

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

Greetings

from our Pou Whakahaere / Chief Executive

Tēnā koutou katoa

Ngahuru/Autumn is here, welcome to our first quarterly newsletter for 2024!

Along with the season, much is changing in the health and education sectors we work within. In such times it's important we work together with our whānau, and as a community, to help our whānau navigate change, be resilient and make the most of opportunities.

Recently one of our amazing rangatahi cadets made the news! This was also a great opportunity for Why Ora to let people know about our mahi. If you missed seeing the story you can read it here: <https://www.rnz.co.nz/news/national/510732/good-news-the-stories-that-cheered-us-up-this-week>

Lately we have reached some important milestones as a Trust, including refreshing our Trust Deed. We have also recently achieved Level 3 Accreditation through the Ministry of Social Development.

Our Kaiārahi team have launched into another active year! See our list of Why Ora 2024 events and activities in this newsletter. To enable our taiohi and whānau from south Taranaki to take part we are holding some of our key activities in north and south Taranaki.

We have two new Kaiārahi in these areas; Chelsea Crewe is working in central and north Taranaki, while Jasmine Jones is based in Patea. We are excited to have these skilled and experienced wahine join our team.

We also have a new administration and communication cadet, Nina Lawrence started with us in January and is bringing her awesome rangatahi energy, talent, and insights!

You can read about Nina's journey in this issue. It offers a strong example of how we can support taiohi to grow and thrive!

Noho ora mai

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!



Photo: Katie (Why Ora), Zoe (Doctor), Michelle, Fiona (Doctor) Oliver (Doctor), Tanya (Why Ora)

NEW DOCTORS IN THE WHĀNAU!

Welcome to our 3 new doctors! Zoe Honeyfield, Oliver McCullough and Fiona Nicoll.

All three graduate medical doctors started working at Health New Zealand | Te Whatu Ora Taranaki, Taranaki Base Hospital in January and were formally welcomed at a whakatau (see above image).

Zoe Honeyfield is now finding her feet in her new role as House Officer in the Surgery Department.

Zoe grew up in Okato and after six years away studying is excited about being back home in Taranaki and giving back to those who helped her along the way. Zoe was supported by Why Ora right at the start of her studies and over the past six years.

“My first few weeks have been busy, but the people I work with have made it so much easier, they are so supportive. Being a local I love it that I know the community, I can whakawhanaungatanga with them and it helps me be a better doctor and offer better care.

I attended the Why Ora health exposure programme when I was at Sacred Heart Girls’ College, listened to speakers and looked around Taranaki base Hospital. Then I spent a day shadowing a health professional through Why Ora. That helped me decide to go on and do health sciences. Then Why Ora helped a lot with applications. Medicine had been an idea, but it was a daunting one. So, it was great to have their support navigating the process to get to university,” says Zoe.

Previous Why Ora whānau to graduate as medical doctors include Dillon Manuirirangi, Josh Manukonga, Sam George, Grace George, Drew Davey, Eden Florence, Ngana Nicholas, Kenny Hau and Bree-Anna Langton. We have more future doctors on the way in tertiary studies, as many other whānau in other hauora studies.

Our kaupapa to support whānau into hauora and education careers is not short-term. It takes at least six years to become a medical doctor. After graduating and embarking on their careers, medical doctors can then go on to study specialist areas. There’s a huge need for Māori doctors, health workers, and educators to serve our communities, so we won’t be stopping anytime soon!

WHY ORA KAIĀRAHI IN KURA

Our Kaiārahi work within Taranaki secondary schools to empower taiohi career and employment aspirations so they can flourish! We do this through offering Māori taura relevant opportunities, events and activities, as well as manaaki (support) of taura who are registered with Why Ora.



Mizsiah Martin-Kemp

Te Pi'ipi'inga Kakano Mai I Rangiatea
Te Kura o Ngā Ruahine Rangī
Te Kura Kaupapa Māori O Ngāti Ruanui
Waitara High School



Katie Walsh

Sacred Heart Girls' College
Hoki Mai Ki Why Ora



Graham Jones

Patea Area School
Te Paepae o Aotea
Stratford High School



Liahna Smith

New Plymouth Girls High
Inglewood High School



Chelsea Crewe

Spotswood College
Coastal Taranaki
Hoki Mai Ki Why Ora



Rory Maxwell

New Plymouth Boys High School
Francis Douglas Memorial College



Nina Lawrence

Communication and
Administration
Assistant (Cadet)



Jasmine Jones

Taranaki Dioscean
Teen Parent Unit
Ōpunake High School
Hoki Mai Ki Why Ora



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!

Meet our new kaimahi!



Why Ora gives me the opportunity to help and encourage taiohi who were in the same position as I was during my time at kura, I want to be the helping hand they need when it comes to career or study aspirations, not only helping the taiohi but also their whānau too.

This cadetship at Why Ora opens so many doors for me, and also widens my view of the possibilities and opportunities that I can use to help others and myself find their passion. It gives me a chance to help change the way our taiohi view kura and mahi and use my experiences to help them. That is something I am very excited for.

Nina - read more about Nina in this issue!



Why Ora is an opportunity for me to help the rangatahi in this rohe meet their full potential. I have recently moved to New Plymouth and seeing all the different paths available for youth is amazing. Having spent the last three years working with taura that were told that they could not have massive career goals, it is inspirational for me to see taiohi Māori achieving in their chosen fields.

I am excited to help guide our rangatahi, so they can achieve what they are capable of. Mahia te mahi, hei painga mo te iwi.

Chelsea



Why Ora, for me, feels like a natural progression of the mahi I have done throughout my career. I have been in people-facing roles since I left college and have realised that the most important work happens at the grassroots level; When we support taiohi to thrive, we support their whanāu, hapū, iwi and wider communities to succeed.

I am most excited about working with a passionate team of kaimahi from across Te Moana nui a Kiwa to support and empower our people to actualise their dreams. On a personal level, being able to give back to my own iwi is a way for me to reconnect to Whakapapa here. Why Ora has a long-standing reputation in our community, and so to be able to contribute to this Kaupapa alongside my husband (who also works here) is a real privilege.

Jasmine

MANAAKITANGA

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

WITT Te Pūkenga Whakapōtae 2024



A huge mihi to our Why Ora taura who recently graduated from WITT Te Pūkenga. We acknowledge your hard mahi over the years, we're proud to be a part of your journey and look forward to see where your next chapter takes you.

Hui Whānau North/South

We recently held our Hui Whānau (North) at our tari in Ngāmotu and our Hui Whānau (South) at the WITT campus in Te Hāwera. Hui Whānau is a chance for us to connect with our whānau, to show them what we do working together with taiohi so they can be their best selves, and also what opportunities are out there. Ngā mihi nui to our amazing taiohi and lwi speakers on the night - you inspired us all with your powerful stories and kōrero!





Nina Lawrence

Why Ora Administration and Communication Assistant/Cadet

***“It's the biggest blessing I've received
as it's given my life purpose and
motivation to keep going”***

**Ko hikurangi te maunga
Ko hokianaga te moana
Ko Ngātokimatawhaorua te
waka
Ko Ngāpuhi te iwi
Ko Terarawa te hapu
Ko Waimirangi te marae
Ko Nina Lawrence toku ingoa**

I was born in Tāmaki Makaurau and moved to Taranaki as a baby, attending school in Lepperton followed by Ngāmotu. My childhood was filled with playing sports, riding my bike around the neighbourhood, exploring ngahere in my whānau area and eating kina.

I am the middle child of my older brother and younger sister. I whakapapa back to the Hokianga where my dad was born and raised, along with all my whānau on his side.

I never knew who I truly was, as my Māori Whānau lived 10 hours north of Taranaki and I was only able to see them during Christmas holidays. I knew where I came from and was proud to be Māori, but looking back now it was a struggle not being around my tūrangawaewae. Added to this there were not many Māori at my school.

It's hard to talk about openly, but this affected my hauora as a young kid. I didn't feel accepted by other kids, it was hard feeling disconnected and wanting to know more about my Māori side, but feeling picked on for who I was, when all I wanted was to be myself.

Kids would say things that hurt. Perhaps they thought they would get away with it. But I didn't! So, I'd react and then I'd get into trouble at school. This affected my engagement in my own education.

I struggled to stay in secondary school due to lacking a healthy hinengaro. It was difficult, so I didn't want to be there!

My experiences shaped me into the person I am today, however I also learnt that the things we face in life make us stronger and that I am grateful for.

From a kotiro to now I've never known what my career would look like, nor my future. All I knew was that I wanted to help our people, whether that be in mental health, education, support or anything to help others in similar shoes.

I was in and out of hospitality jobs for a while until I got an opportunity to join the Why Ora whānau and I am so glad I took it. It's the biggest blessing I've received as it's given my life purpose and motivation to keep going.

I'm currently working as an administration and communication assistant/ cadet. The things I'm learning along the way are giving me valuable work and life skills that I could transfer to any workspace.

It heals my inner child working in a Māori environment and gives me hope for our future rangatahi, that they too can be who they truly are! I look forward to being a voice for our taiohi in my mahi and our community.

2024 EVENTS

Coming up....

Why Ora - Rapuara Hauora Hauora Careers exposure sessions - starting soon!

Secondary school taura Y11-13 get to listen to inspiring speakers from a variety of hauora careers and engage in 'behind the scenes' hospital tours. To find out more contact your Why Ora Co-ordinator at your school or ask your Kaiārahi.

- Rapuara Hauora - North Taranaki - March 2024
- Rapuara Hauora - South Taranaki - April 2024



Whanaungatanga sessions

Building relationships with our Kaiārahi and registered Why Ora taiohi. Getting to know each other and exploring what support taiohi might need



CV sessions

Exploring requirements for a CV, what employers are looking for, identifying skills and talents and creating a CV from a Māori perspective



Pūtaiao - Year 9 & 10

A hands-on expo event for Year 9 and Year 10 taiohi to inspire a passion for science subjects, Mātauranga Māori and increase Māori uptake of science



Year 10 Promo

Why Ora promo aims to inform taiohi and schools about who we are, what we do, why we do what we do and what activities/opportunities we offer



Rapuara Hauora Year 11 - 13

Rapuara Hauora provides an opportunity for Year 11 to Year 13 taiohi to see and experience meaningful careers in the hauora/health sector



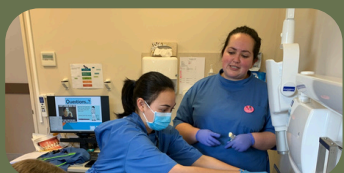
Rapuara Ako - Year 11 - 13

Rapuara Ako provides an opportunity for Year 11 to Year 13 taiohi to see and experience meaningful careers in the education sector



University Trip - Year 11 - 13

University Visits provide Year 11-13 taiohi with the opportunity to visit and become familiar with a university environment



Mātaki shadowing - Year 12 & 13

Provides Year 12 and Year 13 taiohi with specific work experience opportunities for taiohi interested in a rewarding career in that industry



Tertiary night

An opportunity for taiohi and whānau all ages to connect with tertiary providers, to ask pātai and listen to kōrero

CHECK OUT WHAT ELSE IS COMING UP WHĀNAU!

Are you at secondary school and interested in exploring a career in hauora/ health?/ or do you know whānau who might be? Below are some other amazing opportunities coming up!

R.E.A.C.H. (Realising Educational Aspirations for a Career in Health)

REACH is a scholarship for Year 13 Māori secondary students interested in a career in health, to attend a 3-day programme hosted by University of Otago.

Applications for 2024 REACH close 15 June 2024.

Check out the links below for further information.

<https://www.otago.ac.nz/mhwd/tearahauora>

https://www.otago.ac.nz/data/assets/pdf_file/0029/280964/reach-information-pack-611826.pdf

Whakapiki Ake C.O.A.C.H (Creating Opportunities for a Career in Health)

C.O.A.C.H is a 4-day wananga held May 9 - 12 2024 at Waipapa Marae, University of Auckland for Year 13 rangatahi Māori. To find out more check out:

<https://www.whakapikiake.com/new-events/c-o-a-c-h/>

M.A.S.H. (Māori Achieving Success in Health) is a 4-day kaupapa designed to support Māori students pursuing careers in the health sector

<https://www.whakapikiake.com/1284-2/>



Ngā mihi nui ki a koutou!

Thank you to everyone in our community who supports us, without your help we would not be here to support our whānau! A big thank you to our funders and partners below.



Te Aka Whai Ora
Māori Health Authority

Health New Zealand
Te Whatu Ora



Don't forget your Kaiārahi is here if you require tautoko

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