

the years have been well utilised in this programme, as their experience, skills and expertise has seen them and their communities take ownership of the Ngati and Healthy Community Programme.

A special mention and thank you to all the Whanau who took part in the prevalence survey and community programme and to all the Whanau support and staff who helped the kaiawhina lead Ngati and Healthy Prevent Diabetes Project win the Te Matarau Supreme Award.

Acknowledgement from the Ngati & Healthy Kaiawhina – Teo Arani Wilson

These awards were about recognizing successful models of service delivery, or initiatives that increase Whanau Health and Wellbeing by building on the Strengths and Assets of Whanau and Maori Communities. There were 25 finalists throughout NZ and three categories Whanau Whaiti, Whanau Rahi and the category we were in Whanau Whanui.)

The DHB we were up against were Ngati Awa Health Services (BOP DHB), Hauraki PHO (Waikato DHB), Te Kupenga o Huturoa PHO (Counties Manukau DHB), Te Hauora o Te Hiku o Te Ika (Northland DHB), Te Whanau Tokotorangi Trust (Lakes DHB), Te Korowai Aroha Health Centre (Lakes DHB).

The areas they covered were Outreach Immunisation services initiative, Residential intellectual disability service for children, Maori nurse-led service for people with chronic diseases, cardiovascular disease prevention, integrated activity, screening and rehabilitation, just to name a few.

Our Ngati & Healthy team did a wonderful job in setting up the displays for the judges and the public. We had positive feedback. We displayed all



The N&H Team and sponsors with the supreme Award – “Te Tohu Kahukura”

community posters, Rugby team, fresh fruit and veges, and of course our famous water bottles with Ngati and Healthy labels on them.

There were plenty of give aways as well. Big thanks to my son Riwa for making sure our display table was looking it's best.

The dinner and presentations of the awards, was one that just blew us away. First to be announced were the winners in our category and then we were announced as the Te Tohu Kahukura, Supreme winners. This was so overwhelming to us all. Especially to the kaimahi that worked so hard, to make this project a success, and to get it where it is now. The early mornings traveling up the coast was all worth it, after winning such a beautiful toanga.

For me personally this has been a journey like no other. Working for an organization such as Ngati Porou Hauora, who have given me the opportunity to be part of the Ngati and Healthy project team since it started in 2003, has enhanced a lot of new skills that I never had before. It is the TEAM work that has made this happen. To all the kaiawhina and nurses Hera, Marina, Kura, Ginny, and BJ who are the real mana wahine, wahine toa, wahine maori, who know their community and whanau well, who put up with all sorts, who will travel all distances to seek and find them, to invite them onto the programme. Big huge thanks to all kaimahi that helped us, our blood-takers, caterers and clinical team. Also to our behind the scenes team, Otago University team, our Managers, our Clinicians and Researchers, Ngati Porou Hauora for having faith in us.

Many thanks for your support.

But the biggest bouquets must go to our Ngati & Healthy Team leader Helen Pahau, without her, our awesome captain at the helm, this ship would never sail smoothly. Her persistence, her drive, her passion, her commitment and sacrifices she made for her children and



The Team with the Whanau Whanui Award.

whanau have certainly paid off. These awards topped off our awesome 3 years together on this project. There were lots of heartaches, but we made it. We did this for our mahi, whanau, people, and most of all we did this for our parents. Kia ora

Acknowledgement from the Ruatoria Kaiawhina – Sarah Sykes

It was a pleasure to be part of a team made up of Ngati Porou Hauora and Otago University, who attended the Whanau Ora Maori health awards, held at the Old Town Hall in Wellington on 3 November 2006.

This year, Manatu Hauora and Te Matarau joined together to present one Whanau Ora Awards programme.

It was a fabulous event and Ngati Porou Hauora and Otago University was successful in Winning the Supreme Award for the East Coast diabetes prevention programme Ngati and Healthy.

Ngati and Healthy is about sharing knowledge and skill at both community and professional levels. The programme is designed to reduce the risk of type 2 diabetes through community health promotion and education.

The programme began at lunch time with the finalists displaying their projects to the public, followed by a dinner for the award winners and their organizations presented by Associate Minister Mita Rinui.

Upon receiving the supreme award, the team was honoured by a whakamihi from Ben Tahata, the executive chairperson of the Ngati Porou Hauora Board of Trustees, followed with the national anthem “Paiekea”.

The team also won first place in the whanau whanui (large organization) category, making it a night of a awesome double celebration.