organisation. We will build upon those with care and understanding.

The role of Pouwhirinaki places mana and focus on the importance of cultural understanding in our workplace. It is another huge commitment and resource that NKMPPT has undertaken to develop its workforce. It is a privileged position. As my time in the role develops, the way it will weave throughout our organisation becomes clearer and clearer. Importantly, I know this initiative is going to help our communities, how? We are a workplace of professionals collectively working towards our mahi of connecting whānau with ideas, energy and resources. Our kaimahi are skilled staff that come from varied backgrounds. Each bringing their own talents, beliefs and experiences. By educating and supporting our own kaimahi, to be culturally aware, competent, supported and resourced, Nga Kete then contributes to lift our community health and social outcomes through authentic, culturally competent connection.

Perspective is important; it's your sensory awareness of the world, you've felt it, smelt it, tasted it. A change to your own perception or understanding, may have meant an experience or situation that has given you insight or information that you hadn't considered before. This is the essence of a Pouwhirinaki role. To support and create change, gently. We will champion our cultural competency. This looks like an agency reset and refresh through a base of Treaty of Waitangi training, for all of us. This is where we want our kaimahi to 'feel the wairua'. Feeling the wairua is integral for a perspective shift, in my opinion. We want our kaimahi to reset their understanding and come on the journey. A journey that walks alongside them, building their confidence and competence, alongside our organisational expectation.

Connection is critical for tangata. We all seek a form of connection with those we interact with.. Cultural competence builds our ability for connection. We park our perspective and understand and find opportunities at the forefront of our engagement to connect. We know our Kaimahi are the face of the organisation. Their interactions are our credibility. From the first phone call, to our farewells, we want each interaction with our kaimahi to be like medicine. Healing and Powerful. We acknowledge how lifting our staff to be more culturally competent will, in turn, help with our connection. This dramatically increases opportunities for better collaboration with our whanau. A partnership.

Our own kaimahi of professionals, experience cultural competency training in their careers. Internal surveys conducted by the service are always keeping a pulse on the needs of kaimahi, the organisation but importantly the whanau we are working with. Some cultural understanding and knowledge is usually explored yet sadly most is left in the classroom. The opportunity is now to re-educate, gently and develop a shared understanding of our history. We can be leaders in our community, equipped with education and empathy heck lets lead Aotearoa! We

want to take that cultural knowledge, the seeds of wonder and build upon it gently and with integrity. How? We want our kaimahi to feel it, so they can develop that wonderful feeling of wonder...said the teacher.

It is an honour to return to NKMP. I left 8 years ago to pursue my bachelor of primary bilingual teaching. Education has given me insight, confidence and understanding. But more importantly a hunger for Mātauranga. I was never an academic at school and that was my own perceived barrier to teachers' college. But the journey of learning was fulfilling beyond me. It's in my whakapapa. My Tupuna was the first Māori principal in New Zealand of a native school. Destiny to be a teacher? Perhaps. Destiny to make a change - absolutely.

So you may ask why? Why is this work important? Why are Māori over represented, why are you always bringing up the Treaty? Why do we need to keep looking back at our history? Why, why why.

These are the perspectives that shape our world we as Māori are engaged in. Shaped in part by the media, poor education, poor politics, social and family beliefs. To understand the impacts, injustices and ignorance of our history, therein lies opportunities to explore and educate. To right the wrongs, gently and factually, that's the reason. That's my why.

Finally the whakatauki Patua te taniwha o te whakama, don't let shyness overcome you. We won't be backwards in coming forwards with our Taonga Māori, ever again.

No Reira
Toitu te Tiriti

Ko Puheke te Maunga,
Ko Mamaru te waka
Ko Ngati Kahu, Nga Puhi, Ngai Takoto, Kotirana oku iwi
Ko Patu koraha te Marae
Ko Raiha Johnson toku wahine toa
Ko Taila, Ngakau Mahae aku tamariki
Ko Koda taku mokopuna
Ko Obi and Reco oku kuri
Ko Kane Johnson Ahau
Ko te Pouwhirinaki o Nga kete Mātauranga Pounamu

INSPIRATIONAL CLIENT STORIES



My Story

Teoti Jardine



TEOTI JARDINE

Riverton man Teoti Jardine, 80, is a potter, poet, psychiatric nurse, and gay rights activist who believes wellbeing is about taking care of ourselves and being who we are. Here Teoti lays bare the shock of discovering homophobia and how he escaped to the other side of the world to feel safe and accepted.

I was born in Queenstown in October 1944 and grew up on Kawarau Falls Sheep Station, which was my father's family farm. My father met my mother Sheila Wilkinson when she was nursing at Frankton Hospital. She grew up on Rakiura and has Kai Tahu whakapapa through her Great Grandmother Kuihi Bates.

Growing up I didn't realise how sheltered and free I was.

I spent my spare time dancing and playing with dolls and my parents and everyone around me accepted it. They accepted me just as I was which led to a wonderful, supportive upbringing.

So when I enrolled at Southland Boys' High School as a boarding student and became surrounded by homophobia and bullying, I quickly learnt I wasn't "normal."

In the 1940s and 1950s, Queenstown was a small town where everyone knew each other. It was a wonderful place to grow up. I knew from a very young age that I was interested in men rather than women. I remember, when I was about seven, I told my brother I wanted to kiss his friend Barry and he told me not to be so ridiculous. I couldn't understand why but thought, OK, there are some things I shouldn't say.

When I was at the boarding school there was a homosexual event published in the Southland Times and homophobia became rife. I thought to myself, Oh OK that's me. I had better hide who I am. That was the first time I had ever really felt that way. I had to bury who I was and play a game of not being myself.

The homophobia affected me so deeply I started considering suicide. I became so angry that there was a law that basically said it was a crime for me to exist. I got so angry that I decided actually no, I wouldn't kill myself. Instead I would get as far away as I could from this country with this ridiculous law; where I could be who I am and feel safe.

So in 1965 at the age of 20 I found myself living in Montreal, Canada. I quickly made friends who introduced me to shows, drag queens, gay bars, and a safe way

to live my life being who I was. I remember going to a drag queen event on Halloween on my first ever night at a gay bar, and my friend introduced me to someone and said, this is straight George from New Zealand.

I admitted to him that I wasn't straight and he said "I knew you weren't, you bitch." That same night I was dancing with a man who kissed me and it just felt like a ton of bricks had lifted off my shoulders. It was extraordinary. I didn't realise until then how much weight I was carrying not being able to be myself.

From that point forward I lived my life the way I wanted to. I joined a dance troupe, completed my psychiatric nursing training, studied pottery, learnt to touch type, and went to shows, especially the opera. I joined the peace movement, I meditated daily, and I met Arthur Weinstein, an interior designer from New York, and we fell in love.

During my time overseas I was hired as an assistant to the Chief Technician of the Cardiac Catheterization Operating Room at The Royal Victorian Hospital in Montreal. It was exciting and interesting, but I found my relationship with the patients gave me more satisfaction than my role as a Technician. To that end, I trained as a Psychiatric Nurse. People living with Mental illness are also disenfranchised and I could truly empathize with them.

Working with people who are experiencing psychosis, I soon learnt to be centered and balanced in order to be their anchor, and be there for them.

In 1970 Arthur and I moved to Italy so we could concentrate on pottery. 18 months later we moved to the United Kingdom where we set up a pottery studio. I also studied at the Beshara School for Intensive Esoteric Education at Chisolme House in Scotland. This was based on the teachings of 13th century Arab-Andalusian Muslim Scholar, mystic, poet and philosopher Muhyiddin Ibn 'Arabi. This made a huge impact on me, and I felt a deep connection with the school that continues today.

For a very short time we moved to Jamaica to chase the warmer weather, but it didn't work out. We ended up moving to Nova Scotia and that's where I lived for the next 10 years. In 1977 my relationship with Arthur ended and I purchased his share of the property. We remained good friends until his death in the early 90s.

During this time, in 1972, I travelled home to New Zealand to spend time with my father after he suffered a major heart attack. It was such a blessing to have that time with him. I really got to know him during that time and I realised that if I had told him I was a homosexual when I was younger and that I wanted to be a dancer, he would have done everything in his power to make that happen. I know that now.

He passed away shortly after in 1973.

Later I trained to become a deckhand at a nautical school, and then worked on research vessels. I remember on one trip we sailed the St Lawrence Seaway, into the arctic and through huge icebergs, to Bermuda, through the Caribbean and finally the Panama Canal. What an extraordinary experience it was.

One day during meditation one of my tūpuna visited me. He had a complete tā moko, and pounamu pendant hanging from his right earlobe. I could feel his strength coming into me and it was like he was telling me I needed the strength and vigilance of a warrior. He awoke in me my taha Māori and I knew I had to come home, and even though it took me seven years to do so, I returned home in 1984.

While staying with Mum in Invercargill I saw an advertisement in the Southland Times inviting homosexual men and Health Professionals to a talk by Bruce Burnett about HIV /AIDS. We became good friends and I became a member of the AIDS Network, which later became the AIDS Foundation, and now The Bruce Burnett Foundation.

He was a lovely man filled with energy to spread the information around safe sex practices. He lived with HIV and it was an AIDS related condition that took his life in June 1985.

Later, in Dunedin, I met and became friends with two well-known poets, Hone Tuwhare and Cilla McQueen. This peaked my interest in poetry. In 2022 I was asked to write a poem for a publication celebrating 100 years since Hone was born. I will forever cherish that hand-made publication.

In 1988 I moved to Geraldine and worked at Timaru Hospital and also managed Heaton House, a psychiatric supported accommodation house. While I was working at Timaru Hospital I attended a Health Hui at Arowhenua Marae. After the Pōwhiri I was talking to one of the whānau who asked me about my whakapapa. When I told her, she said, "You're one of us". This was where the Tūpuna had called me to be.

I'll always be grateful for the Arowhenua whānau who so generously stepped me into Te Ao Māori. I was with them for almost 30 years.

I attended the Hagley Writers Course, became a member of the Canterbury Poets Collective, a member and eventually chair of the Avon-Ōtākaro Network executive committee, and an iwi representative on the Canterbury Aoraki Conservation Board.

In 2018 I felt the call to come home to Murihiku and so I rented a flat from the Ōraka Aparima Runaka.

At the Riverton Medical Centre one day, I asked the nurse what was happening for the LGBTQI+ whānau down here. She asked for my phone number and I received a call and was told that CHROMA LGBTQI+ Initiative for Southland held a drop-in session every second Tuesday in the library of Ngā Kete.

I went along and met these wonderful young people doing such a great job and enjoyed these sessions just being queer together. They invited me to become their Kaumātua, which I felt humbled and honoured to accept.

I have come completely full circle. I fled Murihiku so I could be myself and now I am solidly being myself and supporting this group supporting so many others. I feel honoured.

Wellbeing to me is all about taking care of ourselves and being who we are. I believe, in a health setting, it's all about looking after our people. It can be the most simple things: Introduce yourself, it's about mihimihi, take the time, allow the tangata whaiora to tell you about themselves. You just have to make that time and if you do, everything else will fall into place.

Life is wonderful living in the beautiful Aparima! I live with my dog Aimee who I walk by the beach daily. I continue to connect with the Beshara School. We do readings every Wednesday morning via ZOOM. That nourishes me and my spiritual wellbeing. Living in Te Ao Māori is the main source of my spiritual wellbeing and I feel blessed.

Recently I was invited to speak at a Gay Pride event in Nelson. What an honour it was to be there and to share my thoughts. When young gay men come to me saying they would like to tell their parents but are feeling vulnerable about doing so, I tell them to wait until you are feeling strong about who you are. You can do that here in Aotearoa now, not go to the other side of world like I had to.

During my life people have asked me what happened to make me queer, what's wrong with me? What happened is that we are born and we are who we are. Stand strong within yourself. Nga mihi.

CHROMA the LGBTQI+ initiative for Southland are committed to providing social and community support, rainbow advocacy, and health promotion to our local LGBTQIA+ whānau and allies. We run fortnightly coffee groups, monthly pizza and movie nights, two-monthly whānau support groups, and other events & activities. Phone: 0210 830 1694 or email: chromasouthland@gmail.com

You can also get in touch with Outline for LGBTQI Support: 0800 OUTLINE (0800 688 5463) Gay/lesbian phone counselling, myths and stereotypes debunked, face to face counselling, sex information, events, coming out guide, frequently asked questions and more.

PAPATŪĀNUKU

TEOTI JARDINE

Papatūānuku is our earth mother
Her generosity so freely gifted
that we've taken her for granted

She gives only aroha, yet if we listen
we can hear the voices of her children
reminding us to be her Kaitiaki

Taking care of Papatūānuku's wellbeing
nourishes ours
Her aroha has no bounds





My Story

Kanui Poharama

KANUI POHARAMA

A softly spoken spiritual being deeply committed to his wellbeing, and a pathway of recovery that echoes a mantra of Be Well, Say Well, Go Well.

Kanui recalls in the late nineties Wendy Croft asking him to sit and kōrero about his physical, mental health and wellbeing.

"I was out of tune," said Kanui.

The road from alcohol and drugs took Kanui on a journey to Queen Mary Hospital and it was here that he made the decision "that place of contemplation" to commit to wellness.

"The poem I wrote reflects my mana, my pride to have learnt how to rise above, connect with the elements, walk up the maunga and see the sea views, to breath, to be whole, to be invested.

So many things, people and relationships are important to me. My church, my standing place, that feeling of kotahitanga, of belonging to something bigger than myself. I'm thankful for my pastor Jordan, who invests in my spiritual wellbeing.

I've learnt to navigate the storms – the internal dialogue that unwellness brings, and the love of God helps me.

I have been a non-smoker for more than 11 years, and have been drug and alcohol free for more than 25 years. I have a good life, make my own decisions and choices. I'm able to enjoy pleasures like an occasional holiday. My relationships with whānau are all important.

I'm peaceful and that journey has been immensely supported by Melissa Anderson from Te Korowai Hauora and the wonderful Te Whaea McFarlane, my cultural advisor. Ngā Kete provides a space for kinship, waiata, strength and balance and fellowship with Kaumātua. Rata House have provided me outstanding help – I'm grateful I'm turning 60 this year. I'm happy, content and joyful with my life and the people who care and support me.

*I set my sights, like the sun, on the horizon
I've taken shelter from the storms
I've embraced the Lord to surround me with love and glory
It's great to have been restored."*



BE WELL, GO WELL, STAY WELL

KANUI POHARAMA

Be Well

Go Well

Stay Well

Sit on your lofty mountain and look around
Let your sights be like a sun on the horizon.

Be Well

Go Well

Stay Well

Let your Waka/Canoe flow down many rivers that
bestow upon you.

Be Well

Go Well

Stay Well

May your marae shelter you through the storm of the
night to the calm of the morning.

Be Well

Go Well

Stay Well

May the dove of the Lord surround you with love and
glory.

Kia Kaha – Be Strong

Kia Maia – Be Brave

Kia Manawanui – Be Big Hearted

I AM IMPORTANT

MAHANA SOUTHERN MĀORI MENTAL HEALTH AND ADDICTION SERVICE

I had a rough upbringing surrounded by drugs and alcohol and from the age of five I was raising my siblings and cousins on my own.

My parents were alcoholics and gamblers, which meant I had to grow up really fast.

Throughout my childhood I experienced sexual assault, assault, and the death of my seven-week-old brother who was left in my care when I was just 11.

I completely went off the rails as a teenager due to my past trauma. I was violent and would often assault people and I was smoking marijuana every single day. My wakeup call came when I ended up in jail for 18 months.

I knew I needed to balance myself so I started coming to see a counsellor at Mahana.

The counsellor has helped me with solutions to problems, especially when I'm mad. They have taught me breathing techniques and to think first before actioning things. They've helped me to just be me and to open up about anything. I can actually talk about things, especially from my past, that I've never been able to talk about.

I also now know that I am not responsible for my brother's death and I should not have to live with that guilt.

They have built my confidence and to be honest, they have been my rock. They have taught me not to hold back and made me feel like I am actually important in this world.

I have been sober for three years and spend my days raising my seven children, who I am so proud of, and working at the Kura. My babies are what keep me solid and I am so protective of them. My husband and I have been together for 17 years and together, we make a great team.

At the moment we are all enrolled in a course learning Te Reo – my kids are now fluent!

I'm working, being a good mum, and enjoying life. I've slowed down, calmed down and have a wonderful support system. I'm so lucky – having good support has made a huge difference in my life.

A photograph of a woman with short grey hair, wearing a pink floral one-piece swimsuit, standing in a swimming pool. The pool has blue and white tiled walls with depth markers like '1200', 'NO DIVE', and '900'. In the background, there are some rocks and a mural of a beach scene. A large, dark red starburst graphic is in the top left corner.

My
Story

Inspirational Story

Kaylene Anne Johns

MY CONFIDENCE IS BACK

TŌKU ORANGA (MENTAL HEALTH AND SOCIAL NEEDS)

I suffer from a range of health problems and require knee and hip surgery.

Walking around for me is tricky and I rely on a walker or walking stick. When I was at the doctor a while ago they told me about the Tōku Oranga team and explained that a health and wellbeing navigator would get in touch with me.

The navigator has been so helpful and enabled me to live a better life.

I was once a swimming teacher and swimming had always been my passion. When my legs starting causing me grief I stopped swimming because I lost my confidence.

The navigator has given me the confidence to get back in the pool by being there with me and it has been incredibly good exercise and always makes me feel better.

She visits me at home, has helped prepare my vegetable garden, which has been a huge help because I was struggling to do this myself. She has supported me to receive payments I didn't realise I was entitled to, and will often come to doctor appointments with me as a support. This always makes me feel comfortable.

The support means a lot to me because my confidence is back up and it feels wonderful to know I have someone looking out for me.

Tōku Oranga: Health & Wellbeing Navigators

The Tōku Oranga Team are health and wellbeing navigators who work with enrolled patients from He Puna Waiora Wellness Centre and Bluff Medical Centre.

Toku Oranga kaimahi empower individuals to self-manage and set goals to improve health and wellbeing outcomes. This is a free and patient-led service.

For more information, or to book an appointment, phone us on 0800 925 242 or call into:

He Puna Waiora Wellness Centre, 92 Spey Street, Level 1, Invercargill
Bluff Medical Centre, 2 Tone Street, Bluff, 03 212 7337

He waka eke noa

We are all in this together

TRANSITION SERVICE

The Transition Kaimahi supports eligible Rangatahi aged 15-21 on their journey transitioning from care into adulthood, independent living and long-term wellbeing.

The kaimahi supports with:

Appointments and meetings

Guidance and advice

Emotional and social struggles

Physical and mental health

Budgeting

Connecting with agencies and services

Education and employment

Gaining a driver's license

Relationship and whanau connections

Creating a Curriculum Vitae and learning

Interview skills

And, lots more!

Client story:

I was brought up in Invercargill but my siblings were much older than me. I went into foster care at the age of six, which was traumatising.

I then returned home for a short time, which also wasn't the best space for me to be in for other reasons, so I stayed with my older sister a lot. I was sexually abused between the ages of 7 and 12.

At 18, I moved in with my partner but this was an extremely abusive relationship, and made me realise I needed to change my life.

I had got in trouble and ended up in Court. The judge suggested I look for a transition worker.

Not long after that, I was introduced to Diane. I have been working with her for about 2 years now and she is the only person that has helped me keep on the straight and narrow.

She supported me with my court outcomes and I know if it hadn't been for her, I wouldn't have succeeded. I completed my court plan and was discharged without conviction.

After being discharged from court, she supported me to get a job and things were going well for 3 months until I lost that job. After that, I started spiralling and to cope I started using alcohol and drugs. Again, Diane was in my corner and directed me toward counselling. She literally kept me alive and from killing myself during this time. I had always felt like I was alone but with the transition worker on my side, I realised I wasn't.

I am now in the process of undergoing detox and afterwards I will go to rehab.

The transition worker has supported me through everything, more than I could ever ask for. I can now see a future and have goals following rehab. I now understand what is out there for me and I have a change in mind-set. I want to gain my NCEA levels then study Forensic Science. I can see myself getting a house, car and a job.

Diane has helped me to be more independent and I can honestly say it has been the greatest thing that has ever happened to me. She is there to listen and it is good to have someone there to support me through my thoughts, my financials and so much more.

I just can't even put it into words how grateful I am for this service.

Client story:

I bounced around multiple foster homes as a child after my mother remarried and my stepdad and I didn't get along.

I was 10 when I went into foster care. It was nerve-wracking and scary. My siblings were all separated but we all stayed in touch.

I met the transition worker at my first Family Group Conference. She helped me through it, and from that point forward, she continued to help me with multiple things, including interaction with my Social Worker and getting the items I needed for school.

She introduced me to the Te Whare Mahana house, which is a supported youth living home in Invercargill run by Ngā Kete. I moved in around 5-6 months ago. It has been wonderful. It has given me the independence I needed and a taste of adult life.

The transition worker helped me move in and collected my things. Since moving into the house, I have learnt so much around independence, budgeting and grocery shopping.

Client story:

I spent my childhood in foster care because my mother had mental health issues and my father had addiction issues.

My social worker spoke to me about the transition worker, and I'm so pleased I agreed to it. Diane does everything to help support me. She sorts all of my meetings out and advocates for me.

My goal was to get a job and move out of the system. This year, she helped me to discharge myself from Oranga Tamariki care.

She has helped me to learn independence, helped me write letters and supported me with my CV. She has arranged me getting my driver's licence and is helping me to get a job.

She communicates really well with everyone and helps me with communication, which I find really hard at times. She has taught me to do things for myself, which I never used to be able to do.

Client story:

I went into foster care at 14-years-old because my parents constantly argued and my father was physically and verbally abusive. One of my friends took their own life and it made me realise I didn't want the same for myself so I run away and that's when Oranga Tamariki got involved.

I was in foster care for one year before I moved into Te Whare Mahana, the supported youth living home in Invercargill run by Ngā Kete.

I met the transitional worker when I was in foster care and she supported me to move into the transition home but also with everything else.

We talked about my goals and she has been my support person and an advocate for me. If I need something, she is my voice. She has taught me independence.

The support from the transition worker has meant a lot to me. She has helped me into counselling and supported me in finishing school.

I have built the relationship back with my Mum, which I'm really happy about.

THE SERVICE IS AMAZING

MANAWA ORA (WITHDRAWAL SERVICE)

For the past few years, I have had a metaphoric noose around my neck, chaining me to an addiction I couldn't escape.

A personal trauma in my 30s triggered a pattern of drinking to try to cope with the mental anguish that eventually became so bad it developed into a full-blown addiction.

By that time, my drinking was out of control and I was well and truly a slave to the habit. The addiction became so all-consuming, I ultimately couldn't do anything without alcohol. This led to me becoming very depressed and suicidal on more than one occasion.

After finally stopping drinking, I had 21 years free of alcohol. However, two and a half years ago, a trigger relating to my trauma led me to start drinking again.

For quite a time it seemed "under-control" but once again the same patterns developed...making sure I never ran out of alcohol and drinking secretly which led to becoming totally isolated. This time, however, I was having nasty falls - needing trips to A&E. There were a couple of times I went to bed without realising until the next morning that I didn't turn off a stove element.

During an A&E admission toward the end of last year, I talked to a social worker about my drinking. The hospital referred me to Tūmanako Oranga wellness Centre and Manawa Ora withdrawal service.

It has been an absolute gift from God. I underwent a safe and well-controlled medical detox with a fantastic, professional detox nurse while staying on-site for a few days. Another registered nurse was on-site, which gave 24 hour nursing cover.

I was given wonderful nourishing meals, which included fresh vegetables grown on-site. The support and care I received was so genuine, compassionate and non-judgemental, I was in tears when it came time to go home. The manager of the centre is another gift from God, brilliantly suited to her position.

The staff embrace people with their genuine love and caring and provide a wrap-around service following detox. This has involved day activities and the Te Rongo Pai group at the wellness centre.

I am now receiving one-on-one counselling with a Mahana Southern Maori Mental Health and Addiction Counsellor and she is helping me in dealing with the trauma that I had pushed to one side for so long.

I feel WONDERFUL now to be alcohol-free. I don't miss it and I am just grateful for the huge support in enabling me to finally let it go.

To have this service in Invercargill is AMAZING and such a gift.



I AM FINALLY BEING HEARD

CRISIS ADVOCACY SERVICE, TŪMANAKO ORANGA WELLNESS CENTRE

I used to be hateful because I was hated, but now I love because I am loved

For the first few months of my life I was tortured at the hands of my own parents, which set my life on a path of complete destruction from which I couldn't escape. To this day I still wear the scars on my face, have improperly healed broken bones and a deep-seated distrust of males.

I was just 18 months old when I was discovered by Social Welfare tied to my cot in a dirty nappy covered in scars and completely alone. Following this, I spent four months in hospital healing from multiple injuries.

I was soon placed into foster care and through until the age of 17 I was in and out of more than 59 foster homes. During some of that time I was physically, sexually and emotionally assaulted.

I started using solvents at a young age as a suppressant – a way to block out all of the emotion and trauma. I could close out the world and everyone would leave me alone. I continued this for the next 26 years.

At 16-years-old I ended up in a mental institution where I received shock therapy and was diagnosed with paranoid schizophrenia. Due to this I was deemed unemployable for the rest of my life.

This set my life up for complete failure. I spent the next 40-odd years living either on the streets, in a mental institution or in prison.

I've led a violent life but it has mainly been others being violent towards me. People always seem to read the cover with me but never take the time to sit down and talk to me. Instead they see my scars - my life tattoos I call them. What they don't see is I am a kind person who attends church weekly and enjoys playing musical instruments and making people happy.

Three years ago I was re-diagnosed. Gone was the diagnosis of paranoid schizophrenia and in its place I was told I suffered from complex post traumatic disorder, ADHD and bipolar, which is now being managed. This makes much more sense to me.

Last year I transferred to the He Puna Waiora Wellness Centre to engage with a new doctor because I felt I wasn't being heard by the one I was with. The doctor here was absolutely wonderful, and straight away I knew I had made the right choice. I finally felt as though I was being heard. The doctor is kind, caring and thorough.

When I was here, I decided to come upstairs to seek some support and I was referred to the Crisis Advocacy Service at Tūmanako Oranga Wellness Centre.

The staff here are amazing. I am absolutely absorbing everything they are giving me. Coming here has opened so many doors for me within myself.

The advocacy kaimahi supports me with appointments because I struggle to take everything in. She often picks me up to take me to the appointments and later helps me to understand everything that was said.

The staff here will sit down and listen to me. I feel like I'm really being heard and not judged for the first time in my life.

I am also seeing a counsellor here and she has supported me in trying to deal with all of my past trauma. Last weekend was one of the best I have had all year because on the Friday I sat down with the counsellor and she allowed me to upload, and offload.

She often sees things I don't see and helps to put things into perspective. I feel comfortable to open up to her and seeing her has been healing for me. She is helping me to move forward and I feel like something has finally lifted.

Everyone here makes me feel comfortable - even the male staff which is huge for me. I know if I'm having a bad day I can call and talk. Through coming here, I am learning patience and self-control and how to live life rather than survive life.

I feel like, finally, there is a future for me now. I am stepping in the right direction and I have learnt that I am capable. I am now seeing life through my own eyes rather than someone else's.

MOKO HAUORA WĀNAKA 2024



MOKO HAUORA 2024

This year marks the third annual tā moko event “Moko Hauora”. It is organised and delivered by Kōrari and hosted at the marae in conjunction with Ōraka Aparima Rūnaka.

Takutai o te Tītī provides the perfect location for a wānaka. The marae sits along the rugged Murihiku coastline near the resting place of the Takitimu waka in Western Southland. You can see the moana and spot dolphins from the mahau and at night, hear the roar of Tangaroa while you rest within Te Whare Moana.

Moko Hauora is about connection and whānau. The power of moko is beyond the aesthetic as it connects whānau to te ao māori, to their ancestors and to each other. Tā moko is rongoā for whānau who receive and wear it. Moko tells the story of the wearer and it is the right of all māori to receive this taonga tuku iho of our people. Tā moko has the ability to bring whānau from near and far home to the marae and to their turangawaewae. Tīhei mauri ora!

Over 50 registrations were received for this kaupapa (our biggest number yet!) with a total of 20 whānau receiving tā moko this year. For ten of the kaiwhiwhi (recipients) this was their first time receiving tā moko. The youngest kaiwhiwhi was 16 year old rakatahi Ruby Forbes (of the Dallas whānau) who received her second tā moko. Matua Lynn West (aged 74 years young) was the eldest recipient this year who received his very first tā moko, which fulfilled his lifelong dream.

Whānau travelled from all over to receive tā moko on their marae; from just down the road, Waihōpai, Ōtatara, Rakiura, Tāhuna, Ōtepoti, Kapiti Coast and Ahitereiria.

Our whānau feedback survey showed us that participation in receiving tā moko is connected to strengthening holistic well-being:

- Taha hinengaro / Mental health (83%)
- Taha wairua / Spiritual health (83%)
- Taha tinana / Physical health (50%)
- Taha whānau / Social health (92%)

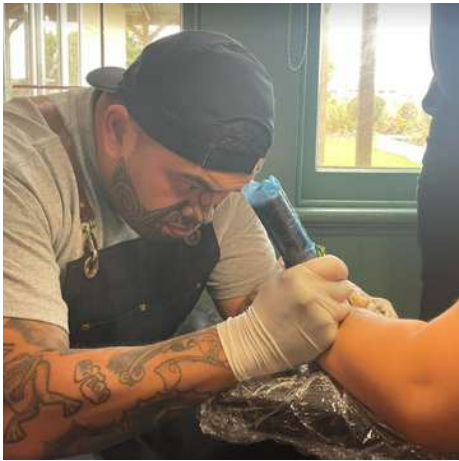
As well, tā moko gave our whānau a sense of pride (83%) and strengthened their connection to te ao māori and the whenua (75%). Overwhelmingly, all whānau rated their experience at Moko Hauora (100%).

Kōrari Manager Karina Davis-Marsden said there is no way to accurately describe that feeling of receiving moko under the guidance of your tīpuna watching on from the walls of our wharenuī – Te Whare Moana.

"It is not only the space of Takutai o te Tītī that places such significance on this event, but also the ahua and masterful skills of our kaita – Jay Davis and Renata Karena.

We are so profoundly proud to promote the mahi that these Tāne create for whānau. From the whakāro that our kaiwhiwhi have as an inspiration, to that whakāro then being translated into a tāonga on the skin is simply remarkable."

Ngā Ringa Tā Moko



Jay Davis
*Te Ati Haunui-a-Pāpārangi.
Ngāti Porou, Ngāti Kahungunu,
Tuwharetoa*



Renata Karena
*Kāi Tahu, Ngāti
Kahungunu, Te Apouri*

Feedback From The Wharenui

"Diving into the rich mosaic of te ao Māori me te ao Moko, my experience within our Moko Hauora wānanga proved profoundly fulfilling."

"From a Ringa Whao / Ringa Tā Moko viewpoint, what struck me most was the amazing organisation of the wānanga, creating an atmosphere infused with the wairua ora of Whanau. Working alongside Nadine, Karina and the brother Renata, each haehae of the moko became more than just a creative picture but a expression of our shared aroha for moko, hauora, whakapapa and being Māori."









KAUMĀTUA 2024



WELCOME BACK!

Our Kaumātua ropu, Kori Kori Tīnana, have been meeting for many years every Wednesday for fellowship and fun.

Recently we invited them to bring a photo of themselves in their considered heyday – well what a treat. We have showcased their photos as a reminder that we all were young once and that life is pretty amazing.

At Ngā Kete we adore our kaumātua who often are the litmus test of wellbeing for us in our community, as they are able to ascertain needs and give us advise accordingly. Their insights are always valuable and we appreciate them immensely. So take a walk down memory lane and maybe you'll spot someone you know.

I'd forgotten just how beautiful my Mum was as a young woman – wow!

-Tracey Wright-Tawha, CEO



Peter E



Terry



Val



Janine



Di



Frances

Ngaa



Bobbie



Lynn



Moira



Karina



Lyle



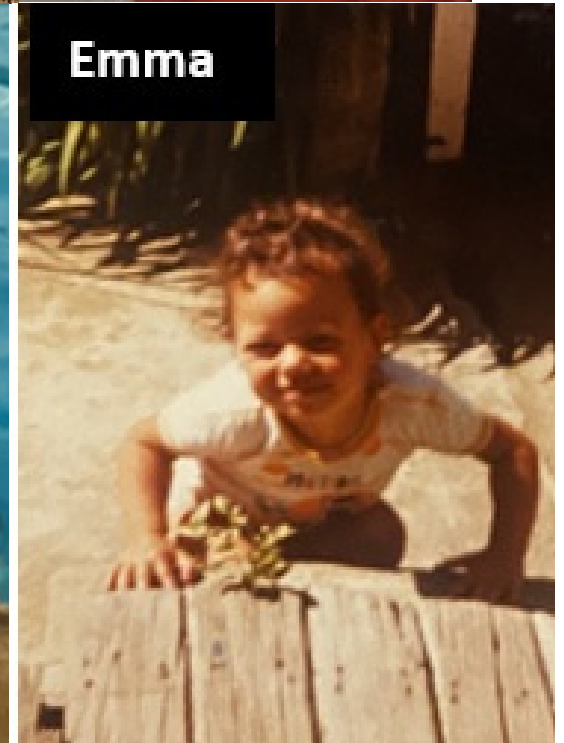
Peka

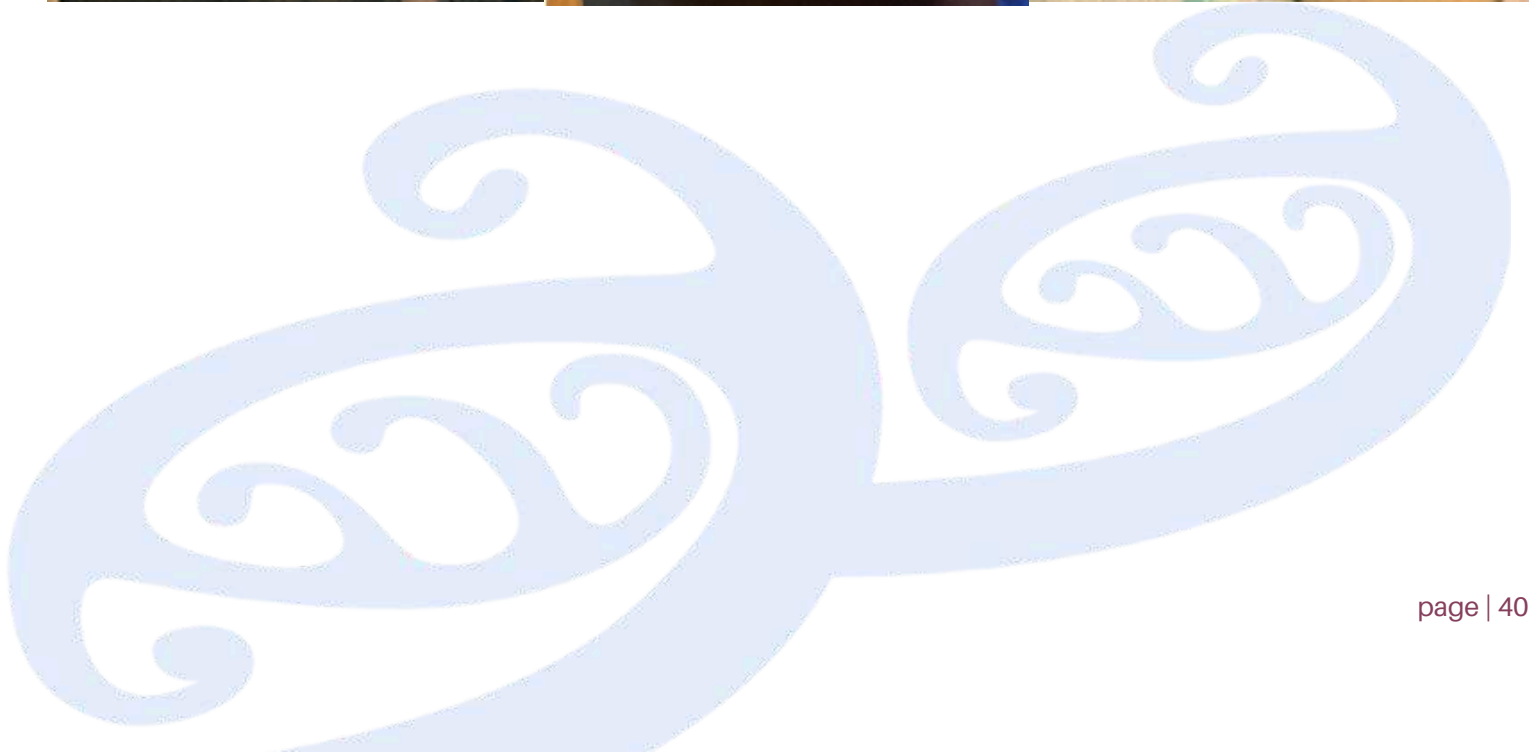


Hoana



Emma









MARAE EXPERIENCE 2024



S.O.A.R., a Ngā Kete disability service, is continuing to run its Marae Experience days Te Tomairangi Marae for the differently-able.

The most recent marae experience was held across four days where attendees learnt about powhiri, the story of Kewa, weaving, and much more.







RACE 4 LIFE



A couple of our staff attended the Race4Life event recently with some of our lovely tangata whaiora at the Teretonga Race Track.

Race4Life is a Not for Profit organization which aims to fulfill the wish lists of people living with life-limiting illness in New Zealand. There were race cars, motorbikes, a helicopter, prestige cars and more on offer, as well as a huge amount of supporters and volunteers.

NKMP offers support for individuals and their whānau with high suspicion of/or diagnosis of cancer. If you need support get in touch with us today, visit our head office 92 Spey Street, Invercargill, free phone 0800 925 242, or refer online: www.nkmp.maori.nz







TE WAKA TAIOHIKA O MURIHIKU RANGATAHI WAKA AMA



Recently we held the first sprint race for 2024 Te Waka Taiohika o Murihiku Rangatahi Waka Ama Programme.

An awesome day had by all! Our rangatahi competed well over a 250m race course on a flat calm day at Oreti Awa. Shout out to Whaea Tra Mac and Aunty K for hosting a Steering Clinic the day before, which paved the way for our new steerers to give it a go on the Awa steering.

Finally a massive shout out to: Matua Gaz & Papa Bear for supporting on the Safety Boat, Southland Powerboat Club, Matua Ross from Te Piritahi a Rua, Big Daddy on the Mike, Invercargill Rowing Club, Miriam from Rocka Mocka Coffee and the many whānau and supporters that attended, and Fiordland College who traveled from Te Anau.

We look forward to our second sprint race for 2024 in 3 months time.

Ka Piki Te Whānau - Kia Piki Te Ora.





MURIHIKU MARAE COMMUNITY DAY



Some of our staff were at the Murihiku Marae Community Day recently sharing information on NKMP services. A wonderful day of kapa haka, live music, markets, activities, arts, poi making, weaving, bouncy castles, moko stamps and more.





TŪMANAKO ORANGA WELLNESS CENTRE

Ngā Kete Matauranga Pounamu Charitable Trust is pleased to provide a hub of wellbeing services in a specialized, co-ordinated setting.

Services offered on site:

- Hiwa-i-te-rangi (Methamphetamine and other drugs) counselling
- Manawa Ora (Community withdrawal)
- Crisis community advocacy and crisis community respite care/residential
- A range of peer support groups
- A range of therapeutic experiential learning activities

Addiction Support: Hiwa-i-te-rangi provides counselling and support to individuals (15-35 years) and whānau experiencing moderate to severe methamphetamine and other substance addiction issues.

Withdrawal Support: Manawa Ora is a free community withdrawal nursing service that aims to support safe withdrawal from alcohol and/or other drugs.

Crisis Community Advocacy: Support with wellbeing needs, health appointments, Whakawhanaungatanga – building relationships, and more.

Crisis Community Respite Care/Residential: Residential respite care (up to six days), therapeutic interventions, a warm, safe, comfortable healing environment, a drop-in day programme and more.

Groups & Advocacy: A range of therapeutic open and closed groups and advocacy to support you on your recovery.

Experiential Learning Activities: ELAs are activities based on the experiential learning process, where we learn through experience, reflection and experimentation.

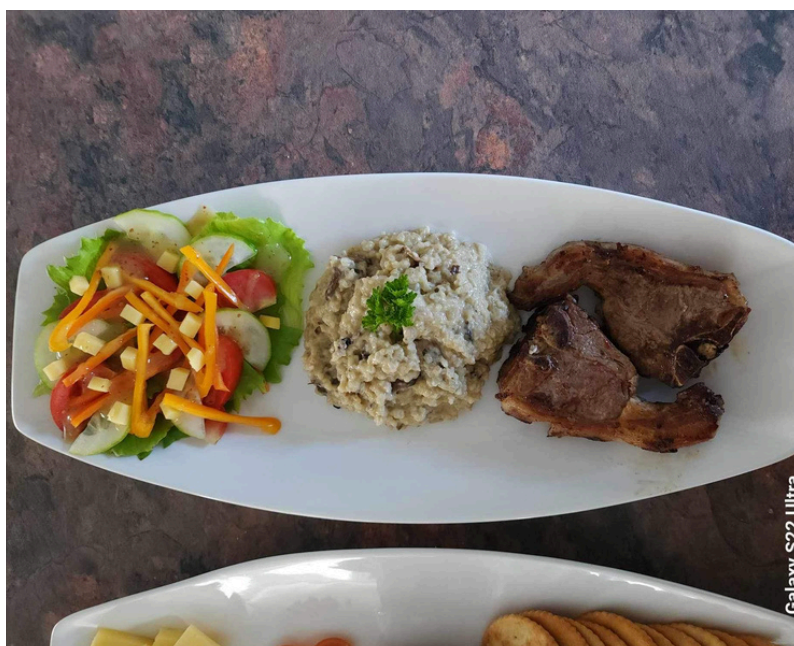
Nau mai haere mai

56 Thomson Street, Invercargill

Phone: 03 928 5701

Free Phone: 0800 925 242

Open Hours: Monday-Sunday 8.30am-6.30pm (24/7 supervised support)



THE MENU AT TŪMANAKO ORANGA WELLNESS CENTRE

At Tūmanako Oranga Wellness Centre we work hard to ensure tangata whaiora who are staying with us feel welcomed and at home.

That's why we put a lot of thought into what's on the menu!

You will often find our dedicated team out in the vegetable gardens, where some of our ingredients are cared for and grown.

Once the vegetables are fully grown, we turn them into healthy food choices for tangata whaiora.

”

I felt like I was treated like a princess all 5 days. Staff were wonderful - accepting, caring, non-judgmental, all of which was so appreciated.

The food was amazing quality, super nutritious, and plentiful. So very generous.

Amazing service, which I am so grateful for. Wonderful, loving, caring staff, all without exception. I cannot praise this service enough. My whole experience has been amazing.



Anonymous



NKMP SERVICE: CRISIS COMMUNITY ADVOCACY SERVICE



Annaleah Ah Kuoi & Joanne Te Tai
Crisis Community Advocacy Kaimahi

We can support you with your mental health and wellbeing needs by walking alongside you to improve your daily life.
Services are tailored to your needs.

We offer (but not limited to):

- Support with health appointments
- Specialist treatment support
- Transport to appointments
- Benefit reviews/budget advice
- Support to purchase kai
- Provide kai/food parcels
- Support for housing, education, pro social activities
- Support to collect medication
- Support with employment readiness
- Linkage to other services
- Health checks and follow ups



Ora Barron
Crisis Respite and Advocacy Service
Mental Health Advisor Kaumatua



Kerstin Kummerer - Manager



TE KURA O WHARE-RĀ EGGLESS PANCAKES

Ingredients

1 C Self-raising flour
1 C Milk
1 Tbsp Sugar
1 Banana, mashed

Method

Mash banana until smooth
Mix all ingredients together - don't panic if its a bit lumpy.
Add butter to a frying pan.
Add spoonfuls of batter to the pan. Wait until bubbles form.
Flip pancakes. Remove from pan when golden.
Eat while warm with all your favourite toppings.

Topping Ideas

Banana
Nutella
Blueberries
Strawberries
Maple syrup
Whipped cream
Bacon
or a mixture of all of them!

Our Podcasts



Radio Southland

Broadcast: Sunday 1pm, replays Monday 4pm

New episodes: Weekly

Runtime: 45 minutes



M.A.N.A. - Make A Noise Aotearoa

Radio show & Podcast brought to you by Kōrari Māori Public Health from Ngā Kete Matauranga Pounamu Trust in the heart of Murihiku.

M.A.N.A. kōrero to hauora, wellbeing for whānau and what's on the horizon in Murihiku. Each week our wāhine have a kōrero and a katakata with local manuhiri who work in our hapori providing support to whānau katoa.



Our Podcasts



Radio Southland

Broadcasts: Wednesday 12.10pm, replays
Friday 1.45pm

New episodes: Weekly

Runtime: 15 minutes



S.O.A.R. With Jack

S.O.A.R. (Securing Our Aspirational Realities) is a programme run by Nga Kete Matauranga Charitable Trust with a radio show hosted by Jack Lovett-Hurst.

S.O.A.R. aims to better understand and grow awareness and knowledge around working alongside whanau with disabilities, and to appreciate more fully the service options and needs they have to live full, enriched lives.





TOI TOI MĀORI ART & GIFT SHOP

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

*You can now also buy online!
www.nkmp.nz*

*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, visit
our online shop, 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

**NGA KETE MATAURANGA POUNAMU
HEALTH & SOCIAL SERVICES**

www.kaitahu.maori.nz • 0800 925 242

Monday to Friday 9am to 5pm

Late nights by appointment Mon & Tue to 7pm