

KIA HIWARA

NGĀ KETE MĀTAURANGA POUNAMU NEWSLETTER

December 2024 Vol. 23

nkmp
NGA KETE MATAURANGA POUNAMU
CHARITABLE TRUST



Meri Kirihimete!



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KI UTA KI TAI 2024

The fifth annual Ki Uta Ki Tai Waka Challenge took place on Saturday 26th October 2024



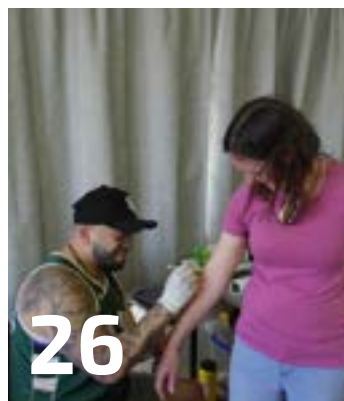
DIWALI & KUKUR TIHAR

Two vibrant South Asian festivals were held recently at the Te Anau Event Centre Hall



RANGATAHI ZONE

Read all about Rangatahi Zone 2024 held in Bluff



MOKO HAUORA

This wānaka was organised in response to a need expressed by whānau living on Rakiura

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Tūmanako Oranga Wellness Centre
Hiwa-i-te-rangi (Addiction Service)
Manawa Ora (Community Withdrawal Service)
Crisis Respite and Advocacy
Kōrari Māori Public Health
Te Waka Tuhono (Rangatahi Programme)
Southern Stop Smoking Service (Regional)
He Puna Waiora Wellness Centre (GP Practice)
Rongoa
He Puna Waiora Wellness Pharmacy
COVID Vaccination and Testing
Tōku Oranga (Mental Health and Social Needs)
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

Head Office:

92 Spey Street, Invercargill

Dunedin Office:

Level 5, Evan Parry House, 43 Princes Street, Dunedin

Te Waka Tuhono:

10 Yarrow Street, Invercargill

Tui Ora Services & Rongoa:

74 Don Street, Invercargill

Tūmanako Oranga:

56 Thomson Street, Invercargill

Open Hours:

Invercargill

Monday-Tuesday
9am-7pm

Wednesday-Friday
9am-5pm

Dunedin

Monday-Friday
9am-5pm



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Web: www.nkmp.nz



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

FROM THE CEO

TRACEY WRIGHT-TAWHA



Kia ora koutou

Wishing you and your whānau and friends, a relaxing and fun, Merry Christmas.

Christmas means different things to different people but for many it represents a festive holiday that commemorates the birth of Jesus Christ. It's a time for joy, love, and giving. People often gather with family and friends, exchange gifts, enjoy special meals, and participate in traditions like decorating Christmas trees and singing carols.

Christmas represents for me a time to pause, to reflect and remember the many things in life, I am grateful for. It's also a time I relish as the weather is warmer, the garden is growing and my tomatoes start to ripen! But overall it's a time to be with whānau and do those projects that you can be hard pressed to find time for.

Whatever you do these holidays, I trust you find joy and can make some new memories. When my children were much younger we did lots of fun things that didn't cost money – went to the beach, made sand castles and paddled, played daily at Queens park, went for bush walks at Thompson Bush, did crafts from items I had at home, created chalk pictures on the fence (washes off) and we baked together, which was such fun. My kids loved story times and making huts – all focused on sharing 'time' which is what we remember most fondly.

Some of the stressors of Christmas is worrying about the financial burden, or in balancing work with the kids being on holiday and so forth. Come up with a whānau plan. One year we put a limit on how much to spend on a present, another year we decided that presents would be handmade. Every year we all contribute to the Christmas lunch and take a dish, we have planned for. Spread the load and in at the same time, the love and reduce the stress, so you can enter the New Year not feeling financially overwhelmed.

You will find all the national emergency contact numbers on our website www.nkmp.nz so you can reach out when you need to. Our Christmas open hours are on the next page of this newsletter.

Wherever you may be the staff, management and Board of Ngā Kete Mātauranga Pounamu wish you season greetings. We thank you for choosing us as a service provider and we look forward to being of service in 2025 – our quarter century birthday.

Tracey Wright-Tawha
NKMP CEO

Ngā Kete Holiday Opening Hours

All Services/Offices

(except He Puna Waiora)

Closed from midday Monday 23

December 2024

Re-open on Monday 06 January 2025

*The Southern Stop Smoking Service will
re-open on Monday 13 January 2023

**Spey Street (Level 1),
He Puna Waiora Wellness Centre, and
Bluff Community Medical Centre
(2 Tone Street, Bluff)**

Our GP Practices will be open
throughout Christmas/New Year, but will
be closed on statutory holidays: 25, 26
December 2024, 01 and 02 January 2025

Contact us

Phone: (03) 214 5260 or free phone 0800
925 242

Email: admin@nkmp.nz

Web: www.nkmp.nz

Emergency Numbers are listed on our
website

Meri Kirihimete!

Our Numbers: 2023-2024

ENCOUNTERS/ENGAGEMENT WITH CLIENTS: OVERALL 82,390

297

RESTORATIVE JUSTICE & TE PAE ORANGA



2188

STOP SMOKING



1385

RONGOA



98

MANAWA ORA COMMUNITY WITHDRAWAL



494

TUI ORA



581

TŌKU ORANGA



6184

MAHANA



526

CRISIS RESPITE AND ADVOCACY



70,637

HE PUNA WAIORA WELLNESS CENTRE



2399

PEOPLE ATTENDED 353 NKMP GROUPS





Tangata Whai Ora Thoughts

“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.”

“The support of the kaimahi and 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.”

“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. I will be forever grateful.”

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

“The navigator has taught me how to be a proper civilian, how to talk to people properly and not always respond with violence. He has also taught me how to put myself first for once... Coming down here, I feel spiritually connected. Being around NKMP and having this service wrap around me in the way that it has – I haven't felt like this before. It has empowered me and my mind-set around so many things is changing. Without this service, I know I would have fallen back off the rails.”



KAIMAHI AT MAHI 2024





KAIMAHI AT MAHI 2024





**HAVING FUN FREE FROM
FINANCIAL WORRIES THIS
CHRISTMAS**

While Christmas can be a time of joy, it can also be a time of stress and financial pressure, but it doesn't have to be. Check out these tips and tricks below:

Get creative with your gift giving

There's nothing more personal and heartfelt than receiving a home-made gift. Baked goods like Christmas biscuits, homemade spreads, pickles or jams. If you're crafty, you could Crochet, knit, or build gifts. Volunteering your time as a gift is a great way to save money. It could be a "voucher" to wash somebody's car, babysit or help out with something else. Or you could organise an outing or adventure so you get to spend quality time with your loved ones. Try having a look around op-shops for quirky and original gifts (old antique biscuit tins/jars, tea-cup and saucers, crotchet blankets, vintage handbags). Maybe you could upcycle by passing on your own preloved books, toys and clothes to another family, this will help the environment as well.

Bring a plate

If you're hosting Christmas lunch or dinner, ask your guests to bring a contribution. It's a good idea to make a list and tell your guests what you'd like them to bring. This will help with the planning and enable you to keep your costs down and in turn alleviate any pressure to provide everything. It will make them feel good to be able to bring something and save you time in the kitchen.

Use the kids' artwork for wrapping paper or gifts

We all have a pile of the kid's art work we have accumulated over the year, so why not put it to good use and use it as wrapping paper, the grandparents would love it! You could also purchase an inexpensive frame and give it as a present. Commercial wrapping paper is very expensive so keep the large pieces to re-use or be creative with wrapping.

Secret Santa

If you're having a large family gathering, suggest a Secret Santa. This involves each person buying one present for a randomly selected member of the family. It's a good idea to put a price limit on the present as it helps keep the cost down. It's amazing what you can buy for under \$20, or even \$10, and everyone will love the challenge.

De-clutter and sell

Gather up all the toys, clothes and other things around the house you don't use, wear or need anymore and sell them online. Not only will you make some money, it gives you a chance to have a clear out and de-clutter the house, whilst making room for the new. Just remember, someone's trash, is someone else's treasure.

Take advantage of sales

Keep an eye out for sales and discounts. This can save you quite a bit of money. Remember to stick to a shopping list to avoid impulse buys. Buy within your means and try not to be tempted by Afterpay or any other BNPL (buy now pay later) - it all adds up quickly and it's not fun having 2 months where you are paying these debts back.

Acts of Kindness

Not everybody has whanau or friends to celebrate Christmas with. This can be a sad and hard time for people who have lost loved ones or those alone. It's a time to reach out to those in need, through charity work or simple acts of kindness. Spread the love, that's the best gift of all.

Planning ahead for next year

Planning is everything. In preparation for Christmas next year, sit down and write a list of costs associated with Christmas - this applies to presents, kai and trips away. To get ahead of worrying about the cost of kai, think about starting a weekly Christmas savings account - Pak'n'Save Xmas Club has a bonus system where you earn interest on what is being contributed, you can start as early as you like. Come December you have a lump sum amount to spend on groceries and in turn frees up money in the budget for other expenses. Try to pay extra on home expenses (power, rent, heating), so you are "in credit" in December. This allows for December payment to be skipped/part paid, and the surplus money can be spent elsewhere. If you can, plan ahead and buy Christmas gifts gradually throughout the year. That way you can find special things cheaply and in your own time rather than rushing at the last minute and adding to the cost - and the stress.

Christmas isn't all about gift giving, it's multi-faceted, rich in traditions and meanings. Faith, family and togetherness, cultural traditions, reflection and renewal is what is most important. Don't get carried away worrying about gifts. Less is more and it's all about making memories.

Meri Kirihimete whānau, to one and all.

Rachel Robinson
Building Financial Capability Plus Kahukura



TIPS TO REMAIN SMOKEFREE DURING THE FESTIVE SEASON

My tip to remain smoke free during this festive season is to get out and about if you can.

Remember you have worked hard to get to where you are. Use your tools to keep you on track! You got this!!!
Kia ora koutou katoa.

As we head to the end of another busy year, I would like to thank everyone that we have had the privilege to meet this year. Without you, we would not be able to do what we do. The team and I appreciate you all.

I hope you have a peaceful and restful Christmas and New Year spent with the ones that matter to you.

Meri kirihimete me te tau hou.

Nga mihi,
Teina Wilmshurst
Southern Stop Smoking Service
Manager





My tip for all our wonderful clients would be to keep using the product every day, make sure you put an extra patch on for the days you have some alcohol, or get a vape. Try to keep yourself busy. You can always contact quit line for someone to talk to in the meantime. It has been a great year getting to know our new coaches that have jumped on board this year. I look forward to seeing you all more next year and keep smashing our goals.



I am grateful to work in a role that allows me to work alongside people to support them stopping smoking. A tip for the holiday season, if you find yourself with some extra time on your hands, this time of the year can be a good time to start a new hobby that keeps your mind and hands busy while gaining a new skill. Also making sure if going away to take plenty of NRT products and keeping consistent with them.



Tip for the holidays: Avoid triggers and make a plan on how you'll deal with them. Being consistent with using NRTs will make your smoke free journey easier. I am sincerely grateful to be part of a great team at Southern Stop Smoking. 2024 has been a year of learning and overcoming challenges whilst supporting our clients/whānau extensively to be smoke free.



Remember when cravings come they generally only last a few minutes. So use the NRT, hang tough and you can get through it. Wishing everyone to be safe and well this Christmas.



My tip to continuing your smoke-free journey over the festive season is to liaise with your Stop Smoking Coach to make sure you have enough NRT products to get you through and perhaps identify any triggers or stresses and come up with a plan with your support crew to help you maintain your goals. I am proud & privileged to have joined such an important kaupapa this year. Pretty new to the team and enjoying every moment.



A tip for surviving the holidays : It can be helpful to draw strength by taking a moment to remember your original reasons for quitting smoking and to look back on how you have achieved your smoke-free goals. Working in the Southern Stop Smoking Service team and being able to walk alongside clients to support their 2024 smoke-free goals has been a privilege.



I recommend talking to your loved ones prior to parties and celebrations about your stop smoking goal, you may be surprised how much they will support you and make things easier. Mā tini mā mano ka rapa te whai.



What is a Stop Smoking Coach?

A free and qualified Stop Smoking Coach can:

- Help you plan to get everything you need in place.
- Advise you about vaping or using nicotine replacement (gum, patches and lozenges) and medications.
- Provide you with free nicotine replacement.
- Be there to help you through when things get tough.



Stop Smoking Coach Sandra Chalmers



- North Otago
- Central Otago
- Otago
- Lakes District
- South Otago
- Central, Western, Northern Southland
- Invercargill Metro

HOW TO REFER:

Phone: (03) 214 5260

Free Phone: 0800 925 242

Email us: admin@stopsmoking.nz

Submit your referral online:

www.kaitahu.maori.nz/online-referrals.html

ERMS: Nga Kete Maturanga Pounamu Charitable Trust

**LATEST NKMP
NEWS**



KI UTA KI TAI 2024

The fifth annual Ki Uta Ki Tai Waka Challenge took place on Saturday 26th October 2024, marking a significant milestone for this beloved whānau event. Held on the Saturday of Labour weekend since 2020, the challenge has always aimed to enhance hauora (well-being) by bringing people together, connecting whānau to te taiao (the natural environment), and encouraging greater participation in physical activity through waka ama. Over 300 whānau attended and travelled from all across the mōtu, including from Wanganui, Hokitika, Tāhuna, Ōtepoti, Waihōpai, Te Anau and Alexandra.

Despite facing the wettest and coldest conditions in the event's history, over 35 teams braved the elements to paddle across various race distances on Lake Te Anau, including the 1.5km and 3km rangatahi sprints, as well as the 5km, 10km, and 15km races for W1, W2, and W6 canoes. This year saw the largest amount of rangatahi entries to date, for many this was their first big event. In addition to the exciting races, the event featured a market promoting health and education, with food stalls and local whānau businesses showcasing their taonga. A special prize giving was held to celebrate five years of Ki Uta Ki Tai and honour the winners.

The 2024 Ki Uta Ki Tai Waka Challenge was a memorable and successful event that fostered whakawhanaungatanga, cultural identity, and a sense of well-being for all who attended. Ki Uta Ki Tai is organised by Kōrari, the Māori Public Health team at NKMP, in partnership with Ōraka Aparima Rūnaka.

Ngā mihi nui kia koutou:

Kōrari would like to extend their gratitude to the following individuals and groups who made this event possible:

Whaea Tracey & NKMP kaimahi

TraMac, Gaz, Brett, Matua Phil, Gossy, Deli & Janine

Te Ara a Kewa Waka Ama whānau

Ross and Te Piritahi a Rua Waka Ama whānau

Te Waka Taiohika o Murihiku whānau

Te Anau Events & Fiordland Outdoors

Event Statistics:

Ethnicity Breakdown: 47% Māori, 41% NZ European, 5% Cook Island

Age range: 13 years to 65+ years

94.1% of surveyed whānau said the event made them feel more connected to the natural environment.

88.2% enjoyed reconnecting with other waka ama clubs and meeting new people.

82.3% enjoyed competing alongside their waka ama clubs at the event.



"Watching the Rangatahi races. Heart filling moments".

"The culture and the teaching are amazing. It's a beautiful event that passes on stories, knowledge, and a love for the sport from one generation to the next!"

"The course was great! I felt safe, and it was nice to see other teams as we paddled back and forth. The gear loan was fantastic—tena koe. It was awesome to see so many teams and new clubs. The BBQ dinner was delicious, and the band was wicked. Great vibes all around."

"Absolutely loved it! It was my first time attending and competing, and it was an awesome experience! The hosts did a fantastic job and should be proud of providing such an amazing opportunity for both rangatahi and pākeke to be part of this kaupapa. It was beautiful to see all the rangatahi showing up and doing so well."

"Catching up with other paddlers and sharing experiences was the highlight for me."

"Awesome event! I walked away feeling super proud of myself, and it gave me so much confidence."





DIWALI & KUKUR TIHAR



Two vibrant South Asian festivals were held recently at the Te Anau Event Centre Hall. The event, sponsored by Ngā Kete Maturanga Pounamu Charitable Trust, celebrated Diwali – the festival of lights, and Kukur Tihar – the Nepali festival of dogs. The event included henna patterns, rangoli making (colourful patterns), indoor games, dancing and Indian snacks.





RANGATAHI ZONE 2024



On Monday, October 7th, and Tuesday, October 8th, 2024, Kōrari Māori Public Health at NKMP joined forces with Mīharo Murihiku to offer a special event focused on traditional Māori and Pasifika culture at Rangatahi Zone in Bluff. This initiative, led by the Tuurama Trust and supported by local organisations, health and social services, and businesses, aimed to provide a diverse range of activities and experiences for young people aged 10-18 years.

The event was created in response to the tragic loss of four teenage boys from Bluff and Invercargill in 2022. Over two days, Rangatahi Zone sought to bring fun, healing, inspiration, and creativity to the local youth community. The free event was designed to support and uplift young people, offering them a space for connection, self-expression, and cultural celebration.

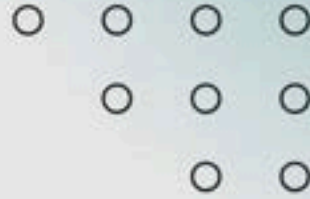
Event Highlights & Statistics:

A key feature of the event was the traditional portraits, which served to strengthen cultural identity and enhance the mana of participants. Ninety-nine rangatahi were styled in traditional Māori and Pasifika clothing, adorned with taonga, and painted with kanohi moko (traditional facial tattoos). Of those photographed, 74% identified as Māori, and 5% identified as Pasifika.

Alongside the portraits, a well-being survey was conducted to gather insights into the rangatahi's experiences and support networks. The results revealed that young people often turn to friends and whānau when they are worried and feel a strong sense of belonging within sports, kapa haka, and other youth groups. This event not only celebrated culture but also reinforced the importance of connection and community in the well-being of young people.



WORKING TOGETHER



From 02 December 2024, The Bluff Community Medical Centre is under new management.

What does that mean for you?

There will be no changes at the Community Centre. The staff will continue to maintain high quality service care.

New services will be introduced in due course.

For more information:

CONTACT US

**Bluff - Practice
Manager**
(03) 212 7337

Ngā Kete - CEO
(03) 214 5260



Bluff Community Medical Centre

Meet the Team



Dr Vicky Bickford



Dr Kate MacNaughton



Dr Taz Fujino



Gill Fewster
Registered Nurse



Anne-Marie Owen
Registered Nurse



Simon Appleby
Registered Nurse



Julie Goldsworthy
*Enrolled Nurse/
Phlebotomist*



Yvonne Pickford
Practice Manager



Justine Bourke
*Receptionist/Admin
Support*



Emily Hansen
Receptionist

Tōku Oranga Team



Sandy Ewers
Health Improvement Practitioner



Stacy Poutasi
Health Coach



Nama Sekone-Fraser
Community Support Worker

MOKO HAUORA KI RAKIURA

In November, Kōrari, the Māori Public Health team, travelled to Rakiura (Stewart Island) alongside Ringa Tā Jay Davis (Te Ati Haunui a Paparangi) and Renata Karena (Ngāi Tahu, Ngāti Kahungunu, Te Apouri) to hold the second tā moko wānaka of the year, marking the first tā moko wānaka on Rakiura in some time.

This wānaka was organised in response to a need expressed by whānau living on the island. The wānaka took place on November 9th and 10th, aiming to strengthen cultural identity and enhance whānau wellbeing. Twelve kaiwhiwhi (recipients) received tā moko, including seven from the extended Davis whānau who reside on the island.

Kōrari Manager Karina Davis-Marsden shared, "Bringing moko to the island not only brought whānau home but also connected them to their whakapapa and to who they are as Rakiura Māori."

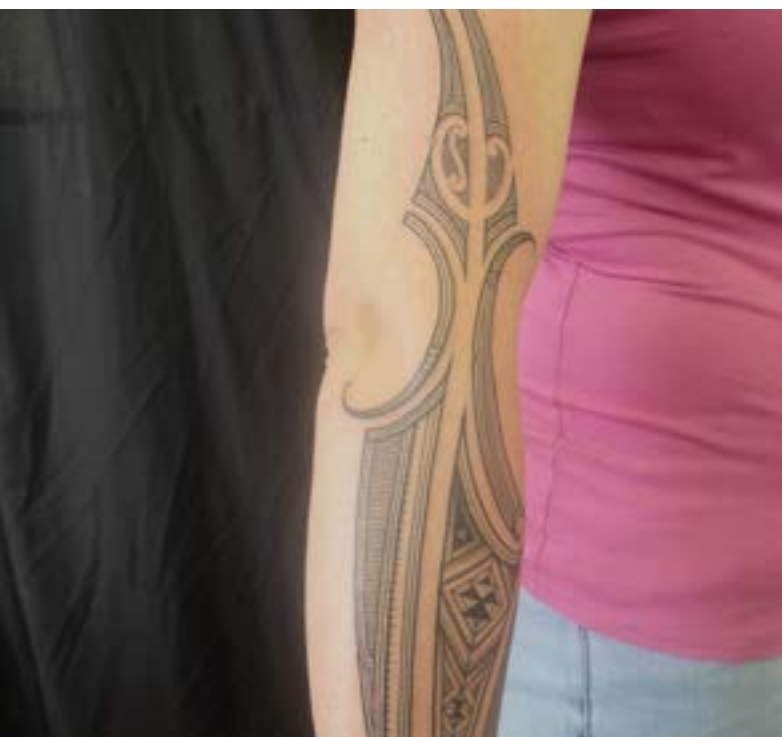
One recipient, the first wāhine in her whānau for many generations to receive moko kauae, inspired her whānau to travel to Rakiura, many of them visiting for the first time and stepping onto their turangawaewae.

Whakawhanaukataka played a crucial role in the success of the wānaka. Davis-Marsden added, "It was all about the connections being made around the tā moko, new relationships and networks were formed, particularly among those living on the island, helping to reduce feelings of isolation."

Lania Davis described the experience as "a bit of a dream... the wairua we felt over the weekend, the mauri, the aroha. It has been a beautiful experience, especially with so many of my whānau receiving tā moko as well... for me, tā moko is about the revival of what has been lost."

The significance of the wānaka was especially powerful for her whānau with younger sister, Petra Davis saying "receiving tā moko here on Rakiura, where I had my babies, and seeing so many of my whānau receive moko as well, has made this a very special occasion."

Kōrari would like to thank Lania and her whānau for their manaaki in delivering this kaupapa.



TE WAKA TAIOHIKA O MURIHIKU

Throughout 2024, Te Waka Taiohika o Murihiku has experienced significant growth and development, continuing to strengthen our waka ama community. A focus on tikanga such as Manaakitanga, Hauora, Whanaungatanga, Tū Tangata, and Kaitiakitanga has been central to our success. By fostering the principles of tuakana-teina, we have created a supportive and inclusive environment for all, from beginner to more advanced kaihoe. Our focus on Hauora included physical fitness sessions, tipping drills, and the provision of essential safety equipment like booties, thermals, and beanies.

Over 100 kaihoe from all Invercargill high schools have participated in the programme, including diverse groups such as Whanake House, Aparima College, James Hargest College Special Needs and Murihiku Young Persons Learning Centre (MYPLC). The programme's continued success has been highly dependent on the dedication of teachers within the schools who have championed the sport (and at times) provided transport to events. Whānau support has also been crucial, ensuring the safety of our kaihoe during training and on the water. Building a strong waka whanau has been a priority, and a key achievement has been the participation of 6 whānau members who trained and raced in the Ki Uta Ki Tai Novice Race.

All kaihoe have had the opportunity to experience different waka types, including W1, W2, W6, and W12. They have also gained experience in all positions within the waka, including calling in seats 3 and 4, and learning advanced paddling techniques such as the "uni" and "post" strokes from seats 1 and 2. Steering skills have been a focal point, with kaihoe gaining experience both on the water and through a weekend wānanga with participants from Fiordland College. As a result, we now have 5 proficient steerers, with many others developing their skills.

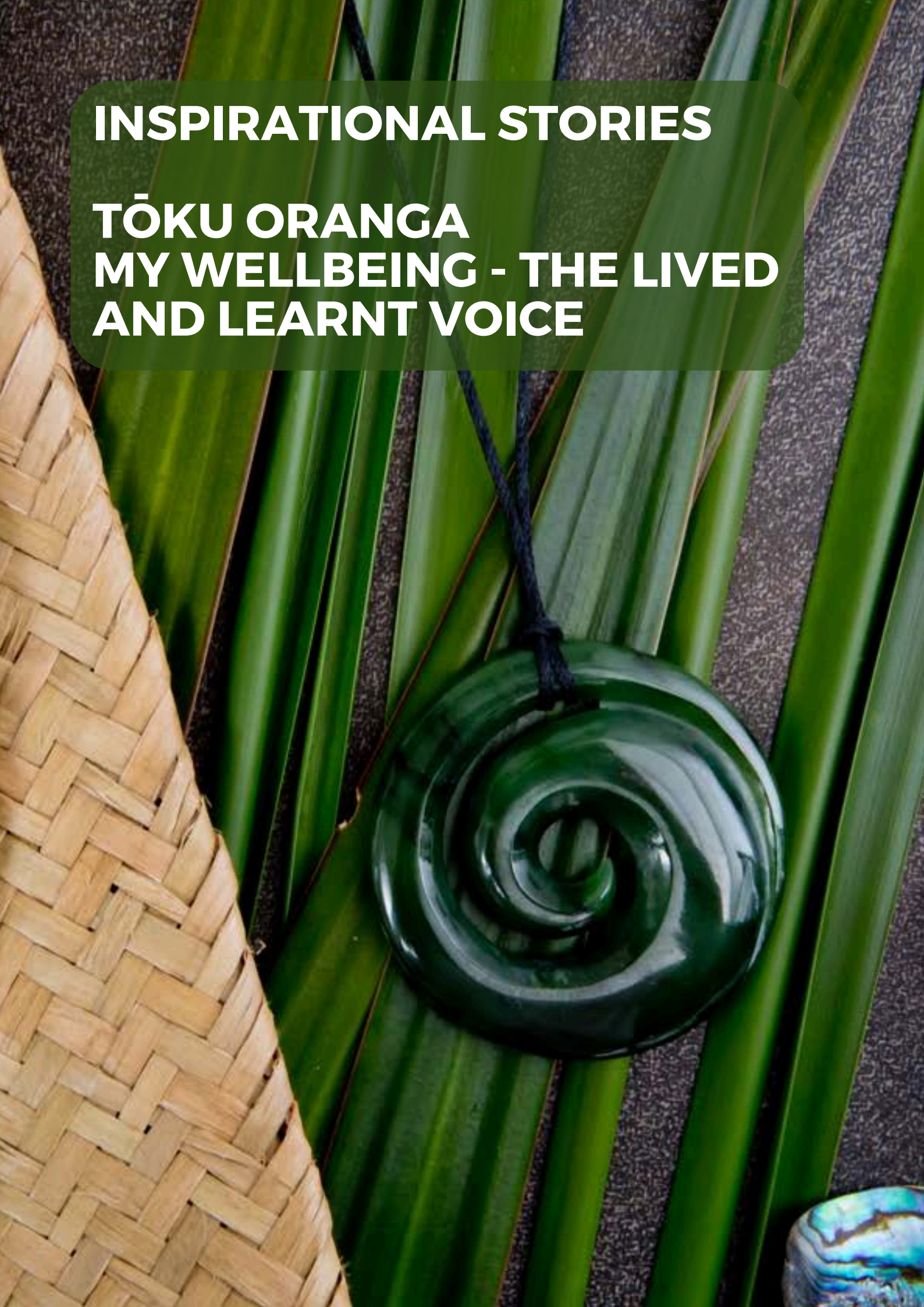
Our kaihoe also participated in two major sprint races held at the Ōreti River: the Icebreaker Challenge (Ōtepoti – Kings Birthday) and Ki Uta Ki Tai (Te Ana-au- Labour Weekend). These events provided valuable experience and allowed our teams to test their skills in a competitive environment. Of particular note, rangatahi steered for themselves at the second sprint race and, in challenging conditions, at Ki Uta Ki Tai, which was a proud moment for us all.

Looking ahead to the next year, there is significant enthusiasm from many of our more experienced kaihoe who are eager to form regular teams to train towards representing their schools and region at future events. These seasoned kaihoe are also keen to take on leadership roles, coaching new paddlers and passing on the basics of waka ama to the next generation. The continued success of Te Waka Taiohika o Murihiku is a testament to the dedication of our kaihoe, whānau, and teachers, and we look forward to another exciting year ahead.



INSPIRATIONAL STORIES

TŌKU ORANGA MY WELLBEING - THE LIVED AND LEARNT VOICE



THE WRAP AROUND SUPPORT HAS MEANT EVERYTHING

BFC+, PŪREREHUA TRANSFORMATION, TUI ORA PROGRAMMES, MAHANA MENTAL HEALTH AND ADDICTION

**This tangata whai ora wishes to remain anonymous*

In a bid to escape my messy life in the North Island, I packed up my grandson and I, and moved to Invercargill on a whim. It turned out to be one of the best things I have ever done because engaging with Ngā Kete has turned my whole life around.

My life has been messy since the day I was born. I grew up with my mother and half-sister and they both treated me poorly, often picking on me and abusing me.

I remember one time my mother was so angry with me she dragged me by my hair, threw me in a cold bath and held my head under water – with the help of my sister. She told me I deserved everything that happened to me, including when I was sexually assaulted by a boy at school.

I couldn't stay any longer so I left home and eventually moved in with a couple who adopted me. They will always be my Mum and Dad. They treated me the way a daughter should be treated. Life started improving and it was the one part of my early years I actually really enjoyed.

But the cycle of violence wasn't over for me.

I met my husband in 1997 and fell pregnant one year later. That's when the problems started. He became emotionally abusive, would cheat on me and after I had our baby he became physically violent towards me. I stayed with him because I thought that was what you were meant to do, and while we separated a couple of times we got married in 2012.

I honestly thought marrying him would change his violent behaviour but it didn't and in 2019 our divorce was finalised. During our time together we had four children and I also gained a step-daughter.

I became unwell, often forgetting to take my medication, and while I didn't realise it

at the time I was enabling bad behaviour from my children. Life became toxic again and it only escalated after I fought for full custody of my grandson. My daughter was not in a good place and it was the right thing to do.

But I started to mentally unravel. I was sick of being a doorstop for everybody and I had next to no support. So one day I decided to pack up and move my grandson and I to the bottom of the South Island.

I had never been to Invercargill and we arrived knowing no one. It was a hard transition for us and I was struggling to stay afloat financially. I started searching for budget advice and that's when I found the Building Financial Capabilities Plus Service at Ngā Kete.

The kaimahi was so helpful. She would come to my house and support me in setting up automatic payments, and made calls to get me back on my feet. She even helped to get my car payments reduced so I could cope. She enabled me to budget correctly for each week to do what I needed to do. She continues to check in on me and I'm doing great now. I am no longer stressing about money!

The kaimahi then referred me on to the Pūrerehua Transformation Service to support me in achieving my goals. I knew I needed to improve my mental health and this service did exactly that for me. The kaimahi was wonderful and seemed to know exactly what I needed. We spoke about things that interested me and I told her I loved water so she took my grandson and I to the beach, which I didn't even know was there. It was so uplifting. My grandson just ran and it was beautiful to watch, and I could just stand there, shoes off, and cry. It was healing and amazing and now we go at least once a week. Everything changed for me after that day, I can't explain it.

The kaimahi has also helped me to set up my vegetable gardens. I have several gardens now with lots of vegetables which is saving me money and enabling me to enjoy a passion. It's also great for my grandson because he can water them, watch them grow and pick things off to eat.

I was referred to the Te Rourou Pai Oranga (Nutrition) and Taputapu Mātua (Parenting) courses at Ngā Kete and I learnt so much. The parenting course taught me to listen better rather than react, and my grandson and I have a much better relationship for it. The nutrition course taught me how to make new things on a budget, and how to hide food in things. We eat so much better now and I feel so good.

I was then referred to the Mahana Southern Māori Mental Health and Addiction Service. The counsellor brought out all of my past trauma, which I had never spoken about before. Releasing all of that trauma was so healing. She gave me

some clever methods to use, explained the triangle which made so much sense to me, and then it was just working to find a new place to just be. I don't want to dwell on it, I wanted to get it out and gone, and that's exactly what I was able to do with the counsellor.

The huge amount of wraparound support has meant everything to me. I was skeptical when I heard wraparound service, but that's exactly what it's been. I don't think my grandson and I would be anywhere near where we are now if it hadn't been for the support of Ngā Kete. They have encouraged me to stand up for what I believe in, and say what I want to say, and that has made me a strong and happy person. I am who I am now because Ngā Kete helped me to get there.

What I have loved more than anything is that everyone I have worked with has been so confident I could achieve my goals, and I needed that because I was full of self-doubt.

They have shown me that with hard work you can achieve anything you want to achieve, and I am achieving all of my goals!

ENGAGING WITH NGĀ KETE HAS BEEN LIFE CHANGING TĀNE ORA

**This tangata whai ora wishes to remain anonymous*

I had a horrible, violence-filled upbringing with an abusive father, which led me to live on the streets for 14 years and commit some horrendous crimes. Violence became a way of life and I also spent 15 years in jail for a string of burglaries. But today, I am in a much better place filled with positivity and hope for the future.

I grew up with four siblings, an abusive father, and a terrified mother. My father was a big, intimidating man, an ex-boxer, who used his size, fists or vicious words to get what he wanted or to be heard.

My father would call me names in front of his friends and take me to his girlfriends houses while still married to my mother. He would often try and beat my mother up too but I would always stand in front of her to take the beating instead. Often Mum would pile us all in the car and take off, but it was only ever for a day or two and we'd be back home.

I learnt quickly to be seen and not heard. There would be trouble if there was any noise in the house and we could never have friends over because they were all scared of Dad.

At 6-years-old I was made a ward of the state through until I turned 15. I was sent to three different boys' homes, foster homes, all sorts, but I would always run away.

All before I turned 10 I was smoking, drinking, doing drugs, living mainly on the streets and committing crimes. It just became a way of life for me and it was all I knew.

I was expelled from school when I was thirteen and never went back. I continued to commit crimes and the Police threw me in Prison for a day to try and scare me but it didn't work.

By this stage I was living full-time on the street. I was sleeping wherever and carrying very little possessions. I had odd jobs – at bird aviaries, dog kennels – but I couldn't hold any of them down. I was drinking heavily, smoking cigarettes and marijuana and sniffing solvents, and my best friends were gang members.

I had my first stint in prison at 18 and as soon as I was out I was back on the streets. I really enjoyed being on the streets, I think it was my safety net, and I enjoyed looking after other homeless people.

I can't even count now how many burglaries I committed over those years. I did it out of greed and want. I had no conscience at all. I'd even commit violence on others in prison. I just didn't care. I spent a total of 15 years in prison.

My relationship with my parents never improved and in 2010 Dad passed away, followed by Mum one year later.

During my last trip to court I asked the Judge to order me to live under the bridge. While I was living under the bridge I started reading the bible again and I'd often hang out at the Salvation Army down the road.

With the support of the Salvation Army I got my license back and soon started driving the Salvation Army van picking people up and dropping them off. I really enjoyed it and I found it was getting me away from using drugs and alcohol. I had completed six programmes trying to get completely off the drugs and alcohol, but nothing up until this point had worked.

In December my brother, who was living in Invercargill, contacted me to ask what I was doing for Christmas. I told him I had some cold pizza and that would be lunch. Soon after, he brought me down to Invercargill and I moved in with him. I was still using the moment before I got on that plane, but since I've been here I've only smoked cigarettes. I completely quit everything. I don't know anyone down here, which helped, and I became involved with the Church and made lots of positive friends.

A couple of months ago I came to Ngā Kete to get a food parcel and while there I read some pamphlets and I was interested in their support. I reached out and I was put in touch with the Kaimahi at the Tāne Ora Men's Group. I joined the group and it has been so positive – I have been coming ever since.

The kaimahi is a real positive influence on me, and between him and the group I've found my confidence soaring, my awareness growing, my boundaries firmly in place, and I've also learnt basic everyday living things I didn't know before. The group has given me the opportunity to be open, talk freely and share emotions I usually wouldn't.

The Kaimahi has supported me in finding my own house, provided me with positive books, attends appointments with me, and talked with me, which is sometimes all I need. The support means so much because I still find it challenging to talk with people.

This whole thing has been a blessing to me. My relationships are better now, and I have my first Rongoa appointment soon which I am looking forward to. Being down here and engaging with Ngā Kete has been life changing for me.

I feel guilt now for all of the people I hurt, the burglaries I committed, and I have apologised to a lot of people. I finally, for the first time in my life, have a conscience.

My days of getting abused and being an abuser, drinking alcohol and smoking weed to forget – It's all behind me now. I try to be as honest as I can, especially to myself, and I'm feeling good. I am right where I'm meant to be.

**Whāia te iti kahurangi, ki te tuohu koe, me he mauka teitei.
Seek the treasures of your heart, if you bow, let it be to a lofty mountain.**

My Story

Helen-Marie
Harwood



HELEN-MARIE HARWOOD

CANCER KAIARAHĪ

All of my life I have been plagued with sinus issues, and usually a good dose of antibiotics sorts it out. But this time it was a lot more serious than that and I received a shocking cancer diagnosis. It has been a battle, but I am so privileged to have the support of my beautiful family, my workplace, and the Ngā Kete Cancer Kaiarahi Service.

My sinuses were really playing up in December last year. Usually I would go and see my doctor who would prescribe me antibiotics and the problem would disappear.

My doctor was unavailable due to the time of year so I went to see a practice nurse instead. She checked me out and told me my sinuses weren't infected and she planned to refer me to Ear, Nose and Throat.

I thought she was being ridiculous. I had lived with this issue my entire life and I knew what the problem was. It was every symptom I had always experienced during a flare-up.

Nevertheless I went to my appointment at Ear, Nose and Throat, and was told I needed a biopsy because a lump had been found on the back of my tongue. This meant a night in hospital and a week off work.

I thought this was a huge overreaction for a simple sinus problem but I went along with it because I had no choice. Never once did I think they would tell me I had cancer.

After the biopsy I was sitting at home one night when a notification popped up on my health app. It was full of big words but at the bottom it had CCd in the Cancer Registration. I was shocked and in complete denial. Surely my sinus issue wasn't cancer. I must have read it wrong.

But I didn't read it wrong, and soon after I was diagnosed with mouth, throat and gland cancer and sent to Christchurch and Dunedin Hospital for more scans. I couldn't believe it. I didn't want to believe it.

Treatment started quickly in Dunedin. Six weeks of radiation with some

chemotherapy throughout. I was told I may feel unwell during this time but I had no idea I would be so sick. I pictured having treatment and enjoying the rest of the day, but that wasn't the reality. Instead, I would spend the rest of the day nauseous and tired and, by the end of it, I was so unwell I had to stay in hospital for two weeks. I was dehydrated and dropping 1kg per day.

I was 118kg before all of this happened and I have since lost about 30kg. In any normal situation that would be amazing, but I didn't want to lose it this way, and the doctors did not want me to lose weight. Also, because of losing it so fast, I have lost muscle mass and become weak.

I was unwell for about two months after treatment. I knew I would be sick for a while, but I thought I would get my life back the way it was. Instead, I was tired, low in energy, suffered anxiety and couldn't eat much.

Things were tough during this time but I was so lucky to have the Ngā Kete Cancer Kaiarahi team step in and support me. The team would ring and text me to check in to see how I was and if I needed anything, and when I got home from treatment they would visit me regularly.

They were the team I needed, but didn't realise I needed – and still do. There's so much of this journey I couldn't have done without them. I can open up and talk to them about things I can't discuss with my family, and I feel so privileged to have them in my corner.

I can't speak highly enough of the kaimahi Barbara and Jo. There are not enough words. I have been so lucky to have the whole of Ngā Kete supporting me. The CEO has been amazing, supportive and helpful, and I have also had the incredible support of my husband Wayne, best friend Kathy, cousin Barbara, son Connor, and granddaughter Sunshyne.

I also now attend the Ngā Kete Cancer Support Group, which has been fantastic. I can openly talk to the group about my anxiety, and fear of the cancer returning and we can all relate to each others experiences. The group has been validation for me in the way that I feel, and so welcoming.

I'm getting used to the new me now and slowly coming to terms with what happened. I am grateful to all of those who supported me throughout this ordeal.



PEACH PASSIONFRUIT AND MANGO TRIFLE

Ingredients

One sponge (round, unfilled from supermarket)
One Tropical Jelly
One bottle of Barkers Peach passionfruit and mango
300ml cream
Block of Dream or Caramilk chocolate

Method

Line your dish with sponge.
Make the jelly as usual pour over the sponge ensuring that there is no dry bits.
Top with the fruit pulp.
In a bowl over a pot of boiling water, melt the chocolate.
Whip the cream.
When the chocolate is melted slowly add the cream a little at a time so that it does not go grainy.
Once combined pour over the fruit. Enjoy!

Other combinations:

Chocolate sponge
Boysenberries/ mixed fruit
Milk chocolate

Recipe from Maria Colligan-Haggart, He Puna Waiora Wellness Centre Practice Manager



Staff News and Views

Recently we celebrated the new partnership with Bluff Community Medical Practice over a lovely morning tea at Te Rau Aroha Marae prepared by the hau kainga – a joyous coming together of people committed to providing primary health care at the flax roots where people live. Keep your eye on our Facebook and website pages as in 2025 – we will be working to weave in some new service deliverables in the mighty Bluff.





Staff News and Views

S.O.A.R. Co-ordinator Jack Lovett-Hurst interviewed renowned New Zealand journalist Patrick Gower on the radio recently. Paddy discussed his journalism career, how he is touring around NZ telling his story, and more yarns!

A huge mihi to Tim Murphy (Christchurch) and Karyn Chalk (Dunedin), who travelled to Invercargill to provide a training to our NKMP staff members, as well as our Te Pae Oranga panel members and pirihiimana. Tim and Karyn both work for Stop, who work with people to reduce sexual harm in our community.





Staff News and Views

A massive thank you to Plants South, who donated tons of plants for the maara at Ngā Kete's Tūmanako Oranga Wellness Centre. We can't wait to watch these babies grow!!

We were at Takutai o Te Tītī marae with our SIT Akonga & SIT Student Services kaimahi on 12 November for a Kōrari Māori Public Health Hauora Wānanga!! The vibes were high and our Akonga were uplifted by the day..... ngā mihi nui Student Services, and our nkmp kaimahi.





TOI TOI MĀORI ART & GIFT SHOP

Thank you for supporting Toi Toi Māori Art & Gift Shop, a Ngā Kete social enterprise. All profit goes back in to supporting whānau in need.

*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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