



# ROTORUA PACIFIC ISLANDS DEVELOPMENT CHARITABLE TRUST

# Newsletter



VOLUME 1 | ISSUE 1 | JANUARY/FEBURARY 2021

## *What's Happening: March/April*

## *Inside This Issue*

- **PASIFIKA 2021**  
Date: Saturday 27<sup>th</sup> March  
Time: 10am to 3pm  
Rotorua Lakefront Village Green  
Memorial Drive, Rotorua 3010
- **Talanoa Ako**  
Dates: Tuesdays March– 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup>  
Last session - April 13<sup>th</sup>  
Time: 5:30pm to 8pm  
Rotorua Methodist Church  
187 Old Taupo Road  
Rotorua 3015

- **Meet the Team**
- **Health Corner**
- **Kaukaua Light Youth Programme**
- **Talanoa Ako**
- **20<sup>th</sup> Anniversary Celebration**
- **Essence of The Pacific Early Learning Centre**
- **Pasifika 2021**



## Message from The Manager

Talofa lava, Ni sa Bula vinaka, Kia orana, Malo e lelei, Taloha ni, and warm pasifika greetings,

## LOOKING FORWARD TO 2021!

“Fakafeta’i kia Sihova he ‘oku lelei ia, he ‘oku tolonga ‘o ta’engata ‘a ‘ene ‘alo’ofa. Give thanks to the Lord for he is good, his love endures forever”. (Psalm 107:1)

The holiday season has been and gone and we were blessed not only with beautiful weather but also no lockdowns or disruptions to our daily routine. Our RPIDCT staffs are welcoming 2021 with full on activities/programme and we are looking forward to work together with our Pasifika communities.

Here at RPIDCT, we have been busy planning for the year ahead. Our goals for 2021 are aligned with our vision, “Moving Pasifika People forward”. We are going to work on improving our services and programs provided communications and improving our IT systems.

In this newsletter, you will find some great information and resources to help understand more about the services and support given to our Pasifika families and communities.

“Let’s keep weaving our future together”.

Malo ‘Aupito

Mata Mafileo

## OUR VISION

Pacific People Moving Forward

## OUR MISSION

The Rotorua Pacific Islands Development Charitable Trust is Committed to the development of services that will enhance the total wellbeing of Pacific People



## Rotorua Pacific Islands Development Charitable Trust

### About Us

Founded in April 2000, the Rotorua Pacific Islands Development Charitable Trust was setup to ensure Pasifika people achieve success in every area of life.

### Find Us

Address

1334 Hinemoa Street

Rotorua, 3010

New Zealand

### Contact Us

Phone: (07) 347 7217

Email: Kelela.Pepa@rpict.nz

Hours: Monday–Friday: 9AM–5PM





**Mata Mafileo**

*RPIDCT Trust Manager*



Mata was born and raised in Tonga and is of Tongan descent. Family moved to Rotorua on study purpose. Before appointed as Manager of Rotorua Pacific Islands Development Charitable Trust, I had a practice and experience in Finance administrator for almost 12 years for Military Service in Tonga and Rotorua Pacific Islands Development Charitable Trust in New Zealand. During this time, I hold other Governance roles including Treasurer for Rotorua Methodist Church and President for the Rotorua Tongan Community Incorporates.



Our Team works with our communities toward a vision of “**Moving Pasifika People Forward**”. We are a Charitable Trust based in Rotorua where we provide **Health, Education and social services** to Pasifika communities.

**Ula Thomas**

*Whanau Ora Health Navigator*



Ula as she is commonly known was born in Fiji and moved to Rotorua in 1986 to take up the role of Nurse Educator at Waiariki Polytechnic. She has an extensive nursing and midwifery background having worked in Fiji, Australia and here in New Zealand. Currently she holds a position as Health and Whanau Ora Facilitator. Ula is a loving wife, mother and grandmother to her family also.

# Meet The Team



## Monika Bansal

Finance Administrator



Monika is an Indian and manages the finance at the trust. Monika's background in finance and accounts gives her a sophisticated grasp on bookkeeping, payroll and financial management. Overall, she possesses nine years of work experience with companies like IBM, Aon and Accenture in financial sector. She is a qualified MBA and recently, completed her masters in management by Thesis (in Foreign Investment) and her diversified work experience gives her the edge to apply knowledge in the best interest of the organization. She loves working with our trust because she feels that 'People working here are enthusiastic about the company's growth and love what they do to improve the standard of living of their Pasifika people'.

In her spare time, she enjoys power yoga, reading books and dancing.



## Kelela Pepa

Administrator

My name is Kelela Pepa, I was born and bred in Rotorua. My father Sione is from Ha'apai, Tonga and my mother is from Ruatoki in the Ureweras.

My role here is as an Administrator, I am the newest member of the team. I am excited to be able to support pacific fanau in Rotorua.

Malo Aupito

## Tupou Kaloni

Whanau Ora Health Navigator



Great Pasifika Greeting's all. My name is Tupou. I was born here in Rotorua. I am of Tongan decent. My role here at Rotorua Pacific Islands Development Charitable Trust is Whanau Ora Navigator. I support local pacific families in achieving their aspirations in life, supporting them in making decisions to a flourishing future. I also support our organisation with Projects that we host. My passion for this organisation and trust is beyond words. It is of great pleasure being able to work in a pacific organisation morally for our pacific people with such amazing women alongside is a blessing from above



## Talei Kolibasaga

Registered Nurse

Talei is a Fijian I Taukei, born and raised in Fiji. Upon graduating as a qualified Registered Nurse in 1996 Talei has practiced in Fiji as a General and Obstetric Nurse and a Public Health Nurse before deciding to be assessed and be registered as a NZRN in 2002

Moving to NZ, Talei has covered Paediatric Emergency Nursing in Starship, Theatre Nurse in the Auckland's Level 9 OR where she has volunteered with mixed Medical professionals of Friends of Fiji Health who often return home to volunteer their time and expertise to the people of Fiji in need of specialist care. She has also practiced as a Colposcopy Nurse in Waikato Women's Health Clinic and is currently a Recovery Nurse with Rotorua's Private Hospital while she helps out as a team member with the Rotorua's Pacific Island Development Trust Health Team.



## Health Corner - Diabetes

By Ula Thomas - Whanau Ora Health Navigator

### What is Diabetes?

Diabetes is having too much glucose (sugar) in the blood because the pancreas cannot make enough effective insulin. Some of the food we eat is changed into glucose (sugar) and passes into the blood.

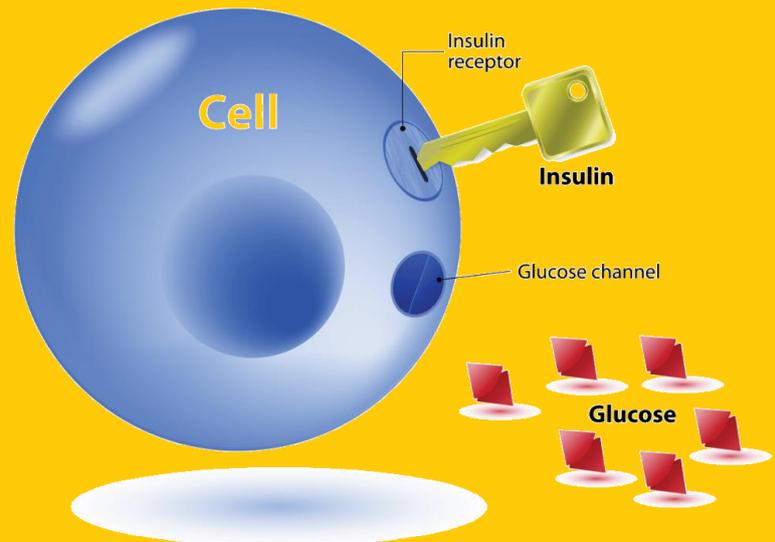
This sugar provides energy for the body to live and grow. Everyone has some glucose in the blood. This sugar provides energy for the body to live and grow. Everyone has some glucose in their blood all the time. The healthy blood glucose range is 4-8 mmol/L. Don't worry about the mmol/L just remember (4-8). Everyone has a pancreas; our body is like a car. Insulin (the key) helps glucose (the petrol) to flow from the blood stream (petrol tank) into the body cells (motor) where it is used for energy (makes the car go).

We cannot live without insulin, people who do not make any insulin (or very little) will need insulin injections and a healthy eating plan for the rest of their lives. People who make some insulin but less than normal, or who are resistant to their insulin can be treated with a healthy food plan and exercise. It necessary, tablets may be used which help to simulate insulin production and help the body to use that insulin more efficiently.

**Diabetes is having too much glucose (sugar) in the blood because the pancreas cannot make enough effective insulin.**

**Some of the food we eat is changed into glucose (sugar) and passes into the blood.**

## IMPORTANCE OF INSULIN



*Insulin is a hormone that helps the body use glucose.*

*Insulin allows glucose to enter the cells that need it, especially the muscles. Without insulin, glucose can't get to where it needs to go.*

### What is insulin?

Insulin is a hormone the body needs to get carbohydrates/sugars into the body's cells and transform them into energy.

Picture a cell in a body, and imagine it has a door to let sugar in. Insulin is the key that opens that door.

When insulin isn't working, the sugar stays in the blood and eventually gets eliminated through urine rather than used for energy. This leads to frequent urination and the need to drink more fluids, so you don't get dehydrated.



## Health Corner - Diabetes Continued . . . .

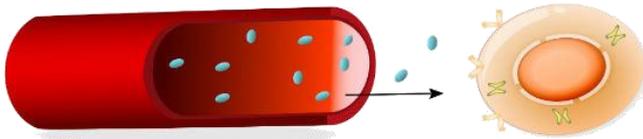
### Type 1 Diabetes - Insulin Dependent Diabetes Mellitus (IDDM)

Very little or no insulin and require insulin by injection plus a healthy eating plan to stay alive and healthy. Because people with type 1 diabetes have stopped making insulin their body is unable to use the glucose (fuel) that comes from the food they eat, they tend to lose weight very quickly. Because the body is being starved, their health will rapidly deteriorate and they would die if insulin were not given. However, because their symptoms of diabetes are so noticeable they are usually diagnosed very quickly and treatment can be started immediately.

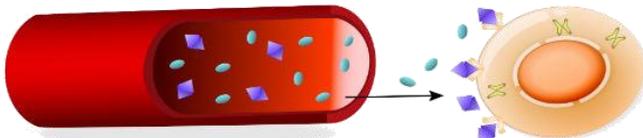


### TYPES OF DIABETES

#### Type I diabetes



#### Type II diabetes



Glucose    Glut-4    Insulin    Insulin receptor

### Type 2 Diabetes – Non-Insulin Dependent Diabetes Mellitus (NIDDM)

People with this type of diabetes are still making insulin, but the production is sluggish or the body is resistant to it they can be treated with a healthy eating plan and exercise. Tablets can be given if required, sometimes insulin injections may also be needed to control blood glucose levels. Unlike people with Type 1 diabetes, people with type 2 diabetes however develop diabetes much more slowly and in fact may have had diabetes for many years without knowing. These are the people who need to be alerted to possible risks of long term damage from undetected + uncontrolled diabetes.

*I would like to acknowledge Diabetes New Zealand for their information and resources to complete this month's article.*

Check out more information on the Diabetes New Zealand website

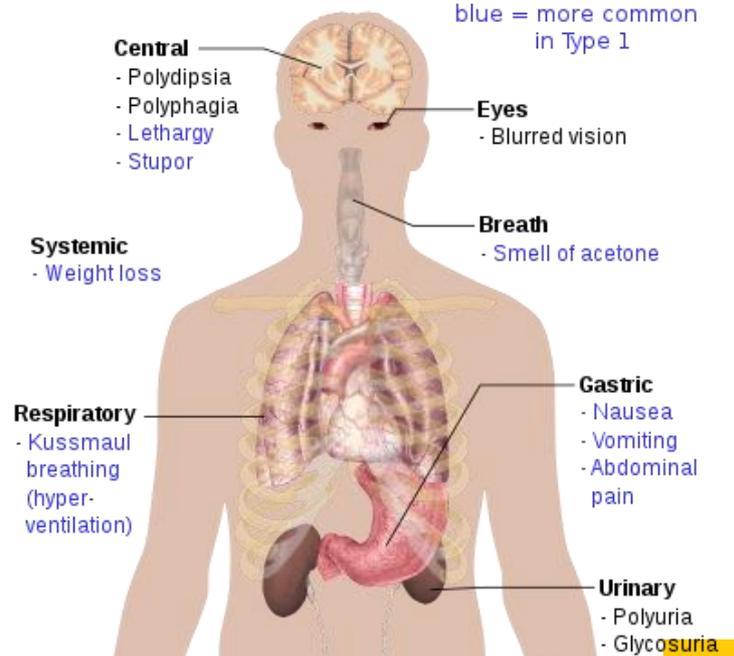
[www.diabetes.org.nz/](http://www.diabetes.org.nz/)

- Keep your blood glucose within an acceptable range.
- Reach and maintain a healthy body weight.
- Keep your blood glucose within an acceptable range.
- Keep your blood lipids (including cholesterol) within an acceptable range
- Reduce your blood pressure.



#### Main symptoms of Diabetes

blue = more common in Type 1





# HEALTH & WELLNESS

*Get a FREE Health Check?*

- ✓ High Blood Pressure
- ✓ Blood Sugar
- ✓ Height & Weight
- ✓ BMI
- ✓ General Health Assessment



**BOOKINGS ARE ESSENTIAL**

**CONTACT US TO BOOK!**

*Phone: 07 347 7217*

*Email: [admin@rpidct.nz](mailto:admin@rpidct.nz)*



**Contact Rotorua Pacific Islands Development Charitable Trust**

Where: RPIDCT Office  
 1334 Hinemoas Street, Rotorua, 3010  
 ☎ 07 347 7217  
 ⓘ [rotorupacificislandstrust.co.nz](http://rotorupacificislandstrust.co.nz)  
 Facebook: [rotorupacificislandsdevelopment](https://www.facebook.com/rotorupacificislandsdevelopment)

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## Kaukua Light Youth Programme

By Monika Bansal – Programme Coordinator

Do you know what our Kaukua Youth program is? No? Then find it here?

This youth program is a program that is initiated by Rotorua Pacific Islands Charitable Trust for the first time in 2020. This is especially for our Pasifika youth. This program was to build confidence in our Pasifika youth. With this program, our youth were able to know the pathways to success and to move forward in life. We did 9 programs on:

- Leadership Development
- Cultural Practices (2 sessions)
- Careers and Employment (2 sessions)
- Health and Wellbeing (2 sessions)
- Education and Learning
- Safety and Security

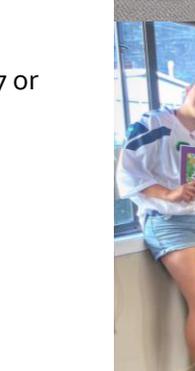
Before doing this program, we contacted our youth and we reached out to our whanau, then we listen youth what they think and what is their strength and weaknesses. After that, RPIDCT planned a program and started doing it. Certainly, we can say proudly that we created a strong bond and a good partnership with our youth. Youth program helped our youth in exchange of ideas, opinions and experiences in the group discussions. It created a powerful bond through cultural practices sessions.

2021 youth program is coming soon and GET EXCITED THIS TIME TO REGISTER FOR THE PRORGAM IN ADVANCE.

We are taking new registrations for our Youth Programme please contact Monika on 07 347 7217 or alternately you can download a form from our website and return the form via email:

[Monika.Bansal@aeretai.nz](mailto:Monika.Bansal@aeretai.nz) or to our office at 1334 Hinemoa Street, Rotorua 3010

[rotorupacificislandstrust.co.nz/youth](http://rotorupacificislandstrust.co.nz/youth)



# KAUKAUA YOUTH PROGRAMME FRIDAYS

4PM – 6PM

Starting Friday March 12<sup>th</sup> 2021



## The session topic we will cover:

- Cultural Practices
- Environmental Awareness
- Drivers Licence
- CV Writing & Job Prep
- Dating & Teen Pregnancy
- Pathways – Studylink, Tax and Scholarships
- Police
- Public Speaking
- Soft Skills
- Stress and Coping - Mental Health
- Value of Disciplined Life
- Spiritual Wellbeing

Kaukaua Youth programme is a 14 session educational program for Pasifika youth aged 12yrs - 25yrs.

This programme is about giving our youth the skills, mindset, knowledge, confidence and attitude to create a pathway where they can succeed in all aspects of their lives. A night of great discussions and various workshops with inspiring guest speakers from our local communities and industry experts.

***Kai and refreshments provided - Register NOW with us to confirm your space!***

Contact our programme co-ordinator Monika  
☎ 07 347 7217 ✉ [monika.bansal@aeretai.nz](mailto:monika.bansal@aeretai.nz)

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## Talanoa Ako Update

By Tupou Kaloni - Whanau Ora Navigator

Bring your family, to help, learn, understand and support your child's education journey!

Talanoa Ako is a 10-week Pacific parent education Programme that aims to equip and empower parents, families and communities with skills, knowledge and confidence they need to champion their children's education.

Parents are given the tools and resources to support their children end of year external examinations with requirements, time management/priorities, ensure internals completed and study skills.

The Talanoa Ako sessions will start again in 2021:

- 9/2- Pathways, Subject Choice, Goal Setting
- 23/2- NCEA
- 2/3- Time Management
- 16/3- School Reporting and Parent Teachers Interview
- 30/3- Health and Wellbeing
- 06/4- Cultural Practices

**Talanoa Ako** is a 10 week Pacific parent education Programme that aims to equip and empower parents, families and communities with skills, knowledge and confidence they need to champion their children's education.



## Strong families, strong futures

### Whanau Ora

Whanau Ora is a family centered approach to strengthening the wellbeing and future of Pacific families. The Whanau Ora approach recognises the best solutions to family challenges come from Pacific families themselves.

Through this Programme, Pacific families are supported to achieve their aspirations in education, training, economic development, health, participation in the community, developing cultural capital, strengthening identity and family development.

Contact Ula at [mereula.thomas@aeretai.nz](mailto:mereula.thomas@aeretai.nz)

Contact Tupou at [tupou@rpidct.nz](mailto:tupou@rpidct.nz)

Or phone 07 347 7217 to speak with Ula or Tupou





*The Aim: "equip and empower Pacific parents, families and communities with the skills, knowledge and confidence they need to champion their children's education"*



# Talanoa Ako ROTORUA

PACIFIC PARENT RESPONSIVE EDUCATION PROGRAMME INTENDED AS A CORE COMPONENT OF IMPLEMENTING THE PACIFIC EDUCATION ACTION PLAN? TALANOA AKO (PREVIOUSLY KNOWN AS POWER UP)

- 10 WEEK PROGRAMME
- 25 SPACES AVAILABLE



**TUESDAY'S @ 5.30PM - 8.00PM**

Rotorua Methodist Church - 187 Old Taupo Road  
Utuhina | Rotorua, 3015

**WE HAVE 6 SESSIONS FOR 2021**

**9<sup>TH</sup> FEBURARY, 23<sup>RD</sup> FEBURARY, 2<sup>ND</sup> MARCH, 16<sup>TH</sup> MARCH,  
30<sup>TH</sup> MARCH & 13<sup>TH</sup> APRIL**

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MINISTRY OF EDUCATION  
TE TĀHUHU O TE MĀTAURANGA

 Ministry for  
**Pacific Peoples**  
Te Minita o te Tauiaki o te Māori o Aotearoa

CONTACT RPICDT TO REGISTER AND FOR MORE INFORMATION

PHONE: 07 347 7217 | EMAIL: [tupou@rpict.nz](mailto:tupou@rpict.nz) | FB: [@rotorupacificislandsdevelopment](https://www.facebook.com/rotorupacificislandsdevelopment)





## 20 Year Anniversary Celebration



In December last year we celebrated our 20th Anniversary with a special dinner at the Novotel - Rotorua Lakeside with guests who have helped shaped, innovate and support RPIDCT over the past twenty years. We would like to extend our thanks and appreciation to our Guest Speakers

- Ezra Schuster – Ministry of Education
- Hon. Todd McClay – Rotorua Electorate MP
- Cr. Fisher Wang – Rotorua Lakes Council – Councillor
- Kulisitina Fifita – Pasifika Futures
- Alexis LewGor - RPIDCT Board of Trustees Chairperson

The talented MC for the night - Jimah Ruland-Umata

We would like to thank everyone who attended our event and celebrated with us on the night.

To our stakeholders, funders, partners, local businesses and our pasifika communities for their on-going support.

We would also like to extend our appreciation and thanks to our RPIDCT Youth Group for their dedication and absolutely amazing performances on the night.

And lastly but most importantly to our RPIDCT Board of Trustees, Chairperson past trustees, past employees, past coordinators/managers and to our current Trust Manager - Mata Mafileo.

From the RPIDCT Team



## Essence of The Pacific Early Learning Centre

By ECE Manager – Sheela Rao

### KidsCan

We have been extremely fortunate to have applied, and accepted, the 'Kids Can' project for Early Childhood. What this means is that we have applied to accept this programme in our centre, therefore lunches will be supplied for all our tamariki/mokopuna, every day of the week. How good does this sound! And for starter's we have yoghurt for morning tea yum!

All meals will be cooked daily and we have Mele undertaking this role, and preparing for meals to roll out Tuesday 23rd February of next week. With 'Kids Can' promoting the healthy heart foundation message across to all whanau, we look forward to having Countdown supplying us with the best products and produce to fulfil our pantry. In addition to meals being supplied for our tamariki/mokopuna, the 'Kids Can' project also supplies, Rain Coats, footwear and Products to deal with the never-ending issue of 'Kutu'/Head lice. However, for now let's focus on kai for our tamariki first, and everything else will follow in due course. Here's what's on the menu for next week.

#### Menu for the next six weeks

Monday: Baked beans on Toast

Tuesday: Shredded chicken stir fry

Wednesday: ravioli with vegetables

Thursday: Egg Fried Rice

Friday: Egg sandwich.

We realize we may encounter some hiccups along the way, and are prepared for the changes for our tamariki/mokopuna. In the meantime, we ask all whanau to continue to add a few snacks and bottled water to your child's lunch boxes until we gradually phase these out of the centre.

And hopefully we successfully see tamariki adopt our cooked meals.

Meal planning, purchasing and delivery of all goods has been sorted by 'Kids Can' our role is to ensure the kai is prepared, cooked and presented to tamariki/mokopuna to eat and enjoy the new taste sensations. If by chance you wish to continue supplying kai, please feel free to do so, on those days for special occasions, like birthdays.

We welcome your feedback or questions from whanau/family that you may have regarding any issues that may arise, at any time.



## Essence of the Pacific Early Learning Centre

# Essence of the Pacific Early Learning Centre



## WE ARE NOW OPEN FOR NEW ENROLMENTS

We are a licensed Early Learning Centre with Teachers who are passionate about early learning opportunities for the community of Rotorua as well as Pacific Island children and their fanau.

*We offer supportive environment, which reflects the essence of the pacific through language, culture, identity and curriculum.*

*We are governed by the Rotorua Pacific Islands Development Charitable Trust*

- Open 5 days a week excluding public holidays, our hours are 9 am to 3 pm (negotiable)
- Healthy morning tea & afternoon tea provided
- WINZ Subsidies
- 30 free hours (0-6-year old's)
- Great teacher team & ratios
- Positive relationships with Sunset Primary School
- Parenting support and advice available
- Lively Te Whariki as well as Pasifika Curriculum



**Contact the Team at Essence of The Pacific Early Learning Centre:**

130 Sunset Road, Mangakakahi, Rotorua 3010

P: 07 347 9895

M: 022 0402 262

E: [Sheela.rao@aeretai.nz](mailto:Sheela.rao@aeretai.nz)

W: [rotorupacificislandstrust.co.nz](http://rotorupacificislandstrust.co.nz)

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*PASIFIKA is back for 2021*



**PASIFIKA 2021**

**Rotorua Lakefront - Village Green**

**Saturday 27 March**

**10:00 am - 3:00 pm**

PASIFIKA is an annual Pasifika cultural celebration hosted by Rotorua Pacific Islands Development Charitable Trust an event to empower our children to feel proud of being Pasifika and for our community to fundraise for their own goals and initiatives.

Also a celebration of our pasifika communities in Rotorua coming together to dance, eat and be enriched in our various cultures. Celebrate all things Pacific including delicious food, talented performers and creative artists. There will be various food, craft and health and information stalls on the day. And there will spot prizes and giveaway.

A free fanau (family) friendly event for everyone to enjoy!

**PERFORMERS & STALLHOLDER INFORMATION**

1. Click on the links below & Download your Registration Form and Terms & Conditions
2. Complete your forms and sign
3. Email [tupou@rpidct.nz](mailto:tupou@rpidct.nz) or drop off your completed forms back to our RPIDCT Office at 1334 Hinemoa Street, Rotorua

**Event Coordinator Contact Details:**

Tupou Kaloni

P: 07 347 7217

E: [tupou@rpidct.nz](mailto:tupou@rpidct.nz)

A: 1334 Hinemoa Street

Rotorua 3010



**Download Registration Forms from our website:**

**Performers Registration Form:**

<https://rotorupacificislandstrust.co.nz/wp-content/uploads/2021/02/Performers-Registration-Form.pdf>

**Stallholders Registration:**

<https://rotorupacificislandstrust.co.nz/wp-content/uploads/2021/02/Stall-Holders-Registration-Form-1.pdf>

**Volunteers Registration:**

<https://rotorupacificislandstrust.co.nz/wp-content/uploads/2021/02/Volunteer-Registration-Form-1.pdf>

**Terms & Conditions:**

<https://rotorupacificislandstrust.co.nz/wp-content/uploads/2021/02/Terms-and-Conditions-Final-1.pdf>



# Pasifika

Saturday 27<sup>th</sup> March

10am to 3pm | Rotorua Lakefront – Village Green



## EXPRESSIONS OF INTEREST

Calling all Schools, Pasifika community, church and youth groups we're looking for performers for our annual PASIFIKA celebration

## REGISTER YOUR GROUP FOR FREE!

To register your group before the deadline on the 12/03/2021

Contact our RPIDCT team for your application form

☎ Phone 07 347 7217 or ✉ Email: [tupou@rpidct.nz](mailto:tupou@rpidct.nz)

Contact Rotorua Pacific Islands Development Charitable Trust

✉ [Tupou@rpidct.nz](mailto:Tupou@rpidct.nz)

☎ 07 347 7217

Website: [rotorupacificislandstrust.co.nz](http://rotorupacificislandstrust.co.nz)

Facebook: [rotorupacificislandsdevelopment](https://www.facebook.com/rotorupacificislandsdevelopment)

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# Pasifika Volunteer

Saturday 27<sup>th</sup> March

10am to 3pm | Rotorua Lakefront – Village Green



## EXPRESSIONS OF INTEREST

We're looking for Volunteers for our annual PASIFIKA celebration

- Traffic Mangement
- Ushers, Event Runners & Stage Hand
- Registration and Set-Up

To register as a volunteer on the day please contact our RPIDCT team

☎ Phone 07 347 7217 or ✉ Email: [tupou@rpidct.nz](mailto:tupou@rpidct.nz)

Contact Rotorua Pacific Islands Development Charitable Trust

✉ [Tupou@rpidct.nz](mailto:Tupou@rpidct.nz)

☎ 07 347 7217

Website: [rotorupacificislandstrust.co.nz](http://rotorupacificislandstrust.co.nz)

Facebook: [rotorupacificislandsdevelopment](https://www.facebook.com/rotorupacificislandsdevelopment)

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