

# Rongoā Kākāriki Green Prescription

Newsletter | Winter 2021

Kawerongo | Hōtoke 2021

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Winter

Matariki symbolises Māori new year under the maramataka

FEATURE STORY | Green Prescription team

## Look up to the stars

Gather your friends and whānau. Eat together. Remember those you have lost. Talk about your dreams and aspirations for the future.

The star cluster Matariki appears in our skies in the month of Pipiri - Hōngongoi (June–July), marking the start of the Māori New Year. This is the coldest time of the year and Pipiri means 'to draw close'.

Matariki is a time to come together with your friends, whānau, and communities. It's about eating nourishing food, reflecting, having fun and looking forward to the year ahead.

Despite the colder weather, now is a good time to consider what activities

you can enjoy to keep yourself moving. Green Prescription offers aqua classes, walking groups or take advantage of the home exercise sheets.

Why not try something new? Check out our activity directory to see what activity options are on offer in your area, or ask your advisor for suitable suggestions.

**FIND A NEW ACTIVITY**

[sportbop.co.nz/activity](http://sportbop.co.nz/activity)

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### JOIN US ON FACEBOOK

Stay connected through our private Facebook groups for Green Prescription members.



Join by logging into your Facebook account and searching for the below group near you.



WBOP Green Prescription



CBOP Green Prescription



EBOP Green Prescription

EDUCATION | by Lizzy Horlock

# Ētahi ara e rima ki te ngākau ora

## The five ways to wellbeing

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Hukutaia Domain Wellbeing in action in Ōpōtiki



### Top Tips

Check out these top tips from our Green Prescription advisors to help you flourish during the winter months:

1

#### TAKE NOTICE

Practice gratitude by keeping a diary and writing down three things you're grateful for every day or week.

2

#### KEEP LEARNING

Challenge yourself and set a goal! Start slow and choose something that makes you feel your best.

3

#### CONNECT

Gather your whānau, visit the local markets and get some local fresh produce. Prepare your kai and enjoy eating it together.

### Wellbeing.

#### Why is it important?

Everyone can enjoy good mental health and wellbeing where we feel good and do well most of the time. Te Whare Tapa Whā describes health and wellbeing as a wharenuī/meeting house with four walls. When all these things are in balance, we thrive.

**Taha hinengaro** is your mind, heart, conscience, thoughts and feelings. It is about how you feel, as well as how you communicate and think. When you cope better with the ups and downs of life, taha hinengaro is strong. Express your feelings, reach out for support - it makes a world of difference!

**Taha whānau** is about who makes you feel you belong, who you care about and who you share life with. It is about extended relationships and all people you care about. Taha whānau is doing things with and for whānau. Getting involved gives you a feeling of purpose, connection and wellbeing, strengthening the whole whānau.

**Taha wairua** explores your relationship with the environment, people and heritage

in the past, present and future. The way people view wairua can be different, and there is no right or wrong way to think or experience wairua. Your spiritual essence is your life force – your mauri. This is who you are, where you have come from and where you are going.

**Taha tinana** is about how your body feels and how you care for it. Sometimes your tinana might not be where you'd like it to be. What is important is that you do what you can to nurture it. Taha tinana helps us to feel mentally well. Nourish and strengthen your physical wellbeing and enjoy longer, healthier lives.

**Taha whenua** is the place where you stand. It is your connection to the land – a source of life, nourishment and wellbeing for everyone. We are linked physically and spiritually to the land and when our natural resources are not looked after, this life force is weakened and directly impacts on mental health and wellbeing. You can also think about whenua as your place of belonging.

*Think about the things you are proud of, the challenges you've overcome, the people who are important to you and the things you hope to achieve in the future.*



## What's On

Green Prescription activities

He aha kei te maramataka?

1

### Hikoi Kākāriki

*Ōpōtiki* - Mondays 9.30am. Meet on grass at the Ōpōtiki Health Centre  
*Whakatāne* - Wednesdays 9am, meeting near Yacht Club, Kakahoroa Drive.

#### Whakatāne Heads walk event

Wednesday, 1 September

Three distance options. Register with your advisor.

2

### Kāwhe Kākāriki

Monthly group sessions on nutrition, physical activity and wellbeing. Whakatāne, Tāneatua, Ōpōtiki and Kawerau. Contact your advisor for dates.

3

### Aqua Classes

Every week at the Whakatāne Aquatic Centre on Tuesdays 9am or 10am, Thursdays 9am and Fridays 10am.

4

### Monthly pool clinic

For monthly follow up with those attending pools/aqua class, second Thursday of the month, 8.30am-11am (before & after class). Contact your advisor for more details.



Wellbeing

Ticking off those five ways to wellbeing!

ACTIVITY HIGHLIGHT | By Julie Kingi

## What fun we've had!

Here's a peak at what group activities have been happening in the Eastern Bay. There's plenty more activities to come!



#### Hukutaia Domain

Our Green Prescription whānau came together for a picnic in the park to *take notice* at one of the many wonderful locations in our area. We were lucky to have one client *give* local knowledge.

#### Give it a go

We had a fun session *being active* and trying our hand at table tennis. There were plenty of laughs! We were supported with a local expert providing the equipment, coaching and support.

#### Toa Kākāriki

Because we are what we put in our trolley, and because we know it can be overwhelming to navigate healthy eating, we held a supermarket tour for our clients. Here we *keep learning* about how to enjoy good food whilst staying on track with goals.

#### Kawerau Pools

As the weather became cooler we thought we'd venture out and enjoy the gloriously warm pools and spa on offer, free of charge

thanks to Kawerau Pools. Why wouldn't we?! Clients *connected* while soaking in healing waters.

### DO SOMETHING NEW!

We challenge you to do something new every week:

- Nourish & warm yourself with a homemade hearty vegetable soup.
- Have you tried Tai Chi in the WHK Rose Gardens on Thursdays 10am with Val Campbell?
- Check out a local beach or bush walk that you have not been to in a while
- Give Keep On Your Feet strength and balance classes a go - Ōhope St Nicholas Church on Pohutukawa Ave on Thursdays at 11am \$6 per class.
- On a rainy day, grab a friend and check out our local library or gallery.
- Come along to the pools/aqua class, or simply soak in the spa.
- Join one of the What's On sessions.

SUCCESS STORY | By the Green Prescription team

# He manawa tītī Success comes in many forms



Penny

“Although I was nervous I did it!”

Four years ago Penny thought her life was over but now she’s doing triathlons

### PENNY’S STORY

Four years ago, Penny was diagnosed with a rare disorder (Guillain Barre syndrome), paralysed from the neck down and in hospital for over three months.

Penny started with the Wednesday walking group and is now active every day.

Her mobility, strength and fitness improved so much that she set a goal to enter the Generation Homes Women’s Triathlon at Mount Maunganui. Penny completed the 400m swim, 10km bike ride and 4km run/walk.



“It had been a long road to recovery until my doctor told me about Green Prescription”

- Penny, Green Prescription client

### SUCCESS STORY

A 44-year-old Māori male came to the programme for support to get active and address nutritional changes

#### *How did you find Green Prescription and what did you find helpful about it?*

My GP referred me. Everything was helpful. I received a lot of information and support to not only start my journey, but also along the way. I first weighed in at 127kgs, now I’m down to 95kgs and still going strong. With someone there to check up on me and talk to I feel motivated.

“Procrastination was my muzzle. Green Prescription took it off and now I feel free!”

#### *What changes have you seen?*

I’ve lost weight and still counting down. My energy levels have improved, I don’t puff when putting on my socks or as much when I’m walking up hills and I can fit my old clothes. I feel happiness and pride. Mentally I’m stronger, I’m more motivated but most of all I’m a hell of a lot happier!

#### *Any tips for other people wanting to get started and improve their health?*

Listen! Do what they suggest, do it and live it to the best of your ability and more! Keep an open mind, try new things (I’d never thought I’d be doing yoga but here I am and loving it!) Be happy to get help and receive their support with open arms.

#### *Would you recommend Green Prescription to others wanting to improve their health?*

Yes! For the support, the information and they give the boost needed to get started on the journey to becoming healthier. Talking to someone helps!

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