



Newsletter to Keep the Wheel Turning



President: Jeanette Thorne

Secretary: Richard Ryan

Meeting location: Royal Oak Bowls, 146 Selwyn Street, Onehunga, Auckland

Time: Monday evenings 5:30pm for 6:00pm start, \$25 dinner, ends 7:30pm

Mail: PO Box 29086 Greenwoods Corner, Epsom

More info at: <https://www.rotarymaungakiekie.org.nz/>

Rotary 

**FEBRUARY IS
PEACE & CONFLICT PREVENTION MONTH**

*"PEACE CANNOT BE KEPT BY FORCE; IT CAN ONLY BE ACHIEVED
BY UNDERSTANDING"*

- ALBERT EINSTEIN

Newsletter 161, 19th February 2024

Present: 24 including two guests

Apologies: George Arulanantham, Derek Atkinson, Bruce Clegg, David Eastwood, John Paul Goulding, Bill Grayson, Shameen Hayat, Paul Jenner, Rob Lyons, Duncan Macdonald, Ant Martin, Rhett Stephens, George Varghese.

Sergeant's fines: \$62.20

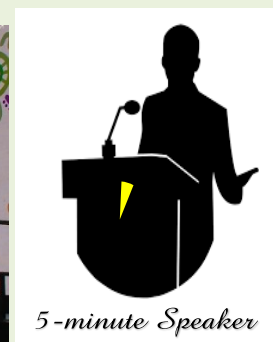


- **The Board** agreed that Craig Jones will join as a member to assist with addressing the decrease in club membership.
- **The Board** agreed to allocate \$5,500 from the General Trust to Cat Levine's Feelings For Life Trust to assist with expenses not covered by the Rotary Foundation Te Tai Tokerau Tamariki – Northland Project grant.
- **Noel** noted a very good turnout of 22 members tonight which provided a goodly number of ears to bend regarding timely responses to his emails regarding attendance for dinner order numbers. Even Bill Grayson found time to respond while salmon fishing somewhere deep South. Noel hoped Bill does better than the last time when he came back with just a kahawai.
- **Noel** thanked Peter for his suggestion to ask last week's Guest Speaker, Katrina Burgess (*Ukraine-Russia Conflict - Why It's Personal*), whether her son would be interested being our RYLA candidate. This led to Noel and Trevor interviewing a young Mark Burgess (not the cricketer) in the Royal Oak Mall. Both interviewers were immediately impressed with the 21-yr old who is a 3rd year Uni-student running his own window cleaning business. We are happy to announce Mark will be our sponsored attendee to the District 9910 2024 RYLA course, 28th April – 4th May at the Muriwai Beach Surf Club.
- **Next week**, members are encouraged to bring their partners to hear our **Guest Speaker, Greg Fleming, National MP for Maungakiekie**. Please note an earlier 5:45pm start time.
- **Lloyd** next presented the **2nd 2024 70's Club draw**. Participants contribute by the purchase of a numbered marble/s which are drawn during the club year of which proceeds go to fund local Projects.
 - 1st prize \$150 to ball #25 owned by Lloyd Albiston
 - 2nd prize \$100 to ball #66 owned by Judith Jones
 - 3rd prize of \$50 to ball #36 owned by George Arulanantham

A big thank you to all participants.

CAT LEVINE

Te Tai Tokerau Tamariki – Northland Project



Cat's 2024 project year started with the school year.

Last week Cat was presenting in Kerikeri and next week will be in Whangarei.

Positive feedback from her sessions still come in. One example was from a 'lead-teacher' at Kerikeri Riverview Primary School which has a roll of 450 year 1-6 students. Prior to qualifying, the 'lead-teacher' was a mental health support worker with a degree in psychology and a child social worker. 'Lead-teachers' are identified by Cat in each school where she and her crew demonstrate to the children while also 'training-the trainer' to ensure the message is kept alive by the 'Leads' in each school. Lead-teachers and children learn about Mental wellbeing by applying **Cognitive behaviour therapy (CBT)** techniques reinforced by animated videos and songs.

The 'Lead-teacher' said, "The biggest thing about this programme is knowing it's evidence based and that by the children learning these skills it eventually creates mentally healthy adults".

After the sessions the 'Lead-teacher' immediately applied the learnings as she wandered around the school and classes and intervening when she observed a child experiencing worry or anger:

- "Notice it"
- "Name it"
- "Calm your body"
- "Calm your brain"
- "Catch it"
- "Check it"
- "Change it"

To learn more (it applies to both children and adults), watch one of Cat's Think & Be Me [videos](https://www.thinkandbe.me/pages/kia-pai-be-cool-video-series) (<https://www.thinkandbe.me/pages/kia-pai-be-cool-video-series>).

What does the Ministry of Education and the Ministry of Health think about the project?

A common question Cat always gets asked.

The Ministry of Education require research papers that typically cost \$200,000 before being published in a journal. While the project has some way to go before getting this type of endorsement, Cat is utilising an in-class [Resource Teacher: Learning and Behaviour \(RTLB\) Service](#). The service provides adults who support teachers, schools, kura and Kāhui Ako to develop inclusive classroom environments that enhance student learning, participation and wellbeing. The in-class RTLBs Cat has met, love her content and applying it and in turn wanting to train the schools they are involved in. This is opening up the capability for the

Project by the further dispersal of the knowledge.

Have you heard of Mana Ake?

In the 2022 Budget, the government provided [\\$89.34 million](#) over four years to continue providing mental wellbeing support to primary and intermediate school-aged students through the Mana Ake initiative, and to expand delivery to Northland, Counties Manukau, Bay of Plenty, Lakes and the West Coast.

In Kaikoura, around 10,500 children were getting access to psychologists, counsellors, social and youth workers at school and classrooms, group and individual settings and schools. This year the initiative and funding is starting in Northland. **Mana Ake have already contacted Cat** and are utilising Cat's Think and Be Me [online resources](#), downloading her [YouTube videos](#) and asking Cat if she can be their liaison person to help the teachers. Mana Ake know Cat's CBT is evidence based with using wholly New Zealand made content. This interest while opening up scalability and supportability, also recognises the impact Cat is making in Northland schools.

So, what's Cat doing this year?

Yes, we still have the Rotary Foundation fund for 60-schools. In 2023 Cat visited 21-schools in Tai Tokerau and close to 15-schools are already booked in 2024 with more next year.

Where to next?

Rotary District 9920 and 9930 have invited Cat to talk at their 2025 conferences wanting to know how to extend her project into their Districts. Rotary Zone 8 (Aust, NZ Pacific) have also invited Cat to their 1-3rd November 2024 Queenstown conference to explore how the project can be duplicated.

Is further fundraising required?

Cat has been guest speaker at several venues and Rotary clubs who have raised additional funds. The **biggest need is to create new videos** to keep them fresh for students. Last year Cat created twelve videos and six songs which are one of the key resources teachers call upon. Schools who were visited last year are now asking, "**What's new?**" as they want to keep the momentum going with new content and stories. These production costs are not covered by the Rotary Foundation budget, hence the ongoing fund-raising effort.

Q&A

How is your health after your back surgery op mid-June 2023?

Cat said she is recovering well, no longer needs crutches, is wearing orthotic shoes and undertaking regular physio - the outlook is fine. The work goes on.

What's the latest with Rotary club involvement in the running of the Fundays?

Due to some loss of leaderships in Northland, support has been sporadic and a bit of a missed opportunity for Rotary to be involved with local schools. This by no means has detracted from the message being delivered by Cat.

Did the Rotary project get to see any of \$1.8 billion the government invested in NZ mental health in 2022?

Unfortunately, no.

Is there anything our club can do to help access the funds?

There are a lot of grants with a lot of money out there. **Cat needs help applying for grants for the Feelings for Life Charitable Trust (FFL)**. Applying for funding takes a lot of time, is very tedious and requires a lot of concentration. Cat needs to focus on the planning and delivery of the TTTT project, so having an extra person to apply for funding would be very helpful.

Cat has access to the **Auckland Council Community, Groups Free Grants Expertise Management (GEM)** local grants calendar. The [website](#) is a portal to the grants database that assists NZ community groups find the right grants for their various causes. GEM helps applicants identify relevant grant opportunities and provides grant preparation tools and training. GEM's aim is to build a charity group's capacity and increase access to funding. The site has about 800 grants that are available with about 10 coming on stream each week. This requires someone to click on each website to filter out ones pertinent to what Cat is working on then write the grant application. **There is a high chance of FFL to obtain additional funding via GEM.** This work can be done by anyone in the club.



guest
speaker

DR HARLEY AISH

Otara Family & Christian Health Centre

Club member Phil Aish introduced his son Dr Harley Aish. Harly is 56, married to Sarah with two children and one grandchild. Harley was born in Putaruru into a farming family. At just over 7yrs old he was already driving a 7-ton truck having to look under the steering wheel to see where he was going. In 1978 the family moved to Henderson, Auckland. This meant Harley had to move from a school of 30 to one of 1,000. While getting 99% for the University Entrance Pure Maths exam, he was also a very practical young fellow, said his dad. He fixed cars and tractor engine problems and helped dad build two houses. Harley is now an active General Practitioner (GP) with a clinic in Otara. He has sat on five company Boards and been Chairman of three. Harley has a strong faith.

After the intro, Harley light heartedly corrected some of his dad's intro – he wasn't especially good at farming (tending to leave gates open) and he never did find what was wrong with the tractor fuel pump.

Harley trained at Auckland Medical School and worked in overseas and New Zealand hospitals, including Starship. While doing that his heart always lay in General Practice work. To Harley and many other doctors, “continuity of care” is really important. For the last 27-years Harley has worked in Otara. His clinic has approximately 10,000 enrolled patients with around 14% comprising of 12-20yrs Generation Z (Zoomers).

During his talk Dr Aish focused on his observations while working in Otara.

Why work as a GP in Otara?

- His Christian values guided him.
- Saw potential for big health improvements.
- While working at Middlemore Hospital he noted the local community was very accepting of him.



What are the key characteristics of Gen-Z kids?

- Growing up slowly – taking longer to embrace adulthood
- Are virtually connected
- Grew up with Facebook, Instagram, Google
- Smart phone connection
- Anxious and insecure
- Seeking authenticity
- Seeking to make an impact in the world

So, what’s different about South Auckland?

(Watch: YouTube clip of a [2018 Spoken Word Grand Slam](#) competition by the Sir Edmund Hillary Collegiate - helps explain it).

- Multicultural
- Younger
- Creativity, public presentations, music
- Household generalisations:
 - Lower household income (however there are a number of quarter-acre millionaires there too).
 - More people per household
 - Less tertiary qualifications
- Community is very strong.
- Markets.
- Churches.
- Sports clubs.



During COVID-19 the clinic used an outside yellow container, after realising there was a risk of patient cross infection via the Clinic's recirculating air conditioning system.



Note next to the yellow clinic, during COVID-19 was a pink container (obtained by the local community), which every Wednesday was used to dispense food parcels where there were long queues of often, elderly people. Dr Aish realised then how close to the poverty line many families were, whereas before COVID-19 it wasn't observed to any great extent.

COVID-10 hit South Auckland harder than other parts. On the first day the vaccine became available, of the 18-people Dr Harley saw 16 tested positive. Dr Aish also noted South Auckland was treated more harshly for isolation breaches and were come down upon on harder than similar breaches elsewhere in NZ. Locals were very divided over whether COVID-19 vaccinations were good or bad for them.

Youth needs differ in South Auckland.

In Mt Eden, it is said, students struggle with anorexia. In South Auckland its anxiety, depression, skin, STDs and other diseases. Respiratory diseases are also high, possibly due to the high number of individuals living in repurposed garages. Drug taking in Otara is no different than other NZ communities, however vaping is very high. Incidents of obesity is very high – not helped by the number of fast-food outlets.

What is a good way approach change in South Auckland?

If a white person was to come in and **states** such and such is a good idea, it is usually treated with scepticism. If however, one goes and **consults** with the community and they respond with "this is what we see is our needs", then you have a better chance of helping and making change.

Lessons learnt:

- **Listen first:** don't come in and provide a solution as you will be treated with scepticism. Instead consult first and let locals say what their needs are.
- **Connect** with people.
- **Look for their strengths** and what makes them resilient rather than going straight to the problem.
- **Work with the willing:** work with people who want to get help as you will get a bigger impact than those from who don't. Just wait until they are ready.
- **Don't let the intractable problems demotivate:** focus on those who are willing to change.
- **Long term relationships build trust:** it relates to 'continuity of care'.
- **Respect goes both ways:** but respect the other party first.
- **Involve family where possible:** when wanting to talk to an individual, remember to invite the family to join the conversation, if they want.

- **Address achievable goals.**
- **Access to healthcare is not just about dollars:** it may involve how easily an individual can access the help they need e.g. long application forms, complicated processes, associated fees, charged call time (waiting on-hold on a mobile does cost).

Q&A

Q: Do you get extra financial support in South Auckland?

A: Yes, for example, a top up, called **Flexible Funding**, to top up the low consult fees the clinic charges (\$19/adult).

Q: Why is there a perception that South Aucklanders have no access to medical care when clearly it is available?

A: Part of the reason is our health clinic model which says you need an appointment before you can come in. There is a clinic nearby which accepts 'walk-ins' – they have a queue of 30-people at 8am in the morning. So, it's about our system not being accessible for on the day needs for people to come in and get seen. For this, we would need more people and a bigger building.

Q: What have you seen change in your 27-years in terms of holistic delivery and how have you brought that into your practice?

A: The **Hospital system** is very much like: someone presents with pneumonia; they get assessed; are provided with antibiotics; discharged. With **General Practise** you relearn about what else is going on in people's lives. I ask about a person's social aspects and support at home and at times I add a spiritual dimension to my consults. So, a lot to fit in, in 15-minutes.

Q: What about smoking vs vaping?

A: Vaping is less harmful, but everyone is very sceptical, as sometimes it can take 10-20 years before harm becomes evident. Even the smoking era went through this.

Q: How many GPs are there in the area?

A: The recommendation is 1xGP per 1,400-1,500 patients. One GP with two nurses has 1,800 patients, which works well for him. While it is recommended patients find a local GP, many patients after moving out from the neighbourhood, will travel miles to continue to see their original GP. Overall, it is generally accepted the two biggest issues are: there is a shortage of GPs and; some are still stuck in the old model of doing things.

Q: Do you have problems keeping to the 15-minute consults?

Yes. During the DHB era, one of the results after consulting with the local community was the need for longer consults. From that a funded programme was created that enabled 100-150 local Māori or Pacific Island patients who presented with two or more health conditions, have an initial one-hour consult.

This was unheard of, and even an hour wasn't long enough, but it did provide time to gain better insight to individuals. This has continued and the clinic currently provides

30-min consults, Monday to Friday, with a Health Improvement Practitioner who provides mental health interventions and advice on pre-diabetes lifestyle changes.

Q: Barry asked whether our club could do anything to help

A: Dr Aish said he would get back to us on that.

Craig thanked Dr Aish for his very entertaining and enlightening talk and applauded both him, his dad, Phil and sister, Cat on their work and what a wonderful combination it was, to be with us tonight. Craig presented Dr Aish a copy of the book *Onehunga's Changing Foreshore* as a token of the club's appreciation.

THOUGHT FOR THE WEEK (provided by Peter Mayow)

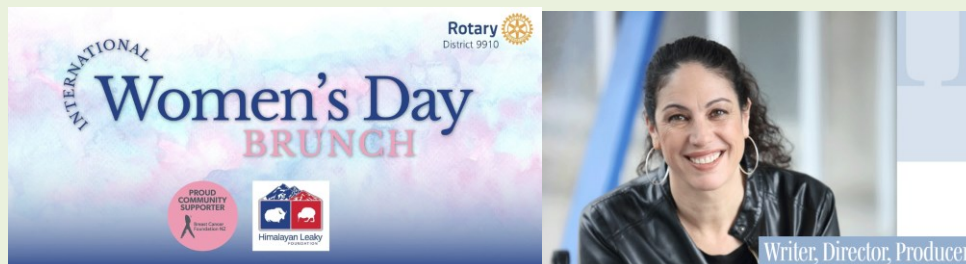
"It's not the days in your life that counts, it's the life in your day."

COMING UP



Mavis' Annual BBQ Saturday 2nd March, 3pm onwards

(See Gwynyth's email for details)



Rotary Women's Day Brunch Saturday 9th March

Guest Speaker: Paula Whetu Jones - Director of Whitiora Productions.

Time: 8:30 am - 10:45 am

Venue: Wynyard Pavilion, 17 Jellicoe Street, Auckland CBD

Entry: \$45 each

Tickets: <https://events.humanitix.com/international-women-s-day-brunch-rotary-district-9910>



Rotary Club of Maungakiekie



INVITATION TO MEMBERS & PARTNERS

SPECIAL GUEST SPEAKER

GREG FLEMING MP for Maungakiekie

Monday, 26th February 2024 (Note: earlier start at 5.45 pm)

At: Sports Club, Royal Oak Bowls as normal

RSVP 23rd February: noelcarey@hotmail.com

DUTIES

Unable to attend > apologies to Noel: noelcarey@hotmail.com

Unable for a duty > arrange own replacement & text Noel: Mb: 0274 509 845

Meet: 5:45pm Mon, 26th Feb 2024

- President: Jeanette Thorne
- Vice President: Barry Stafford
- Sergeant: Noel Carey
- Attendance: Alan Bannin
- Hospitality: Gwynyth Carr
- Equipment & Scribe: Bill Appleton
- Meals: Peter Mayow
Brian Williams
- 5-Min Speaker: tbc
- Host: Barry Stafford
- Guest Speaker: Greg Fleming: National Party MP for Maungakiekie
- Thanks: Craig Jones
- Thought: Paul Jenner

Meet: 6:00pm Mon, 4th Mar 2024

- President: Jeanette Thorne
- Vice President: Barry Stafford
- Sergeant: Noel Carey
- Attendance: Alan Bannin
- Hospitality: Gwynyth Carr
- Equipment & Scribe: Bill Appleton
- Meals: Peter Mayow
Brian Williams
- 5-Min Speaker: tbc
- Host: Barry Stafford
- Guest Speaker: Greg Fleming: National Party MP for Maungakiekie
- Thanks: Craig Jones
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