

## CEO Report

Kia ora ano tatou katoa,

Well our new year has begun; 2008 is on the move and so is our Roopu. We welcome all new mokopuna who have entered our service since Christmas and we farewell all those who have left.

The same welcome goes out to all new staff who have joined us and farewell to staff who have left us. Our thanks to those staff for all they have contributed to the health and wellbeing of our mokopuna while they were employed with us. To the whanau of our mokopuna we greet you in this, a new year and look forward to seeing you at our whanau whanui hui.

I acknowledge our board of trustees, especially the chairperson, John Marsden for guidance in their governance role and their support that helps us achieve our successes.

There are many exciting ventures to look forward to this year, which you will learn about as the year unfolds. Some have already occurred such as our roopu contributing to the National Residential Intellectual Disability Provider conference this year – I acknowledge Lorraine Bailey and her team for their successful conference and for all their hard work. Thank you to Brian Emery for stepping in and displaying a real talent at being a master of ceremonies.

I would like to acknowledge the staff from Whakataumai specifically Lewis Ioane, Mane Ruawhare and one of our mokopuna, Matiu Whiu for the excellent work they did to support another mokopuna, Quentin, when he had an unfortunate incident while swimming. Their interventions literally saved his life and we are pleased that Quentin has now recovered and is back to his usual happy self. We are very proud of you all, including your intensive service manager, Raukura Hune; Korowai Aroha for their awahi; your kaiarahi and team leader and the RIDSAS managers who were there to support you. While it is the sort of incident that we would prefer not to happen, it is an example that demonstrates that our risk management plans are working. Well done team, keep up the good work.

The mokopuna sports day is being planned and the annual ball – you will be updated when the plans are finalised.

Training for our kaimahi will have a major focus this year so keep watching for the information as it comes to you all. We will be participating in a research programme with the Donald Beasley Institute and again we will update you all as it progresses.

In conclusion I acknowledge everyone who assists us to provide quality services for our mokopuna; all the NASC and RIDCA agencies in Northland, Auckland, Hamilton, and Christchurch; the DSS Department of the Ministry of Health, Community Housing, WINZ, CYFS; all the general practitioners in Kaikohe, Kaitaia, Whangarei, Auckland, Hamilton, Otorohanga, Tokoroa and Christchurch who provide medical services to our mokopuna; the mental health services in all the different regions previously mentioned; our accountancy services, ASB banking services, all the iwi runanga in Te Aupouri, Ngapuhi, Ngati Whatua, Tainui, Tuhoë, Whanau Apanui, Ngati Porou, Ngati Kahungunu, Te Arawa, Ngati Tuwharetoa, Ngati Maniapoto, Ngati Raukawa and Ngaitahu who awahi their mokopuna; Quality Health New Zealand, Telarc, our legal advisors and special school.

To all of you, we look forward to working with you again this year!

No reira koutou nga mana, nga reo mai nga hau e wha, ko te tumanako kia puta mai te manaakitanga o te Runga Rawa ki a koutou, kia tatou katoa, kia ora mai tatou.

Tuila Tenari ONZM  
 CEO-Manawhakahaere  
 TE ROOPU TAURIMA O MANUKAU TRUST



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## Waata's Waitangi Day

Waitangi Day celebrations at Waitangi started out normally for mokopuna Waata Makiha before he was ushered forward by Shane Te Pou to meet the Prime Minister, Helen Clarke and found himself in the middle of a small media frenzy.

"Wow!!! Ko te mea ke" is Matua's favorite saying when trying to express his feelings regarding the meeting. Waata enjoyed his visit to Waitangi with his kaimahi and colleagues from Kohekohe, however the highlight of his day, and his week was the personal greeting between himself and Helen Clarke. Waata is still blown away by his experience.

As a result of this meeting his photo made its way into the local newspaper with an article on the Prime Ministers walk about.



*Matua Waata Makiha, enjoying the Waitangi festival where he met Helen Clarke.*



# Bubba's 75th Birthday Party

## South Island Division

January 2008 marks the beginning of a year in which the South Island Division will see significant growth. Planning is underway to open 2 further whare which should be operational before the end of April. A lot of work is going into preparation and staff numbers will be growing accordingly.

## Sushi Making, Money skills

Despite the holiday season a number of the mokopuna are seeking courses at Christchurch Polytechnic for the upcoming term. Courses being enrolled for include sushi making, money skills, 'work ready' course and basic computer design. Other community based activities this term include stone carving, arts and crafts and cooking classes. 7 Day Planners have become an activity some of the mokopuna have become extremely excited about. Currently mokopuna have embarked on enthusiastic fundraising in order to go on a 'dream holiday' to Australia. What a great goal! To find a polytechnic in your area, take a look at: [www.nzs.com/education/polytechnics](http://www.nzs.com/education/polytechnics)

A special mokopuna birthday celebration took place on the 5th February for Waipapa Puhia who was turning 75. Waipapa or Bubba as she is affectionately known, has the distinction of being our oldest mokopuna. Her birthday celebration took place at the Manurewa Marae, Finlayson Road, where all the mokopuna turned up looking fine and ready to party. They assembled with their kaimahi and waited for the call to enter the marae. After the powhiri, the party assembled at the whare kai where tables were laid with a party theme and a smorgasbord was waiting, beautifully presented.

The birthday lady and her friends sat facing the guests and presents lay piled up on the stage behind her. The MC for the afternoon was Mervyn Enoka, who did an excellent job when he had a hold of the mike! He kindly shared it, as there were a lot of people with plenty say about Bubba. One recollection told how Bubba had a knack with animals and small birds, which she could coax onto her shoulder with a few crumbs of food, a very special gift for an extra special lady!



## The BIGGEST 'Kaimahi' Loser

A wonderful initiative by the Te Aoraki Ora whare kaimahi team is 'The Biggest Loser'. Each kaimahi involved has put \$100 into the 'pot' in a bid to be the person to lose the biggest percentage of their body weight over the next six weeks. **The winnings at this time are up to approximately \$1000.** An increased awareness of a 'healthy diet' has been observed and kaimahi are running and biking to work (when their tires haven't blown out on their bikes). The mokopuna have been brought into the plan and are regularly seen completing a daily 'exercise' component of their 7 day planners. Our mokopuna frequently go to the gym as part of their vocational/day activity programme and 'training' at the local sports grounds has become a regular after dinner activity. Sounds like they're onto a winner!

For tips and info, check out the Biggest Loser Website [www.nbc.com/The\\_Biggest\\_Loser](http://www.nbc.com/The_Biggest_Loser)

NB: If anyone in the Northland, Auckland or Midlands divisions would like to be involved in a North Island Biggest 'Kaimahi' Loser, how about getting some others onboard and contacting Paul Walker who will look at putting it all together...



# New offices in Midlands

After much anticipation, moving trucks have now made their way to the Midlands RIDSAS office to deliver some long awaited office furnishing. A jovial cheer from RIDSAS staff resounded throughout the office after new desks had been assembled.

The new RIDSAS offices were blessed and opened by Mervyn Enoka and Hapi Anderson on the 3rd of March and are now fully occupied.

This auspicious occasion marks the end of an era for Midlands, for many years now, both residential and RIDSAS teams have had

shared offices. Te Mamaeroa Pritchard (team leader for RIDSAS) and Hine Rangitutia (team leader for residential) both hold dear the memories of the time spent working side by side, but are also very excited about the new developments and possibilities. RIDSAS and residential have distinct differences in the type of service they deliver. This division will enable both teams to focus on delivering a more effective service to their current and prospective mokopuna and staff.

## New Year health tips

### 1. Move More

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends, mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or kickboxing. But that's great when you're up to it.

### 2. Cut Fat

Avoid the obvious such as fried foods, burgers and other fatty meats (i.e. pork, bacon, ham, salami, ribs and sausage). Dairy products such as cheese, cottage cheese, milk and cream should be eaten in low fat versions. Nuts and sandwich meats, mayonnaise, margarine, butter and sauces should be eaten in limited amounts. Most are available in lower fat versions such as substitute butter, fat free cheeses and mayonnaise, but beware of anything that is highly processed.

### 3. Quit Smoking

The jury is definitely in on this verdict. Since the 3rd December 2003, amendment to the Smoke-free Environments Act 1990 was passed, Kiwi's have been reducing their use of tobacco products that kill. Second-hand smoke contains poisonous chemicals such as arsenic, hydrogen cyanide, ammonia and carbon monoxide. Prior to the amendment, around 350 New Zealanders died each year because of exposure to second-hand smoke, and many others became sick. Give up just one cigarette.... the next one.



### 4. Reduce Stress

Easier said than done, stress busters come in many forms. Some techniques recommended by experts are to think positive thoughts. Spend 30 minutes a day doing something you like. (Soak in a hot tub; walk on the beach or in

a park; read a good book; visit a friend; play with your dog; listen to soothing music; watch a funny movie. Get a massage, a facial or a haircut. Meditate). Count to ten before losing your temper or getting aggravated. Avoid difficult people when possible.

### 5. Protect Yourself from Pollution

If you can't live in a smog-free environment, at least avoid smoke-filled rooms, high traffic areas, breathing in highway fumes and

exercising near busy thoroughfares. Exercise outside when the smog rating is low. Exercise indoors in air conditioning when air quality is good. Plant lots of shrubbery in your yard. It's a good pollution and dirt deterrent.

### 6. Wear Your Seat Belt

Statistics show that seat belts add to longevity and help alleviate potential injuries in car crashes.

### 7. Floss Your Teeth

Recent studies make a direct connection between longevity and teeth flossing. Nobody knows exactly why. Perhaps it's because people who floss tend to be more health conscious than people who don't?

### 8. Avoid Excessive Drinking

While recent studies show a glass of wine or one drink a day, two for men (how is that fair!) can help protect against heart disease, more than that can cause other health problems such as liver and kidney disease and cancer.

### 9. Keep a Positive Mental Outlook

There's a definitive connection between living well and healthfully and having a cheerful outlook on life. You can't be unhappy when you're smiling or singing.

### 10. Choose Your Parents Well

The link between genetics and health is a powerful one. But just because one or both of your parents died young in ill health, doesn't mean you cannot counteract the genetic pool handed you!

## CONTACT DETAILS

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# RIDSAS Lifestyle and Vocational Program

In Auckland a RIDSAS Lifestyle/Vocational Programme has been developed for RIDSAS mokopuna not currently attending or participating in meaningful lifestyle, employment, recreational and leisure based activities.

The programme runs Monday to Friday, 9:00am – 3:00pm

Monday, Wednesday and Friday are community based activities with participation in mind, and Tuesdays and Thursdays are kapa haka and life skills development based at Nga Mahi o Te Ra.

Activities in the monthly program include sport and recreational days, tikanga Maori days at local marae or beach, community swimming pools, drivers license classes, literacy and numeracy classes, kai moana, diving, gym and Otara music and arts. A whole

lot more is planned for throughout the year including computer classes, forklift licenses, work based training, work incentives, cooking, budgeting, hip hop classes, mahi whakairo, bone carving and te reo.

Some of these activities have already started as of Wednesday 30th January and mokopuna have thoroughly enjoyed them so far.

Participation is slowly building and positive feedback can only encourage more mokopuna and kaimahi to participate.

**Any questions please do not hesitate to contact Paul Walker 0800 878 667.**

## Musical Chairs - oops I mean WHARE!

We are starting off the New Year with a lot of whare movements, so to keep everyone updated, here are the details of some of the latest Auckland shifts.

- Forrest Hill whare has moved to Te Aomarama in Massey
- Te Ohonga is moving to Kokako, (Portage Rd) Papatoetoe

- We have opened a new whare Te Ririkohe in Glendene and
- A mixture of Rangimarie, Poukaha, Atawhi, Te Ohonga and Te Rau Aroha are moving into Kahurangi (Forest Hill) It may take a wee while for the changes to sink in!

## NRID Providers Conference

Te Roopu Taurima executive residential manager, Lorraine Bailey and her team made a large contribution to the organisation of this year's annual NRID conference held in Auckland's Langham hotel. The nights spent burning the midnight oil leading up to the conference were well spent - if the positive comments are anything to go by! The theme of the conference was creativity and creative approaches - towards positive futures.

The topics presented by keynote speakers such as Geraldine Woods, Deputy Director General, Health and Disability National Services, Oliver Mudford, behaviour analyst, Dr Simon Rowley, paediatrician, Katrine Gabb artistic director and Susan McDonald, who spoke about her 'extraordinary life'. Her life story was delivered in a powerful way, with maximum impact on the hearts of the audience. A major factor in her life is the strong support given by her mother. Susan made it clear that she only ever wanted an ordinary life. But she had to do extraordinary things to bring about the ordinary things.

Robert's Martin's life story was also about wanting ordinary things. Like Susan, he had a strong support person. Early on, he persuaded intellectual disabled people to go on strike, which was extraordinary. He sought to bring about ordinary negotiations, in the normal way, with ordinary managers for ordinary resolutions such as 'proper pay for proper work'. He has had national and international recognition, and his advocacy for people with intellectual disabilities is immeasurable.

An interacting play was performed by a group of people with an intellectual disability, involved in creative arts. The actors performed their stories and several resonated with the audience. And rightly so, the presentation drew many and long responses from the audience, including politicians.

The following are one or two points from each of the 6 politicians

that spoke at the conference.

### **Honourable Ruth Dyson, Minister of Disabilities Issues**

- Noted that all political parties now have a spokesperson for disabilities
- The Government acknowledges the importance of recruitment and retention, funding issues and job satisfaction

### **Doctor Paul Hutchison, National Party**

- While policies are not released yet there is assurance that disability issues will be prominent and addressed by his party
- The party supports the NZ disability strategy and the select committee

### **Doctor Pita Sharples, Maori Party**

- The party understands the strengths and differences of an individual but they are whanau and should be included
- The party agrees that empowering carers is crucial

### **Metiria Turei, Green party**

- Services need to reflect cultural needs of the disabled
- Maori need to take leadership roles in the sector
- The workforce needs better training, skills and values training

### **Barbara Stewart, NZ First**

- The party supports cross party collaboration on disability issues
- The party supports those who facilitate independence of disabled people

### **Judy Turner, United Party**

- The party would address workforce issues to remove sustainability problems
- We need to be active in addressing learning disabilities
- The party supports self advocacy

# NEW STAFF

## PAUL WALKER

Lifestyle Vocational Coordinator Paul Walker's role, involves developing programs around mokopuna goals for tikanga lifestyle, vocational, educational, recreational, employment and leisure activities. Paul previously worked in our whare for 2 years and has worked a year with Youth Horizons and 4 years with Spectrum Care prior to that. His current role enables Paul to network and find meaningful employment and recreational prospects within the community. He enjoys meeting new people and raising awareness. Paul has been busy with some exciting new plans, like the roopu sports day in May, Round the Bays in March and water sports in July and has some mid year celebrations planned for June like disco's, field days, day trips and more.



## EDITH VINCENT

South Island Division Team Secretary is Edith Vincent. Edith moved to Christchurch a year ago after working for 8 years in the Otago Spinal Unit where she undertook a variety of roles in reception, admin, out patients and as a ward clerk before her shift. Edith and her husband share 4 children and 8 mokopuna with some based in Mangere and the far north, so she will no doubt be visiting some of our other offices when she comes to visit them. She has been impressed with the warm welcome and ongoing concern and consideration of the roopu. She loves working with her 'awesome' boss Sarah. The Christchurch office have been very busy getting their foundations in order and are now preparing for expansion, so they have a busy year ahead. Edith is a qualified ESOL and Adult Literacy Tutor (something she is passionate about) and her interests include church, reading, and handcrafts. She is not so keen on housework and is looking for volunteers to do it for her!



## TUPOU EVANS

Tupou Evans is the team secretary for RIDSAS Auckland. She came to us from New Zealand Management Academy where she did a training course that led to her current position. Tupou spends her day running around after the RIDSAS team and does a fabulous job holding her own with all the testosterone around her! Tupou is a music fan and enjoys spending time with her friends and family. The Auckland team have recently moved their office upstairs near Residential where Tupou is enjoying a bit of extra sunshine. She loves her job, and enjoys keeping the team organised.



## MONTY HUNE JNR

Monty Jnr has been with the organisation for about 10 years, leaving university to start at Te Roopu Taurima O Manukau Trust when they first moved away from Spectrum Care. He has undertaken a variety of roles including, casual kamahi, kaiarahi and has now taken up a new position as team leader for Auckland RIDSAS.



The kaupapa Maori aspect is what has kept him here, along with the friendships he has made. He likes the work he does with RIDSAS, especially seeing the progress and development of the mokopuna he works with. He says his hobbies went out the window once he started here, so life is all work and no play! Hopefully with his new team leader role he'll be able to delegate a bit of mahi and enjoy some new endeavors. He is happy that he got the opportunity to work here at such a young age and is planning to be here for a few more years yet.

## VALERIE MATANGI

Valerie comes to us from Freedom Furniture where she worked as their accounts manager for over 2 years. She has 4 children and a long association with Te Roopu Taurima O Manukau Trust through friends and family. Valerie's dad Justin is from Nga Puhi and her mother Marama is from Whanau a Apanui, both work for Te Roopu Taurima in the Midlands region, Justin as regional service manager and Marama as a kaimahi. Valerie's role as PA to Te Hurihanga is to keep him organised and herself sane. It's a challenging role, but one she feels confident in. She has had plenty of practice on her own whanau and is looking forward to the experience and the challenges ahead.



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## SINA SIONETUATO

Sadly one of our better known staff members is leaving us. Sina Sionetuato, receptionist for our head office, has been with us for over 4 years. During this time she says she has seen a lot and gained much! She leaves us to take a bit of a break (after just returning from her Christmas break in Niue!) and eventually to pursue career advancement opportunities. Sina's cheerful disposition allowed her to get on well with everybody and she will be greatly missed. She will be remembered for her welcoming smile and karaoke skills, which some say were enhanced at the end of an evening's 'socialising'.





# Chinese Lunar New Year (February 7, 2008)

Chinese New Year or Spring Festival is the most important of the traditional Chinese holidays. It is an important holiday in East Asia. The festival traditionally begins on the first day of the first lunar month in the Chinese calendar and ends on the 15th, on the day of the Lantern Festival.

Chinese New Year is the main holiday of the year for more than one quarter of the world's population. A special Chinese calendar is used by various Chinese communities around the world for determining festivals. The beginnings of the Chinese calendar can be traced back to the 14th century B.C.E.

The Chinese calendar is based on exact astronomical observations of the longitude of the sun and the phases of the moon.

## Reunion dinner

A reunion dinner is held on New Year's Eve where members of the family, near and far away, get together for the celebration. The venue will usually be in or near the home of the most senior member of the family. The New Year's Eve dinner is very sumptuous and traditionally includes chicken and fish. In some areas, fish is included, but not eaten completely (and the remainder is stored overnight), as the Chinese phrase "may there be surpluses every year" sounds the same as "may there be fish every year."

Red packets for the immediate family are sometimes distributed during the reunion dinner. These packets often contain money in certain numbers that reflect good luck and honorability. Several foods are consumed to usher in wealth, happiness, and good fortune.



## WHAT'S ON

### Round the Bays Fun Run

**16 March**

Applications for The Round the Bays FUN RUN are available from Tupou and Dorothy.

Any enquires contact: Dorothy Latu at Day Services (Residential) or Paul Walker for (RIDSAS) on 0800 878 667. Names need to be in by Friday 22nd February and volunteers on the day, would be appreciated.

### Training

RIDSAS Wanaanga

27 Feb	Tu Tangata	14 Mar	Poukaha
29 Feb	Atawhai	19 Mar	Poutama
4 Mar	Rangimarie	20 Mar	Te Rau Aroha
6 Mar	Motuhake	25 Mar	Tu Tangata
12 Mar	Whakatau	27 Mar	Atawhai

### OSH timetable

12 Mar	Hamilton	26 Mar	Christchurch
13 Mar	Tai Tokerau	27 Mar	Auckland

### Other

7 Mar	CPI Refresher Course in Auckland
31 Mar	Orientation for Auckland Hamilton Powhiri

### WHAT'S HAPPENING?

If anyone knows of any newsworthy events they think should be included in the next issue of Te Whetumaramatanga, please let Denise know! [Deniseb@terooputaurima.org.nz](mailto:Deniseb@terooputaurima.org.nz) or drop into the Auckland Office for a korero!