



February 2017 / Pānui 32

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UPCOMING EVENTS

March 14, 2018

NMTM Monthly Hui

March 20, 2018

ADHB Kahui Hononga Māori Staff Hui

March 28, 2018

NE Taskforce Focus Group Workshop – Auckland

April 3, 2018

NZCOM Auckland Monthly Meeting

August 24 - 25, 2018

15th NZCOM Biennial National Conference

September 10 - 12, 2018

Whānau Ora Hui 2018 – Te Pou Matakana

November 13 - 16, 2018

Ngā Pae o te Māramatanga 8th Biennial International Indigenous Research

Save the Date 2019

April 7 - 11, 2019

IUHPE World Conference – Rotorua

NGĀ MIHI NUI KI A KOUTOU KATOA

Our February hui was the perfect way to start off a new year for Ngā Māia ki Tāmaki Makaurau [NMTM]. It was great to see everybody again and we are excited to have an energised rōpū to take on a new range of challenges and possibilities. It was a fun and enjoyable evening of kai, kōrero and waiata. We thank all of those who were able to attend and contribute to a great evening of passionate midwives, students and whānau coming together for our communities. We look forward to seeing you all, and any new faces, at our next hui.

This month we had the opportunity to hear from two passionate and hardworking researchers from the University of Auckland. Anneka Anderson and Elizabeth Strickett are part of Te Kupenga Hauora, Māori Department of the University of Auckland Faculty of Medical Health Sciences. They joined us to present their exciting new research that aims to explore the antenatal care experiences of hapū Māori māmā and Lead Maternity Carers [LMCs]. They hope this research will contribute to better understanding of the unique needs of Māori women when accessing antenatal care and lead to improvements in health and maternity services for wāhine Māori. They are currently recruiting hapū Māori māmā and LMCs, including midwives and obstetricians, who may be interested in taking part in an interview for this research project. If you, or anyone you know might be interested, please see the advertisement posters at the end of this pānui for details of how to make contact with Anneka and Elizabeth.

We also had the pleasure of hearing from Rebecca Stirrup, a registered classical homeopath, who shared with us the different ways that homeopathy can be used in the antenatal, intrapartum and postnatal periods for wāhine and pēpi and the benefits associated with its use. Rebecca and the Auckland Homeopathy team offer clinics in Highland Park, Clevedon, Takanini, Pukekohe, Waiuku, Auckland Central and Manurewa (Manurewa Marae). For more information about Auckland Homeopathy please visit <https://www.aklhomeopathy.co.nz/>

Ngā Māia o Aotearoa Website

<http://www.ngamaia.co.nz>



Ngā Māia ki Tāmaki Makaurau

Read More About Our Rōpū

<http://nzcomauckland.org.nz/>

NGĀ MĀREIKURA O NGĀ MĀIA KI TĀMAKI MAKĀURAU

NGĀ MIHI KI NGĀ WĀHINE WHAKAWHĀNAU ME NGĀ TAUIRA O NGĀ MĀIA KI TĀMAKI MAKĀURAU

Acknowledging our Māori midwives and midwifery students



Maia Wharekura

***New Graduate Midwife and previous
Ngā Māia ki Tāmaki Makaurau
Third Year Student Representative***

In this month's pānui we celebrate a spectacular new graduate midwife and role model, Maia Wharekura of Ngāti Kahungunu. Born in Australia and raised in Rotorua, Maia has Dutch and Māori heritage. Her maternal Dutch grandparents migrated to Aotearoa in their twenties and Maia's paternal whānau are from Horohoro, situated just outside of Rotorua.

Maia's background in retail and management is where she began developing professional relationships with customers, ensuring they had a positive experience when she served them and left with a smile. After realising that her passion was building relationships she decided on pursuing a new career. Maia began researching different pathways that encompassed customer satisfaction and the ability to build meaningful professional relationships. Naturally, she gravitated to the health sector where the partnership model of midwifery care captured her. It was at this point that Maia decided she wanted to be a midwife. In a move to embark on her new journey as a student midwife with the Auckland University of Technology [AUT] Maia relocated to South

Auckland, away from her whānau in Rotorua and into a flatting environment. She recalls that at times studying away from her whānau was challenging, with a fair share of ups and downs. Bringing light to the kōrero, Maia adds that she is thankful there were more ups than downs. At times she struggled to juggle the needs of the Midwifery Programme and her whānau, adjusting to student life by making regular weekend trips home to Rotorua to visit her whānau and spend time with her Opa (grandfather) who was unwell at the time. This time with whānau is so important when we look at ways to sustain ourselves, either as students or registered midwives.

When Maia reached her final year of study, doubt about her capability to be a midwife crept in. "I just felt like I shouldn't be there and didn't know enough" said Maia. But when she commenced her long practice placement, this feeling eased and she flourished. Maia says this practice placement was instrumental to developing her confidence, knowledge base and ability to recognise she had in fact achieved the required milestones to transition to practice. This was a transformational time for Maia as she cultivated her own midwifery philosophy and found herself shifting from tauira into kaiwhakawhanau. Her best moment being the realisation that she was part of a profession that she truly loves.

Maia is deeply thankful for the endless support and guidance she has received from Ngā Māia ki Tāmaki Makaurau [NMTM], the Counties Manukau Health Pu Ora Matatini Midwifery Scholarship Programme, AUT student support initiatives, midwives, her student peers and whānau. Maia says that being part of NMTM offered her a safe environment to share sensitive and challenging experiences, increased her knowledge of midwifery from a Māori perspective, and that the cultural, practical and financial support have provided invaluable sustenance during a very demanding degree. All of which she believes has played a significant role in developing critical thinking skills and has shaped her into the midwife she is today.

Now, at the end of her undergraduate journey Maia is currently enjoying the feeling of success. She has been walking in the forest, swimming and reigniting her social life before launching into her new life as a Community Midwife Lead Maternity Carer in Rotorua. Being reunited with her whānau and having the opportunity to serve in her community were the ultimate influence on Maia's decision about where she would practice as a new graduate midwife. In line with the current national climate of midwifery, Maia hopes to see both LMC and District Health Board core staff midwives acknowledged and fairly remunerated for the depth and breadth of care they provide to wāhine, pēpi, whānau and the wider community. Maia hopes that in doing so will increase workforce recruitment and retention, particularly for Māori midwives.



Strength from My Ancestors - Hine Te Iwaiwa
By Regan Balzer for Ngā Māia o Aotearoa

ANNOUNCEMENTS

Puti Baker - Treasurer

Our rōpū warmly welcomes new membership. If you would like to become a Ngā Māia ki Tāmaki Makaurau member please visit our Ngā Māia o Aotearoa website to download a membership form.

<http://www.ngamaia.co.nz>

Annual membership fees:
Midwife - \$100.00
Student Midwife, Whānau, Consumer, Kaumatua - \$30.00

Cinnamon Lindsay - Secretary

If you are due for your MSR and require certificates for your NMTM professional activity and continuing midwifery education involvement, please email us at least two weeks prior to needing these records.

Also, members can you please advise us if you have a change in contact details for rōpū communications.

Please contact us if you have a notice you would like to have included in our monthly panui.

ngamaia.tamakimakaurau@gmail.com

WHAT YOU MISSED AT OUR LAST HUI

WEDNESDAY 9TH AUGUST 2017

- NMTM is now recruiting for new 2018 Māori Midwifery Student Representative positions. If you would like to join our supportive and awesome rōpū as a student representative or would like further information about these leadership roles, please see the flyer at the end of this pānui. Our current student representatives would love to hear from you, so please email your interest or questions to them at ngamaia.tamakimakaurau@gmail.com
- Ongoing support from Counties Manukau Health [CMH] is an important part of NMTM being able to achieve our aspirations. We would like to thank CMH and Leigh Henderson for supporting our funding proposal to implement some key initiatives to strengthen and develop Māori midwifery in Counties Manukau. We look forward to sharing more on these initiatives as we progress them.
- We are happy to recommence our Ngā Māreikura o Ngā Māia ki Tāmaki Makaurau pānui segment. We love having this opportunity to share the amazing stories of our Māori midwives and student midwives. If you would like to nominate someone to feature in this segment or have a story you would like to share of your own, we would love to hear from you! Please email us at ngamaia.tamakimakaurau@gmail.com
- Our student representatives are looking into exciting NMTM merchandise to promote our rōpū. We look forward to seeing these items for sale soon and out in our community.
- NMTM student representatives and Auckland University of Technology [AUT] Māori midwifery students presented Megan Tahere with a beautiful bouquet of flowers and taonga to acknowledge her mahi at AUT in the roles of Māori Midwifery Liaison, Clinical Educator and Pu Ora Matatini Māori Midwifery Scholarship Co-ordinator which she has resigned from and wished her well on her new journey as Auckland District Health Board's Primary Maternity Services Clinical Director.

NGĀ MĀIA KI TĀMAKI MAKĀURAU MONTHLY HUI

NAU MAI, HAERE MAI!

Venue: NZCOM Auckland Resource Centre.

Date and Time: Wednesday 14th March 2017, 1800 - 2130

1800 - 1930: Committee and regional business hui.

Ngā Māia ki Tāmaki Makaurau members welcome. MCNZ Accredited.

1930 - 2130: Regional hui and education/discussion forum.

All midwives, students and whānau welcome. MCNZ Accredited.

Māori Midwifery Student Discussion Forum

A forum for Māori midwifery students to network, share and discuss knowledge, experiences and tips

2015 - 2100 Joanne Rama will join us to share her experience at the 2017 International Confederation of Midwives Conference in Toronto and workshop the Empathy Toy

You are welcome to bring a plate of kai to share.



Tēnā koutou katoa,

On behalf of the Ngā Māia ki Tāmaki Makaurau Student Representatives, we would like to warmly welcome all of our new tauira joining us in the Bachelor of Health Science Midwifery Programme at AUT and those of you in the Standard Pathway hoping to cross over.

As the beginning of first year approaches, we are wanting to ensure that your needs as Māori midwifery students are met and you are fully supported throughout your journey. However, in order to best support you we need to have first year Student Representatives as part of our Ngā Māia ki Tāmaki Makaurau whānau. Therefore, we would like to welcome you to put forward your interest in three first year student representative roles.

What is Ngā Māia ki Tāmaki Makaurau?

Ngā Māia ki Tāmaki Makaurau is the Auckland region of Ngā Māia o Aotearoa Māori Midwives. Our passion is to grow our Māori midwifery workforce and improve health outcomes for our māmā, pēpi and whānau. We do this by providing support to our students, Tūranga Kaupapa, educational segments, implementing policies and guidelines, positive partnerships with our colleagues and health organisations, on-going support as midwives and many more initiatives. We hold our monthly hui on the second Wednesday of every month at 14 Erson Ave, Royal Oak from 6.00pm onwards. Nau mai, haere mai!

If you are interested in becoming a first year Ngā Māia ki Tāmaki Makaurau Student Representative please send expressions of interest to ngamaia.tamakimakaurau@gmail.com and include:

- First year Student Representative as the subject line
- Your name, contact number and a brief introduction
- What pathway you are currently in

Upon receiving your expression of interest, one of our Student Representatives will contact you to arrange a suitable date and time to meet. In this meeting, you will meet fellow Student Representatives and have the chance to go over any questions regarding the role or any queries you may have.

We are very much looking forward to meeting you all and working alongside you to ensure you are well supported in every aspect of your journey.

Ngā mihi nui,

Ngā Māia ki Tāmaki Makaurau Student Representatives

Aroha Tukerangi (3rd year Representative), Sean Hamilton (3rd year Representative), Jacquelyn Paki (2nd year Representative), Jana Kite (2nd year Representative), Kahlia Mabey (2nd year Representative) and Lisa Nathan (2nd year Representative)

Megan Tahere, Chairperson, 027 3669358 | ngamaia.tamakimakaurau@gmail.com | www.ngamaia.co.nz | nzcomauckland.org.nz
New Zealand College of Midwives Auckland Region Midwifery Resource Centre | Yarnton House 14 Erson Ave, Royal Oak, Auckland 1061

Ngā Māia o Aotearoa Māori Midwives, Auckland Region
Ki te whakaohoho i te mauri o ngā tikanga o ia whānau o tenā o tenā

Do you work in antenatal care?

We are conducting a study about experiences of antenatal care for Māori women in Tāmaki Makaurau. *We would like to hear the perceptions of health professionals providing antenatal care.*

If you:

- Are a lead or non-lead maternity carer (midwife, G.P., obstetrician)
- Work in Auckland/ Tāmaki Makaurau

Then we would like to invite you to participate in one interview of 1-2 hours.

Koha of \$30 petrol voucher or food voucher will be given to interview participants.

Primary Researcher:

Dr. Anneka Anderson

a.anderson@auckland.ac.nz



MEDICAL AND
HEALTH SCIENCES
SCHOOL OF POPULATION HEALTH

Antenatal Women's Study
a.anderson@auckland.ac.nz

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Are you expecting?

We are conducting a study to learn about the experiences of Māori women and your whānau during antenatal care.

If you:

- Are pregnant and over the age of 20
- Identify as Māori
- Live in Auckland/ Tāmaki Makaurau

Then we would like to invite you and your whānau to participate in our study.

What's involved:

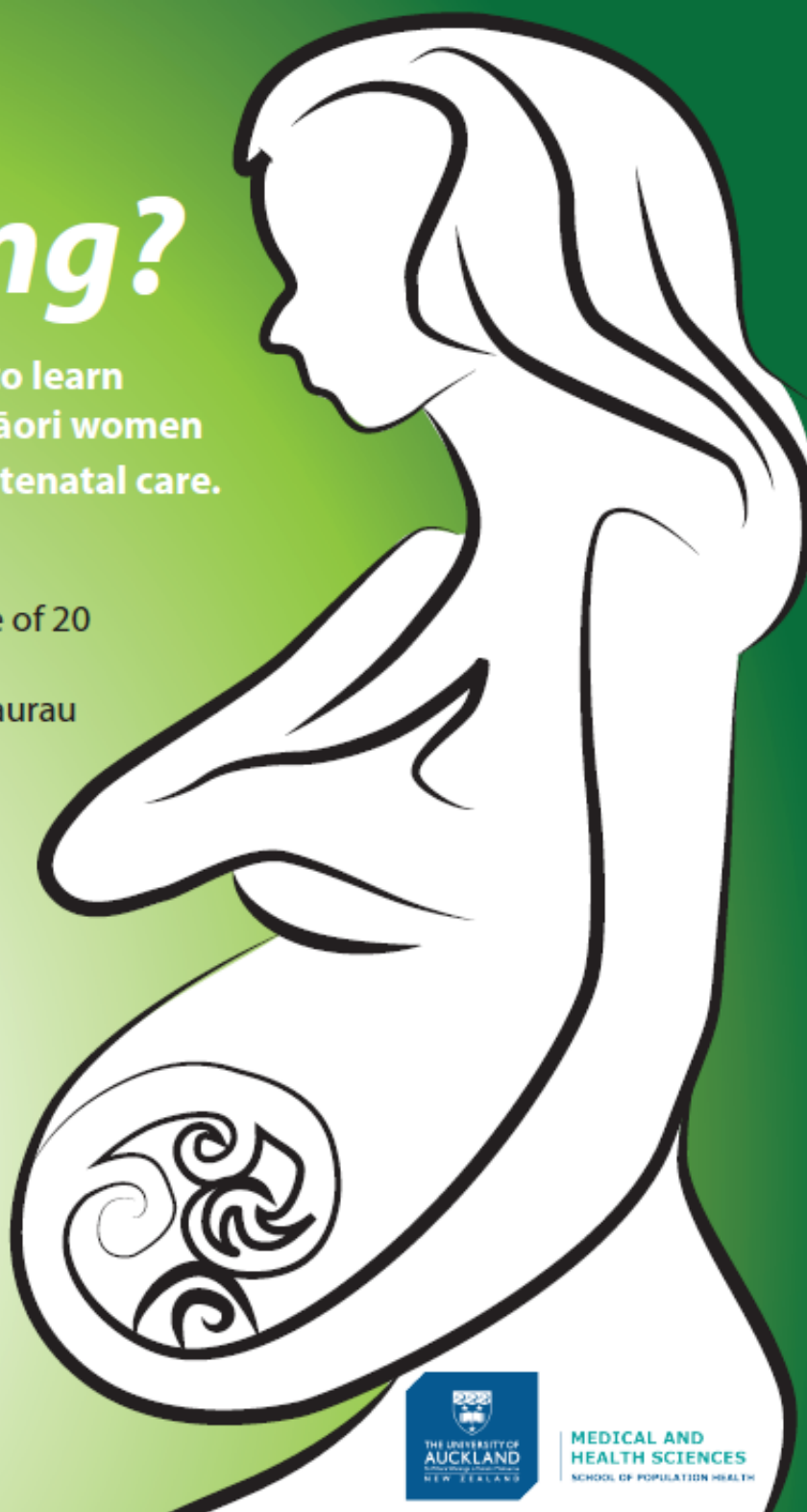
- One interview after the first trimester of pregnancy
- One interview at least 10 weeks after birth

Koha of \$30 petrol voucher or food voucher will be given to all participants for each interview.

Primary Researcher:

Dr. Anneka Anderson

a.anderson@auckland.ac.nz



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