

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

Kia Ora

a message from our Pou Whakahaere / Chief Executive

Welcome to our quarterly newsletter for Takurua/ Hōtoke (Winter) 2023.

The Māori new year is getting closer! The rising of Puanga (Rigel) and Matariki (Pleiades, or the Seven Sisters star cluster) is a special time to reflect and prepare for the coming year.

In August we will be hosting our annual Pūtaiao event which aims to inspire Y9 and Y10 secondary school taiohi with a passion for science and mātauranga. We are excited to be hosting an opportunity for our taiohi to learn about basic astronomy and navigation from a mātauranga Māori perspective.

A passion for science and mātauranga Māori can lead to so many meaningful and rewarding careers in health, education, taiao and other sectors. And there are so many potential opportunities out there for our whānau!

In the coming months we will be also working on our Why Ora strategy. Exploring things like: What should we be focusing on? Who do we work with? What needs to change?

To ensure we are heading in the right direction, we want the voices of our whānau to drive our mahi. Listening to them means we can help to create the future they want.

The stories in this issue share some of the powerful aspirations our whānau have for the future!

Noho ora mai,
Tanya Anaha



Tanya Anaha - Pou Whakahaere

See our whānau stories inside this Issue



UMANGA

A meaningful and rewarding career can change lives and change the future. There are so many possibilities and paths to take. Our career stories can help to show what is possible!

**Me mātau ki te whetu, i mua i te kōkiri o te haere.
Before you set forth on a journey, be sure you know the stars.**

Our Whānau stories

Making a difference by raising Māori health awareness

Jorja O'Neill - Why Ora Cadet

I was born and raised in Hawera. I went to St Joseph's Hāwera for primary and intermediate school then attended Hāwera high school, which I graduated from last year.

Throughout high school I had no idea what I wanted to do, as I did not want to make "the big decision" about what I would potentially do for the rest of my life! However, in Year 12 I decided I wanted to go to university and was looking at studying pharmacy.

When I joined Why Ora in 2021, I realised just how many other healthcare jobs are out there, and all the amazing opportunities. It also gave me a better understanding of the importance of educating Māori tamariki and getting into/ looking after Māori health. Through Why Ora I went on a few placement days which gave me an insight into some career options.



Photo: Jorja o'Neill, Michelle (Mitch), Treal Niwa

I ended up getting a Cadetship as a Therapy Assistant in the Occupational Therapy Department at Taranaki Base Hospital, which I hope will lead me into studying Physiotherapy in the future.

When I think about what needs to change, I think there needs to be more health promotion to help raise awareness of how important it is for individuals to look after your health. Like making healthier choices in terms of growing and making kai, exercise, and mental and emotional wellbeing.

A difference I would try my best to make is to create a safe welcoming space and share my passion for health with others to make an impact, helping Māori individuals to lead a long healthy life and to enjoy time with whānau and future opportunities.

My advice for young people thinking about their future is - do not stress, you do not have to have it figured out by the time you leave school, but also give everything a go. Do the hard subjects to keep your options open, realise there is much support and you can do so much if you put your mind to it.

" give everything a go. Do the hard subjects to keep your options open"



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On a journey to support rangatahi Māori mental health ***Sienna Benefield***

Kia Ora! Ko Sienna toku ingoa. I grew up in Ngāmotu/New Plymouth and attended Te Kura Tuarua o Ngāmotu for all five years of my secondary education.

My intention has always been to pursue further education at university and I am currently doing a conjoint degree of Psychology and Health Psychology, alongside studying Te Reo Māori at Te Herenga Waka (The University of Wellington).

My days consist of many hours spent at the library, hiking up hills, attending lectures and tutorials and happily nurturing a caffeine addiction...

Back in school, one of my first workshops with Why Ora involved going to the hospital and speaking with health professionals. This sparked an interest within me to work in the health sector, specifically in mental health.

Following that Why Ora Kaiārahi acknowledged my interest and gave me an abundance of information and opportunities that offered a deeper look at potential pathways within the health industry.

The process of applying to university was very overwhelming, however consistent check ins from Why Ora were a reassuring reminder that I was not alone in this process, there were people and resources I could access for help if needed.

A meeting was arranged with a Health Psychology graduate in which I was given advice, a list of recommended courses to take and exposed to the field of Health Psychology. This set me on my feet and benefited me greatly throughout the application process. Why Ora remained in contact, maintaining the feeling of aroha nui.

Current aspirations I have for my future are to use Whakapapa Māori based research methods to help eliminate inequalities in Aotearoa's health system, focusing on creating preventative measures for Māori youth mental health.

My advice to people thinking about what to do in their future career would be to utilise resources made available to you, keep an open mind to all potential pathways and not put pressure on yourself. Something will come along that sparks your interest and when that happens vocalise it, make it known to your Why Ora mentors and opportunities will become available for you. Passion and interest will inspire and motivate you!



"Something will come along that sparks your interest and when that happens vocalise it, make it known ... and opportunities will become available for you."

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Science research communication: hearing Māori priorities upfront Naomi Puketapu-Waite, Research Communicator

Where do I work and what do I do?

I work for MetService, in the oceanography division known as MetOcean. My role as research communicator sees me involved in some really cool research projects ranging from assisting with communications, to project management and outreach. Some days I am learning about how ocean data gets from the sea into a forecast, and other days I am out on the sea collecting the data itself!

What was my career pathway to get here? (and what led me to this?)

My interest in the ocean started with holidays to Opunake beach (where I am now lucky enough to be living!). The coast of Taranaki is magical, and I spent a lot of time pestering the creatures in the rock pools, and looking at the layers in the cliffs wondering what used to be.

I went to New Plymouth Girls High School, and then on to Massey University to study Geology and Geography. From there I came home and knew I wanted to be involved in science. I came home to Taranaki and asked everyone I knew, if they could help me find work in any science based workplaces that would give me a shot. I was lucky enough to land an internship at

“I really, really love the cutting edge research I've been able to get involved in through my mahi.”

MetOcean, who supported me to get a Masters in Science Communication. During my masters I worked briefly for the Science Media Centre in Wellington, working at the interface of research and media before coming home and returning to MetOcean.

What is my “why” for doing this job and making a difference for Māori

I really, really love the cutting edge research I've been able to get involved in through my mahi. And a big proponent of our work is that we ‘don’t do research for the sake of research’. In the main project I am involved in, the Moana Project, we have worked closely with Iwi partners to hear what their concerns and interests are in their rohe moana, and how we can tailor our research to answer some of those questions. This exposure has fueled me to form long lasting relationships where Māori priorities are heard upfront, not as an afterthought or tokenistic addition.

Read more at <https://www.whyora.co.nz/umanga/>



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Leading our schools and young people to a better future Airana Ngarewa (Ngāti Ruanui, Ngā Rauru, Ngāruahine) Secondary School Y9 Dean

Where do I work and what do I do?

Ko au tētehi poutiaki ki Te Kura Tuarua o Ngāmotu. I am the Year 9 Dean at Spotswood College.

What was my career pathway to get here? (and what led me to this?)

My mum tells me I was almost expelled from every school I went to. I was never really a bad kid, just haututū – with a special talent for getting under the skin of my teachers. Fortunately, between my whānau going for bat for me and the support I had from other staff in school, I made it all the way through and went off to university. Soon enough I came to realise just how many young people were going through what I went through – how many young people were having a hard go at school.

Did you know that Aotearoa ranked 33rd out of 38 countries in the OECD for levels of educational equality and is four times more likely to fail students from low-income communities?

I came to realise that the system was failing and things needed to change and the best way to change them was to get my feet on the ground. From there, I enrolled with Ako Mātātupu Teachfirst Aotearoa and I've been working to make change ever since.

“My why” for doing this job and making a difference for Māori

The truth is our schools are in crisis – and things are not on track to get better. What is evident though is that the cure to this crisis is good people taking up the mantle and leading our schools and our young people into a better future. How else do things change but by the labour of those willing and prepared to change them?

Ko te piko o te māhuri, tērā te tupu o te rākau. The way the sapling is shaped determines how the tree grows.

Read more at <https://www.whyora.co.nz/umanga/>

“How else do things change but by the labour of those willing and prepared to change them?”



MANAAKITANGA

Our Manaakitanga means we genuinely nurture, encourage, respect and care for one another throughout our mahi, in whatever work we are doing.

Haere rā Michelle

In April we said “haere rā” to our longest serving Kaiārahi Michelle (“Mitch”) Martin who has moved onto a new role in the education sector.

Mitch has been a dedicated kaimahi at Why Ora for over 12 years! So, a special celebration was held to farewell Mitch, attended by just some of the many people Mitch has worked with or supported over the years, as well as friends and whānau.

Mitch has contributed to so many of our whānau study and career journeys, from secondary school, through tertiary study and onto employment.

Many of our successes at Why Ora would not have been possible without Mitch’s mahi.

Mitch will continue to be part of our close whānau and carry on her journey supporting taiohi.

Mitch, we wish you all the best and thank you for your years of service at Why Ora. We will miss you, the knowledge you shared with us and the laughter you always brought to our team!



Meet our new Why Ora Kaiārahi

Ki te taha o toku ūkaipō
Ko te Waha o Te Riri te Maunga
Ko Mangonui te Awa
Ko Whitiara te Marae
Ko Mataatua te Waka
Ko Ngā Puhi te Iwi
Ko Ngāti Rēhia te Hapū

E noho ana au ki Waitara
Ko Mizsiah Tuauahiroa
Martin-Kemp toku ingoa



Mizsiah Martin-Kemp

Ki te taha ure tārewa
Ko Taranaki te Maunga
Ko Waitara te Awa
Ko Pukearuhe te Marae
Ko Tokomaru te Waka
Ko Ngāti Tama, Ngāti Mutunga,
Ngāti Maru nga Iwi
Ko Otaraua te Hapū

Mizsiah was born in the paradise of Waitara and joined us as our new Kaiārahi in May.

Mizsiah first engaged with Why Ora as a secondary school taura and is now very excited to be working with us, empowering our rangatahi and whānau to be whatever they aspire to be.

“My biggest “why” is my whānau, everything I do is because I want to see a better future for all of them and to show them that if I can do it, they can too!” says Mizsiah.

Mizsiah will be working with our kura in Waitara, Opunake, and Coastal Taranaki.

Nau mai, haere mai ki Why Ora!



Photo: Whakatau for Mizsiah, WITT Kaimahi, Why Ora Kaimahi

MEET OUR KAIĀRAHI IN KURA



Rory Maxwell
New Plymouth Boys' High
Francis Douglas Memorial
College



Katie Walsh
Spotswood College
Sacred Heart Girls'
College



Liahna Smith
New Plymouth Girls High
Inglewood High School
Taranaki Diocesan



Trent Hohaia
Te Pi'ipi'inga Kakano Mai I
Rangiatea
Te Kura o Ngā Ruahine Rangī
Te Kura Kaupapa Māori O
Ngāti Ruanui



Graham Jones
Patea Area School
Te Paepae o Aotea
Stratford High School



**Mizsiah Martin-
Kemp**
Waitara High School
Ōpunake High School
Coastal Taranaki

Developing our kaimahi

Mahia te mahi hei painga mō te iwi
Work for the betterment of the people.



*Photo: Tanya Anaha, Rory Maxwell, Katie Walsh,
Trent Hohaia (Background)*

Every month our team at Why Ora spend a day together working on how we can improve our mahi to better serve our people.

Recently we spent the day in Kōhanga Moa-Inglewood diving deeper into our Why Ora values to get a better understanding on what they really mean and how we can better implement them into our mahi, so that 'what we say is what we do'. With the help of our inhouse cultural advisor Trent Hohaia, we explored the Māori concept of Whanaungatanga and what this really means for us.



Photo: Mizsiah Martin-Kemp & Liahna Smith

TŪHONONGA

Tūhononga means strengthening and bringing together
(Tū is to strengthen, hononga is to bring or join together).

OUR NURSING TAUIRA ATTEND THE NATIONAL MĀORI STUDENT NURSES HUI



Photo: Taylor Kupe, Liahna Smith, Nina Goble

Last month several of our taiohi studying nursing with WITT Te Pūkenga attended the Hui ā Tau – National Māori Student Nurses Hui in Nelson. This hui is an opportunity to bring together Māori nursing students, nurse educators (kaiako), Māori registered nurses, kaumatua and kuia across Aotearoa. Its focus is on strengthening the Māori presence in the nursing sector and supporting Māori tauira. What an amazing experience for our taiohi Nina Goble and Taylor Kupe (1st year Bachelor of Nursing) and Gracyn Meredith (3rd year Bachelor of Nursing).

TECH WEEK – 4PHASE GAMES INSPIRING INDIGENOUS CREATIVES

As part of tech week last month some of our taiohi from Patea Area School, along with kaimahi from Why Ora and Te Kahui Maru Trust attended the 4Phase Games Event held at The Novotel in Ngāmotu. This free event showcased the 4Phase Games team experience of developing a new Māori video game. It was such an exciting perspective for our taiohi on indigenous game development, from storytelling to gameplay mechanics, with lessons for any aspiring game developer or gamer. As we carry on our mahi we look forward to following their progress!



Photo: 4Phase, Hineakura Tokotaua (Te Kahui Maru Trust), Patea Area School Tauira, Graham Jones (Why Ora)

"Thank you for your time! I enjoyed this today it definitely helped with future career options"



"I didnt realise I could work in a laboratory without going to University!"

Photo: Liahna Smith, Whaea Kimi & New Plymouth Girls' High School Taurira

Rapuara Hauora inspiring careers in Health

Our Rapuara Hauora (health career exposure) workshops are a great opportunity for Taranaki taiohi Year 11 – 13 to make a connection with health professionals, ask questions and see career pathways in the health sector and inspire taiohi to see such health career opportunities as a future option.

In March our Taranaki secondary school taiohi were offered an opportunity to go to Taranaki Base Hospital to see the behind the scenes of various departments. More recently in May our Rapuara Hauora workshops held at Hāwera Hospital gave our South Taranaki taiaha easier access to attend.

During our Rapuara Hauora workshops we focused on the following careers:

- IT Services
- Physiotherapy
- Occupational Therapy
- Drug and Alcohol
- Orthotics
- Med Lab
- Administration
- Social Work
- Medical Record Department
- Clinical Nurse
- Registered Nurse
- Rural Health Medicine
- GP (General Practitioner)

"I enjoyed it a lot – especially the drug & alcohol session - it helped me talking about mental health issues"



"This is so cool, I could see myself doing this!"

Photo: Stratford High School Taurira



Photo: Ōpunake High School Taurira

After showing our taiohi the opportunities available to them we follow these workshops up to manaaki and encourage them to reach their aspirations as Māori entering into health.

WHY ORA DASHBOARD

April - June 2023

MANAAKI ORANGA

294
ENGAGEMENTS

Pastoral support given to all by our Kaiārahi this quarter

consist of interview coaching, applications, CV support etc

Not in Employment, Education or Training

27
Registered

Employment **15** Education **2** Participating **14**

3 Gained drivers license

SECONDARY SCHOOL

365

Tauira registered with Why Ora

164 Year 11
125 Year 12
76 Year 13

TERTIARY

129

Tauira registered with Why Ora

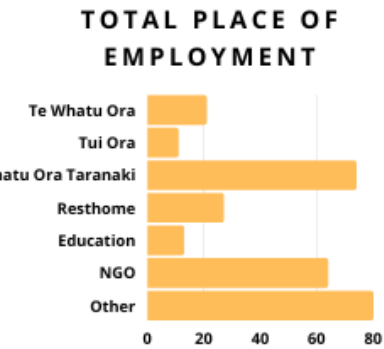
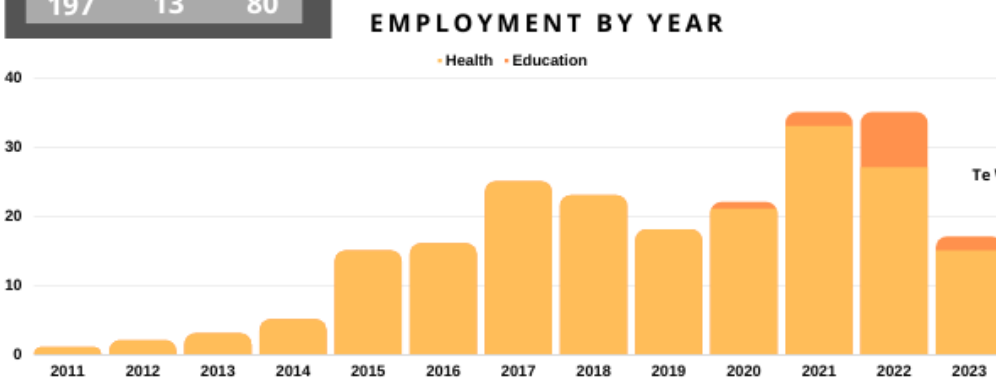
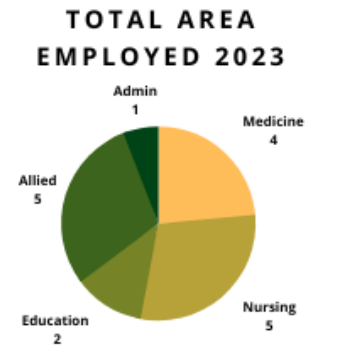
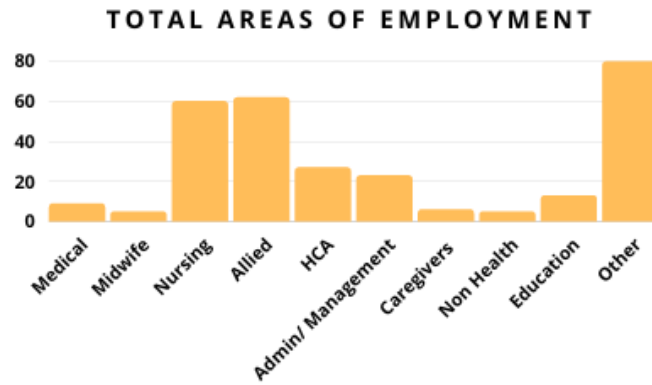
Health **60** Education **17** Other **52**

TOTAL EMPLOYMENT DATA

Registered with Why Ora

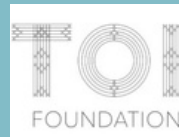
290

Health **197** Education **13** Other **80**



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.



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