Nau mai haere mai ki Te Mana Ora. As we find ourselves moving past the shortest day of the year towards the warmth of koanga (spring), the longer afternoons and the subtle shifts in the earth's energies are always a welcome reprieve from the cold of takurua (winter).

Winter in the Māori world, like all seasons, has its place. Matariki provides us the space and time to stay warm, to share histories, whakapapa and lament those who we have lost during the year past. He mihi aroha nui ki a rātou kua whetūrangitia, haere, haere, haere atu rā.

We also have the opportunity to look toward the coming year and to welcome those who bring new energies into our workplaces and into our whānau. In the opinion piece written by Lee Tuki, we are reminded that Public Health and Māori Health Promotion requires us to be courageous and bold. As we progress toward a more diverse and equitable society, our work requires brave people telling real life stories. The power of these experiences shapes the way we work within our communities. Stories help to build and strengthen our relationships and show that as Health Promoters and even as Team Leaders, we are not above or beyond the challenges of those we work alongside every day. We are shaped by the same forces as our communities. He waka eke noa, we are all in this together.

We thank everyone in our communities for the amazing work that you all do, and look forward to the year ahead. Ngā mihi aroha ki a koutou katoa.

If you have any comments or feedback on our Te Mana Ora ePānui please don’t hesitate to contact Aaron Hapuku at aaron.hapuku@cdhb.health.nz
Ko Au Ko Koe Ko Koe Ko Au

I am you and you are me, equality, neither superior nor inferior, same rights, different beliefs. I am the incarnation of my Tipuna, I am the quintessence of my Mokopuna – nā Manu Neho.

Kim Lee Tuki (Tutuki Te Wharau) – Tainui Waka, Ngāti Maru, Ngāti Raukawa, Ngāti Maniapoto
President: The Public Health Association of New Zealand
Team Leader: Communities Team, Canterbury DHB

Whānau: Moko, daughter, sister, cousin, niece, mother, taua, aunty, friend and a fiancée.

Stand tall and be proud of who you are. Beat off the subconscious or conscious engrained attitudes and beliefs of institutional racism. Peeling back another layer, not often spoken about, “slamming our own” (Māori to Māori). Is this institutional racism at its worst? Celebrate each other’s successes, knowing the paths to get there, haven’t been equal or easy.

I am wahine, Māori, Irish, never finished high school, came from a once were warriors home, went to 10 different schools throughout Aotearoa, and add into the mix a single parent for the largest part of my 4 children’s lives. I pretty much tick most of the boxes that could have defined who I should have been. HOWEVER I am successful, I am educated, I love my life and I make mistakes. Most of all I am eternally grateful for those who love, accept and care for me.

Holding professional positions in leadership is a wonderful journey. Unfortunately what I have personally found, is the higher up you go, the more you become a target for those who believe they should be where you are or could be doing it better. They may be right, however at that moment in time, we are each where we are.

WERO: before launching off into a battle of tearing each other down. THINK, am I adding to the Institutional Racisms for us as Māori? START supporting each other to climb out of the pit of attitudes and beliefs, holding us back and putting us down. We can be leaders who can make a difference and in doing so, contribute to changing perceptions.

YES I am a Māori gay woman, YES I stand tall and proud of who I am today. The journey to get there, hasn’t been easy or handed to me on a platter. However I hope I can be an inspiration and a role model for others to know they can be everything they want to be. BE KIND and make a difference for others supporting them to be the best they can be. I leave you with a poem I wrote 3 years ago:

Caress the past with no regrets
Dance to the beat of life
 Strap on those wings and Fly
 Fly High, Fly Free
 Fly further than you can see
 Fly to be everything you’re meant to be!!

Ngā mihi, ngā mihi, ngā mihi

He māramatanga tō tēnei whetū
He māramatanga anō tō tērā whetū
Each star has its own luminescence or presence in the sky.
Every individual has their own personality.

Links:
Te mana o te wāhine – Māori women teara.govt.nz/en/te-mana-o-te-wahine-maori-women
Te ahi tawhito, te ahi tipua, te ahi nā Mahuika: Re-igniting Native women’s ceremony researchcommons.waikato.ac.nz/handle/10289/12668
He Tohu Ora – Canterbury Wellbeing Index

He Tohu Ora is a new place to find information about Māori wellbeing in the greater Christchurch region.

Developed by Community and Public Health, Canterbury DHB, in consultation with Te Rūnanga o Ngāi Tahu and Te Pūtahitanga o Te Waipounamu, He Tohu Ora was launched at the end of 2018 as part of the updated Canterbury Wellbeing Index.

The Canterbury Wellbeing Index brings together in one website lots of useful information about community wellbeing in Christchurch City, Selwyn District and Waimakariri District. It uses data from many different local and national agencies, as well the Canterbury Wellbeing Survey. The Index includes 56 indicators across a diverse range of topics including education, housing, health, safety, income and social capital. Breakdown of the data by ethnicity is provided allowing people to see Māori-specific data where this is available.

He Tohu Ora is a separate section of the Canterbury Wellbeing Index and presents 19 Māori-focused wellbeing indicators, which are informed by a Māori worldview and aligned to the Whānau Ora framework. Here you can find, amongst many other things, information on how many Māori in Canterbury can speak and understand te reo, how Māori rate their whānau wellbeing and their own quality of life and how important Māori feel taha wairua and engagement in Māori culture are to their wellbeing.

We encourage whānau, community leaders and policy makers to explore the data and use it to put the wellbeing of Māori at the front and centre of decision making.

You can find out more information at www.canterburywellbeing.org.nz/he-tohu-ora

Kirsty Peel, Health in all Policies Advisor, Community and Public Health, Canterbury District Health Board. Contact (03) 378 6769.
World Smokefree Day

Every year World Smokefree Day is held on 31st May. It’s a time to reflect on what the world could be like without the burdens (financial, environmental, as well as health wise) brought about from smoking – both for the person smoking as well as their friends and whānau.

As always there was encouragement for people to take up a quit attempt and a number of this years’ activities looked at the role of vaping to help free people from smoking:

Leading up to the day and on the day itself Tahu FM played radio adverts linking to the Te Hā-Waitaha smoking cessation service. Tahu FM’s morning talk on World Smokefree Day discussed what it was like having significant numbers of outlets that sold cigarettes where listeners and their whānau lived. As well as this, a discussion around people’s experiences of vaping led to the drawing of the competition winners who had written on Tahu FM’s Facebook page about their views on vaping.

Smokefree Canterbury, a coalition of organisations concerned about the impacts of smoking, held a vaping workshop. This was a chance to be informed by experts in the academic field along with those frontline quit services around the pros and cons of vaping. The Ministry of Health has recently launched a website to outline the potential harms and benefits of using vaping to aid quitting attempts – www.vapingfacts.health.nz

Karanga Mai, the young parents’ college, in Kaiapoi held a poster competition. This gave the students a chance to show their creative abilities while considering Smokefree futures for themselves and their children. As a result of teaching from Harata Franks, Health Promoter at Community and Public Health, a number of students decided to quit smoking. Te Hā – Waitaha quit coach Courtney Carter – Smith was able to support these 6 students who are all now smokefree.

Harata Franks also supported the Aranui Community Trust Incorporated Society (ACTIS) as they undertook their 1st celebration of World Smokefree Day. There were competitions and displays designed to encourage people to have a chat about quitting. World Smokefree Day spot prizes were given away throughout the day. The Smokefree ABC Team at Community and Public Health supported the Trust in making a claim for a Smokefree future for the Aranui community.

May was a busy month for the Smokefree community and they’re still here to help. If you or someone you care about would like help to quit smoking contact the free quit service Te Hā-Waitaha Stop Smoking Canterbury on 0800 425 700.
Pregnancy Incentive Programme

October 2016 Te Hā-Waitaha Stop Smoking Canterbury was launched. A programme that delivers stop smoking supports to all people who resides in Canterbury and want to go smokefree.

We provide:
- Qualified Stop Smoking Practitioner
- Free face to face support
- Free Nicotine Replacement Therapy (NRT)
- Confidentiality assured
- Personalised treatment plan
- Co monitoring
- Text/phone support (if required)
- Knowledge on other stop smoking medications and methods
- Clinics
- Pregnant incentive programme

As well as letting you know about our service, I really wanted the chance to inform you of our pregnancy incentive programme.

You may ask ‘why am I reading about pregnancy incentive programme in this Māori health ePānui?’

Well it’s simple really. Smokefree pregnancy isn’t just about our wāhine. It’s about our pēpi, our tamariki. One hapū wāhine is a hapū whānau. At the end of the day, a smokefree whānau is our ultimate goal.

The PIP consists of 4 incentive payments when the wahine reaches specific milestones.

- A voucher worth $50 for attending a session with a specialised stop smoking practitioner.
- A voucher for her when she is smokefree at 4 weeks after the quit date.
- A voucher for her when she is smokefree at 12 weeks after the quit date.
- A final voucher for her when she remains smokefree up until the birth.
- Access to free stop smoking medications (including Quickmist).
- Face to face support tailored to suit her and the whānau.

A Stop Smoking Practitioner (SSP) will make contact with her and arrange a time to meet. At their first meet the SSP will inform her of the programme and give her the first incentive voucher. From here they will build on the next phase, establishing a plan to a smokefree pregnancy. It’s also here and throughout that your tautoko and input as friends and whānau is most valuable.

If you know of a wahine who is hapū and is smoking, let her know about our pregnancy incentive programme. Support her in making the next step, to want to talk about a smokefree pregnancy.

It’s free and the benefits are greater than expected. If you are able to, come along with her too.

If you would like supports or more information on going smokefree and our service, contact us via our website www.stopsmokingcanterbury.co.nz or voice message 0800 425 700.
Prosperity comes through Maori healing

According to Te Ara Encyclopaedia, Rongoā is a traditional Māori Medicine. It includes herbal medicine made from plants. It also includes physical techniques such as massage, incantations, chants and spiritual healing.

The role of traditional Māori healing has been in the spotlight in recent years, with many now calling for rongoā Māori to be acknowledged and valued alongside the benefits of western medicine.

Vaea Coe, (Te Waioratanga): “As Matariki is on the rise, hauora and wellbeing is what is most important as we enter into the new Māori New Year. The sharing of Mātauranga traditional and contemporary healing practices.”

Add to this a beautiful Marae (Wheke) setting steeped with tradition, carved Pou of our tūpuna quietly watching over us and tukutuku panels with turquoise Whakaraupo colours peeping through the intricate detail of Te Hapū O Ngāti Wheke whakapapa.

June the 29th, welcomed a rich gathering of Māori Rongoā and Spiritualists to our whare to demonstrate the use of healing which incorporates people and our land and the relationship between the two.

We had the Rātana Youth Band outside playing music at the foot of our maunga, Te Poho O Tamatea. The music was so uplifting and the setting couldn’t be any better. The sun was on full display which was an added bonus.

When the band finished we progressed indoors to listen to our kaumātua singing blissfully away to the strumming of our ukulele group. They did a full marathon of 6 hours non-stop singing to old songs and waiata. Then there was a healthy assortment of kai and the hot urn keeping the tea and coffee at the ready.

Whānau were constantly streaming through the whare right throughout the day. The richness of choices! How lucky we were. We had up to 8 tables for mirimiri and an arrangement of Rongoā oils, creams and herbs. The practitioners were eager to display their goods and offer information and demonstrate their practices.

I would like to acknowledge Vaea Coe for organising this wonderful event and also our helpers in the kitchen, practitioners, whānau and staff of Te Hapū O Ngāti Wheke. This was an amazing event! Thank you.
Links:
Te Waioratanga ki Waitaha 2019 – a directory of kaiwhakaora Māori healers, Artists, Wellness Practitioners in Ōtautahi

Hamilton clinic offers both western and Māori healing

Rongoā – medicinal use of plants
teara.govt.nz/en/rongoa-medicinal-use-of-plants

Rongoā Māori: Traditional Māori healing

An Oral Health Toolkit for early childhood kaiako in Waitaha/Canterbury with activities, games, songs, and strategies
www.cdhb.health.nz/menemenemai or www.cdhb.health.nz/smile

Key Messages

Baby teeth matter - they help me smile, chew and talk
Brush teeth twice a day - morning and night - with fluoride toothpaste
Brush teeth together with whānau
Spit don’t rinse after brushing
Choose water and plain milk to drink
Choose healthy kai
Have a dental check-up each year
Rudolph Diaz (Ngā Puhi/Tonga) is passionate about whānau here in Ōtautahi. As a Kaimahi Whānau and Team Leader within the Refocus team at Home and Family he works at the grass roots alongside our whānau experiencing tough times.

Whānau might be experiencing a range of different issues as barriers to their wellbeing. The vision for Home and Family is that “all children will live in homes with whānau/family who cherish them, keep them safe and nurture their potential”. The refocus programme offers a child-focused intervention, which aims to break cycles that can result in young people entering the youth justice system. The programme is a holistic service which recognises how the ‘bigger picture’ contributes to young individuals becoming offenders and works with the whole whānau for up to five years.

Rudolph is also passionate about the well-being of Māori and Pacific men. Over the past several years, his own journey to wellness through exercise, Kapa Haka and Māori martial arts (Mau Taiaha) has made Rudolph a man that leads by example. The journey for many of our Māori and Pacific men, however, is not always an easy one. The pressures of home life and being a father and role-model can impact on our ability to take care of ourselves.

In November 2018, Rudolph helped organise the ‘First Heroes’ kaupapa run by Home and Family. Rudolph says “a lot of our fathers are changing and want a shot, there’s not really many opportunities for our fathers to grow, so we wanted to create a space where our fathers can grow and become healthier men... it’s about being our child’s first hero”.

Moving forward, Rudolph is planning to introduce a men’s programme once a month for dads to get together for approximately two hours, to enjoy an activity together and to generate some healthy conversation around how we can become stronger men, partners and dads. Further information on upcoming events will be shared on the Home and Family Facebook page, or to join an email list of interested dads and whānau, Rudolph can be contacted at rudolph@refocus.org.nz

Links:
First Heroes: www.youtube.com/watch?v=03HMAtDyUbq
Home and Family Refocus: www.homeandfamily.net.nz/refocus
Facebook: www.facebook.com/HomeAndFamilySocietyChristchurch
Men’s Health Month 2019

Every year in June in Aotearoa, we celebrate Men’s Health. This broad theme every year for the Men’s Health Trust has been #MenStartTalking. The knowledge that men find it hard to talk about their health has been linked to unnecessary illness, discomfort and often the death of our men long before their time. Despite the negative statistics, however, there needs to be space to celebrate the incredible men in our lives, the everyday heroes in our communities that are making a difference.

This year in Ōtautahi, we wanted to acknowledge a number of grassroots physical activity providers, often run by local Māori providers who work passionately to improve the lives of our whānau. While physical activity is only one part of the picture, our local providers offer so much more. Heading along to a fitness class or Māori focussed activity can also provide opportunities to build new relationships and networks of support. What we have learnt here in Ōtautahi in recent years, is that our networks of support and psycho-social wellbeing is strongly connected to feelings of belonging to our community, and knowing that we have people we can turn to.

With all the pros and cons of social networking, Facebook can also be a useful tool for sharing hauora information. Local providers here in Ōtautahi were encouraged to offer something to our men to entice them along; a free class, a dedicated event for Men’s Health Month, something no matter how big or small to encourage our men to get together and participate. We acknowledge everyone in our amazing community that gave their time to spend with our local men. You are all champions.

Whether you took part in the Facebook promotion or organised your own kaupapa, special thanks this year to; Lawrence Tau, Sport Canterbury, Christchurch YMCA, Nort, Letesha and the crew from Champ Nation, Tango Wineti and Hauora HiIT, The Kutt, Te Whare Tū Taua o Waitaha, Rudolph and the team from Home and Family, Bodyfix, He Waka Tapu and Mike Peacock from Arbonne. Special thanks also to all of the other providers and individuals working to make a difference in our men’s lives. Thank you for caring for our men and offering them to chance to try something new, and to perhaps turn over a new leaf in their aspirations for the wellbeing of themselves and their whānau.
Housing – what are the implications of renting on children?

Renting families bear the brunt of insecure tenancy and high rents, inadequate housing and many moves. Living a life of rental insecurity can harm family life. Many children are uprooted time and again from their schools, friends and support networks.

Renting used to be a lifestyle choice but for many New Zealand families, it is now the only option they have. Private sector tenants are amongst the poorest people and pay the most for their housing relative to their income. They also have the worst housing outcomes – three times more tenant households pay more than 40% of their incomes on housing costs than owner-occupied homes. Living a life of housing insecurity can cause family instability, as families change their children’s schools to find suitable rental accommodation. Competition for quality homes drives up rents adding pressure to families.

Some families opt for a smaller property to suit the family budget – but privacy is compromised. Noise increases and it can be challenging for children to find a quiet space to study or play. Other families’ sofa surf or share with family members between homes, this causes additional tension and overcrowding which in turn can cause health issues.

Moving schools causes stress and upset for some children. This can lead to challenging behaviour at school. Moving itself is expensive and pushes families into debt as families borrow money to pay the deposit and rent in advance. There are often additional costs for new school uniforms. Some parents continue transporting children to school to try to keep them connected and this can sometimes leads to absence due to the cost and inconvenience of getting children to school.

High rents mean families often cut back on food and heating. Some families live in fuel poverty as they spend more than 10% of their annual household income on energy costs.

The quality of rental homes is variable, with some homes being in poor condition – cold, damp and mouldy. This can cause children to become unwell and increase school absence. Some families take a fixed term residential tenancy agreement (a long term lease) and discover the house is making the children sick, but are not able to get out of the lease. Dealing with landlords or tenancy agents can be stressful for whānau.

It is important for us to have a greater understanding of these issues facing our renting families as private rental housing has grown almost 145% in around 20 years and is set to continue.

For more advice, information and support contact Leanne Bayler at 021 1966024 and visit these web sites:

- Community Energy Action [www.cea.co.nz](http://www.cea.co.nz)
- Tenants Protection Association (Christchurch) Inc. [www.tpa.org.nz](http://www.tpa.org.nz)
- Tenancy Services [www.tenancy.govt.nz](http://www.tenancy.govt.nz)

Article written by Leanne Bayler, Housing Health Promoter, Community and Public Health
Paetukutuku

Living by the stars – Rangi Matamua

Join Professor Rangi Matamua as he shares with us extensive knowledge around Māori astronomy and how we can all live by the stars. Professor Rangi Matamua is fifth generation in a long line of Māori Astronomers. He holds an extensive knowledge base around the celestial space handed to him by his tīpuna, Rāwiri Te Kōkau.

Matamua is a Professor by day at the University of Waikato, lecturing, researching and inspiring up and coming Māori academics. He is also a star gazer by night, reading, watching and translating the messages left to us and written in the skies.

He is the author of the critically acclaimed book, Matariki that was released in 2017 and represents an authentic Māori view and understanding of the star cluster.

Professor Rangi Matamua is passionate about genuine Māori star knowledge and disseminating such knowledge to all willing eyes and ears eager to learn.

[Link to Facebook page]

Hey bro – The Kiwi Brotherhood (Online Support Platform – Facebook)

Hey Bro is run by a gathering of imperfect, but committed guys, who are all about helping to create awesome spaces for you to be yourself and reach out to your brothers, both on and off line. Awesome community for Kiwi men. We are all here (as normal guys) to provide understanding, support, insight, experience, wisdom, mana, solidarity, community, friendship and brotherhood to each other on... anything that goes on in the life of a Kiwi man.

[Link to Facebook group]

Te Reo Hāpai

He mana tō te kupu Words have great power

This amazing resource developed by Keri Opai has made people re-think and re-imagine ways on being in the mental health, disability and addiction space.

RNZ and sound file link: [Link to RNZ]

Te Reo Hāpai PDF: [Link to PDF]

Wātaka

**Mahuru**

| 1-30 | Blue September, Prostate Cancer Awareness Month [blueseptember.org.nz] |
| 23-29 | Mental Health Awareness Week [mhaw.nz] |

**Whiringa-ā-nuku**

| 1-31 | Health Literacy Month [www.healthliteracy.co.nz] |
| 1-31 | Breast Cancer Awareness Month [www.breastcancerfoundation.org.nz] |

**Whiringa-ā-rangi**

| 1-30 | Movember [nz.movember.com] |
| 25 | White Ribbon Day [www.awarenessdays.com/awareness-days-calendar/white-ribbon-day-2019] |