

Kidz First Child & Youth Health Resource & Information Service provides information and support for anyone interested in the healthy development and wellbeing of children and youth. The service is provided by Counties Manukau District Health Board.

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Engaging Youth on the Marae

*Te Ihi me te wehi o te rangatahi /
Rangatahi committee supports young
people to contribute the Papakura Marae
and learn about Māori tikanga*

Like many New Zealand marae, Papakura Marae plays an important role in supporting young New Zealanders to engage with Māori tikanga, cultural practices, and to connect with an important community service. However getting young people interested in participating in their marae is not an easy task.

As part of his internship in the Māori Development programme at Auckland University of Technology, James (Hēmi) Clendon decided to look into the issues of getting young people involved with the Papakura Marae. Supported by the CEO of the Papakura Marae Tony Kake, Hēmi consulted young people in various schools, libraries, and communities in the Papakura area, to see if they were interested in contributing to developing the marae. Many young people were interested in taking part in this opportunity, and together they set up a Rangatahi Committee – Te Ihi me te wehi o te rangatahi, aiming to raise funds to support young activities as part of the Papakura Marae.

This programme has been running for 2 months, and through hāngī and other fundraising initiatives they have already raised over \$1000. According to Hēmi, the young people enjoy sharing and exploring different ideas and opportunities, as well as enjoying a chance to get together and share some kai and music. Hēmi continues to support the young people in this group, and is planning on teaching the young men te reo Māori, roles/responsibilities of the marae and future to stand on the marae and whaikōrero.

Te Ihi me te wehi o te rangatahi is still looking for young people who are interested in joining this group. Young people from all cultures and backgrounds are welcome. They are also looking for opportunities for funding or grants, and would happy to receive any information.

For more information please contact James (Hēmi) Clendon at 020 4080 3473 or email hclendon0@gmail.com. Hēmi is a Taurawhiri/Cultural Advisor working at [Whirinaki Child, Family and Youth Mental Health](#).



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**Communication Needs
of Vulnerable Children
and Young People: Are
we doing enough?: Dr
Judy Clegg**

[Talking Trouble Aotearoa NZ](#)

Wednesday, 9 December 2015 from 4:00 PM to
6:00 PM, Auckland, New Zealand



Healthy Eating now a Family Affair

Epoki Fo'ou Gounder admits she was a "junk food" junkie who never gave much thought to what she ate. When she gave birth to Zephaniah she knew that had to change.

"I lived on snacks and chocolate bars and never really watched or cared about what I ate," recalls Epoki, whose family is from Ha'apai in Tonga.

Bringing a child into the world and finding out about the Healthy Babies Healthy Futures Pacific Programme coordinated by The Fono, where she is a patient, made her realise how much she should care.

Epoki started by gradually substituting soft drinks for water.

"I never liked water, but I started drinking it because the body needs it and I found out how much sugar is in soft drinks."

Then came her appreciation for vegetables. Epoki admits she only thought of vegetables in their raw form and "would never go near them". But learning how to prepare and cook them while retaining their nutrition and goodness at the classes has changed her eating habits for good.

"When I ate things like chocolate bars, I'd get an energy buzz, but that wouldn't last long. It's different when I eat fruit and I don't get so hungry," she says.

"I'm even teaching my parents how to eat better. I wouldn't have even tried to do that if I hadn't been part of these classes."

For more information on Healthy Babies Healthy Futures visit <http://hbhf.org.nz/>. Reproduced from [The Fono](#).

Supporting Healthy Families in Otara



Active Families helps children, young people and their families live happier, healthier and more active lives.

For nine years Otara Health Charitable Trust have been running Active Families programmes. Active Families support children aged 5-13 with exercise, healthy eating or 'wise kai', as well as the knowledge and skills to make healthy decisions. These programmes are designed to support the needs of the whole family, with a caregiver aged 16 or over also attending each class.

Active Families also supports youth aged 13-18 with their 'Youth Activate' programmes, run in partnership with Empire Gym. These programmes are specially designed to meet the fitness needs of young people with circuit training, runs and walks.

All Active Families programmes are provided free of charge, and open to people living both within and outside the Otara community. The only requirement is that families must commit to participating in a 3 month programme. Each programme is designed to be flexible to meet families' needs. While Otara Health cannot provide transport they are able to link families together to assist with this.

Active Families is provided as part of the Ministry of Health's Green Prescription programme. Young people and families can access the services free of charge via a referral from health professionals, schools, social workers, or they can request a referral themselves. The next intake will begin in the second week of February 2016.

For more information contact Maddi on 09 274 8355 or e-mail maddi@otarahealth.org.nz

Centre for Youth Health Education & Training 2016

The Youth Health Workshops provide practical programmes to enhance professional skills when working with young people in clinical and community settings.

The HEEADSSS Assessment 8 Mar 7 Apr 28 Jun 19 Jul 8 Sep

An one day introduction to clinical practice in youth health including: communication and engagement in youth health and using the HEEADSSS assessment model.

Fee: \$75 (Free for CMDHB and ADHB Staff).

Who should attend? Anyone working with young people.

What Comes After HEEADSSS? 10 May 20 Sep

This one day course gives an introduction to intervention skills when working with young people such as problem solving, motivational interviewing and discussing principles of behaviour change in young people.

Fee: \$75 (Free for CMDHB and ADHB Staff).

Who should attend? Those who have completed the HEEADSSS Assessment training.

For bookings or further information please contact the
Centre for Youth Health

Phone: (09) 261 2272 Fax: (09) 261 2273

E-mail: cfyh@middlemore.co.nz

Health Research Strategy Planned

Science and Innovation Minister Steven Joyce and Health Minister Jonathan Coleman have announced a new health research strategy will be developed in 2016.

"The new strategy will help to enhance the impact, relevance and uptake of health research. It will optimise the Health Research Council's contribution to improving the effectiveness of our health system," says Dr Coleman.

Development of a health research strategy is a key recommendation of the recent review of the Health Research Council (HRC).

Public consultation on the health research strategy is expected to begin in early 2016.

For more information visit www.health.govt.nz or www.mbie.govt.nz. Reproduced from beehive.govt.nz.

Global Standards for Quality Health Care Services for Adolescents



The [World Health Organisation](#) and [UNAIDS](#) have released a [series of documents](#) outlining their global standards for quality health care services for adolescents.

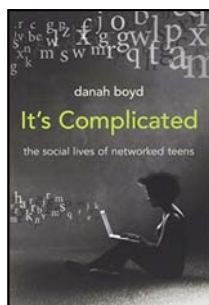
According to the World Health Organisation (WHO), in many countries services for adolescents (aged 10 – 19 years) are highly fragmented, poorly coordinated and uneven in quality.

"These standards provide simple yet powerful steps that countries – both rich and poor – can immediately take to improve the health and wellbeing of their adolescents, reflecting the stronger focus on adolescents in the new Global Strategy for Women's, Children's and Adolescents' Health that was launched in New York in September," says [Dr Anthony Costello, Director of Maternal, Children's and Adolescents' Health at WHO](#).

These guidelines now include 8 standards for quality health care services to adolescents, acknowledging adolescents' right to be knowledgeable about their own health, that health professionals and services fill the needs of adolescents, adolescent rights to privacy, confidentiality, non-judgmental attitude and respect are acknowledged, and that adolescents are involved in the planning, monitoring and evaluation of health services

For information you can find the WHO reports on their [website](#). Who has also produced a series of [infographics](#) summarizing the findings of this report.

New Books



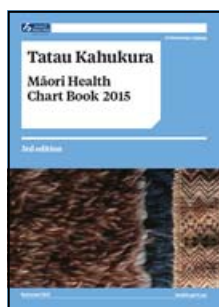
It's complicated: The social lives of networked teens.
by danah boyd



Revitalising the national HPV immunisation programme
by Ministry of Health



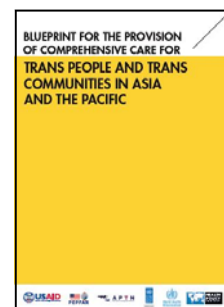
The material wellbeing of New Zealand households
by Bryan Perry and Ministry of Social Development



Tatau kahukura: Maori health chart book 2015
by Ministry of Health



Supporting parents, healthy children: Supporting parents with mental illness and addiction and their children
by Ministry of Health



Blueprint for the provision of comprehensive care for trans people and trans communities in Asia and the Pacific.
by United Nations Development Programme

For information on these and additional resources please contact
Healthinfo@middlemore.co.nz

Getting Help: What is Trans*?

With Transgender Weeks of Awareness taking place this month, it is a good time to think about information and support for trans* young people.

Maybe you know a young person who identifies as trans*, maybe you're supporting someone through transition or you have just heard of this community and would like to find out more. Either way, there are a lot of places you can go to for information and advice. The following resources are great places to start:

[RainbowYOUTH](#)

RainbowYOUTH is a national organisation providing support, information and advocacy for young queer and trans* people up to 28. They also support the friends, whaanau schools and others who support queer and trans* youth. Their website has a great section for [queer and trans* young people](#), along with advice for [friends and whaanau](#).

[The I'm Local Project](#)

The I'm Local Project aims to help queer & gender diverse youth all over Aotearoa to feel valued, recognised and supported in their communities. Check out their website for links to a variety of queer and trans* communities, [face-to-face](#) and [online](#).

[Rooster Tails](#)

You may recognise Sam Orchard from his [Queer and Trans* 101 Guide](#), created in partnership with RainbowYOUTH. Rooster Tails, Sam's autobiographic webcomic is full of his stories and experiences as a New Zealand transman, as well as information about the issues facing queer and trans* people in New Zealand and overseas.

[Kidz First Centre for Youth Health](#)

The Centre for Youth Health provides healthcare, transition services, information and support to trans* young people and their family/whaanau. They have also prepared a handy guide for trans* people wishing to update their proof of identity. For more information email healthinfo@middlemore.co.nz

What Does Trans* Mean?

Many people and organisations (like RainbowYOUTH) add an asterisk to the end of the word 'trans'. This indicates that the term functions as an umbrella term for an extremely varied range of identities, such as whakawahine, tangata ira tane, transsexual, fa'afafine, transgender, whakawahine, transmen, transwomen, akava'ine, leiti, genderqueer and gender-neutral people. For a guide to these and other [Useful Words](#) visit the [RainbowYOUTH](#) website.