



## **Tairawhiti HEHA Network**

# **ANA TO KAI HUI 2010**

**Celebrating and showcasing some of the healthy eating  
and physical activity projects happening in Tairawhiti**

**Tuesday 11 May 2010**

**Pakirikiri Marae**

**Tokomaru Bay**

**9am-3pm**

**Attendance is Free**

**Please register early – spaces are limited**

**Closing date for registrations is**

**Friday 30<sup>th</sup> April 2010**

## **PROGRAMME**

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<b>9 am</b>	Powhiri Morning Tea Korero from host speaker
<b>10 - 11.15am</b>	Key Speaker – Shane Ngatai, Principal of Rhode St School, Hamilton
<b>11 - 11.15am</b>	Korikori Tinana
<b>11.15am - 12.00pm</b>	<b>Workshop Round 1</b>
<b>12.00 - 12.45pm</b>	Lunch
<b>12.45 - 1.30pm</b>	<b>Workshop Round 2</b>
<b>1.35 - 2.20pm</b>	<b>Workshop Round 3</b>
<b>2.25 - 2.45pm</b>	Whakamutunga

**MC for the day: Bill Hughes**

### **CONFIRMED WORKSHOPS (TIMING TO BE DECIDED)**

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- Marae Food Safety - Kate Sykes (TDH)
  - Supergrans Tairawhiti – Health for Life Programme – Diana Neru
  - Traditional Gardener in Action – Robin Te Moana Thompson
  - Tokomaru Bay –YMCA Y-Ora Programme – Trevor Maru
  - Mana Tane East Coast – Kai Oranga Project – Roger White
  - Kia Mama - Peer Breastfeeding Support – Amy Wray
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## PRESENTATION INFORMATION

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### **Shane Ngatai – Rhode Street School Hamilton**

In 2005 Shane moved to his present position as Tumuaki at Rhode Street School. It is here that Shane and his team are walking the talk to raise student achievement through the establishment of a whole of school approach to healthy eating and sustainable living.

School grounds have been transformed into food producing organic gardens, orchards, nurseries and a hydroponic tunnel house. A commercial kitchen processes the harvested food into preserves, pickles, sauces and daily lunches. This is only the start of the projects which Shane and his school are undertaking to improve nutrition and raise student achievement.

This presentation will provide insight into one schools inspirational journey to 'Grow' a healthier community.

### **Kate Sykes – Tairāwhiti District Health: Marae Food Safety**

Kate was involved in the development of Te Kai Manawa Ora - a new approach from the New Zealand Food Safety Authority based on the Te Pae Mahutonga framework to approach kai safety using a holistic approach to kaumatua, whanau, hapu and iwi wellbeing.

Kate will speak on using this resource to help Marae Kaiwhakahaere and Kaimahi develop guidance on procedures to keep kai safe while maintaining its sanctity from a tikanga Maori perspective.

Kate is the Team Leader of the Healthy Environments team at TDH. She has been involved in food safety in Tairāwhiti for almost 20 years firstly as an Environmental Health Officer with the GDC and since 2004 with TDH.

### **Diana Neru - Supergrans Tairāwhiti – Health for Life**

The goal of Supergrans Tairāwhiti is to reduce obesity and increase physical activity and improve nutrition. In this presentation Diana Neru will share information on the current activities run by Supergrans from whānau support on budget basics to hikoi and label reading. She will also present the future plans for Supergrans.

### **Robin Te Moana Thompson – Traditional Gardener in Action**

Traditional gardening can have its challenges as East Cape, local gardener; Rob Thomson will share in a basic korero on maara kai as well as a general understanding of natural methods of rejuvenation to replenish soil.

Included in his presentation is a demonstration on how to prune and plant a tree and the benefits this will have for whānau not only in being able to prune your own fruit trees but also to improve the quality of nutrients in your fruit and vegetables as well.

### **Trevor Maru - Tokomaru Bay YMCA Y-Ora Programme**

The Y-Ora programme is a YMCA initiative currently being piloted at the YMCA Te Ohonga Mauri facility in Tokomaru Bay.

The programme is designed at preventing obesity and the surrounding risk factors within the local Tokomaru Bay and East Coast Community. It targets the Maori Population with education and mentoring support in exercise and nutrition. The aim is to eat well and be more active in a whanau orientated, friendly and fun environment.

### **Roger White - Mana Tane East Coast – Kai Oranga Project**

Mana Tane East Coast was designed to keep men living on the East Coast active and healthy, through gardening, food gathering/ preparation, and promoting positive lifestyles.

Roger will speak on the projects activities such as gathering food from the land through to Father and Son wananga that promotes positive role modelling and tikanga around the projects activities.

### **Amy Wray - Kia Mama – Peer Breastfeeding Support**

Kia Mama is a breastfeeding peer counsellor programme provided by La Leche League NZ which has been adapted specifically to meet the needs of Tairawhiti women and their whanau. The programme currently has nine volunteer mums in the Gisborne area and two from the coastal regions who have all completed training in basic breastfeeding information.

The key to this programme is that it offers ‘mum-to-mum’ breastfeeding support. It allows women an opportunity to choose their own ‘breast buddy’ to help them through their breastfeeding challenges and ensure they receive the support needed to breastfeed to six months and beyond.

Amy Wray will speak on the formation, goals and work the Kia Mama Breastfeeding support programme is doing in Tairāwhiti.

## **BACKGROUND INFORMATION**

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### **Who are the organising roopu?**

The organising roopu consists of representatives from the host community and the Tairāwhiti HEHA Network. This collaborative Network consists of local organisations involved in improving nutrition, increasing physical activity and reducing obesity. These include Maori Health Providers, Runanga, Non Government Organisations, Regional Sports Trust, Local Government, the Education sector and the District Health Board.

### **Who are ANA?**

The Hui is funded by Ministry of Health through Agencies for Nutrition Action (ANA), a group of eleven organisations with a mission to support New Zealanders to eat healthy and exercise regularly.

The Cancer Society, Te Hotu Manawa Māori, Diabetes NZ, Dietitians NZ, the Heart Foundation, NZ Nutrition Foundation, Pacific Island Food and Nutrition Action Group (PIFNAG), the NZ Recreation Association, the Home Economics and Technology Teachers Association of NZ, Asian Health Foundation and Stroke Foundation are all members of ANA.

### **How did this Hui come about?**

At a HEHA Network Hui in 2009, it was identified that our communities are doing some fantastic mahi in the area of nutrition and physical activity – so much so that we decided to dedicate a whole day towards celebrating and showcasing some of these projects to the community. ANA had approached us and offered us funding to host a regional nutrition and physical activity forum and “ANA to Kai” was born!