

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

Kia Ora from our Pouwhakahaere / Chief Executive

Tēnā koutou katoa,

Kōanga (Spring) is well and truly here and Raumati (Summer) is not too far away - new growth is all around us - Te Taiao is doing its thing!

Growth doesn't always come so naturally for us – especially when we are looking ahead to our future, but not sure what the possibilities are.

Sometimes by having a go, exploring beyond what we know, we can discover we like what we see!

Our stories in this issue show what can happen when you try new things. Even when you don't exactly know what the future holds.

Like Treal, who gained a cadetship through Why Ora and is now on a rewarding career path as an Orthotics Technician trainee at Te Whatu Ora.

Growing a meaningful career takes courage, effort, time, commitment and resources. But the rewards are worth all the effort! - our whānau are making gains! It is important to have support- which is why we exist - to manaaki our whānau so they can thrive!

Stories like these give us all the inspiration we need to keep going!

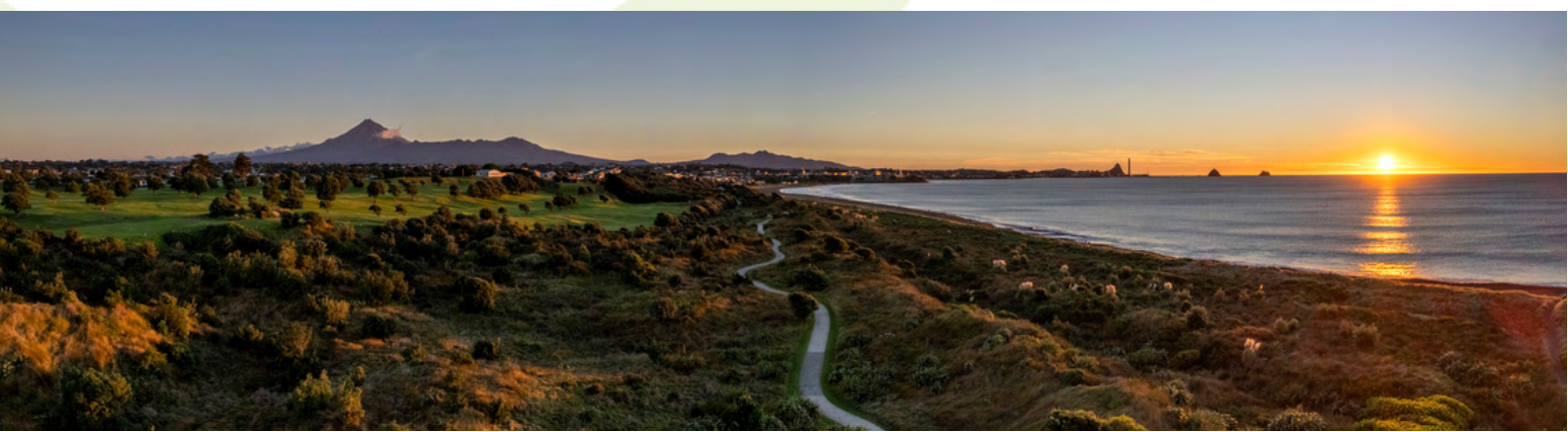
We hope you enjoy reading this issue and thinking about what might be possible for you or your whānau!

Ngā mihi

Tanya Anaha
Pou Whakahaere, Why Ora



Tanya Anaha - Pou Whakahaere



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.

Treal's Story - Anything is possible if you set your mind to it!

Treal Niwa is on an amazing journey to become an Orthotics Technican. While at high school and unsure of what he wanted to do, Treal was offered the opportunity to take a look around the Orthotics Department at Te Whatu Ora Taranaki. Liking what he saw, he then took the opportunity to apply for a cadetship there, supported along the way. This is his story.

Ko Taranaki tōku maunga
Ko Kurahaupō tōku waka
Ko Parihaka me Puniho pā ngā marae
Ko Te Atiawa me Taranaki ngā iwi

Kia ora all, my name is Treal Niwa. I am the eldest of eight and attended Devon Intermediate, where I was appointed head boy in my last year. It was a unique experience, which increased my responsibilities, boosted my confidence, and improved my public speaking as a result of speaking in front of large crowds!

While attending the Activity Centre at Spotswood College, Kristene, the head teacher signed me up for Why Ora, introducing me to their kaiārahi, who assisted throughout my journey.

Why Ora helped broaden my knowledge of what a career in hauora at the hospital has to offer. What drew me in was being able to be in a position to help people, and make their life easier. My interest was always there; I was simply unsure of what it would be or how to go about pursuing it.

Katie (a Why Ora Kaiārahi) brought me to an orientation at the orthotics workshop. It was intriguing. All the different aspects of how to remodify and make an (orthotic) shoe, the wide range of tools used, including splitting knives, sanding equipment, and numerous old sewing machines, to name a few.

Liking what I saw Why ora assisted me to apply for a cadetship in the Orthotics department. They gave me advice on how to prepare for the interview process and introduced me into the hospital.

Matua Wayne (Spotswood College) was also a tremendous assistance. A thank you is most definitely due to everyone who assisted me in my journey to where I am today.

I assumed I would need to have some type of education or clinical training to go into this job, so when I got the role, it almost felt like a fluke. My first thoughts were that they were looking for ingenuity and creativity, and I felt like I had something to offer.

Using te reo in my department and the hospital in general is important. Helping our Māori patients feel comfortable is the most important thing to me. The majority of them, I believe, are surprised to see a young Māori tāne in the department!

The addition of diversity is fantastic; the team are receptive to learning about culture, and I'm enjoying teaching my kaimahi kupu and pepeha.

I am now fortunate enough to assist others, as well as enjoying coming to mahi everyday to do that.

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Treal's Story cont.

Being able to work and earn money I am now able to visit my nana more frequently as well as going to the pā and spending time with her.

As a positive role model for my siblings I am demonstrating it is possible to find employment after graduation and avoid dependency on government benefits.

My future career ambition is to become an Orthotist; to create my own business fabricating and producing AFO splints, providing better wellbeing for patients that typically have to wait a long time.

As a kiwi and a Māori, this would be a first in the industry, delivering quicker and better results across Aotearoa, potentially broadening the possibilities of what orthotics has to offer.



“Don’t let age be a barrier to your aspirations and goals. Anything is possible if you set your mind to it. If you have a set mind of commitment, everything else will fall into place as it has for me.”

Manuka Matthews, Addictions Practitioner

Manuka Matthews is an Addictions Practitioner working in the Waitara community. Manu wasn’t always on a health career path – after starting out in trades and then running his own business he realised he wanted more, to help empower people in his community.

I worked towards my degree as an addictions practitioner while at the Taranaki District Health Board. I was able to do this over 5 years doing block courses and working full time.

Working and studying, it was very hard to fit in the study and work balance. The mahi at the hospital helped, and I was able to present to my classes real experiences related to course content. This is now my third year working in the Waitara community as an Addictions Practitioner.

The service I provide is to awhi, or support people holistically to help them improve their health and wellbeing, based on cultural values and beliefs. The ultimate goal is “Rangatiratanga” strategies of self-empowerment to take an active part in their lives, take responsibility for decision making, self-healing and ultimately, independence. This works really well as I can respond to my people’s needs, from therapy at the office to Community based therapy, group activities - it is totally flexible – we might go for a walk, bike-ride or fishing or a coffee! I help people build the skills, towards self-responsibility to building a better life, take advantage of opportunities, and the ability to provide for themselves and their whanau /family.



Working with people, they often don’t realise how hard they’ve been working! Moving on a scale of 1 to 10 – from just surviving, feelings of helplessness, hopelessness, being trapped, moving up towards 10, to awesome and future focused.

It’s all about promoting people towards positive change, to step out of their comfort zone, to feel the fear, do it anyway, to change their perception of their world.

This is just some of the journey Manu took to becoming an Addictions Practitioner – you can read his whole story and find out more about this rewarding career path on our website www.whyora.co.nz

“When it comes down to it, it’s all about empowering people, with the skills of self- development, the ability to make informed decisions, to play an active role in their future, providing for themselves their whanau and integrating with their community.”

Manuka Matthews, Addictions Practitioner

TŪHONONGA

Tūhononga means strengthening and bringing together (Tū is to strengthen, hononga is to bring or join together). We all need connections that can help us to grow, to know who we are, where we've come from and help us get where we are going!

Why Ora Noho at Ōwae Marae



Earlier this year in July our Why Ora kaimahi spent three nights in wānanga at inspirational Ōwae Marae. The noho aimed to build our cultural knowledge and strengthen our relationships and connections within our team and our community.

It was a huge privilege to be at Ōwae and have haukainga present with us in our noho.

On day one Matua Rawiri Doorbar gifted us kōrero on the history not just of the whare, but also Manukōrihi pā and the various other sections of the original pā. His presence was key in grounding our noho through connection to place.

Part of our decision to hold our noho at Ōwae was because Ōwae is the final resting place of both Tā Māui and his whānau.

In 2022 our noho was based at Urenui, the home of Te Rangihīroa, we wanted to continue to learn from the rich, and storied kōrero of Taranaki hauora pioneers.

On day two the mātanga kōrero Matua Rumātiki continued our learnings about Manukōrihi. We were lucky to learn about the story behind Pukerangiora pā. It felt like a surreal moment to have the opportunity to hear his kōrero while also visiting the pā.

A key belief at Why Ora is the more we contribute to something, the better it will be for everyone. Our stay at Ōwae helped us learn how to grow our contribution.

Day Three was all about our whānau as we prepared to host a hakari and share learnings from our days at the marae.

Each team member was also invited to host a session during the day, to share a passion and some kind of skill to benefit the team.

We are hugely thankful to everyone at the marae. We hope to hold more noho around the maunga in future and engage our taiohi in rewarding experiences.



HUI WHĀNAU 2023

Our Hui Whānau event gives us the chance to bring together taiohi, their whānau, tertiary providers, and Iwi, with kai, market-style stalls, and a kōrero about the opportunities available in future. This year's event was held in August at New Plymouth Racecourse and attended by over 50 people.



We wanted to make sure taiohi got the opportunity to hear from other young people. Our wonderful taiohi speakers included:

Willow Rahui-Brown – Kaituitui, Tui Ora – Willow spoke about her inspiring journey to her current role working in the mental health team at Tui Ora.

Te Keepa (Toi) Kemp – Aspiring Youth Worker, Volunteering at Waitara Taiohi Trust – Toi shared his amazing journey of how he got where he is today, helping other young people in their life choices.

This year our Iwi attending included Te Atiawa, Ngāti Mūtunga and Taranaki who ran stalls providing information and kōrero about what they have to offer and some awesome giveaways! A big thanks to our Iwi for showing up, we know you are super busy!

Our wonderful Tertiary providers included: WITT Te Pūkenga, Otago University, Waikato University, and Te Wananga o Aotearoa. A highlight was the tertiary panel kōrero on what each provider has to offer – a lot of laughs with some staunch competition going on!

To all our whānau who came along – we hope you found it useful. We'd love to hear from you about that. We can't wait to host our next Hui Whānau for our south whānau in 2024.



CONGRATULATIONS TO OUR TAIOHI WHO ACHIEVED MASH/REACH SCHOLARSHIPS

"M.A.S.H was a new experience for me and I was able to step well out of my comfort zone, make strong friendships within my group I was put in, as well as taura from other groups. I am already counting down the days until I can apply for C.O.A.C.H!" Tamara Te Waaka

"I loved my time at M.A.S.H because I realised how lucky I was to have this experience that others may not get. This opportunity solidified my passion for wanting to work in a health career and helping others. My favourite part of this kaupapa was whakaaro pai, the anatomy room. It was weird to see organs that I know are inside me. Overall, it was an unreal experience and I look forward to applying for C.O.A.C.H in yr13." Macey Austin



Photo: Macey Austin, Liahna Smith (Kaiārahi) & Tamara Te Waaka

Taiohi studying science may have the opportunity to apply for the MASH and REACH Scholarships offered by Whakapiki Ake and the University of Auckland and The University of Otago.

MASH is a four-day, Year 12 academic enrichment wānanga held at Waipapa Marae, at the University of Auckland.

REACH is a scholarship for Year 13 Māori secondary students interested in a career in health to attend a four-day wānanga held at the University of Otago Dunedin campus.

COACH is a four-day, Wānanga for Year 13s transitioning to the University of Auckland, also held at the Waipapa Marae.

Congratulations to Sam Corlett - REACH, Macey Austin and Tamara Te Waaka - MASH

MANAAKITANGA

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

PŪTAIAO

Our annual Pūtaiao expo aims to inspire, engage and ignite Taranaki taiohi to be excited by science and Mātautanga Māori. We hosted Pūtaiao, at the Taranaki Racecourse on 22 – 24 August 2023. It was an incredible three days which saw 388 taiohi attend from 13 schools around Taranaki Maunga.

It is a collective effort involving taura, schools, iwi, education providers and community organisations, who we could not do without!

Our presenters this year were Tupu ā Nuku, Para Kore, LearnerMe, Thom Adams, Venture Taranaki, WITT Nursing and Te Toki Voyaging Trust, who provided interactive workshops in the areas of biology, psychology, environment, conservation and astronomy.

Everyone who contributed presented something to inspire and interest! Making elephant toothpaste was a highlight, as were the Stardome sessions. We look forward to our 2024 event!



Meet Our Kaiārahi - Graham Jones

“Don’t be in a rush, take your time while you’re figuring out your future. Don’t be scared to give everything a go, if there are opportunities for support with figuring what you want to do, Take it. Same with any odd jobs that come up, because in my experience you learn a lot from all jobs, and it helps you narrow down what you might want to do in the long run.”

I was born and raised in Wellington, in a small suburb called Berhampore. To be honest though I didn’t overly enjoy school until I started college at Wellington High School.

I really loved sport, mainly union rugby, touch rugby and basketball, and I loved breakdancing. I also loved sketching and comic books. I knew after school I just wanted to get into mahi and earn some money, and just gain some life experience in the adult world. Looking back I have no regrets, I gave everything a go, and its helped shape me into the man I am today.



After high school, I worked a bunch of odd jobs from teacher aiding, hospitality, and retail, to working at a film studio. I thought I wanted to be a PE teacher, so I did the first year of a Bachelor of Health Science at Massey University Wellington. After a year I realised it wasn’t for me.

I found out about Youth Work and felt like this would be the career for me. So I gained my diploma in Youth and Community studies and have doing youthwork ever since - for over 10 years now. still wake up every day passionate for my mahi! I shifted to Taranaki to start working at Why Ora in 2022. My wife and I bought our first home here in Patea, and we have now been here for 3 years, our boy is turning 5 in a couple of months which is crazy, but this is home now, and we love it!

What motivates me is our Kaupapa! I’m looking forward to seeing Why Ora grow and being a part of the journey for each of my taiohi, to celebrate their successes, and have their backs when they need it.

THANK YOU

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



MINISTRY OF SOCIAL
DEVELOPMENT
TE MANATŪ WHAKAHIATO ORA

Te Aka Whai Ora
Māori Health Authority

Te Whatu Ora
Health New Zealand



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