

Tūhononga : Manaakitanga : Umanga

Connections | Support | Careers

Empowering Māori career and employment aspirations so that our whānau can flourish

Tēnā koutou katoa

Oral Health Therapy could be the Career for You!

Oral Health Therapy is a rewarding career with purpose.

Oral Therapists make a lasting difference in peoples' lives.

There are excellent opportunities for ongoing employment, and there is a big shortage of Māori Oral Health Therapists!

Oral Therapy requires tertiary study – it's a three-year degree in Dunedin or Auckland. School leavers need NCEA Level 3 with Biology. Entry requirements vary for adult learners.

For students enrolling in the degree Taranaki District Health Board may offer great Scholarship opportunities. If you are interested in finding out more about this rewarding career – watch this video below!

[Click here](#)

Greetings from our Pou Whakahaere (CE)

Ngā mihi o te wā. Raumati is here. It's hard to believe it is almost 2022!

No doubt, like us, many of you are looking towards some kind of break. For a lot of people on the front lines, especially in health, the reality is there may not be much of one. Emergency services, essential services, Iwi and Covid-response teams in our communities will all be on call.

Our thoughts will be with them and all our whānau as we close our office from 23 December 2021 through until 10 January 2022.

It's a new season and we are getting ready for another big year for our team! A year of renewed activity. New staff coming on board, new projects, and soon we'll be opening a new office in the New Plymouth CBD, together with Tupu -ā-nuku, an iwi based environmental workforce development team, and other community partners.



Photo: Tanya Anaha - Pou Whakahaere

As an organisation we are very focused on our kaupapa of collaboratively empowering Māori career aspirations so that our whānau can flourish.

For us our key areas are workforce development in health and education.

Currently within the health system here in Taranaki, we are helping to facilitate some big changes to ensure equity for Māori in health.

There is a lot of mahi to do in the coming months - we will have lots of exciting news to share! In the meantime, we hope you enjoy this issue of our newsletter and learn more about Why Ora and some of the amazing whānau we work with. Noho ora mai,

**Tanya Anaha
Pou Whakahaere, Why Ora**

Celebrating our Rangatahi



Photo: L to R - Maaia and Jayden Waiwiri (Tupu ā Nuku)

Maaia Waiwiri
Te Atiawa Iwi



I am a year 11 student at Spotswood College, and this is my first year being a part of the Why Ora kaupapa. Being a part of this has been an honourable opportunity – I want to help people in life. He tangata, he tangata, he tangata – just like my forefathers, Maui Pomare our first Māori doctor and Te Rangī Hīroa, a man of the people.

My ultimate goal is to be the first person in my whānau to attend tertiary education, but while in secondary education I hope to fill my kete with as much knowledge as I can. I hope to gain a deeper understanding of different health careers and which pathway is best suited for me. I aim to take as much opportunities as I can.

Cabe Ihaia Dean
Ngāti Maniapoto Iwi

Since childhood, hauora and community involvement have been a big part of my life. I was 13 when myself and a group of local tamariki were gifted our first pair of boxing gloves by a Police Officer, Constable Nelson. This simple gesture of manaaki impacted my young mind, it ignited a flame or an āhi kā within me to give back to my community.

My future goals are to complete my Level 4 & 5 Health/Fitness course at WITT to gain a qualification in personal training and then return to study Physiotherapy at Wintec.

I believe education is your most powerful tool. Sieze every opportunity that is presented to you.



Photo: Cabe Dean

Amene-ia Jury
Ngāti Mutunga Iwi

My name is Amene-ia Jury, 17 years of age and I am a Year 13 graduate from Sacred Heart Girls' College, New Plymouth. Taranaki is my Maunga, Waitara is my Awa and my Iwi is Ngāti Mutunga (North Island). My goal throughout this year was, between taking a gap year and finding mahi, to save enough money to have a good, substantial amount when I decide to go to university, or going straight to university the following year after graduating from High School. I decided to go to the University of Canterbury in the South Island to study Bachelor of Science, double majoring in Geography and Geology. I have always had a keen interest in the environment, knowing that in society today and in the future, it will be an important feature of our earth to nurture and take care of. When hearing of my success in achieving the Kaitoko Māori Scholarship for \$6,000 at the University of Canterbury, I felt such relief and I was very



Photo: Amene-ia Jury

thankful. Coming from a single-parent home, obtaining money for Halls of Residence and tuition fees was going to be difficult. Being Māori along this chosen journey I have decided to follow through with, I am very thankful to be given such an amazing opportunity that is going to benefit my future and the future of others. My advice to others who are looking to follow in similar footsteps is to follow what your heart desires and to never doubt pursuing your dreams and aspirations.



Photo: Rhys Donovan

Rhys Donovan

Taranaki Iwi

My original goal in joining Why Ora was to see what career opportunities there are in the health sector and to meet people that could help me decide what path to take.

It feels really good knowing that I've made the most of my year with Whaea Mitch and Whaea Carla at Why Ora and I've got a clearer picture of what I'm going to do in the future because of that.

Talking to heaps of people from different careers enlightened me, being able to hear different kōrero about their lives, jobs and what they do outside of work and it's definitely helped me decide what I'm going to do in the future.

I love helping people out. Big or small it's just something that I do and going to study health sciences and then Medicine is one of the best ways I feel I can continue that on a daily basis with new people from all walks of life.

Whaea Mitch and Whaea Carla at Why Ora were massive in setting me up with specialists within the hospital and I can't thank them enough. Also Matua Bev, Matua Chris and Mr Watts at NPBHS for all the awhi and tautoko. Most importantly my whānau for supporting me on this journey and also helping me meet up with other people in the medical profession and other areas of mahi to enable me to embark on a journey that is true to me.

My advice would be "do the mahi get the treats" - Never be afraid to put your hand up and ask for help or to sit down and have a kōrero with someone because everyone carries knowledge and expertise and nothing is more humbling than being able to pass it on to someone that is willing to learn.

Being Māori going to study medicine is incredible because it is an opportunity to engage and uplift the communities you'll work in and a career that allows you to continually give back to those that support you on your journey.

My goals for next year are to make it through Health Science First Year at Otago University and make it into Med School and hopefully then I'll be able to narrow down a profession or specialise within the medical field and complete that over the next few years (like 7 brooo!!!). Once all that's done I'll be able to come back home and help out in my community.



Photo: - L - R: Michelle Martin (Kaiārahi), Nursing Graduates - Savannah Hislop, Jenny Heu, O'Jay Bailey and Summer Gibbs

CONGRATULATIONS

COMPLETED TERTIARY

- | | |
|-------------------------------------|------------------------------|
| Kenny Hau | Medicine |
| Bree Anna Langton | Medicine |
| Ngana Nicholas | Medicine |
| Jenna Heu | Nursing |
| O'Jay Bailey | Nursing |
| Savannah Hislop | Nursing |
| Stevee-Jai Kelly | Nursing |
| Summer Gibbs | Nursing |
| Nikita Katene | Sports & Exercise |
| Rory Maxwell | Psychology |
| Sharlaye Bardsley | Radiology |
| Te Wai O Mihirau Hodges Paul | Māori Health |
| Te Kahurangi Skelton | Environment |
| Bailee Manukonga | Sciences |

The rewards are worth it!

ARIANA KEREOPA - PHARMACY INTERN

I whakapapa to Ngāti Rangī in Ohakune. I was born in Taranaki, grew up here and I lived in the same house until I went to university! Attending Sacred Heart Girls College in New Plymouth, I knew I wanted to do something that involved helping people, but I wasn't exactly sure what.

While at school I attended Rapuara Hauora, the Why Ora health career exposure programme. That opened my eyes as to how many different health professions there were!

In Year 11 I became ill, and that also led me on an unexpected healthcare journey. I had some amazing nurses! They can really make a difference in people's lives, and that was something I wanted to do too. I didn't feel like I could be a nurse, they have so much contact time with patients, and I wasn't sure I could do it. I did well at school. I thought maybe could be a doctor or a surgeon.

Why Ora offered me support and encouraged me to study health as a career. They also connected me to other support organisations I needed to help me get through my study. That included Kia ora Hauora (a national Māori health workforce programme) and Whakapike Ake (a Māori recruitment programme to promote health careers and entry into professional programmes).

I attended a four-day, Year 13 programme for Māori students called COACH (Creating Opportunities for a Career in Health). I made friends there that are still my friends today! This all helped me get the courage to go and study in Auckland, knowing I would have a roopu (group of people) to go with and support each other.

I decided to study at the University of Auckland. Whakapike Ake connected me to MAPAS (Māori and Pacific Admissions Scheme) and they also supported me during my time at university – pastoral care, food when you needed it, following up grades and advocating for me.

I applied to do Medicine and Pharmacy but didn't quite make it into Medicine the next year – there was so much competition, so I decided to do Pharmacy. It's four years study. You learn a lot! About the different medicinal drugs available, what they do, what questions to ask patients and how to screen prescriptions.

Being at university was hard – none of my whānau had been there before me. I put a lot of pressure on myself. It is so competitive. Looking back, I could do everything over again, I would do the Certificate in Health Science first – it's like a bridging course between high school and university.

Studying is a lot of work and it can be very isolating. You could be alone the rest of the time studying unless you make a point of being with people. It's so important to do that! – you need a support group around you so you know that there will always be someone there if needed.

I had such great learning experiences going into health. Situations you wouldn't expect. My last year at uni was affected by Covid lockdowns – that made it even harder. I had big plans which got derailed. I went home for lockdown. Somehow, I got through the year!

Through uni I had to do two placements and one of them was at TDHB. You also need to do a year-long internship before you can get signed off as a Pharmacist, and I'm doing mine at Taranaki DHB. A hospital workday goes like this: a doctor charts the patients 'meds' (what medicinal drugs they need) and we check they are 'safe' – is this what they usually take? do they have any allergies? are the drugs going to interact with other medicines? This is a 'clinical check' and it is just for that person. We can recommend to the doctors if we think a change is needed.

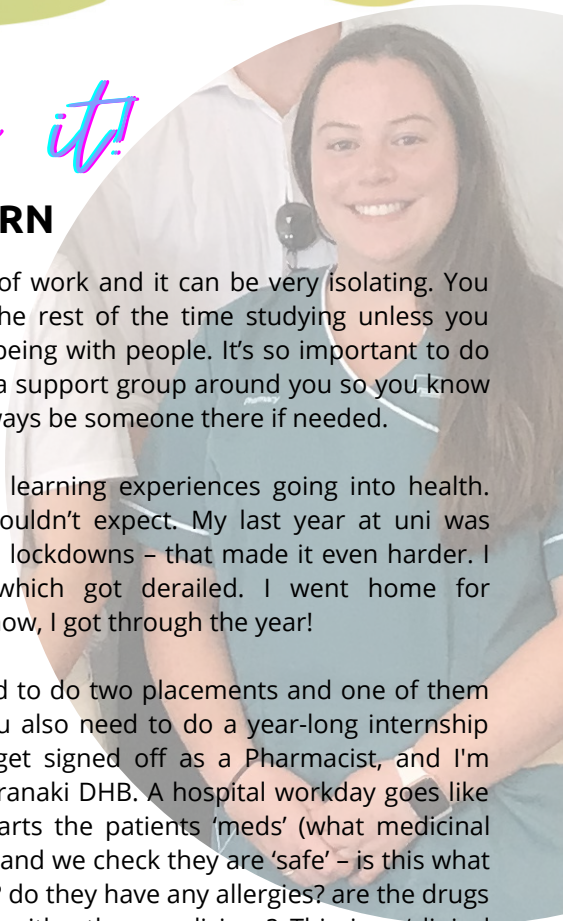
If you are at school and think you might want a health career, my advice is, start to pick your science subjects early by Y11. Be willing to put in the work. It is going to take a lot of time and effort but the rewards are worth it.

If you go to uni, be prepared for the first year to suck! Definitely go to your classes! It's much easier face to face. Make sure you have a solid support system of people around you. Don't be afraid to ask for help. I did, and that helped me get through. It never hurts to ask for help. But it does if you don't!

Be prepared that as a Māori you are probably going to experience racist remarks along the way.

One of the outcomes of my experiences with my own wellbeing is that I have become a lot more interested in the mental health side of pharmacy. I'm looking at the possibility of doing a post-graduate certificate in mental health.

I have so much gratitude for all the organisations and people that supported me to get where I am now. In my career, I really hope to make an impact and work towards reducing inequities. There needs to be a massive shift for there to be real change - from the top down and right across the health system. It's a long road to go but at least we are on that path in health now.



MEET OUR TEAM

Olivia Walkinton-Ratana

Ko Ruapehu te Maunga

Ko Whanganui te Awa

Ko Aotea te Waka

Ko Te Atihaunui ā Pāpārangi te Iwi

Ko Ngāti Tuera me Ngāti Hinearo te Hapu

My Iwi is Te Atihaunui ā Pāpārangi from the Whanganui River. My marae is Parikino.

I've always known about my Iwi because the culture was always quite strong in my family knowing who we are and where we come from. This was a good thing, as I moved around a lot as a kid. I was born in Whanganui and went to Napier where I attended Te Kura Reo Rua ō Maraenui. I then moved to Dannevirke to stay with my Aunty & Uncle, then to Waverley to stay back with my Mum. Then to Whanganui to stay with my Uncle and Nan – this was all during my primary school years!

At a young age I grew very independent. I grew up feeling I didn't have a constant home and always had to make new friends, waiting to get sent to the next place. But when we went back to our marae, we always knew it was home. It was the one place we could always come back to and it gave me a sense of my identity.

Eventually Mum moved the whānau to New Plymouth, wanting a better life for us all, she wanted me here too. I was sent to Sacred Heart Girls' College then to St Mary's in Stratford. There weren't a lot of brown faces at St Mary's – maybe three Māori students. I went boarding there from Y9, as it was a family tradition on Dad's side.

Looking back, I was a real ratbag as a kid, I think it was a need for attention. I was the student that no teacher wanted in their class. I was suspended three times!.

Somehow I got to Y12, and I had a really good talk with our Head Matron. She was one of my biggest supporters – she pretty much told me I had to get it together! I also think she could see something in me – that I could do, and be, much better. After that, I became a Kapa Haka Leader and that was a big influence for me – knowing that other girls were looking up to me. I changed my behaviour because I was sick of being a disappointment!

My grandparents were also a huge influence – my Grandad was an accountant and because of him and a love for numbers I wanted to be one too. I was lucky because I got to see both sides of the world. Without a doubt my grandparents were my biggest cheerleaders back then. They would always come to prize-giving and shows. I would stay at their place a lot and we would talk about my future and what the possibilities were.

When I left school, I did some work in an accounting firm in Waverley and completed my Certificate in Business Studies. I had people to look up to and it gave me the motivation I needed.



After a break-up I shifted to New Plymouth and was on the jobseekers benefit for a while. That was when I found out about a cadetship at Why Ora and was lucky enough to get it! I've been working at Why Ora for five years now and my role is Communications, Financial Administrator and Executive Assistant to the Chief Executive. I'm also studying part-time completing a Bachelor of Accounting.

A funny thing happened one day when I returned to St Mary's for work and the Principal said "Olivia do you know how good it is to have you back in my office and you're not in trouble!"

The contribution I feel I bring to my team is a bit of light and humour – sometimes the work is hard and it's good to have a bit of light relief. I also feel like I can relate to the rangatahi as I'm somewhat close to their age.

Especially being Māori, you often get put in this category that you are only ever going to go so far – and I am living proof that you can do whatever you want as long as you put the hard work in and believe in yourself!

Sometimes we are the hardest on our own people and we really need to look at that. If you are in a position of power, we should use that power to help others not hinder.

I feel like a lot of rangatahi today have a negative image of what it means to be Māori and are still ashamed to be Māori, and that's a hurdle we have to get over. Embrace it is my view – our culture is a beautiful thing!

My vision for the future is that Why Ora does not need to exist any longer.

That the rangatahi we work with have become the future leaders making better decisions so that our people get the opportunities they need.

We've got some very positive changes happening right now with Why Ora, a new office on the way in the new year, new staff and fresh ideas.

What I am most excited about for the future is that we will be able to engage with a lot more rangatahi and we will have a safe space for them to come and be a part of.



Meri Kerihimete! Heres wishing you and your whānau a Merry Christmas and a Happy New Year!

We are closed from Thursday 23 December 2021 to Monday 10 January 2022.



3 KURA KAUPAPA

13 SECONDARY SCHOOLS

TOTAL EMPLOYMENT

Year 11

Year 12

Year 13

114

150

122

167

HEALTH
164
EDUCATION
3

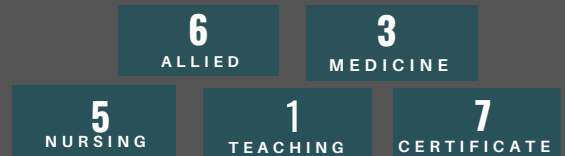
MANAAKI ORANGA

Kanohi ki te kanohi	205
Assessments	234
Assessment Review	67
Scholarship applications	19
Curriculum Vitae	14

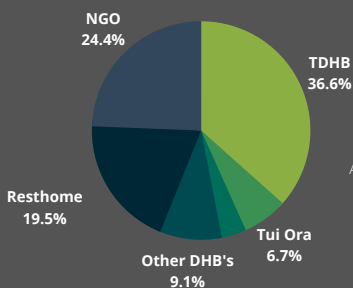
TERTIARY PIPELINE

- 11 Medical
- 17 Nursing
- 3 Midwifery
- 30 Allied
- 12 Teaching
- 7 Certificates

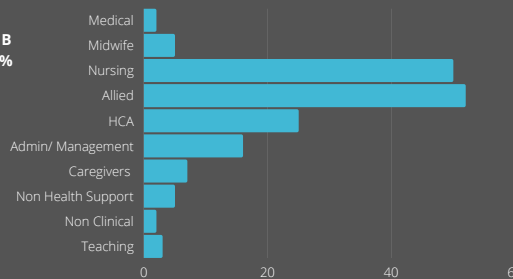
COMPLETING STUDIES 2021



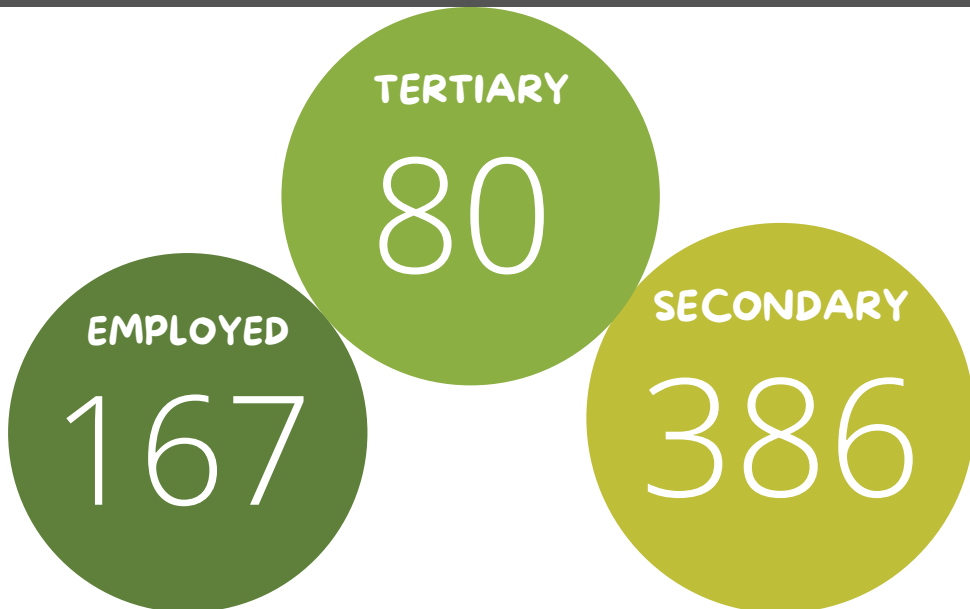
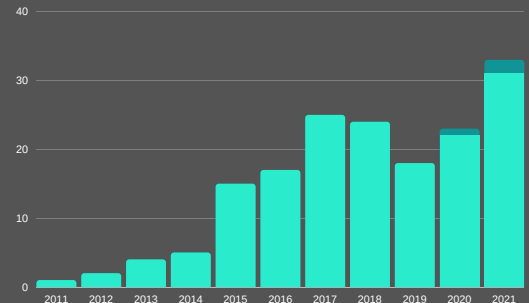
HEALTH EMPLOYER



AREAS OF EMPLOYMENT



EMPLOYMENT BY YEAR



THANK YOU

Why Ora is very grateful for the contributions made by funders to support our kaupapa of empowering Māori career and employment aspirations so that our whānau can flourish.

Tanya Anaha
Chief Executive
06 753 7777 ext 8844
tanya@whyora.co.nz

Olivia Ratana-Walkinton
Executive Assistant / Comms
06 753 7777 ext 7138
olivia@whyora.co.nz

Sherrie Flanagan
Kaiārahi Lead & Events
Coordinator
sherrie@whyora.co.nz

Michelle Martin
Kaiārahi
mitch@whyora.co.nz

Liahna Smith
Kaiārahi
liahna@whyora.co.nz

Karena Ngarewa-Cribb
Kaiārahi
karena@whyora.co.nz

Danae Etches
Contractor
danae@whyora.co.nz

