

# KIA HIWARA

NGĀ KETE MĀTAURANGA POUNAMU NEWSLETTER

October 2024 Vol. 22

## Haere Tonu

Read about the Haere Tonu Hikoī and Symposium to champion better outcomes for whānau

## Te Waka Tuhono

Read all about our Te Waka Tuhono Service and hear what the rangatahi have to say

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## **TE TEIRA TAWHAI**

*Read all about Te Teira Tawhai - a man who radiates positivity and strength*



## **FAMILY FUN DAY**

*A fun day at PIACT including bouncy castles, glorious food, health checks and more*



## **TE WAKA TUHONO**

*Read all about our service: Te Waka Tuhono and hear what the rangatahi have to say*



## **TINA KELLAND**

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Kōrari Māori Public Health

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Te Whare Hāpai Tangata Reintegration Programme

Māori Cancer Kaiarahi Service

Navigational Support Kaimahi

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)

## Contact Us

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### Open Hours:

#### **Invercargill**

Monday-Tuesday

9am-7pm

Wednesday-Friday

9am-5pm

#### **Dunedin**

Monday-Friday

9am-5pm



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# FROM THE CEO

## TRACEY WRIGHT-TAWHA



Kia ora koutou,

Blossoms and spring lambs, wet weather and winds - Oh, welcome to Spring!  
I think many of us find this time of the year wearying - Many things on the to-do list and school holidays, activities for the tamariki, juggling of time and commitments.  
Puff, puff - Trying to keep up!  
I found this lovely poem - author unknown. I thought it was a goodie to share.

*If the mountain seems too big today  
then climb a hill instead  
if the morning brings you sadness  
it's ok to stay in bed  
if the day ahead feels heavy  
and your plans feel like a curse  
there's no shame in rearranging  
don't make yourself feel worse  
if a shower stings like needles  
and a bath feels like you'll drown  
if you haven't washed your hair for days  
don't throw away your crown  
a day is not a lifetime  
a rest is not defeat  
don't think of it as failure  
just a quiet, kind retreat  
it's ok to take a moment  
from an anxious, fractured mind  
the world will not stop turning  
while you get realigned  
the mountain will still be there  
when you want to try again  
you can climb it in your own time  
just love yourself till then*

I just wanted to share how much we are looking forward to working with the Bluff Community Medical Centre. The team are sensational, the service excellent. Let's see how we can add additional value together for the people of the mighty Bluff - Primary health care at the flax roots!

Recently we have also said farewell to long-serving staff member Marcia Te Au-Thomson, and Ora Barron, who has been working in mental health and addiction. We wish both a wonderful and enjoyable retirement! We will miss you both.

Go well everyone and remember to be kind to you! Hang on to your crown.

***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!***



**nkmp** 

# HAERE TONU 2024



# HAERE TONU 2024

*Ngā Kete Mātauranga Pounamu Charitable Trust's Kōrari Māori Public Health team, together with the Te Waipounamu Kia Piki Te Ora (All Ages Suicide Prevention for Māori) collective, hosted Haere Tonu - a hīkoi and symposium to champion better outcomes for whānau. The four collective sites are He Waka Tapu (Otautahi), Maataawaka ki te Tau Ihu (Wairau), Poutini Waiorai (West Coast) and Ngā Kete Mātauranga Pounamu (Murihiku). Kia Piki Te Ora (all ages suicide prevention for Māori) contributes to the reduction of suicide in our communities by strengthening the protective factors that promote health and wellbeing of Māori.*

09 September. Monday morning. 5.30am.

Our rōpū gathered at Te Tomairangi Marae ready to load the pahi and embark on a hīkoi up Te Wai Pounamu to raise awareness of whakamōmori/ suicide prevention - and champion better outcomes for whānau. Māori are statistically over represented in whakamōmori and Kōrari Māori Public Health seek to reduce these stats with their mahi in Kia Piki Te Ora.

Despite the heavy nature of the kaupapa, our rōpū – a mixture of Ngā Kete Mātauranga Pounamu kaimahi, kaumātua, mental health and social service professionals from other Waihopai organisations, and lived experience from across lower Te Wai Pounamu, were ready to embark on the haerenga of Haere Tonu sharing the whakaaro of the event Mai i te po ki te ao Mārama, out of the darkness and into the light.

With a karakia from our Pou Whirinaki Kane Johnson, the hīkoi begins. Throughout the 10-hour trip the rōū enjoyed waiata, whakawhānaungatanga, mātauranga māori and “on the pahi activities”. Along the way we picked up whānau to join our haerenga with regular intervals to stretch our legs, share waiata, and film videos to document the haeranga (journey) all the while spreading our message of aroha and hope.

Once in Ōtautahi (Christchurch), we heard the karanga to bring us onto Ngā Hau E Wha marae and we were warmly received by the haukinga. This beautiful marae is situated on about 14 acres of whenua located in the eastern suburbs of Otautahi. This marae also happens to be directly across the road from He Waka Tapu – where Haere Tonu was taking place.

Haere Tonu took place at He Waka Tapu on World Suicide Prevention Day - Tuesday 10 September. Ngā Kete Mātauranga Pounamu, along with Te Waipounamu Kia Piki Te Ora (All Ages Suicide Prevention) hosted the Haere Tonu symposium.

Over 300 people crowded through the doors of He Waka Tapu ready for Haere Tonu, each there to share and embrace Mai i te po ki te ao Mārama, out of the darkness and into the light.

The first half of the day included keynote speakers working in suicide prevention, as well as mental health lived experience and hauora experts. A huge mihi to: Dr Melissa Cragg, Michael Naera, Dean Rangihuna from Te Whatu Ora (previously Te Aka Whai Ora) Patariki Te Wake, Jaye Pukepuke (Bro's for Change), Jacob Skilling (The Broken Movement), Daryl Gregory, Thomas Strickland and Whare Christie from Chur Bro's – Mental Health Foundation, and our very own CEO Whaea Tracey who lay the foundations of the day with her opening address.

Following the speakers, participants were treated to a delicious lunch of hangi produced by Bro's for Change, before breaking off into groups to participate in afternoon activities. These activities included Mau Rākau (traditional Māori martial art), Raranga (weaving), Taonga Tākaro (Māori games), Tuhinga (writing workshop) Waiata and Taonga Puoro. By participating in these activities, facilitators shared māori approaches to wellbeing, thereby adding to the participants kete of matauranga and to reinvigorating their mauri after an inspiring and insightful morning. The symposium concluded with a poroporoaki with a final kōrero and waiata written specifically for Haere Tonu titled Mai i te pō ki te ao Mārama.

Our NKMP CEO Whaea Tracey Wright-Tawha said, “we're leading people from a place of darkness around the topic of suicide, to a place of lightness where we can put it on the table and look at it, smell it, touch it and communicate around it.”

Kōrari Māori Public Health Service Manager Karina Davis-Marsden said Haere Tonu was tino rangatiratanga in action.

“We are in the business of hope, and whānau suffering mental health distress whether directly or indirectly affected need guidance, support, and awahi to navigate the space of suicide prevention and whakamōmori.”

Nadine Young Kōrari Kaimahi and KPTO advocate said, “this haerenga was a unique opportunity to grow māori approaches to wellbeing and to meet other kaimahi and whānau from all corners of Te Wai Pounamu working and supporting the mahi of suicide prevention.”





“What I added to my Kete from the event was the vast knowledge of suicide and the even bigger effect it has had over family. Professional and personally I have taken skills to be able to communicate effectively with any of my Rangatahi who may be facing these issues.”

“The highlight from the symposium was the speakers especially the brave mama who read her poem. Her poem was powerful, raw and pono as it was a lived experience. I feel that will stay with me.”

“For me, just filled my kete spiritually. I came back better aware of the prevention space, it highlighted the magic of korero and whanaungatanga and helps me to apply this to practice.”

“Kotahitanga vibe for the kaupapa! The activities I was involved with, particularly the Taonga Puoro! The bus ride up was fun. Loved the stories from the aunties that they shared around some of the early Ngai Tahu claims and korero around the songs we were listening to on the way.”

“I think it was an incredible hikoi and I’m so glad it happened. I went in feeling low and came out feeling much more connected to myself and others.”

“It was a wairua filling experience and I left feeling inspired and empowered, rather than drained and overwhelmed. It was truly healing and it filled my heart with so much aroha to see the healing through kōrero.”









# WORKING TOGETHER

Sustainable primary health care access at the flax roots and accessible to community is at the heart of a new working partnership between the Bluff Community Medical Centre (BCMC) and Ngā Kete Mātauranga Pounamu (Ngā Kete).

Ngā Kete CEO Tracey Wright-Tawha says very low cost access (VLCA) primary health service provision is challenging in these changeable health care settings.

“Working together for continuity of service provision in Bluff and the expansion of the services on offer are the collaborative objectives. This is an exciting time as both agencies consider where their respective strengths can add value.”

Nga Kete’s management and strategy skills will be at the fore, as the Bluff Community Medical Centre staff strive to maintain the high quality service care, experienced to date. Working together for improved health outcomes, where people live, work and play is what drives both agencies.

BCMC Chair Robyn Horwell emphasized that the partnership is about “future-proofing” healthcare services in Bluff. This initiative ensures the community will continue to receive the excellent care they always have. It’s a positive step forward and a win-win for all parties involved.

She explained that choosing to partner with Ngā Kete was a natural decision, citing their existing relationship and shared commitment to the VLCA services. “It just made sense. It felt right.”

Ngā Kete are pleased Robyn accepted and was recently appointed to the Ngā Kete Board of Trustees, so to honour a strong representative voice for the patients of Bluff.

Ngā Kete Board Chair Greg Fordyce said the venture is “all about our commitment to the Bluff Community and supporting them to continue delivering their excellent services.”

“As well, for Ngā Kete, it’s an honour to have been approached by the Bluff Community Medical Centre, to be tasked to lead the team forward with their service delivery, and to support them. It gives me a sense of pride that our trust is respected out in the community.”

Nga Kete has been operational for 24 years in the Southland area, is Cornerstone accredited and has been extending a VLCA General Practice, with close to five thousand patients, since 2015.

Tracey Wright-Tawha said, “We share great synergies with the Bluff Community Medical Centre, and are values aligned.”

The Leadership teams will be working closely to ensure a smooth transition, with patients informed of any changes.

“We are looking forward to this new venture relationship that will come into effect 2nd December 2024.”



# NGĀ KETE CANCER KAIARAHĪ SERVICE

The Māori Cancer Kaiarahi Service is a free service in Southland designed to support whānau with high suspicion of/or diagnosis of cancer.

The service supports individuals and whānau to get the right information, make informed decisions, and eliminate any barriers.

A Cancer Support Group is also available, held every second Wednesday at Te Tomairangi Marae.

To get in touch with us phone (03) 214 5260 or Freephone 0800 925 242, or visit us at 92 Spey Street (Level 2), Invercargill.



Barbara Metzger and Jo Cullen feel privileged to have the opportunity to walk alongside and support whānau affected by cancer.

We are here as social support to do the practical and sometimes challenging stuff, so our clients have more time for the good stuff.

We can ensure people get to their appointments, understand what is happening and most importantly, take some of the stress off their shoulders. We are navigators.

This role is all about the people.

Being diagnosed with cancer can be overwhelming for not only the individual, but the whānau as well. We know that some individuals want to protect their family and be seen as strong, resilient and brave. We can help take some of the load by being the whānau member's support, the person they can talk to and ensure they understand exactly what is happening to their whānau.

We are in a privileged position of having strong community contacts such as Work

and Income and National Travel Assistance, and knowing the ins and outs of a lot of different departments. Because of this, we are able to help guide whanau through this new and sometimes confusing process.

We can support with travel assistance, getting people organised to go to Dunedin, assist with accommodation, and be their liaison between hospital and other people. We are a second set of ears at appointments - taking notes and putting it into language that may be easier to understand. We can help to make a plan and understand treatment options. Sometimes it's just catching up for a cuppa and remembering to laugh!

We can't name all of the ways we help people, because everyone needs something different.

For some, the realisation they have cancer is one thing, but it's the overwhelming feeling of having to sort so many things. We had a client recently who had borrowed a caravan because they were told they needed to be in Dunedin for six weeks treatment, and they were worried about finding somewhere to park it. But, no one had told them they could get \$140 a night for accommodation close to the hospital.

The role can have some challenging moments. However, we stay in it because we love it. It's all about the people. It's rewarding work and we just do the best we can possibly do.

It's all about the people.

Client Raewyn Burton said, "The Cancer Kaiarahi team were my translators. My mind was exhausted and my body was shattered, but they LISTENED then translated into a language that I understood, but also added valuable knowledge about the cancer process with the utmost respect. I am honoured to have the Māori Cancer Kaiarahi Service by my side throughout my ordeal."

Client Heidi Kreis said, "The Cancer Kaiarahi team were a life-saver. They started attending appointments with me and translating all of the medical jargon that made no sense to me. They ensured I had the medications that I needed, and supported me on my emotional days when it was all just a bit too much. If I needed help with anything, they were always my go-to! Nothing was ever a problem and they always made me feel at ease."



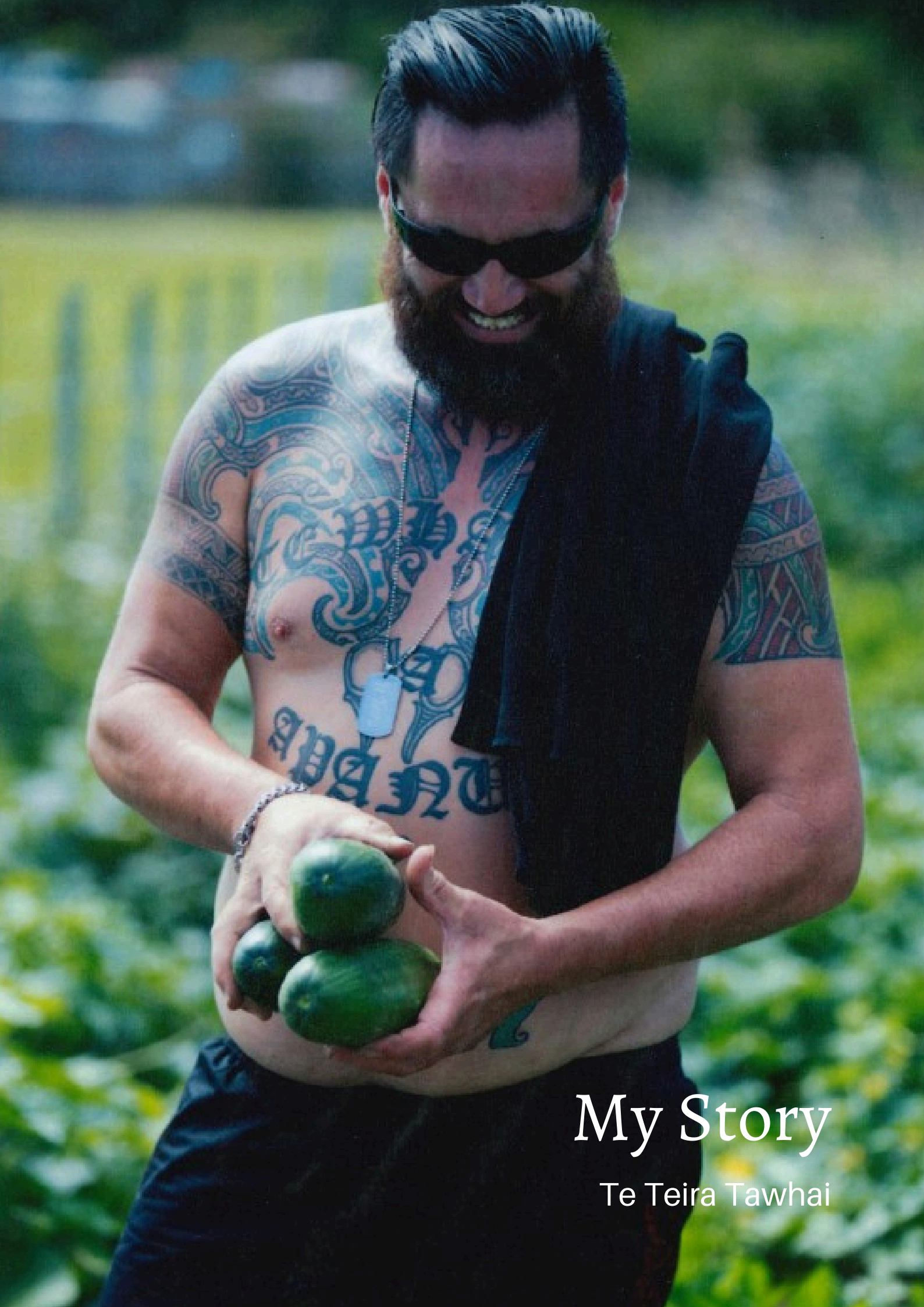


## **CANCER SUPPORT GROUP**

THIS GROUP IS FOR WHĀNAU  
AFFECTED BY CANCER

Held every second Wednesday  
Te Tomairangi Marae  
54 Eye Street  
9am-10.30am  
Open to all

For more information phone  
0800 925 242



# My Story

Te Teira Tawhai

# TE TEIRA TAWHAI

## CANCER KAIARAHĪ SERVICE

***I have lost my entire family to cancer and kidney failure, a son to a car crash, and now I am recovering from my own battle with cancer. Throughout this journey I have met some incredible people and received some amazing support.***

I was born in 1977 and raised on the east coast with Te Whānau-ā-Apanui (Māori iwi). I lived with my parents and brother in the school house because my father was a principal and my mother was a sign language teacher.

I didn't enjoy school because I couldn't read, write or spell. I was only going to eat my lunch and play rugby. I never fitted in either; I was whiter than everyone else and the only one with coloured eyes, freckles and straight hair. I stood out like a sore thumb.

At home though, life was wonderful. My parents were my idols. If I wasn't outside with Dad, I would be in the kitchen cooking and cleaning with my Mum. They taught me everything I know.

Every weekend Dad and I would go up the river on horses, camp at our favourite spot, and go pig hunting. He taught me how to garden too, which ignited a life-long passion. Dad was a kumara grower and would sell his kumara to turners and growers in Tauranga. The kumara was a gift passed down from our tupuna, and then passed on to me.

In my eyes, my father was famous. He was an actor, a kapa haka leader, and had travelled all over the world. Before I was born he was teaching in America, and before that in India. He was an amazing man with so much wisdom and knowledge.

Together we continued to grow kumara. Dad showed me how to grow it – You have to awahi it like a pepi! Our gardens got bigger and bigger and I was doing a lot of kumara growing mahi. At one point we had 75 fish bins full of kumara in our shed. We would often give bins away at birthdays and tangi.



I left school at 14. I was so excited – no more pen and paper! My Uncle, who was in



forestry cutting down pine trees with a chainsaw, asked if I wanted to work with him and I jumped at the chance. I actually thought it was the only job in the world because where we lived there weren't many other options. I stayed in forestry for the next 37 years.

My mother was a wonderful woman. She would always make sure my lunch was made for mahi, and would have something prepared for me when I got home.

She was from the Chatham Islands and we would go and visit every school holidays. I always said that one day I would live there because I loved it and I fitted in.

In 1994 my mother was diagnosed with bowel cancer.

I was about 16 at the time and I started noticing a lot of whānau coming in and out of our whare. I didn't know what it meant. A day or two later I arrived home from mahi and went to the school for a shower. While I was in the shower one of my cousins raced over and yelled to me Mum is calling you, come quick!

I quickly got dressed and raced home to find my brother and cousin sitting on Mum's bed. I was too late. By the time I arrived she had peacefully passed away. She was just 52-years-old. I knew she had been unwell but I had no idea what cancer was. I honestly thought she would be OK and get better.

My Dad, brother and I stayed in the school house for another year until my father retired and we moved to another house 10 minutes down the road. We never went back to the Chatham Islands after Mum was gone.

My father remarried and moved to England with his new wife. She is a wonderful woman. Her name is Barbara Ewing and she is an author and an actress. They lived in England for 12 years. When they returned home I remember putting on a huge celebration at our marae and another wedding.

While they were living in England, I went there for my 21st birthday. Their home was amazing. It was right in the middle of London, 75 stairs up (no elevator!). There were gargoyles around the windows and on the roof Dad had built beautiful gardens. The view was amazing – you could see the Queen's Palace and the biggest toy store in the world!

In 1997 I was back home in New Zealand, and I decided to head south. I had seen England, but I hadn't seen my own country. I went to Rotorua Airport and flew to Christchurch where I met up with a cousin and together we moved to Invercargill. I was running drugs at the time. I met a woman and she got pregnant but I was too scared to tell my father so I left. I moved to the Chatham Island and I stayed there for the next three years.

Eventually I came back to Invercargill and met my daughter. Her mother and I decided to work things out and we stayed together for the next 18 years. During that time we had three more children. My kids are now 28, 25, 21, and my youngest would have been 19 now.

In 2012 my father was diagnosed with cancer of the hip bones. He was 75-years-old and he passed away at his office. He wouldn't stop working. I miss him so much. In 2018, my brother also passed away after being diagnosed with kidney failure.



When my partner and I parted ways I moved back up North and she stayed down here. My two youngest sons moved up North to live with me. I loved it! I taught them everything my Dad had taught me from diving to gardening, hunting, kapa haka and rugby.

The only thing I couldn't help them with was their school education and eventually they moved back to Invercargill to carry out their final years of school.

Some time later my son messaged and asked if I would come to Invercargill for his birthday and I was on the next plane here. That was two years ago now! While here I met a woman and we fell in love.

Life was great! I was so happy. Then, about six months after I arrived back in Invercargill, I went for a dive. I would often dive, I loved it, especially in the South where there was just an abundance of kai moana. But something felt wrong. My breathing was strange, my energy was low and my body didn't feel right.

The following morning I discovered a lump the size of a tennis ball on the side of my neck. After some testing at the hospital it was discovered I had head and neck cancer, which had started between my eyes, travelled down my cheeks and ended in a lump on my neck.

I had the lump removed and while I was recovering the thought crossed my mind

that I had no support around me apart from my kids and partner – I knew no one else, I didn't even have a doctor.

Then I met the Ngā Kete Cancer Support Kaimahi, and I was blown away. They supported me with everything I needed to do and walked alongside me throughout my cancer journey. Their support was amazing – I've never had support like that before.

I started chemotherapy and radiation in Dunedin – every week day for four months. At the time I weighed 116kg and, aside from the cancer, I was in my prime. I was the strongest and biggest I had ever been, and I was proud of my body.

My partner and I would arrive home every Friday for the weekend. All I can remember was sleeping over those weekends. I lost my taste buds, I stopped eating and my weight started dropping but I knew I would pull through.

Every Friday when we would return home my youngest son, O Maruhuatau Otuwhare Tawhai, would come over and help us unload the car. One week he came running up the driveway, put his arms around me and said Dad! I love you! He was giving me the biggest hug I think he had ever given me and to this day, I always think about that because he had never done that before.

One week later, we were heading home and I called him just as we were driving past the Eastern Cemetery to let him know we were almost home. He told me he was at my house and was just shooting to the shop with his mates and that he would come back soon.

When he didn't arrive I thought it was odd but we unloaded the car ourselves and I phoned my son's girlfriend to find out where he was. She thought he was at my house. She, along with my other son, went out to find him.

Around 10pm that night my daughter, who was living in Auckland, phoned me. She said, Dad, don't be scared. I said what's up? And that's when she told me my son had been involved in a car crash. "Maruhuata has been in an accident. He's dead Dad." I just screamed and screamed and ripped the hoses through my nose, down my throat, from my body.

The following day I found out my son had been killed along with three other young men from Bluff in a car crash on Queens Drive. I was sick. I couldn't do anything. I had to go back to Dunedin on the Sunday for treatment because if I missed any I would have to start again.

My body was destroyed. My head was destroyed. I couldn't understand what was going on and because of all of the treatment I couldn't focus, I couldn't grieve.

That was the hardest thing I have ever had to go through. I lost a child while having cancer and fighting for my own life at the same time.

All the whānau came down to pick up my son and take him home. When I finished treatment for the week I went to the Marae to see my boy. Everyone had to clear the room because COVID was only just happening and I couldn't afford to catch it.

I spent some hours with my boy and then I would go back to Dunedin. We did this every day, driving backwards and forwards so I could be with him. Sometimes I would just sit in the car and look at the marae, watching the people go in and out.

At his tangi I had to keep my distance. I couldn't hug my whānau. Once I saw him go down, I walked away. My whole family were looking at me but not touching me or hearing what I had to say. When we were leaving the urupā, I went to the marae and gave a mihi to all the cooks that put the kai on for my son. It's all I could do.

I went back to Dunedin and straight away, I caught COVID. I had to isolate in a room for three weeks by myself, and I can't even put into words what that was like.

I was never able to grieve for my boy during the rest of that year, but as soon as I was in recovery, the grief set in. I missed him and I cried for him. How could I have stopped this? What if I didn't ring him that day? I shouldn't have asked him to come around. He would still be alive if I wasn't sick. I blamed myself for a long time. If it wasn't for my partner and the Cancer Kaiarahi Service I would never have got through it.

**“I was able to open up to the support group and I strongly believe the group saved me. I was able to kōrero about my feelings.”**

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The Cancer Kaimahi would visit me and they were incredibly supportive during my grief and recovery. While I was grieving, they mentioned a support group they were thinking of starting. I remember when I first arrived at the Cancer Support Group I was the only male and I realised it wasn't just for Maori, it was for everyone. I was able to open up to the group and I strongly believe the group saved me. I was able to kōrero about my feelings. I've been going for almost two years now and it's growing. I'd like to see it grow even more.

I've been given the all-clear now. Sometimes my mouth still goes dry and I hate that I am so skinny but I am eating now and hopefully will start gaining weight again. It's been one year since I finished treatment.

I hope to once again grow kumara. I now have tā moko all over my body that is kumara and kumara vines. I waited 30 years to get that tā moko, and I am so proud of it.



I often think about all of those that I have lost throughout my life, but I am grateful for what I still have. I appreciate the little things in life and I am looking forward to a cancer-free future.





# My Story

Tracy Peterson

# YOU DON'T HAVE TO BE SYMPTOMATIC TO HAVE CANCER

## CANCER KAIARAHĪ SERVICE

**Five years ago I was diagnosed with breast cancer and life has been a whirlwind ever since, but with the support of the Cancer Kaiarahi Service and Support Group I feel uplifted, connected and supported.**

I have lost a lot of people in my life to cancer.

My mother, my nana and my great grandmother all suffered from bowel cancer, and my beautiful two-year-old grandson was diagnosed with brain cancer, which spread to his spine. All of these amazing people in my life have lost their battles with cancer.

Then, on 19 July 2019, I was diagnosed with breast cancer. I was shocked because I had no symptoms at all, I had no changes to my breast, and couldn't feel any lumps.

I had been having bloods done at a doctor practice with nurses every first Monday of the month 3 monthly for diabetes. I missed an appointment and went on a Tuesday (I believe my grandson was watching over me to go to this new nurse) where I had a locum nurse. I had been going to this GP for some years and had not had mammogram mentioned, nor had I requested, as I was at least 2 years overdue.

This angel nurse saved my life as she asked about mammogram screening and I was very blasé about it, but agreed to be added to the register.

I hadn't really thought about going for a mammogram because I hadn't felt any lumps and I wasn't sick. But, following the mammogram I was asked to have an ultrasound and I just knew something wasn't right.

Soon after the surgeon called me in to tell me I had tumours in my left breast and that it had spread to my lymph nodes.

I still had no symptoms. Absolutely none. It turned out the lumps were so deep I

would never have noticed them. It wouldn't have been such a huge shock if I had been told I had bowel cancer since it runs in my family, but I never expected this.

I had a single mastectomy but soon after I got really sick and it was discovered I had developed an infection and sepsis. I had to then have another surgery to remove the infection and this has left me with a heart condition.

I went through hormone treatment and 21 rounds of radiation, but even still I was feeling anxious about my remaining breast in case I developed more cancer.

At this time I was living in Christchurch with no support system. I went through all of this on my own but I knew I was strong enough to cope.

I moved to Invercargill and, in February of this year, I got the call I had been waiting for. I was booked in for my second mastectomy.

In 2021 I was scrolling through Facebook and seen a post about lymphatic drainage, which I responded too. I was then contacted by a member of Southland Breast Cancer support group where I was fortunate to meet Terina who posted about a new Cancer Support Group through Ngā Kete Mātauranga Pounamu.

This led me to the Ngā Kete Cancer Kaiarahi Service. I had no idea a service like this was even available and I remember being so shy when I first went to the group. There were a lot of tears and hugs, and some yummy baking. Thanks Barb.

**“There would be days I'd be suffering from anxiety but after getting to the group I would completely forget about it. I would be lost without this group.”**

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Two years on and I have only missed one week, and the group has become like family to me. There would be days I'd be suffering from anxiety but after getting to the group I would completely forget about it. I would be lost without this group.

We have been lucky enough, as a group, to attend fortnightly meetings, been invited to hui through the Cancer Society and Andrea Jerry-Ryan in Invercargill and Gore, Race4life where we got to participate in the most amazing activities - motorbike rides, race car laps, and helicopter rides over the very bottom of the South Island. We were very spoilt that day, it was a bit overwhelming, and something we still discuss regularly.

We are a diverse group in different stages of our journey but the one thing we have in common is our care and support for each other and the care we receive from the amazing supportive Nga Kete staff. No question is ever a silly question.

Through the group, I met the Cancer Kaiarahi kaimahi and they have been

incredibly helpful and supportive.

I was so used to going through this on my own, so when it came time for my third surgery I was planning on hiring a taxi but the kaimahi told me not to be so silly and was promptly at my door ready to take me. She had even picked some flowers from her garden to put a smile on my face.

I honestly don't know how to explain what the support has meant to me; there are no words to describe how thankful I am.

Sometimes she'll even ring just to check in on me and really takes the time to support me.

While I will still have hormone treatment for the next two years, I have now been given the all-clear and can finally move on with my life.

I just want to highlight how important it is to make sure you're up to date with all of your health checks. Just because you have no symptoms, it doesn't mean you don't have cancer.



# My Story

Mike Rewita

# A SORE CHEST LED TO BOWEL CANCER

## CANCER KAIARAHĪ SERVICE

**A sore chest led to a bowel cancer diagnosis three years ago and, while I don't know how long I have left, I refuse to let it get me down and I am enjoying my life. I also feel lucky to have had a huge amount of support from the Ngā Kete Cancer Kaiarahi Service, hospital nurses, and Hospice.**

I have had a wonderful life. I grew up in the North Island with my four sisters and two brothers before moving South.

I love it down here. I have met tons of people and I enjoy the slower lifestyle. My children are all grown now – four girls and one boy.

One day I was busy working when my chest started getting sore. I went to see my doctor and he knew, straight away, that it was cancer based off the questions he was asking me.

Soon after I was diagnosed with bowel cancer. I think I was numb because I didn't take it in and I just carried on as normal. But, before I knew it, I was being sent to appointments at hospitals across the South Island and it finally hit me. What am I going through? How could I have cancer? Will this be the end of me?

I hid myself away from everyone and tried to pretend it wasn't happening but I was so sick from the chemotherapy I couldn't eat and I would sleep most days on my couch. Everything tasted like cardboard and I couldn't have cold drinks. I lost a ton of weight and still, I continued to ignore everyone.

I've had chemotherapy, radiation, and three operations. One of those operations was to insert a port in my upper chest.

My mindset around my cancer journey started to change and I realised hiding myself away from everyone was the worst thing I could do. I needed the support and I noticed once I started talking to people about it, I started feeling better about what was happening to me.

Since then, I have a completely different outlook. I don't worry about the cancer, I

know it's there but I don't let it get me down because I am still living my life. I get out there, I talk to people, I go for rides on my motorbike and I spend time with friends and family.

Throughout the journey I was referred to the Ngā Kete Cancer Kaiarahi Service from the hospital. They have been a massive help to me. They often ring me to see how I'm doing and to ask if I need anything. They have been a huge support. The service also run a support group for people affected by cancer and I have been attending that. I find it helpful and the guest speakers very informative.

Once they even organised a cleaner for me to come in and do the things I couldn't when I was really unwell and that was a huge help!

Knowing the support of the service and the group is there has been an amazing feeling. I know I can talk to them whenever I need to.

It's been three years now since my diagnosis and one year since I was told I only had 3-6 months to live. But, the tumour has since shrunk and I am taking a lower dose of chemotherapy. I don't worry about when I might die. It could be today, or it could be in 20 years but I'm just happy to live my life and enjoy the time I do have.

**“I have been so lucky with the wrap-around support from the nurses, Hospice, Ngā Kete, everyone! It's like another family to me and I appreciate all of them, and all they have done for me.”**

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# My Story

Lynn West



# A FLU LED TO THE DISCOVERY OF CANCER

## CANCER KAIARAHİ SERVICE

**Four years ago I was suffering from a nasty flu, which ended up saving my life. That flu led to early detection of cancer. Throughout my treatment there were some days I didn't think I would make it to see the following day. The Ngā Kete Cancer Kaiarahi Service were a huge support and feel like whānau to me now.**

Suffering from a nasty bout of the flu, I went to see my doctor who sent me to the hospital.

This happened right around the time COVID entered the country and, due to this, I was placed into a tent for around seven weeks. I continued to get weaker, which concerned the doctors so much they sent me for a CT scan.

That scan showed I had cancer on the inside of my body near my hips. I was so shocked by the diagnosis, I had no idea I had cancer. If it wasn't for the flu, I don't know how I would have found out and, due to the early detection, it saved my life.

Soon after, my son took me to Dunedin to get a biopsy, and later a doctor told me if I didn't start chemotherapy, I would be dead within two months.

That was a huge scare! I didn't hesitate. I immediately started my chemotherapy. I had chemo every Thursday of every third week for around seven months, and I can't even begin to describe how ill I was during this time.

I was sick every day, lying on the couch, and sleeping a lot during the day. I could barely eat and I dropped to 58kg. I was just skin and bone. I also got thrush throughout my mouth and that made eating even harder.

It was a hell of a ride. It's so hard to describe what it was like going through treatment. I didn't know if it would be a good day or a bad day. Would I be alive tomorrow? My mind continuously travelled all over the place, but I just couldn't stop it.

My daughter helped me to refer to the Cancer Kaiarahi Service at Ngā Kete, and they were with me throughout my entire treatment.

I remember that I could barely walk, and they would come to my house, help get me up, help me to the car, take me to my appointments and bring me back home again.

It was amazing to have their support. I can't even put it into words. The Kaimahi, as well as the nurse from hospital, kept me going. They are like whānau to me now. I know I can ring them whenever I need.

One of the kaimahi even took me to Dunedin for my radiation treatment, following chemo. She organised the entire thing including my accommodation at Daffodil House. Radiation wasn't as bad as chemotherapy, although I suffered from numb hands and feet for a long time. I still managed to have a few laughs during this time. I remember thinking, I've never sat around and drunk a ton of water with a group of men!

I have really struggled to talk about what I have been through, so I was grateful when the kaimahi introduced me to the Cancer Support Group. I found it helpful to talk to people who had been through the same as I had. I still enjoy attending the group every fortnight. As well, I am also part of the Kaumātua group every Wednesday at Te Tomairangi Marae.

I love being a part of it. Taurite Tū (strength and balance class) has been helpful for me, and I love being part of the ukulele group. It gives me a reason to get out of the house, which is great for me because I enjoy getting out and doing different things.

**“At my latest specialist appointment I was told the cancer is gone, and I feel lucky that part of my life is over. Now I can focus on the future. I feel so grateful to have had the support of Barbara and Jo, and the nurses at both Southland and Dunedin Hospitals.”**

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# FAMILY FUN DAY

Fun sunny day at PIACT, celebrating family, having a lovely time, health checks, games, bouncy castles and glorious food.







# NKMP SERVICE: TE WAKA TUHONO



# TE WAKA TUHONO

Te Waka Tuhono aims to build cultural resiliency and wellbeing for young Māori aged 12-17 years.

Engaging in Maori practices such as Mara Kai, Waka Ama, Waka Toi, Ngahere Hikoi, and Noho Wananga. These alongside many other aspects of Te Ao Maori can resource young rangatahi to become more resilient, make better choices and establish strong cultural connections.

The service aims to empower our Rangatahi to stand proud in their identity as Māori.  
Kia Kaka, Kia Maia, Kia Manawanui  
Be strong, Be Brave, Be Steadfast

Along this journey with Te Waka Tuhono they will learn about their culture at a foundation level starting with whakapapa (pepeha), karakia, taku taku, haka, waiata, kemu maori, and at times they will hear kōrero from our Kaumātua on the ways of our Tūpuna. We believe that when Rangatahi are confident in their culture and identity they will thrive.

How does it work? Following the referral process, contact is made with whanau to meet Kanohi ki Kanohi (face to face) with their Rangatahi, where all information is discussed, including a camp.

Camps are run over 3 days and usually held at a local Marae, where a Powhiri or Mihi Whakatau is completed to welcome the new roopu. During this time at camp Rangatahi are provided with many opportunities to visit various sites that have some significance to Maori practices.

After completing camp the Rangatahi are able to continue with their journey by partaking in Experiential Learning Activities (ELA) over a period of 5 Weeks (post-camp). The rangatahi will get the opportunity to involve themselves in Maori practices such as Mahi Toi (Art), Hikoi (Walks), Waka Ama, Kai gathering, and more. On the completion of ELA's the rangatahi receive a Whakanui Ake (Graduation) to celebrate coming to the end of their Hikoi.

Rangatahi can also continue on with our after school programme (Te Kura Aataka) which is held on a Wednesday.

Who can refer? Referrals accepted from whānau, schools, community agencies and Rangatahi.

Location:

We are situated at 10 Yarrow Street, Invercargill

Get in touch with us today to find out more!

Phone: (03) 214 5260 or Free Phone 0800 925 242

Visit: [www.nkmp.nz](http://www.nkmp.nz)



# TEAM LEADER

**Sarah Wilson**



*Ko wai au?  
Ko Matawhaura raua  
Kahuranaki nga maunga  
Ko Rotoiti te roto raua  
poukawa te waiu  
ko Ngati Pikiau raua Ngati  
Kuhungunu ki Heretaunga  
nga iwi.  
Ko Sarah Wilson toku ingoa*

Kia ora whānau, I was born in Rotorua, and was raised at Rotoiti, Ruato bay, on the pa with my Nan as Mum and Dad always worked. I have been in Murihiku for over 40 years and have 3 grown up children and 2 moko.

My role within the Te Waka Tuhono program is team leader, camp mother and nanny to some of the Rangatahi who attend. Also to foster growth with the team and Rangatahi.

This role enables me to work alongside the team and Rangatahi in a more holistic way, planning and implementing ideas and ensuring time is managed effectively. I enjoy this mahi as it keeps me young, having young energy around but also tired as their energy can be endless at times!

I enjoy being part of a team who value being Māori and to be in an organisation that enables us to do the mahi we do.

# MANU ARATAKI

**Kim Diack**



*Ko Taranaki Te Maunga  
Ko Waitotara Te Awa  
Ko Nga Rauru Te Iwi  
No Waihopai ahau*

*Kia ora te whānau, my  
name is Kim Diack, I am a  
born and bred  
Southlander, and have lived  
most of my life in Waihopai.*

I am a father to 2 sons and 1 daughter, who keep me very busy and broke. I come from a close whanau structure, where we laugh and take the mickey out of each other.

My role within the Te Waka Tuhono team is as the Manu-Arataki, which consists of initial communication and supporting the Rangatahi with their goals and aspirations. I support the team in all events and activities.

As a father, I find it rewarding interacting with the Rangatahi on the programme. This role means being a support person to our Rangatahi. This can include referring to other organisations or internally within Ngā Kete. The role gives me a sense of satisfaction around supporting our Rangatahi to set and achieve goals during their time with us.

The most enjoyable aspect of my job is watching our Rangatahi thrive, and going from being quiet and shy to confident young adults with purpose. There is no better feeling!

# TWT KAIMAHI

Sean Morgan



*Ko Ruapehu te maunga  
Ko Whanganui te awa  
Ko Te Atihaunui a  
Paparangi, Te Arawa, Nga  
Rauru Kiihahi oku Iwi  
No Whanganui ahua*

*Kia ora e te iwi, my name is  
Sean Morgan, Born in bred  
in a small town in the North*

Island called Whanganui (also known as the River city). I moved down to Murihiku/Waihopai to study at SIT before being given the opportunity to work at Ngā Kete Mātauranga Pounamu.

My role within the Te Waka Tuhono team is Kaimahi but the awesome rangatahi call me Matua. In my own description of my role as a kaimahi, it is extra hands where needed whether that be helping the team or within the wider NKMP kaupapa.

This role/mahi is rewarding in so many ways that sometimes it doesn't feel like work. Having the space to awhi/help, support/walk alongside, watch and learn, listen, and just be, all within a Te Ao Maori kaupapa lens, is what this mahi means to me. Kai Kaha, Kai Maia, Kai Manawanui (Be Strong, Be Brave, Be Steadfast)

I enjoy all aspects of our mahi and the opportunity that we, as the Te Waka Tuhono team, can provide within the space we have been given.

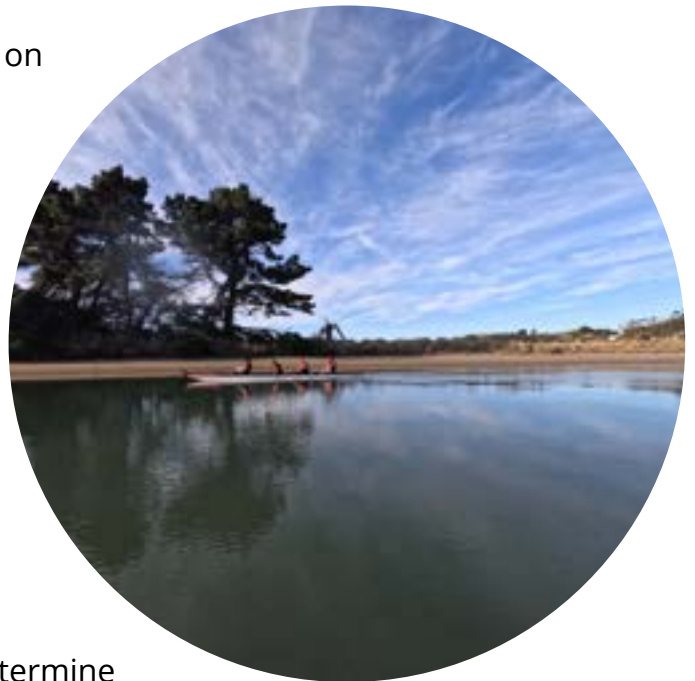
# TE WAKA TUHONO CAMP

*Our Communications, Media and Marketing manager Nicci Fowler recently joined the rangatahi on their latest camp in Waitati, a small seaside settlement in Otago, within the city limits of Dunedin. The ropu spent four days away in Waitati at Te Whare Wananga—the local whare serves as a central point for local community events and several other kaupapa Māori activities.*

Throughout the camp the Rangatahi went on multiple hikoi around Waitati and Karitane, learning about local knowledge, partaking in new and exciting experiences and taking in the fabulous scenery as we went up and down hills.

We participated in waka ama, where we crossed over the awa/lagoon to a significant cultural area to support a 200 year initiative (currently year 10) to replenish native plants on the Karitane spit.

We learnt about the purakau (stories) of the area, learnt the Māori names for the maunga there, viewed some awesome carvings done by a local man from Riverton and connected with new people whose agencies are both in Dunedin and Invercargill. We also made time on our final night to gather around the campfire to roast some marshmallows and to reflect about our time on this camp.



Although there are many factors that can determine what activities can be done, each camp differs from others and can be a place to grow, learn, gain, and just be.

Key Learnings on all camps is to ensure:

Cultural connection to Mana Whenua and Whanaungatanga with the roopu.  
Kaitiakitanga (Guardianship and Management) - Environment restoration.  
Whanaungatanga (immersing as a whānau, acting as a whānau)  
Manaakitanga (Caring for one another and sharing)  
Kotahitanga (working as one) – Team coordination, active listening, perseverance.

These are Nga pou whakahirahira o Te Waka Tuhono.

*Here's what one of the rangatahi had to say about Te Waka Tuhono and the camp:*

"I'm 15-years-old and I live in Invercargill. I am Ngai Tahu. I entered Te Waka Tuhono after I was referred from my school. I was referred because I wasn't well behaved at school.

I'm a tuakana now. I attended my first camp with Te Waka Tuhono about four months ago."

I have learnt so much since being a part of the Te Waka Tuhono service. I have learnt waiata, how to do a karakia, how to make poi and so much more. The cultural aspect has meant so much to me because I have been able to learn more about my culture and I feel more connected.

I have more energy now and it has definitely helped to keep me out of trouble. I am due to start back at school again soon.

It's like having another whānau being part of this. It has also helped me to put some goals in place. I am re-focused and back in line!"

*Another rangatahi (15 years) said being part of the service had meant so much so her because she it allows her to feel free, accepted, and comfortable in who she is.*

**"Here I can just be myself, talk free, be free. I was accepted. I was, for the first time, comfortable in a place."**

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"My life was confusing growing up. There was no structure at home, no straight line, and I never caught a break. There was always drama. It hasn't been an easy life for me.

My Dad left when I was about five. He promises me things but he never keeps them. At school I was ditching a lot and arguing with students and teachers. I wasn't communicating.

One of the Deans at school suggested a school counsellor and it was her who referred me to Te Waka Tuhono. I thought it would just be another waste of time programme – I've been in so many and none have helped.

But I thought I would try and I am so pleased I did!

At home I can't be me – I have to wear a mask – but here I can just be myself, talk free, be free. I was accepted. I was, for the first time, comfortable in a place. My space is respected, my values and wishes are respected. I love being here because it's a break from not being me. The kaimahi are always there for some great advice too!

I have learnt so much. Coming here has taught me how to be free, how to be myself, how to react to things, and I have learnt a lot of my culture which is nice because I've never been connected to it. I feel like I am now.

In the future I want to work in social welfare and do things similar to what the kaimahi at Te Waka Tuhono do. I want kids my age to feel how I felt be comfortable.

*Another rangatahi (13 years) who joined the camp is feeling more connected to her culture.*

I love the camp. It's so much fun!

I have learnt heaps about my culture, and I feel so much more connected. I am even a tuakana now!

Being a part of Te Waka Tuhono has been so important to me because my Grandad wanted me to learn more about my culture, and also to not be anything like my mother.

I have kept that promise."



# TE WAKA TAIOHIKA O MURIHIKU



Te Waka Taiohika o Murihiku!  
Recently our rangatahi kaihoe were down at the Ōreti awa doing 500m spring races. What a great day! Team Kōwhai from James Hargest College took the win today. Importantly, our rangatahi are now self steering - thanks Whaea Tra Mac!  
This was the final race in a series of races held through out the year in the lead up to Ki Uta Ki Tai Waka Ama Challenge this Labour Weekend in Te Anau.  
Ngā mihi nui to all of our volunteers and to the kaiako and all the waka whānau who help out. To our safety boaties Matua Phil Ngeru and Gaz and, Brian from the Southland Power Boat Club.







# My Story

Tina Kelland



# FINALLY WHERE I NEED TO BE

## PŪREREHUA TRANSFORMATION

**Against a backdrop of rejection and family dysfunction, life growing up was tough which led to low self-esteem and low confidence. But after engaging with Ngā Kete I feel like a whole new person with purpose, confidence and strength.**

Times were tough growing up. My mother was an alcoholic who would often choose the bottle over my brother and I, she would lie to us, and constantly fight with her boyfriend – especially if they run out of alcohol.

Home was never a nice place to be for me. I would spend most of my time riding my bike, visiting my aunt, or listening to music just to get away.

When she finally told me who my real father was I tried to have a relationship with him, but that didn't work out either. I haven't even spoken to my brother in 30 years because of the lies my mother told him, and now he's on borrowed time with a terminal cancer diagnosis.

After I left school I moved into a flat and started drinking heavily to numb myself. It wasn't long though before I realised there was more to life than that – all I had to do was look at my mess of a mother. I had boyfriends but majority were violent. It's like I couldn't escape or break the cycle.

In 2003, I enrolled with the Southern Institute of Technology to undertake Māori studies, and I was tutored by Koro Riki Cherrington. Through this I was able to ground myself and this was, my far, the best time of my life. I loved it there and being tutored by him.

Later I started working at the meat works and while there I met a man and we had a baby. She had a few issues as a youngster but things were good and I just loved being a mother. Unfortunately the relationship with her father fell over and he moved to Christchurch when our daughter was one.

On top of this I had damaged my knee in a motorbike accident and later ended up in hospital in agony with swollen legs. I was later diagnosed with arthritis throughout my entire body and Fibromyalgia – a chronic long-lasting disorder that

causes pain and tenderness throughout the body as well as fatigue and trouble sleeping. This condition cannot be cured.

I met a social worker who supported me and later, when she started working at Ngā Kete Matauranga Pounamu Charitable Trust, she introduced me to Te Rourou Pai Oranga (Nutrition Programme) and Taputapu Mātua (Parenting Programme).

These programmes were amazing. I learnt so much and made new friends along the way. I learnt how to cook good food, and how to use everything in the fridge and cupboard so there was no wastage. The parenting programme taught me different tips and tricks and it brought me closer to my daughter. Our relationship improved and I felt I could understand her more.

That was the beginning of my journey with Ngā Kete, and they have been supporting me ever since. I was referred to the Pūrerehua Transformation Service and the kaimahi has been incredible. She supported me as I was starting my business, Te Whare Poi, and she was always there if I needed to talk. Often I would walk in with my head down, but I would always leave with my head held high. I could talk to her about anything!

I also started seeing a Mahana addiction and mental health counsellor, and she allowed me vent about my mother, and things in my past I had been holding on to. She gave me sound advice and continued to support me with things that are happening in my life now.

All of the kaimahi at Ngā Kete that have supported me have helped me to become a stronger person. They have helped with parenting, cooking, self-strength, self-belief, my confidence is higher than ever and I feel I am finally strong enough to deal with past and current traumas. My business is finally establishing and I have enrolled with SIT to do my business papers next year.

I am so grateful for the support and I feel like I am finally where I need to be in my life.





# WE LOVE MEETING PEOPLE AND NETWORKING

Top: A fabulous networking hui with PACT at our Tūmanako Oranga Wellness Centre.



Middle: A wonderful hui with the Waihopai Kaumatua Coffee Club at Tūmanako Oranga Wellness Centre.

Bottom: Hui with Hapai Te Hauora National SUDI Prevention and Jasmine Graham Hapai Te Hauora Tobacco Control Manager held at Awarua Whanau Service.





# APPLE CRUMBLE

## Ingredients

4 medium apples, grated  
75gms butter  
1/2 cup flour  
1/3 cup sugar  
1/2 cup rolled oats  
1 tsp cinnamon  
1 tsp mixed spice

## Method

Grate apple and place in an oven proof dish.

Put the flour, sugar, rolled oats, cinnamon and mixed spice together in a bowl. Soften butter just enough to rub it through the flour mix with your fingertips until it resembles breadcrumbs.

Top cooked apple with the crumble mix and bake at 180 for 30 mins or until golden brown.

Let crumble sit for a minute or two and serve hot with ice-cream or custard.

## Notes

Any type of fruit can be used for this recipe. Make a double batch of crumble mix and freeze for another time

# 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](http://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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Monday to Friday 9am to 5pm

Late nights by appointment Mon & Tue to 7pm