



June 2018 / Pānui 36

Hui and Postal Address: NZCOM Auckland Resource Centre, Yarnton House, 14 Erson Ave Royal Oak, Auckland 1061
Phone: 027 366 9358 | **Email:** ngamaia.tamakimakaurau@gmail.com | **Website tab:** <http://nzcomauckland.org.nz>

UPCOMING EVENTS

July 11, 2018

NMTM Monthly Hui

August 1 - 7, 2018

World Breastfeeding Week

August 7, 2018

NZCOM Auckland Monthly Meeting - AGM

August 8, 2018

NMTM Monthly Hui

August 24 - 25, 2018

15th NZCOM Biennial National Conference - One Voice

September 10 - 12, 2018

Whānau Ora Hui 2018 - Te Pou Matakana

September 10 - 16, 2018

Te Wiki o Te Reo Māori

November 13 - 16, 2018

Ngā Pae o te Māramatanga 8th Biennial International Indigenous Research Conference

Save the Date 2019

April 7 - 11, 2019

IUHPE World Conference – Rotorua

NGĀ MIHI NUI KI A KOUTOU KATOA

We would like to thank all who attended our June hui. The enthusiasm continually being brought to our Ngā Māia ki Tāmaki Makaurau [NMTM] hui is reason for celebration and we thank you all for your valuable contribution. We look forward to seeing you all, and any new people who would like to join us, at our next hui.

June saw some great highs and lows for our NMTM whānau. It is with great sadness we received the news of the birth and passing soon after of Stewart and Puti Baker's precious pēpi, Lymon on Tuesday 19th June 2018. NMTM would like to thank all who have expressed your thoughts and condolences and those who joined us in supporting Puti, Stewart and their whānau to celebrate Lymon's life at the Baker residence on Wednesday 20th June and on Thursday 21st June at Te Paa Hou Urupā in Hairini, Tauranga where he was laid to rest. Our ahora goes out to our dear friend, NMTM Co-Deputy Chairperson and Treasurer, Puti, her husband Stewart, their beautiful children Lylah, Lyrin and Lylal, and their whānau. Our thoughts remain with you at this time.

This month's hui saw a comprehensive business agenda full of collaborative, thought provoking and progressive discussion and strategic planning to advance the development of our rūpu. We continue to remain motivated and focused on our kaupapa of serving wāhine, pēpi and their whānau, challenging ourselves to pursue new and exciting opportunities to encourage the achievement of best Māori health outcomes, developing strong partnerships and progressively moving toward our aspirations.

We welcomed our new first year NMTM Student Representatives, Rikki Gage, Arana Komene-Lavis and Cheryl Barrett and celebrated the achievements and experiences of our Māori midwifery students as they progress through their study journey. This is an exciting time and we look forward to the enthusiasm and innovative ideas that you will bring to our rūpu. NMTM would like to encourage all midwifery students who are interested in attending NMTM hui or being involved with our activities to connect with our Student Representatives to find out more.

Ngā Māia o Aotearoa Website
<http://www.ngamaia.co.nz>



Ngā Māia ki Tāmaki Makaurau



Kaniwa Kupenga-Tamarama
Ngā Māia ki Tāmaki Makaurau
Deputy Chairperson and
Ngā Māia o Aotearoa North Island
Representative

NGĀ WHĀNAU TAUMATA RAU O NGĀ MĀIA KI TĀMAKI MAKĀURAU

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

Acknowledging our remarkable Māori midwives, students and whānau

In this month's pānui we interview our Ngā Māia ki Tāmaki Makaurau Deputy Chairperson, Kaniwa Kupenga-Tamarama, and receive an update from her in her role as our Ngā Māia o Aotearoa North Island Representative.

Kaniwa is an uri of Ngāti Porou, recently taking the leap to escape from the hustle and bustle of Auckland and relocating to Gisborne with her husband and tamariki. She is a busy woman, dedicating her time to her whānau, developing Ngā Māia o Aotearoa, postgraduate certificate studies with AUT University, providing Midwife Lead Maternity Care to wāhine, pēpi and their whānau in the Tairāwhiti region, and doing casual midwifery shifts and the Māori women and breastfeeding education at Gisborne Hospital. Kaniwa is proof that you can achieve your aspiration of growing your own whānau while being a midwife and passionate contributor to encouraging the achievement of best health outcomes for Māori.

Ko Hikurangi te maunga,
Ko Mataa me Makatote ngā awa,
Ko Te Aowera, Ruataupare, Te Aitanga a Mate me
Rakairoa ngā hapū,
Ko Ngāti Porou te iwi.

Kaniwa Tangiora Kupenga-Tamarama can be translated as 'the space that moves - the cry of life - to catch the moon'. It is no wonder Kaniwa was drawn to serve our whānau and wāhine as the spirituality and power of Hine-te-iwa-iwa and Rona are imbued within her name.

Kaniwa is the eldest of three daughters to her parents, David and Sonia Kupenga. She was born in Sydney, Australia and returned to Aotearoa when she was around three years old. Kaniwa spent her early years in Mangere Bridge until her parents separated. After this, she moved with her mother and step-father Bill Emile to Papatoetoe. Kaniwa and her sisters enjoyed being raised in a colourful, diverse and multicultural environment with her father being of Māori heritage, her step father of Cook Island heritage and her mother of European and Chinese heritage.

At 19 years young, Kaniwa met her husband-to-be Oto Tamarama. They married 10 years later and now have four wonderful children together; Arianna, Taurren,

Jayden and Amaia. All of her children were born surrounded in water.



Throughout Kaniwa's life, her father always returned her and her siblings to their tūrangawaewae; within the tribal boundaries of Ngāti Porou. This is now a reality for her children, as her whānau have relocated from Tāmaki Makaurau to Turanga-nui-a-kiwa. Kaniwa is very close to her father's whānau and holds her pepeha close to her heart with pride. Kaniwa has always yearned to return to her kainga and is ecstatic that this is now a reality. She endeavours to learn how to karanga one day soon in order to fulfil another role within her whānau, hapū and iwi.

Unbeknownst to Kaniwa at the time, the flames of passion for midwifery were fanned throughout her youth. During her early childhood classes at Mount Roskill Grammar she was captivated with embryology development and pregnancy. At 16 she realised she did not want to be an early childhood educator and brushed off the idea of becoming a midwife. Her Grandfather, Donald brought her a Miles textbook that was published in the 1960s – this was her first ever midwifery textbook where her passion for midwifery really started to burn. Kaniwa believes that she was called back into midwifery after her Granddad Jack passed away in 2005.

Kaniwa started her degree as a 20 year old woman and had her first two children during this time. She completed her degree over 5 years, gaining both academic and real life practical experience which complimented her learning. Her practice as a midwife is shaped by the resilience, determination and zeal she cultivated over this time. Balancing the demands of mother and student was the most challenging time of her life and taught her essential time management and empathy skills.

Kaniwa exhibits a fierce protection and unwavering strength that is evident in the way she approaches her work as a midwife. She is inspired by watching wāhine grow confidence within themselves and become mothers. Her practice is also imbued with social activism as she supports wāhine to expect good healthcare services and empowers them to gain “healing births”. Kaniwa extends this care to her whānau and has helped to usher in her nieces, nephews and mokopuna.

“I have deep and meaningful connections to the babies I have helped to birth within my whānau”.

Kaniwa reflects on the most inspiring memory from her midwifery journey. She was on a placement at a tertiary hospital as a student midwife. A māmā had presented in established labour with complications. All the staff were trying to best support this māmā by setting up the room and ensuring all the needed staff were present or on their way in. Kaniwa remembers, “it was pretty chaotic” as she was listening to the māmā saying the baby was coming. Guided by her natural instinct of care, Kaniwa assisted the māmā to pull down her tarau and caught her baby – to everyone’s surprise, bar Kaniwa and the māmā. The lesson she learnt that day was that no matter how crazy or chaotic the situation may be – the māmā will always

communicate with you, and as a health professional you need to be able to keep calm, listen to her and read her body language to guide your practice and the service you deliver. Attentiveness and trust in the wāhine we serve is an attribute of an incredible midwife.

Dedicated involvement in Ngā Māia ki Tāmaki Makaurau and regular attendance at rōpū hui has helped Kaniwa immensely in many ways. It has provided her with opportunities for professional development and networking within midwifery and the wider health sector – both mainstream and Te Ao Māori. She has thoroughly enjoyed learning and sharing mātauranga within the midwifery realm. Ngā Māia ki Tāmaki Makaurau has entrenched tuākana-teina philosophies, which guards the sharing and continuation of knowledge of ancient and contemporary midwifery practices. This is a taonga.

“I am proud of where Ngā Māia o Aotearoa and Ngā Māia ki Tāmaki Makaurau stand today”.

Kaniwa reports she has met more Māori midwives through her involvement with Ngā Māia o Aotearoa, both regionally and nationally, than on her own. She believes this is a crucial part of indigenous cultural support that was unfortunately missed out on during her time as a student midwife. This motivates her to keep supporting the kaupapa of Ngā Māia o Aotearoa to ensure current and future Māori midwifery students have the option of creating these connections.

When asked what her hopes for midwifery are, Kaniwa says she hopes core midwives and community midwife Lead Maternity Carers [LMCs] bridge any raru between them. By this she means “eradicating in-house bullying based upon Section 88”. She hopes that all midwives are well educated on what primary health care services are and what defines secondary care services. Kaniwa feels pouri when she hears disgruntled core midwives focusing their work problems towards community midwife LMCs. She believes that “we are midwifery sisters and brothers; we need to face facts that midwifery is an understaffed workforce at the moment and we shouldn’t be helping to cull our workforce numbers internally”.

“Kia kaha mana tohunga whakawhānau”.

**NGĀ MĀIA O AOTEAROA NORTH ISLAND
REPRESENTATIVE UPDATE
BY KANIWA KUPENGA-TAMARAMA**

Ngā Māia o Aotearoa has been focusing on strengthening office operations, developing national representatives and supporting the development of regional rōpū.

This is a huge achievement regionally and nationally as it displays the resilience, resurgence and passion of Māori midwifery throughout Aotearoa which encompasses cultural knowledge, customs and traditions that benefit not only our workforce, but our whānau and ultimately our communities.

Māori birthing rates continue to rise and experts project that the Māori population will grow to reflect 18% of New Zealand's population by 2038.

This statistic surfaces important questions regarding the delivery of maternity services and how midwifery practice will best support whānau through their hapūtanga in order to reduce Māori health inequities, increase access into health services and meet Government health initiatives such as *He Korowai Oranga*.

The New Zealand College of Midwives and the Midwifery Council have both formally integrated and published Tūranga Kaupapa within the professional and regulatory frameworks for midwifery practice in New Zealand as a guideline to help meet cultural competency within the maternity sector, as per the regulations set under the Health Practitioners Competence Assurance Act (2003).

To help midwives of New Zealand, Ngā Māia o Aotearoa launched the first in-depth indigenous cultural competency resource for midwifery, in the world last year. Leading the way to ensure staff are culturally competent, Auckland and Hawkes Bay DHB's have implemented the training as part of their mandatory education programme and run regular workshops. There are other workshops on offer around the country, to deepen your knowledge on Tūranga Kaupapa which will benefit your clinical practice, support your written practice reflections before your next Midwifery Standards Review and count towards midwifery education hours.

We invite you to visit our Ngā Māia o Aotearoa website <https://www.ngamaia.co.nz/turanga> or smartphone app to register in one of our Tūranga Kaupapa workshops.

*Midwifery Standards Review
Consumer Reviewers,
maternity nurses,
obstetricians and all
practitioners working in the
maternity sector are also
encouraged to complete
Tūranga Kaupapa training.*

The Ngā Māia o Aotearoa smartphone app was also launched and adds relevance and finger-tip accessibility to its members. The more we venture into the virtual realm, we see the potential to reduce workplace cultural isolation and increase support for Māori midwives.

Ngā Māia o Aotearoa is passionate about Māori midwifery workforce development and we are seeing more Māori midwives share traditional practices such as muka cord tying, ipu whenua, karakia (prayer), oriori (lullaby) and karanga (call) in the birthing space. These customs not only help to enrich whānau experiences but also share these sacred spaces within birthing facilities and expose other midwives to these practices. This can be very challenging as primary interfaces with secondary and holistic meets medical. It is important for all health professionals to remember that the Government has a dedicated team that focuses on the deliverance of *Pae Ora*, which is the Ministry of Health's vision for Māori Health. Ngā Māia ki Waikato has written a document on the *Safe Use of Muka* which helps other midwives become familiar with this practice and encourage all midwives to engage with their Māori midwife colleagues for clarification on local tikanga.

The New Zealand College of Midwives acknowledge rongoā as a complementary therapy. Te Kāhui Rongoā Trust is the national body for rongoā and is endorsed by the Ministry of Health. Rongoā already has a holistic place within everyday midwifery practice. Its presence is reflected in karakia, herbal medicine (native naturopathy) and mirimiri (massage). It is important to share knowledge of rongoā with the wider midwifery community so that practitioners can become aware of a variety of complementary services available in their communities and are able to refer women to Government funded rongoā providers. To improve Māori health and reduce health inequities we must support each other and work together.

*E hara taku toa i te toa takitahi, he toa takitini.
My strength is not as an individual, but as a collective.*



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

ANNOUNCEMENTS

Puti Baker: Co-Deputy Chair and Treasurer

Our rōpū warmly welcomes new membership. If you would like to become a Ngā Maia ki Tāmaki Makaurau member please visit our Ngā Maia 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.

Please email your completed membership form to:
ngamaia.tamakimakaurau@gmail.com

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 at:
ngamaia.tamakimakaurau@gmail.com

WHAT YOU MISSED AT OUR LAST HUI

WEDNESDAY 13TH JUNE 2018

- Our vision to make NMTM more accessible by enabling our distance members to join our Committee hui from 1800 and for our non-member supporters to join our guest speaker and discussion forums from 1930 is progressing well. Please contact Kaniwa Kupenga-Tamarama Kaniwathemidwife@hotmail.com to arrange for a Zoom link to be emailed to you any time before 1700 on the day of our monthly hui. To download the Zoom application in preparation to join us at our monthly hui please visit <https://www.zoom.us/meetings>
- Exciting Ngā Maia o Aotearoa national updates included positive discussions and partnership building with the Midwifery Council of New Zealand, progressive discussions with the Ministry of Health and key stakeholders regarding development of a Māori Midwifery School, and successful delivery of Tūranga Kaupapa workshops at tertiary training institutes. We are proud to announce that Auckland and Hawkes Bay DHB have demonstrated their commitment to embedding Tūranga Kaupapa into their organisation by including the guideline into their mandatory learning requirements for midwives. Thank you to Shannon Bradshaw (Māori Midwifery Advisor, Hawkes Bay DHB) and Megan Tahere (Clinical Director Primary Maternity Services and Midwifery Educator, Auckland DHB) for leading this amazing mahi in your DHBs. Overall, these endeavors are being attained as a result of the commitment and unity of our dedicated and valued Ngā Maia o Aotearoa governance group, regional rōpū and members, community and professional stakeholders and supporters. He waka eke noa.
- It is great having this opportunity to share the amazing stories of our Māori midwives, students and whānau. 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 NMTM Student Representatives have high quality Ngā Maia o Aotearoa lanyards available for sale at \$10 each. These can be purchased at our monthly hui, via Facebook or by contacting Jana Kite, one our NMTM Student Representatives, at jana.kite@gmail.com

NGĀ MĀIA KI TĀMAKI MAKĀURAU MONTHLY HUI

NAU MAI, HAERE MAI!

Venue: NZCOM Auckland Resource Centre.

Date and Time: Wednesday 11th July 2018, 1800 - 2130

1800 - 1930: Committee and regional business hui.

Ngā Maia 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

*Student discussion forum and a celebration of
Matāriki and new beginnings with waiata and kai*

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