

KIA HIWARA

NGĀ KETE MĀTAURANGA POUNAMU NEWSLETTER

August 2024 Vol. 21

Ken Patterson

**NZ Police supporting Te Pae
Oranga - Iwi Community
Panels**

Memorandum of Understanding

**NKMP and Police sign an
MOU - celebrating our
coming together for the
wellbeing of those in the
community**

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NGĀ KETE MĀTAURANGA POUNAMU
CHARITABLE TRUST



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Building Financial Capability Plus
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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Wednesday-Friday
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FROM THE CEO

TRACEY WRIGHT-TAWHA



Ngā mihi mahana

How fortunate are we to have such an amazing local Police force who care and contribute their time, energy and expertise to community, whānau and agencies.

We are delighted that our whānau in blue have signed an MOU with Ngā Kete to work together in serving the needs of whānau, to ensure improved safety and wellbeing. The Police can assist people in real time with connection to Tūmanako Oranga, our Wellbeing centre for counselling and support, and any of our other services, either by referral or introduction. Helping agencies – helping each other for better outcomes. So a hearty shout out to our Police partners.

Over the winter period we have had some creative time, making staff on-boarding HR videos. So it's been learning our lines, camera and action for a range of staff, as they share the service they operate in and give new employees tips on where to engage, and role model quality standard expectations. So many natural actors! It's been warm to view the finished product and I must say that I felt very proud of the fine presentations, as I watched staff talking with passion, about the mahi they do.



Celebrating Te Putahitanga Whanau Ora Commission – pictured is Charity and I, on having just completed a 10th anniversary message to Te Putahitanga. Yes another cameo film experience! The Whanau Ora Commission is in its 10th year of assisting whānau to be the change, achieve their aspirational goals and dreams for the future and in working with agencies like Ngā Kete, to enable us further, by supporting with Whanau Ora navigators. We are thankful for their support and investment.

In closing – I seek to acknowledge another taonga, the retirement of our long trusted and loyal staff member – our own Sandra Stiles aka Camp Mother. Sandra committed 20 years' service to Ngā Kete and was an absolute super nova. Sandra had a wonderful, kind way of getting alongside whānau and assisting them with support, information, on-referral and improved access etc. Sandra is also an amazing cook and we have had over the years countless times of her skills as a marae cook and respected caterer - having worked with Sandra at weddings, Marae functions, tangi and so on. Congratulations Camp Mother – enjoy your retirement, you so deserve it.

***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!***



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INSPIRATIONAL CLIENT STORIES

I AM NO LONGER SHUTTING MYSELF IN

CRISIS RESPITE SERVICE

Throughout my life I have lived on the streets, been married and divorced, worked a variety of jobs and spent time in a mental ward after being diagnosed with depression and a split personality. Often I have felt like ending it all. Recently, I stayed at the Crisis Respite Support Service and it has given me a new fight and motivation to carry on, and to sort my life out.

Growing up, my father would often lash out. Sometimes at my mother, sometimes at me.

I always felt I could never do anything right. I can remember one time when I didn't finish the dishes on time I got the strap from my father. Another time, when I was about 10, he dunked me into the cow trough several times. I became frightened and disillusioned.

And so, just before my 16th birthday, I jumped on my bicycle and took off. My father threw stones at me as I quickly peddled out the driveway, but I didn't look back.

After leaving home, I stayed with a friend for some time. My parents tried to get me to come home but I wasn't listening. I was done.

Realising I couldn't stay at my friend's house forever, I decided to leave. But that meant I was completely on my own.

I found a bridge and I slept under it for a while. I slept in lots of different places during that time – wrecked cars, park toilets, an abandoned building; anywhere I could find shelter. I had no money and just the clothes on my back. I would sometimes find food like discarded bread rolls but otherwise I didn't eat.

Eventually I was found by social welfare and sent to a boys' home. I really enjoyed my time at the boy's home. We would go camping, rabbit shooting, and all sorts. We even had a swimming pool. I really felt at home.

After leaving the boys' home I moved around a bit and eventually settled in Southland where I stayed for a large number of years and worked in various different jobs.

I met a woman, got married and together we had a child a year or so later. Things were going really well for me and life was good. However, unfortunately, the marriage fell over and my grandmother, who I had become very close to, died around the same time.

This started my journey into mental health.

I was angry, destructive, sad and lonely and after a while I was admitted to a mental health ward. I was deemed a danger to myself and diagnosed with depression and a split personality.

Everything inside me had just crashed and left an empty hole in its place. I wasn't myself for a long time.

I spent years receiving support from the hospital, psychologists and psychiatrists, and eventually I ended up living in my own flat and working full time.

After a few years I had to stop working due to an injury. I have been unable to work ever since.

After finishing up at work I moved further south, and while I was happy I noticed I had started shutting myself inside a lot.

Recently my key worker from Community Mental Health told me about the Crisis Respite Service at Nga Kete. She thought it would be beneficial for me, so I decided to give it a go.

I didn't know what I was walking into but I quickly learnt it was exactly what I had needed. I didn't realise how much I needed it until I was there.

The staff were fantastic, the room and meals were fantastic and I learnt so much about myself while I was there. The staff were so easy to talk to and they would often take the time to sit with me. They even took me places like the doctor and into town to get new footwear.

This opportunity meant the world to me. It has helped me to open up more and not stay so enclosed within myself. It has given me the fight to keep going and to enjoy everything that's around me.

I am now back in touch with my mother and sister after many years, and I am taking care of myself much better. Everything is tracking in the right way for me now. I am no longer shutting myself in.

“This opportunity meant the world to me. It has helped me to open up more and not stay so enclosed within myself.”

NKMP SERVICE: CRISIS RESPITE SERVICE



*Annaleah Ah Kuoi & Joanne Te Tai
Crisis Community Advocacy Kaimahi*

We offer Crisis Respite care (up to six days) including:

- Therapeutic interventions
- A warm, safe, comfortable healing environment
- A drop-in day program and more
- Meals
- Bedding and towels
- Smoke and Drug free environment

Visiting hours for whānau: 2pm-4pm or by arrangement

How to Refer

To refer email admin56@nkmp.nz or contact 0800 925 242



Ora Barron
Crisis Respite and Advocacy Service
Mental Health Advisor Kaumatua



Kerstin Kummerer - Manager

I APPRECIATE LIFE SO MUCH MORE

HIWA-I-TE-RANGI

*This client wishes to remain anonymous

I was a “raging addict” with severe trust issues when I met the Hiwa-i-te-rangi Advocate. Having her in my corner as I transitioned to an addiction-free life has been one of the most surreal parts of my life.

Growing up I was often left to myself. My Mum was always working and my Dad was in and out of jail so I never had stability and I hung out on the streets with the boys a lot.

When I was a young teenager, maybe 12-years-old, I was doing dumb stuff all the time, like breaking into empty businesses, smoking weed and drinking alcohol.

When I wasn't out on the streets I'd be with my Nana. She would take my cousins and I to the pub and we would have to wait in the car all day while she was playing the pokies. She'd give us \$3 each for the day.

I left school at 14 and started drinking alcohol more often. I was drunk a lot. When I turned 17 I got pregnant to a violent man who would often beat me towards the brink of death, but I was naive then and I thought that was his way of showing me he loved me.

At 19, I finally had enough and I left him. I honestly thought afterwards that he would try and kill me or have someone do it for him, and I went through a lot of anxiety.

Later on I had another child but the father and I didn't stay together.

When my second child was around eight months old I found out what methamphetamine was. I would have been about 22-years-old then. I knew I was becoming addicted and, before I got too deep into it, I asked my mother to look after my children.

I spent the next five years addicted to meth.

The fast-paced lifestyle attracted me because it meant I had no time to stop and actually think about anything, but the longer I stayed in it the less appealing it became. I couldn't go a day without it and then I started selling it to fund my own habit, which I knew was a dangerous slippery slope.

Last year I decided I'd had enough. I wanted to live a normal, structured life for the first time.

I self-referred to the Hiwa-i-te-rangi service at Ngā Kete Mātauranga Pounamu Charitable Trust. I remember the first time I met the advocate, I was so high I was shaking. I barely remember what I said to her, but the second time I met her I knew I had done the right thing.

Her support has meant the world to me. She supported me in every way as I transitioned from the meth life to my new life, living with my Mum and children.

She slowly started to build my confidence up and would push my boundaries in a way I so desperately needed. She would look things up for me because I didn't know how, and she showed me tons of study options. She even taught me how to cook some things!

Her support has kept me on track and I know that without her I would have gone right back to my old life, because it would have been so much easier.

Having her in my corner has been one of the most surreal parts of my life. To be able to tell her anything without feeling judged ... well I've never had that before. Not with anyone.

She has been a saviour for me.

The Hiwa-i-te-rangi counsellor also supported me and kept me on track to stay away from methamphetamine.

I have now been referred to the Pūrerehua Programme and the kaimahi has been equally supportive. She has helped me to book in for my restricted license, which I am sitting soon, and with her support I am working towards getting my own car, completing some study and eventually travel with my children. It is amazing to have some goals in place!

I am in a great place now. I appreciate life so much more, especially the little things, and I am so grateful for the amazing support I have had along the way.

**“To be able to tell
her anything
without feeling
judged ... well I've
never had that
before. Not with
anyone.”**

NKMP SERVICE: HIWA-I-TE-RANGI



Jody Vermeulen
Hiwa-i-te-rangi Advocate



Jason Hodge
Wellbeing and Therapy Facilitator



Nadine Winter
Hiwa-i-te-rangi Clinician

Hiwa-i-te-rangi is a Southland service providing counselling and support to individuals (15-35 years) and whānau experiencing moderate to severe methamphetamine and other substance addiction issues. In addition to counselling, Hiwa-i-te-rangi offers a range of cultural resilient building activities, advocacy support, and we work collaboratively with police on education and restorative approaches.

We offer:

- One-on-one counselling
- Assessment, planning, interventions, harm minimisation
- On-referral to other agencies
- Access to peer support groups (including Aronui Art Therapy, Te Rongo Pai, Te Kore and Te Kore Puna Rua)
- Cultural resilience building activities (including Marae-based interventions, maara kai, kai ngahere, hikoi, hauora tinana, waka toi and waka ama)
- Education support for clients and impacted whānau
- Advocacy support
- Drop-in day programme

How to Refer

To refer email admin56@nkmp.nz or phone 0800 925 242

Referrals can be made by Police, community health providers, social service agencies etc.

Nau Mai Haere Mai

56 Thomson Street, Invercargill

Phone: (03) 214 5260 Freephone: 0800 925 242

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

I WILL BE FOREVER GRATEFUL

TUI ORA, HIWA-I-TE-RANGI, BFC+

An Invercargill woman has led a turbulent life from drug addiction to abuse and violence, to almost losing custody of her children. But, she says, the massive hub of services at Ngā Kete and its wrap-around approach has enabled her to move forward, get sober, gain employment, and finally get on the right track.

I grew up with a handful of my 11 siblings, a mother who was a heavy IV drug user, and an abusive father who would often hit me, my siblings and my mother.

My parents split when I was 9 or 10 and I lived with Mum. She became an IV drug user after an incident during my birth left her with chronic pain syndrome. For the pain she was prescribed methadone and that quickly turned into an addiction that continued to worsen and progress.

I felt like I owed Mum because of her pain starting when she gave birth to me. I was also conceived by rape and I took all of that blame of my own shoulders. I felt it was all my fault and because of this I needed to look after her. She was a neglectful mother and drugs always came first, but I really do think she tried her best.

Her way of raising me was to let me do whatever I wanted, which at the time was great, but in hindsight it only made everything worse.

A few years ago my mother passed away from a drug overdose.

Throughout my teenage years I was drinking heavily and smoking weed. I would often get in trouble at school picking fights with other girls, but it escalated when I once went too far and I was charged with grievous bodily harm. The judge wanted to send me to Te Puna Wai, but instead I agreed to attend school properly and complete some courses.

Despite this, I continued to offend. I got into further trouble for more assaults, willful damage, stealing – just lots of dumb stuff. I also started selling drugs to put food on the table.

By the time I was 18 I was addicted to methamphetamine. At 22 I met my partner and, while we love each other, we were both heavy drug users with a turbulent relationship. I refused to stop using even while I was pregnant with all three of our

children. I feel absolutely terrible about that now and I do everything I can to try and make up for it.

A couple of years ago my partner and I had an argument, which turned physical. I left the house and called the police to check on him because I was worried about his mental state. When police arrived they realised that he had assaulted me in front of the children and a referral was made to Oranga Tamariki.

We were told, during the Family Group Conference, that we needed to stop using drugs or we would lose our children. Around the same time one of my family members was also fighting for custody.

This was the massive wakeup call I needed and I knew we had to clean our act up. I love my children with all of my heart and the idea that they would be taken away from me was heartbreaking.

Oranga Tamariki led me to Ngā Kete. I was referred to the Tui Ora service where a Whānau Tautoko Practitioner supported me with everything that had happened with OT. She helped me to understand what was happening every step of the process, and kept us on track to ensure we could keep our children.

She then put a referral through to Tūmanako Oranga Wellness Centre where we started seeing a drug and alcohol counsellor and the Hiwa-i-te-rangi advocate. We also underwent detox with a nurse, which went really well as we were already two weeks clean by ourselves.

I started working through my childhood trauma with the counsellor and she on-referred me to an ACC counsellor, which has been a huge help. I see the ACC counsellor fortnightly now. The Hiwa-i-te-rangi counsellor helped me to start to heal and made me feel so comfortable.

The wellbeing and therapy facilitator helped with breathing exercises, and the advocate has helped a lot with goal settings and keeping me on track. She helped with my CV and employment – I am now working full time – and she helped me to get my license. We have also worked together on a wellness recovery action plan and safety plans. We have written down my triggers and the people who can help me when I am feeling those triggers, some coping mechanisms, and ways I can look after myself.

“I didn’t realise all of this support was available. Without all of this, we probably wouldn’t have had the kids. I will be forever grateful.”

I was also referred to the BFC+ service and that is helping so much with paying off old debt and we are putting together weekly budgets, which has made life so much easier.

We have done the parenting course and nutrition course through Tui Ora. The parenting course has really helped with our communication. We were on completely different pages in terms of how to parent and this has helped so much in that respect.

My partner and I are now in the best place we have ever been in. We are sober, communicating properly, and enjoying our lives together. I'm finally working through all of the past trauma and my triggers so I can stay on the right path.

Everything is more stable and settled now. The huge wrap-around service at Ngā Kete has meant everything to me. I didn't realise all of this support was available. Without all of this, we probably wouldn't have had the kids. I will be forever grateful.

TUI ORA: WHĀNAU SUPPORT SERVICE

The Tui Ora team provide intense social support to whānau to assist in developing and maintaining safe care of tamariki. We are whānau-centric, whānau-led and mana enhancing, Community strengths based - Linking and connecting, advocate for sustainable change, demystify and inform whānau of new opportunities to educate, skill develop, and create pathways for choice or change.

Tui Ora provides a range of services, including:

Whānau Tautoko

Working primarily with Intensive Response Team supporting whānau placements Kaimahi will walk alongside whānau when care and protection concerns have been identified by Oranga Tamariki.

Iwi Family Group Conference

Kaimahi work to strengthen whānau with the aim Tamariki will not go into care. Kaimahi also create aspirational and purposeful plans that are mana enhancing and enable whānau to lead out while ensuring tikanga practices are adhered to.

Transition Kaimahi

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

Te Whare Mahana

Te Whare Mahana is a stable, safe and supportive living environment for Rangatahi transitioning out of care to independent living.

Programmes

- **Taputapu Mātua** Parenting group programme - Connecting whānau with information, advice and services in regard to parenting.
- **Te Rourou Paioranga** Nutrition programme - Connecting whānau with cost effective and healthy nutritional recipes and ideas, budgeting, how to cook, and an understanding of Māori kai.
- **Nga Tane Taherea** (Dads or grandads within a Corrections Facility) - A 12-hour (2-day or four morning) parenting programme designed to educate around communication, connection and life in the community.
- **Pūrerehua Transformation** Providing comprehensive support to whānau as they embark on their journey towards achieving their goals.

Social Worker in Schools (SWIS)

Supporting rangatahi to succeed at Kura in their academic endeavours by supporting students and parents to navigate challenges and barriers.

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)
- Tūmanako Oranga (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 health appointments, Whakawhanaungatanga – building relationships, setting wellbeing goals 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.

For further information on any of our services free phone 0800 925 242, visit us at (head office) 92 Spey Street, Invercargill, or visit our website www.nkmp.nz

IWI FAMILY GROUP CONFERENCE

What is the Iwi FGC Service?

The Iwi Family Group Conference service is part of our Tui Ora service, which provides intense social support to whānau to assist in developing and maintaining safe care of Tamariki.

A care and protection family group conference (FGC) is a formal meeting where we meet with parent/s, caregivers, the child/ren, whānau and others (i.e. social worker, lawyer for child, teachers) to talk about concerns for the child/ren and make a plan for their safety and wellbeing.



Jordan Nikora
Iwi FGC Co-ordinator

Get to know our Iwi FGC Co-ordinator Jordan Nikora

“I was born and raised in Ōtaki, a little town just north of Wellington on the Kapiti Coast. I moved south where I attended Otago University and graduated with a degree in psychology.

I finished university and spent a couple of years in Dunedin working at ACC before I met my husband and we started our family. In 2015, we moved to Invercargill where I worked as a case manager at ACC for six years.

I started in the Iwi FGC role at Ngā Kete in January 2022. I am the only Iwi Co-ordinator in the South Island.

My role is to convene and hold the Family Group Conference, and ensure the whānau understand why we’re going to conference, empower them to take part, and ensure their voice is heard. An FGC is the last opportunity for whānau to have input into a plan that addresses the care and protection concerns Oranga Tamariki has.

The aim is to make sure the child is safe - whatever that may look like. Sometimes it is just a case of getting into the room to figure out what the whānau need, and ensuring the right people are in the room.

On average, we would host around 50 FGC per year. Some will last an hour and others up to four.

I love working with and alongside whānau and seeing the change in the whānau. It is amazing to be a part of that change.”

Jordan works with a large number of professionals. See what they have to say:

Oranga Tamariki Care and Protection Social Worker Nicola Holst said, “As a statutory social worker part of our assessment is to work with whānau to establish well-being and safety needs of tamariki and whānau. Part of this assessment may include a referral to a Family Group Conference.”

For whānau, the FGC process can be daunting, confronting and highly emotional time for them, she said.

“An Iwi co-ordinator such as Jordan, is skilled in her practice to bridge the gap for Māori whānau between Oranga Tamariki and a non-government agency. This working partnership with Ngā Kete enables Jordan to bring her knowledge of Ngā Kete and other interventions Ngā Kete may provide, to support whānau to achieve their goals and make positive change for their tamariki and whānau.”

“Jordan brings a sense of calmness and whanaungatanga, empowering whānau to have a voice in the process. Jordan brings to life Te Toku Moana, the Oranga Tamariki - Tangata te whenua well-being framework in her mahi and this is well reflected in her plans.”

“In her mahi, Jordan will complete home visits with me, make phone calls with whānau, listen to whānau and ensure whānau are as supported as possible to attend the meeting. Jordan often will go out of her way and think outside the box to get a positive outcome for whānau.”

Ministry of Education Service Manager Gary Pilsworth said, in his role, he is tasked to reduce any barriers to young people’s learning (speech, language, learning, behaviour, certain health needs, occupational therapy etc).

“Collaborating with Jordan allows a real opportunity to provide this support. Jordan’s work helps prioritise the needs of young people. We can then help get the right supports in place at the right time.”

Jordan also brings a cultural lens through her iwi affiliations, which brings a further layer of support, he said.

Family Court Lawyer (Barrister) and a Lawyer for Child Richard Smith said he attends all FGC where he is a lawyer for a child/children. “Jordan and I communicate about when the FGC might be, any concerns of relevant information I might have so



Gary Pilsworth
Ministry of Education Service Manager

she can be as aware and prepared for the FGC as possible. She might also have information for me so I can better advocate for my child/children.”

“The focus is on what is best for the child/ren and for the whānau. (I believe) working together makes the FGC process as manageable and stress-free as possible for participants. This in turn, in my view, makes outcomes better. It needs to be an inclusive and whānau focused process and can be daunting and stressful for those involved.”

“Jordan is amazing. Her demeanour, approach and professionalism are appreciated by those involved in the process.”

“Jordan builds a great rapport with the whānau. Participants are made aware of how things are going to work, what the issues are that will be talked about and, while we are at FGC, because of serious issues, they are raised and considered with respect and understanding.”

“Jordan ensures appropriate participation by children in the FGC process and at FGC (if appropriate), which to me is really important.”

“The amount of pre FGC work done is clear once in FGC and her management of the actual FGC is vital in achieving the outcomes we do.”

For more information about the Iwi FGC Service at Ngā Kete, contact Jordan Nikora on 0800 925 242 or email Jordan.nikora@nkmp.nz



Richard Smith
*Family Court Lawyer (Barrister) and a
Lawyer for Child*

SUPPORTING TE PAE ORANGA - SENIOR CONSTABLE KEN PATTERSON



Photo by the Southland Times

INVESTING IN THE PRESENT TO SAVE THE FUTURE

* Any opinions expressed in this article are not necessarily that of the New Zealand Police

Serious Crash Unit Analyst Senior Constable Ken Patterson and the Police are giving their time to run group workshops to Te Pae Oranga participants providing information on how to drive safer and tips and tricks. Here Ken talks about his role and what inspires him.

When I was six or seven I was involved in a car crash. It was at an intersection with traffic lights. I remember the car coming towards us and the bang. I remember the injured people and the Ambulance turning up with one flashing red light.

My family and I were uninjured, but it peaked a curiosity in me. How did that crash happen? What was the science and the physics behind it?

My curiosity continued throughout my younger years and I found myself being drawn to cars and, ironically, crashed cars, as I worked in the panel trade fixing crashed cars. I took part in demolition derbys and I attended the speedway often, and have owned and maintained a number of cars.

I have lost people I knew through crashes and I thought if I can do something, even small, to save a life, then that's what I want to do, so in 1996 I joined the Police and in 2003, I joined the newly formed specialist Serious Crash Unit .

In the 21 years since I joined the crash unit I have attended more than 1271 crashes, mostly with either serious life-altering injury or death. We cover the entire Southern region stretching from the Waitaki River to Twizel and Oamaru. It's not uncommon for me to receive a phone call at 3am with instruction to head off to a crash somewhere that can be up to five hours' drive away.

There are four crash Analysts in the Southern Region and a Sergeant. We're a specialist group who attend crashes to analyse the scene and produce a Crash Report. We do our investigation, calling on other specialists such as photographers and vehicle inspectors, write our report, ensure it is peer reviewed, then send it off to Police Supervisors , a Judge, or a Coroner.

What I've noticed is that absolutely everything tells a story. We're not necessarily dealing solely with the human side of the crash, rather we're looking at the scene, vehicles and the science, trying to provide an answer as to what's actually happened.

I love the science of the job and the people I get to meet. For me, it's all about

believing in people, but sometimes the job does take its toll. All of the crashes stay with you in some way. The odd night I will wake up and think about a case, usually it's those involving children or at times grief stricken Whanua and friends. Respectful work is always done knowing the people involved are always someones daughter or son.

I found out about Te Pae Oranga through my wife, Sergeant Justine Bishop. She would often talk about it, and what a fantastic initiative it is.

Te Pae Oranga gives people the chance to stay out of court and gives them the opportunity to make good on what has happened if they can. I think the face-to-face and potential for people to be heard is massive. It's a wonderful opportunity for people to get back on the straight and narrow.

It's like investing in the present to save the future. When you have hardened people turn up to TPO and engage, then you see them thinking, that's potentially a win for all.

Time given to run group workshops is to provide information on how to drive safer and I try to personalize the sessions to the participants who have been given this outcome through the panel.

I see this as time invested – if that hour or two out of my day gets just one person to make better decisions on the road, then to me it's all worth it, as its about reducing crashes and road trauma.

Within the sessions, we talk about consequences, ripple effects, and I ask them to explain why they're at TPO, and why they think the crash happened. If I have photos I think can help, that they can relate to, I'll show them.

I remember in one session we talked about a participant having lost control on a bend, so we discussed that the speed limit is there for a reason – what the science is behind it and how the road is designed.

The feedback from TPO participants has been really good.

I still believe in people, that's why I do what I do. We've all been there and we've probably all done something on the road we look back on and think wow! That could have been really bad. With age (and years of experience in this role) comes a little bit of wisdom, and I am only too happy to pass that on.

“I see this as time invested – if that hour or two out of my day gets just one person to make better decisions on the road, then to me it's all worth it.”



TE PAE ORANGA

Pictured: The Specialist Facilitation team - (left) Nancy Larrauri, Nikhita MacGregor, Jessica McDermott (Manager), Ngareta Martin, and Kelsi Henderson.

Iwi Community Panels (ICP) are an alternative resolution process for offenders focusing on education, prevention and accountability. The service is provided by Ngā Kete Mātauranga Pounamu Charitable Trust in partnership with police, local iwi and the wider community.

Police can refer a participant to the ICP if they are aged 18 years or over and the participant accepts the Police summary of facts.

Participants appear in front of a panel of three volunteer community members, often on a Marae, where a hearing takes place with a purpose of discovering the underlying reasons for offending and determine outcomes to address these. Eligible participants avoid court and conviction upon successful completion of the process.

Panel members are made up of prominent community members with a desire to create change, and who have an ability to treat all participants with respect and dignity.

Outcomes: Ngā Kete is a social services hub with the ability to refer internally and externally.

Outcomes are tailored to each participant and should address their reasons for offending. Education and prevention focused (strengths based).

Outcomes can include reparation, apology letters, voluntary work, and educational courses i.e. defensive driving, driver licensing etc.

NKMP AND POLICE SIGN A MEMORANDUM OF UNDERSTANDING



WORKING TOGETHER

Nga Kete Matauranga Pounamu Charitable Trust, the New Zealand Police and Te Whatu Ora have signed a Memorandum of Understanding, which celebrates our coming together for the wellbeing of those in the community.

The MOU agreement includes regular meetings and communication between the agencies. Police can refer in real-time to our service and we can provide one-on-one counselling.

New Zealand Police Southland Area Commander Inspector Mike Bowman said the memorandum of understanding has enabled our partnership to help people who require navigation in the community, and navigation between agencies.

"It's a great initiative and we've seen the results so far."

Nga Kete CEO Tracey Wright-Tawha said "working in a collaborative manner produces improved outcomes, which is enabling for us and the whānau we work with. It also supports the concept that communities are stronger when we work together."

Tūmanako Oranga Wellness Centre was opened late last year and offers crisis respite, crisis community advocacy, a withdrawal nursing service (supporting safe withdrawal from alcohol and/or other drugs), Hiwa-i-te-rangi (methamphetamine and other drugs) counselling, a range of peer support groups and a range of therapeutic experiential learning activities.

The centre has been busy since it opened with a counselling case load of about 28 people. There are between four to six people regularly involved with experiential learning each week, 30 people receiving advocacy services, and 14 to 16 people for peer support work.

The two crisis respite rooms are filled on a weekly basis while a third room is used for withdrawal services.

Te Whatu Ora is the funding body behind the operation of the Tūmanako Oranga Wellness Centre.

NEW NKMP SERVICE KAUMĀTUA HAPORI TAUTOKO

Introducing Emma Furlonge and our new service **Kaumātua Hapori Tautoko**.

Emma walks alongside Kaumātua to guide and support their oranga hauora (holistic wellbeing).

This kaupapa is guided by the pou of Te Whare Tapa Whā Māori health model to support positive health outcomes for our Kaumātua.

The kaiāwhina can assist you by:

- Supporting independence with a focus on positive hauora (health and wellbeing)
- Whakawhanaungatanga
- Connecting whānau to health and wellbeing services in the community
- Support with various health care appointments including transport and linkage to other services
- Providing advocacy and support within the community
- Tautoko with regular phone calls and visits
- Support with physical exercise including connection to Te Taiao (natural environment).

For more information, contact our Kaumātua Kaiāwhina Emma Furlonge on 022 599 7556

Ngā Kete Mātauranga Pounamu Charitable Trust

92 Spey Street, Invercargill
(03) 214 5260

Free Phone: (0800) 925 242

Monday to Friday 9am-3pm

*Tohaina ō painga ki te ao
Share your gifts with the world*



TE WAKA TAIOHIKA O MURIHIKU



Te Waka Taiohika o Murihiku Competition

On Saturday 1st of June, our rangatahi who participate in "Te Waka Taiohika o Murihiku Rangatahi Waka Ama" programme, headed through to Dunedin to compete, with a total of 7 teams representing our waka programme. The weather was very changeable with high winds meaning the race time had to be delayed and the course altered so that it was safe to paddle. Our kids did so well!

- 2 teams placing first
- 2 team placing 2nd
- 1 team placing 3rd

All teams had the best time out on the water competing over a distance of 3km with 7 turns.

Many thanks to all who supported our Rangatahi coming through, parents, friends and whānau and a big mihi out to Whaea Tracey (Tra Mac) for training all of our crews and of course her amazing organisational skills As well as Matua Sean, Whaea Shoni, Whaea K, Matua James and Mr Moo.

Bring on Ki Uta Ki Tai Waka Ama Challenge - Saturday 26 October.



20/20 TRUST GRADUATION



Recently we supported and celebrated with eight whānau who are on either our Pūrerehua program or parenting and nutrition programs who graduated with flying colours at 20/20 Trust – both successfully completed their course – miharo!

To learn more about Pūrerehua please contact Martina on 022 506 7342 or review the service on our website www.nkmp.nz

To learn more about our parenting and nutrition programs please contact Maggie on 022 387 1511 or review the service on our website www.nkmp.nz

20/20 Trust is an organisation that partners with digitally-excluded communities to deliver digital skills training. Their mahi aims to create a level playing field where everyone can benefit from the advantages of technology, regardless of their background or circumstances.





PROMOTIONAL NKMP VIDEO

Recently Mahi Tahi, a production company, visited us here at Ngā Kete to film a promotional video focusing on our mahi! We can't wait to release the final product.







**"READY
SET
ACTION!"**



CANCER SUPPORT GROUP



A beautiful afternoon spending time with the Cancer Support Group and enjoying a yummy lunch at Hayz @ The Anchorage.









RECORDING WAIATA

Members of our Taurite Tū strength and balance class and other whānau had an opportunity to record waiata for new tracks for our class playlist. The group met at the SIT Sound campus and, under the guidance of Soundie Tom Moana, they played music and sang together to record four waiata! This opportunity was made possible by Taurite Tū developer and Māori physiotherapist Katrina Byrant-Pōtiki (Kai Tahu) who continues to advocate for the kaupapa to support kaumātua to stand strong across Aotearoa. Our kaumātua had a great time in the studio! A big mihi to Tom, Michael and Sean for supporting the kaupapa.

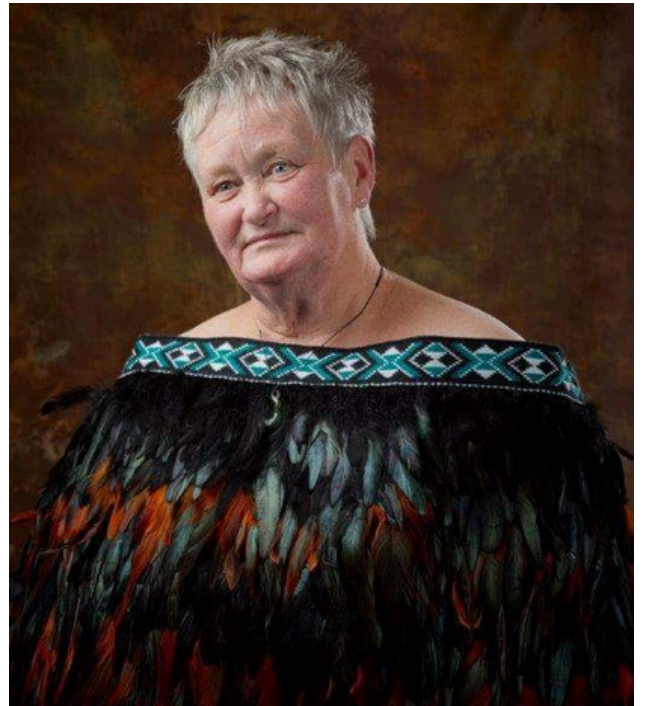
DEVELOPING OUR HE POHA ORANGA MODEL

The team working with the amazing Phoebe on further defining our model of practice HE POHA ORANGA, a great day of whiti whiti kōrero and discovery.
STRONGER TOGETHER WHĀNAU



FAREWELL SANDRA

Wishing long-time Ngā Kete staff member Sandra Stiles a safe and happy retirement!





WE LOVE MEETING PEOPLE AND NETWORKING



Top: The Southland Youth Focus Network Monthly Hui took place today with our Te Waka Tuhono team, and included representatives from South Alive, Number 10, Youthline, Anamata Māia, LUG (Lego Users Group), Te Rourou and Red Cross.

Middle: A wonderful networking hui over shared kai with Mind and Body (peer support for mental health and addiction) at our Tui Ora office this week.



Bottom: A wonderful networking hui with Te Whatu Ora and SMHET staff at Tūmanako Oranga Wellness Centre.



MINISTER COSTELLO VISIT

Ngā Kete hosting Minister Casey Costello.

Hon Casey Costello is a former Detective Sergeant, Vice-President of the Police Association, and spokesperson for Hobson's Pledge. She is the Minister of Customs, Minister for Seniors, Associate Minister of Health, Associate Minister of Immigration, and Associate Minister of Police.



KAIMAHI DOING THE MAHI



KAIMAHI DOING THE MAHI





Green Prescription
Referrer of the Quarter
Award: Health Coach
Stacy Poutasi! Stacy
started the month strong
and finished on top.
Congratulations, Stacy!



SAMOAN LANGUAGE WEEK

Samoan Language Week was celebrated during our Tōku Oranga Strength and Balance Class with some yummy Samoan food made by our very own Nama and Stacy - Faausi Esi and Supa Suey, YUM!

Our weekly Strength and Balance Class offers free, gentle exercise to improve strength and balance for seniors, followed by a cuppa.

One class participant today said the exercise has improved her balance while she is walking with friends, while another said she looks forward to it every week, the kaimahi are wonderful, and it "feels like a whānau."

For more information about the class, contact us on free phone 0800 925 242



SURVIVOR EXPERIENCES SERVICE

FOR PEOPLE WHO EXPERIENCED ABUSE IN CARE

Whānau, we would like to highlight the Survivor Experiences Service. Read all about it below:

The Survivor Experiences Service is a safe, supportive, confidential place for survivors of abuse in care to share their experiences.

It started 3 July 2023 in response to a recommendation by the Royal Commission of Inquiry into abuse in state and faith-based care.

It is an opportunity for survivors of abuse in care to heal and a way for their experiences to be heard, validated and acknowledged.

Who the service is for

The Service is for people who were abused in state, faith-based or other forms of care (e.g., private schools, non-governmental organisations). It is for direct survivors and is also open to hearing the experiences of whānau.

How to share experiences

People can contact us to register with the Service and share their experiences of abuse in care.

Phone - 0800 456 090 (NZ) 8:30am – 4:30pm, Monday – Friday

Phone - 1-800 456 032 (AUS) 8:30am – 4:30pm (NZT), Monday – Friday

Email - contact@survivorexperiences.govt.nz

Text – 8328

Once people have contacted us, we will work with them to complete their registration, organise any short-term support specific to our service, and arrange a time and place where they can share their experiences.

How people share their experiences is up to them. People can choose to share their experience in a number of ways, including kanohi ki te kanohi (face to face), virtually, or in writing.

If people are sharing their experience face to face, they can bring whānau and other support people to their session.

Tailored and accessible services

We tailor our services to people's unique needs and create a non-judgemental space. Māori, Pacific, Deaf and disabled, LGBTQIA+ and survivors in prison remain at the forefront of our minds and play a key role in the way the service is run.



Survivor Experiences Service



**For people who were
abused in state, faith-based
or other forms of care**

0800 456 090 | PO Box 805, Wellington 6140

contact@survivorexperiences.govt.nz



CRUSTLESS QUICHE

Ingredients

- 6 eggs
- 1 cup milk (sometimes I will use 1/2 cup milk and 1/2 cup cream)
- 1 cup grated cheese
- salt & pepper to taste
- 1 cup additional ingredients

Method

- Preheat your oven to 200
- In a large bowl whisk together the milk, egg, cheese and salt & pepper.
- Stir in any additional ingredients.
- Pour the egg mixture into a 9-inch pie pan, and bake uncovered for about 45 minutes. Or until the centre is set, and not jiggly.
- Store any leftovers in an airtight dish in the refrigerator.

Additional Ingredients

Cubed ham or crumbled cooked bacon, chopped broccoli, chopped tomatoes, sliced onions or green onions, chopped spinach, chopped asparagus, cooked cubed potato

Recipe from our Tui Ora Nutrition Programme Cook Book

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*



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CHARITABLE TRUST

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Late nights by appointment Mon & Tue to 7pm