



Pasifika

ROTORUA PACIFIC ISLANDS DEVELOPMENT CHARITABLE TRUST

Newsletter



VOLUME 1 | ISSUE 2 | MARCH/APRIL 2021

What's Happening: March/April

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- **PASIFIKA 2021**
Date: Starting - Friday 9th April
Time: 10am to 2pm
RPIDCT Office
1334 Hinemoa Street
Rotorua, 3010
- **Talanoa Ako**
Dates: Tuesday Night Last session - April 13th
Time: 5:30pm to 8pm
Rotorua Methodist Church
187 Old Taupo Road
Rotorua 3015

- **Health Corner**
- **Kaukava Light Youth Programme**
- **Talanoa Ako**
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Health by Numbers

By Ula Thomas - Whanau Ora Health Navigator

Blood pressure is the force of the blood pushing against the walls of your arteries as it moves around your body. It's always given as two numbers. The top number – systolic pressure indicates the pressure in the arteries when the heart beats and pumps blood. The bottom number – diastolic pressure – represents the pressure as the heart relax between beats.

If your systolic pressure is greater than 140 or your diastolic pressure is greater than 95 on several tests you have high blood pressure

Untreated high blood pressure can lead to serious problems, It's sometimes called the silent killer because it actually has no warning signs – you can have high blood pressure.

What is Blood Pressure

Your heart pumps blood around your body through a network of vessels (tubes) called arteries. With each heartbeat the blood pushes against the artery walls. The strength of this 'pushing' is your blood pressure.

Your blood pressure changes throughout the day. It's lower when you're asleep or relaxing and goes up when you move around. It can also be increased by stress or extreme emotions and stimulants like nicotine or caffeine.

Some people's blood pressure stays above recommended levels. This is known as high blood pressure (hypertension). This can lead to damaged arteries and increase your risk of:

- heart attack
- stroke
- heart failure
- kidney and eye damage.

This can happen for a range of reasons and there's a number of things you can do to reduce your blood pressure.



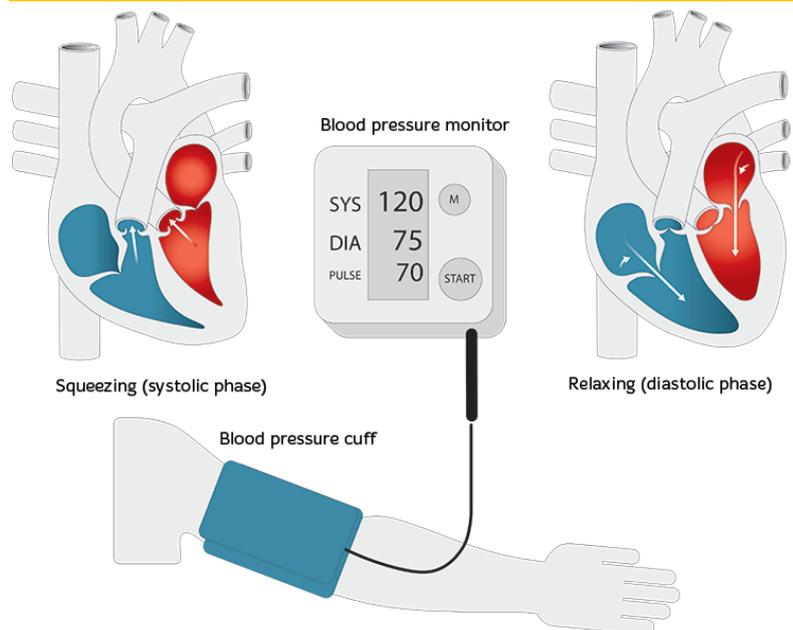
How is blood pressure measured?

Blood pressure is measured using a machine called a blood pressure monitor.

A cuff (thick band) is put over your arm. This cuff is attached to a machine which measures the pressure inside your arteries. When the machine is switched on the cuff tightens and then slowly loosens again. It is quick and painless. At the end, the machine will give a blood pressure reading.

Blood pressure is measured in millimetres of mercury (which is written as mmHg). A blood pressure reading contains two numbers and will be written as a figure like 120/75 (this is said as '120 over 75'.)

The first (top) number is the pressure when your heart beats (systolic pressure). The second (bottom) number is when your heart relaxes (diastolic pressure).



How to lower blood pressure

There are lots of things you can do to lower your blood pressure. If your doctor has given you blood pressure medication, take it as prescribed. However, you'll also need to follow a heart-healthy lifestyle.

Even if you haven't been diagnosed with hypertension, following these tips will be good for your blood pressure and good for your heart.





Where do I get my blood pressure tested?

You can get a blood pressure reading at your GP practice and at most local pharmacies. You may also choose to have a blood pressure monitor at home.

What is a normal blood pressure reading?

For most people an ideal blood pressure is 120/75, or lower. However, the blood pressure that is 'ideal' for you depends on many factors, including your overall risk of heart attack and stroke. If you're already on high blood pressure medication, your ideal blood pressure will be 130/80 or below.

What is high blood pressure (hypertension)?

High blood pressure is when your blood pressure is regularly higher than recommended levels. The clinical term for this is hypertension.

A single high blood pressure reading doesn't necessarily mean you have hypertension. You have hypertension if your blood pressure stays high for three separate readings, on three separate occasions, over at least three months.

Sometimes people's blood pressure goes up because they're worried about having it taken by the nurse or doctor. If this is a problem, the doctor may get you to do blood pressure readings at home or order a 24-hour monitor to help confirm you have high blood pressure.

What causes high blood pressure?

For most people, there isn't a single cause of high blood pressure. However, there are a number of things that make you more likely to have it. These are called risk factors.

Some risk factors for high blood pressure you can manage, for example when you:

- Smoke or vape with nicotine. When you smoke or vape nicotine your blood pressure goes up. Over time it damages your arteries, increasing your risk of a heart attack or stroke.

Other risk factors include:

- Diabetes. If you have type 1 or type 2 diabetes, you're twice as likely to get high blood pressure.
- Having kidney disease or other glandular problems. Sometimes another condition that affects your kidneys, arteries, heart or endocrine (gland) system can cause high blood pressure.
- Getting older. Blood pressure naturally increases with age.
- Taking certain medications, such as birth control pills. Ask your pharmacist about the side-effects of any medication you take.
- Having a parent or brother or sister with high blood pressure. High blood pressure runs in family, so find out if your parents or siblings have had a problem with this.

- Eat too much processed foods and salt. Many processed foods include a lot of salt. Too much salt makes your body store extra water which raises your blood pressure.
- Drink too much alcohol too often. Drinking alcohol temporarily increases blood pressure. Over time, drinking too much on a regular basis can lead to long-term increases in blood pressure.
- Are overweight. Being overweight increases your risk of having high blood pressure. Even losing just a few kgs can lower your blood pressure.
- Aren't active enough. Moving more and sitting less will lower your blood pressure.
- Are stressed. The hormones released in your body when you're stressed increase your blood pressure. Researchers are still trying to understand the exact link between long-term high blood pressure and ongoing stress.





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



Contact Rotorua Pacific Islands Development Charitable Trust

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

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Kaukaua Light Youth Programme

By Monika Bansal – Programme Coordinator

9th April - Environment & Leadership Session with Guest Speaker Cr Fisher Wang

We started our session with team bonding activities, kai and talanoa. Before our guest speaker Fisher Wang - Rotorua Lakes Councillor joined us for this week's topic of the importance of caring, protection and conservation of environment and the impacts of climate change within our district.

How could climate change affect us in Rotorua?

Changes to our climate could mean:

- Higher temperatures
- More heavy rainfall events and more frequent flooding
- Water shortages, reduced water quality and increased risk of wildfires
- Longer crop growing season and fewer frosts
- Increased risk of invasive pests and weeds
- Increase in water-, food- and vector-borne diseases
- Loss of native wildlife, including mahinga kai

Fisher also spoke about the important mahi Rotorua Lakes Council are doing in supporting a legacy of sustainability for our environment. The recently passed - Climate Action Plan, waste management upgrades, lakefront development and also shared his personal leadership journey of how he become the youngest elected councilor for Rotorua Lakes Council ever!

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@rpidct.nz or to our office at 1334 Hinemoa Street, Rotorua 3010

Website: rotorua-pacificislandstrust.co.nz/youth





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Rokovi ira Programme

rokovi ira – “respect them” | Elderly Programme

“Improving the support, education of health, healthy lifestyles, technology and adapting cultures for pacific elderly peoples in Rotorua”

FRIDAYS – STARTING 9TH APRIL 2021

10AM TO 2PM

RPIDCT OFFICE

1334 HINEMOA STREET



- To promote healthy living, healthy eating and physical exercise, and enable the elderly to manage their own health and wellbeing journeys
- To adapt and increase knowledge to the use of technology e.g mobile phones, tablets and other devices, empowering the elderly with the knowledge and skills
- To develop and support a culturally safe programme that fosters understanding between pacific cultures living in Rotorua
- The importance of social interaction for the benefit of physical health, mental health and wellbeing of the elderly



CONTACT OUR RPIDCT TEAM TO REGISTER

Phone: ☎ 07 347 7217 | Email: ✉ admin@rpidct.nz



Talanoa Ako Update

By Tupou Kaloni - Whanau Ora Navigator

On the 13th of April we celebrated our last session of TALANOA AKO for 2021

Where we embrace the identity, language and culture of our learners and their families. A night filled with performances and cultural practices. Our ECE, Primary classes and Kaukaua Youth Group performed for their Fanau. A proud moment for everyone involved. What a great end to our programme for the year, we can't wait for the 2022 programme to start.

And big thank you to our head teachers, teachers and facilitators for making the programme run smoothly over the past year:

- Caroline White
- John Peters
- Tania Wheki
- Sheela Rao
- Tupou Kaloni

And the wider RPIDCT Staff team for their support during the programme. And of course our families and children for taking advantage of this parent education programme. We hope you walk away from the programme equipped and empowered parents with the skills, knowledge and confidence they need to champion your children's education.

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@rpidct.nz

Contact Tupou at tupou.cook@rpidct.nz

Or phone 07 347 7217 to

speak with Ula or Tupou



Bringing the Rotorua community together: Pasifika Day 2021 - Pasifika Futures

Charlie Pome'e, Lead Singer for Three Houses Down and MC for Pasifika Rotorua

Lead singer from the popular Kiwi band Three Houses Down, Charlie Pome'e, is looking forward to hosting the annual Pasifika Rotorua celebrations this weekend, saying that the day is a chance for all Pacific cultures to showcase their dance, songs, and delicacies.

"Being a proud Pasifika Islander, it's an honour to be involved in something like this, especially because it's outside of Auckland, which is normally the heart of Polynesia. It's great to see these pockets of our community outside of Auckland recognising their cultures. I've travelled the world through my music and have seen how unique and special our cultures are." Pome'e says the Pasifika Day will not only feature performances from various Pacific Island groups but will also include other ethnic groups, such as those from India.

"We're not just embracing the Pacific Islands and we're going outside of the box and inviting other ethnic groups to join us. It takes our Pasifika people to bring everyone together for this type of event."

The day is hosted by Rotorua Pacific Islands Development Charitable Trust (RPIDCT), a Pasifika Futures partner and an organisation that was established to enhance the well-being of Pasifika families in the Rotorua area.

"I employ many young Pacific Islander workers and help educate them around the whole business aspect of the world. Many of our people are afraid to take that leap of faith. I want them to use my company as a stepping stone."

"Through my music, I'm also involved with helping at school. To encourage them and get behind their musical talents"

Tupou Kaloni, Event Organiser and Whānau Ora Navigator

Event organiser and Whānau Ora Navigator for the trust, Tupou Kaloni, says the Pasifika event is meant to empower Pacific children to feel proud of their culture and provide an opportunity for the community to fundraise through various food stalls and markets.

"This is a day for all of us to connect, knowing where we belong and where we come from. We are celebrating the culture of our ancestors and bringing them alive through the songs they would have sung, the costumes that they would have worn and through the food they would have eaten.

It's a place of comfort for our youth to come together and empower each other to become better leaders." For Pome'e, who formed Three Houses Down with his brothers Rob and Sione in 2004, he also wants to encourage young Pasifika youth to achieve their dreams and goals. The Tongan/Fijian/Samoan musician is also an entrepreneur who owns two construction companies and barbershop Chop Shop & Co based in the Auckland suburb of Panmure.





Rokovi Ira Programme

By Ula Thomas – Programme Coordinator

After much planning and consultation with the community. We were grateful and thrilled to launch this programme on Friday 9th April.

Fifteen individuals continued to attend and finish session however due to various reasons ten arrived on the day.

The first session was on technology and better use of mobile phones, tablets and other devices. The group were appreciative of the session and they supplied us with suggestions for the following technology session. Throughout the technology sessions we covered the following topics:

- Setting up email addresses
- Sending emails – responding and adding attachments
- Google Account
- Real Me and Identification
- Covid Tracer App
- Basics of using your mobile phone
- Online Scams and Hackers (Looking for the Signs)
- The dangers of Bank & Scam Safety online
- Facebook and scams through messenger

On the 22nd of April the group enjoyed aqua jogging and a dip in the spas at the Rotorua Aquatic Centre for our Physical Wellbeing session.

And on the 30th of April we will travel to Mount Manganui for our Senior Day Out Trip.

Our elders come from our various Rotorua pacific islands communities such as 🇫🇯 Cook Islands, 🇹🇰 Tokelau, 🇸🇲 Samoan, 🇫🇯 Fiji and 🇹🇴 Tonga.



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!

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



*Ni Sa Bula Vinaka, Fakaalofa lahi atu,
Tālofa, Kia orana, Mālō e lelei, Mālō nī,
Talofa lava, Nau mai, Welcome!*

*We offer an supportive learning environment, which reflects the
essence of the pacific where everyone is welcome, and where our
Pacific languages, culture and identity are nurtured and celebrated*

We are a licensed Early Learning Centre where teachers are passionate about early learning opportunities for our children and their fanau. Guided by family aspirations, spiritual values and beliefs, and make the most of teachable moments to encourage dispositions of gratitude and kindness.

- **Open 5 days a week excluding public holidays 9am to 3 pm**
*(Longer hours are negotiable - *For over 2 year old's only, limited to 10 spaces)*
- **WINZ Subsidies**
- **30 FREE HOURS for 3-6-year old's** *(0-3yrs \$25 per week)*
- **Free lunches through KidsCan** *(morning/afternoon tea provided)*
- **Parenting support and advice available through RPIDCT services - Whanau Ora and Talanoa Ako**
- **Free nurses clinic every Wednesday**
- **Celebration of Pasifika language weeks and community events**
- **Wide open spaces - set up in way that provokes and promotes children's curiosity, awe and wonder.**



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

130 Sunset Road, Mangakakahi, Rotorua 3010

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✉ Sheela@rpidct.nz

🌐 rotoruapacificislandstrust.co.nz

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Pasifika had Rotorua Village Green brimming with people, colour and music

Shauni James – Rotorua Daily Post

The Village Green was brimming with people and colour, and sounds of the Pacific resonated from the Lakefront as the community enjoyed the 2021 Pasifika Cultural Celebration.

Everyone was invited to celebrate the beauty of Pasifika on Saturday through arts and crafts, music, dance, food and community unity. Pasifika is an annual cultural celebration hosted by Rotorua Pacific Islands Development Charitable Trust. Trust event organiser Tupou Kaloni had said earlier in the week that the celebration was a chance to share their culture with the wider community through music, song, dance, food, arts and crafts. There were various food, craft and health and information stalls, along with spot prizes and giveaways.

The day also featured guest speakers, including trust chairwoman Alexis LewGor, Rotorua MP Todd McClay, Labour list MP Tamati Coffey, councillor Mercia Dawn Yates and an opening ceremony led by Tipene Marr. Charlie Pomee from Three Houses Down was MC and Brotherhood Musiq played throughout the day, alongside other cultural performances.

Kaloni said the event had been fantastic and there was a great turnout, with hundreds of people coming throughout the day. "Most of the food sold out which was great for our stallholders, and everyone just had fun and was happy.

"It was great to see the community come together in celebration of the Pasifika cultures, and other cultures that were there as well. "The crowd was engaging with the band, MC and performances. Everyone was supporting each other and giving praise, and it was warming to see everyone enjoying the atmosphere."



She said she had received many positive comments from the school and community group performers, and stallholders.

"We are thankful to all our sponsors, and to everyone who supported us and made this day possible."

Losa Cegumalua was part of one of the stalls running at the event, representing both Losa's Krafts and Fiji.

"It was great and the event was very organised. We could really celebrate the Pacific way with the entertainment, music and food. It was lovely.

"With the borders being closed, you just feel back at home for that day. "I think it's a really great, positive gathering. After being in lockdowns it is so good to get together."





Pasifika PHOTOS



PHOTOS Pasifika



Rotorua's Pasifika Festival resumes after year long postponement



APRIL 3, 2021 - Tagata Pasifika

Rotorua's Pacific community got together at the Village Green Lakeside for their annual Pasifika festival last Saturday. The event was extra meaningful after last year's festival was postponed because of Covid. Reporter Moana Makapelu Lee got amongst the locals for this story.

Thank you Moana Makapelu Lee for joining us last Saturday to report on our special day. The interview includes our RPIDCT Chairperson - Alexis LewGor, Trust Manager - Mata Mafileo and Youth Leader - Jade Tupou

Click on the link below to watch this story ↓
<https://tpplus.co.nz/community/rotoruas-pasifika-festival-resumes-after-year-long-postponement/>

KAUKAUA YOUTH PROGRAMME

FRIDAYS

4PM – 6PM

Starting Friday March 12th 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

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