

# HAUORA MĀORI KI PEGASUS



## WORKFORCE DEVELOPMENT SCHOLARSHIP AWARDS

### COVID RESPONSE

Melody Tuliau, shares her mahi while seconded to the Canterbury DHB vaccination team as Māori Equity Lead.



### TE PUĀWAITANGA

Sexuality and sexual health education app designed with Māori and Pasifika youth in mind.



### PUĀWAI KAI

New group lifestyle and cooking programme inspires Matiu Taitoko to get back to the garden.





## PEGASUS HEALTH SCHOLARSHIP AWARDS MARK 20 YEARS

The “highlight of the year”, the Pegasus Health Workforce Development Scholarship ceremony was held at Tūranga (Christchurch Main Library) on Thursday 18 May. The scholarships were established by Pegasus Health in 2003 to support members of our priority communities in their journey to working in health care. Pegasus continued this commitment to creating an equitable health workforce to assist Aotearoa towards equitable health outcomes by awarding 28 scholarships in 2022.

In an emotional speech from keynote speaker, Suzanne Pitama acknowledged that achieving health equity was the responsibility of all the health workforce. “There will be a lot of pressure on you when you graduate to meet our equity goals, but every single graduate is supposed to contribute to health equity, it does just not rest on your shoulders. So, I want to honour your dreams and aspirations for yourself. I want you to choose the field that most stimulates you, that makes you excited. Because the more you follow your own passions,



*Suzanne Pitama gives her keynote speech.*

the more we’ll retain you in our health workforce and that’s really our overall goal.”

Māori scholarship recipients Ariana Walker (Te Ātiawa, Ngāi Tahu) and Ariana Ashby (Ngāpuhi) are both in their third year studying a Bachelor of Midwifery at Ara Institute of Canterbury. Both share a desire to walk alongside and empower Māori women and whānau. Sadly, many hapū māmā experience discrimination from health care providers during their pregnancy journey. “My passion is to bring birthing back to our home, to our whenua, and encourage whānau to embrace their own mātauranga and use it however they like without that judgment,” shares Ariana Walker.

“

Māori scholarship recipient, Iwitea Ataria-Ivannikova, shared this whakataukī that embodies the journey her and the other recipients are on.

## He manako te kōura i kore ai.

Thinking about the crayfish will not make it so. To achieve your dreams, you must put the effort in.

”

Third year nursing student, Kirstyn Macdonald (Ngāti Kahungunu), knows first-hand the challenges Māori women experience. “As a young Māori mother, I experienced discrimination from health care services and as a result I was afraid of judgment when attending the Well Child Checks which is crucial for monitoring your pēpi's growth and development,” Kirstyn said at the event.

“Unfortunately, I’m not alone in experiencing discrimination from health care services. Discrimination is a contributing factor to why Māori have poorer health outcomes.” This has motivated Kirstyn to study nursing, so she can have an active role in improving health disparities in Māori health.

Right: Te Rina McGregor (Ngāti Kahungunu, Ngāti Tūwharetoa, Ngāti Mutunga, Ngāti Mutunga o Whare Kauri) with presenters and whānau.

Below (L - R): Kirstyn Macdonald (Ngāti Kahungunu), Sam Cameron-Dunn (Ngāi Tahu), Ariana Walker (Te Ātiawa, Ngāi Tahu).

Presenters: Peter Townsend and Karaitiana Tickell.



# MEET OUR KAIMAHI WORKING TO PRIORITISE HAUORA MĀORI



## LOVEY RATIMA-RAPSON

*Te Arawa, Ngāi Te Rangi*

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journey across the motu working in primary health care. I've worked on the front line so I can talk the same language. I know what they're feeling and experiencing."

Lovey encourages general practices to embrace te ao Māori. One practice she works closely with has introduced mihi whakatau to welcome new staff members.

"I sought support from mana whenua and empowered them to lead a mihi whakatau. I kept it as simple as possible and supported the team to overcome whakamā."

Another area Lovey is passionate about is suicide prevention, particularly in a Māori space. In 2017, she spoke at The World Indigenous Peoples Conference on Education (WIPCE) in Toronto on suicide prevention.

Lovey is a Pegasus Health Practice Relationship Manager. Lovey provides support to general practices across Ōtautahi in a range of ways.

"Essentially, my role is to manaaki the people I'm working with," says Lovey. "My journey has been a 20 plus year

## KITTY MORAN

*Tainui*

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Pegasus Health Sharepoint Specialist, Kitty, plays a key role in ensuring communication and collaboration happens in an easy and organic way across the organisation.

Recently, Kitty has been working on a SharePoint site called Partnership in Design. It sets out the co-design approach to service development within Pegasus and ensures that the principles of Te Tiriti o Waitangi are followed at every step from concept to implementation.

Beyond Pegasus, Kitty is currently completing a Bachelor of Arts at the University of Canterbury, with a double major in Te Reo Māori and Māori and Indigenous Studies. Her long term goal is to become a psychologist with a special focus on supporting Māori.



"When I moved back to Aotearoa from Australia, it was like my tīpuna were calling and my soul had come home. I'm enthusiastic to help Māori with their mental health because I know that there are many more out there like me who need that connection to whakapapa to help them heal."

# WORKING WITH COMMUNITY TO SUPPORT MĀORI VACCINATION RATES

In June, 2021, Pegasus Health Hauora Māori Manager, Melody Tuliau, was seconded to the Canterbury DHB vaccination team as Māori Equity Lead.

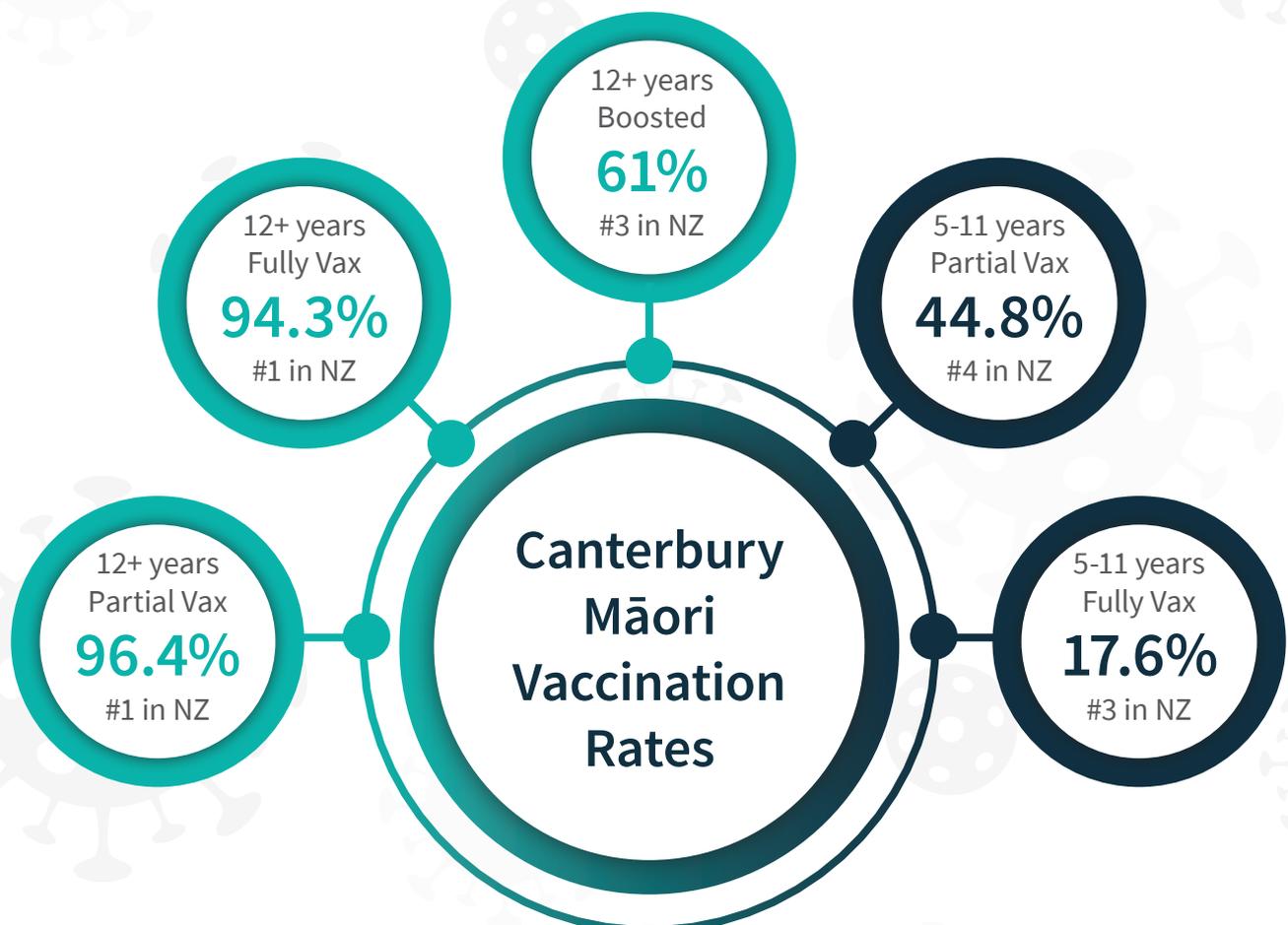
In 2021, Melody worked with a number of Māori providers to facilitate COVID-19 vaccinations for Māori and ensure Māori and Pasifika were able to receive their vaccination in a safe and respectful way. This involved supporting the set-up of vaccination clinics in partnership with Māori providers, particularly Ngā Hau e Whā, Māui Clinic @ The Hub Hornby and Māui Clinic @ South City. She worked alongside Maria Pasene, Pegasus Pacific Health Manager, to collaborate with Te Puawaitanga ki Ōtautahi Trust and Tangata Atumotu to provide mobile vaccination events in schools.

This year, the focus has been on paediatric vaccinations and boosters. Melody collaborated with organisations

such as Te Puawaitanga ki Ōtautahi Trust, He Waka Tapu, Purapura Whetu, and MIHI (Māori/Indigenous Health Innovation, University of Otago, Canterbury) to provide mobile vaccination events within Māori communities. She also worked with CDHB to develop the service specs that enabled Māori providers to provide home vaccinations to whānau who may have difficulty getting out to a vaccination site.

In May, hundreds attended a Health Day event held at Takahanga Marae in Kaikoura. The event offered COVID-19, influenza and MMR vaccines. In addition, a Māori pharmacist was on site to do medication reviews and a doctor was available for health checks. The event was a partnership between Māori health and social services provider, Te Tai o Marokura and MIHI and was supported by Melody and the Canterbury DHB COVID-19 vaccination team.

“I really appreciate that Pegasus released me for this role. They’ve been really supportive in enabling me to undertake this valuable mahi,” says Melody.



# NEW HEALTHY LIFESTYLES AND COOKING PROGRAMME LAUNCHED

Pegasus Health are excited to introduce Puāwai-Kai, Pegasus Health's new group lifestyle and cooking programme.

It was developed with feedback from primary care professionals and a diverse group of Cantabrians, including local Māori and Pasifika groups. Puāwai-Kai gives participants information on developing a healthier relationship with food, cooking meals with cost-effective seasonal ingredients, the importance of sleep and exercise, and stress management skills.

Counsellor Matiu Taitoko decided he was at an age where he needed to give up the energy drinks and take better care of himself. He took part in the Puāwai-Kai healthy lifestyle and cooking programme and since completing it feels healthier, sleeps better and has gone back to the garden

and appreciating what he can grow for himself and his whānau.

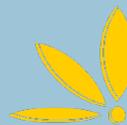
"I'm at that stage in my life where we have to think about what we eat and how we eat it. To last a little bit longer and feel healthy about ourselves. We [Puāwai-Kai course participants] had no idea what we were in for, but it was good learning, you know, and learning about sleeping as well and the right food and when to eat that and drinking. It's been fabulous!"

Matiu was a participant in pilot Puāwai-Kai courses Pegasus Health ran with a range of Cantabrians to ensure it provided the right mix of tikanga, skills and information.

Matiu says he has continued with good habits he learnt on the course. A big positive change for Matiu has been growing his own food.

"Being Māori, it's been getting back to the garden and learning about that again. Because we have been distant. We come into the city and found the easy food, the fast food to get by. But is it the healthiest food? I don't think so. So it's going back to the garden again and growing those veges. I'm quite lucky because my whole family is starting to get into wellbeing. We bring different foods to the table now."



 **Puāwai - Kai**  
lifestyle education & cooking



# TE PUĀWAITANGA SEXUALITY AND RELATIONSHIP EDUCATION APP

A mobile app providing sex, sexuality, relationship, gender, and identity education for young Kiwis, aged 13 to 24, is under development at the University of Canterbury. Faculty of Health Lecturer Tracy Clelland and Health Educator Jessica McQuoid are the driving force behind the app called Te Puāwaitanga: Beyond the Birds and the Bees.

“Te Puāwaitanga will be a one stop shop for young people for resources on relationships, sex and sexuality. In addition to quality written content, it'll be an interactive app with features like flip cards and quizzes, as well as questions to prompt their thinking,” says Jessica.

“In our research and during focus groups, it was highlighted that relationships and sexuality education has not been meeting the needs of our Māori and Pasifika rangatahi,” says Jessica.

With funding from Pegasus Health, a working prototype



has now been developed. The next step is to take this to young people to get their feedback and involve them in further co-development.

Irihāpeti Mahuika, Director of Hauora Māori and Equity at Pegasus Health, has a background in teaching and a passion for ensuring health education is accessible and in a form that young people are going to use.

“We’re so pleased to be able to contribute to the work Tracy and Jessica are doing,” says Irihāpeti.

For young people where social interaction is at the centre of their world, access to good health information is increasingly important.”

The app is due to launch in November 2022.

