

# MANA WAHINE MODEL

*Mā te hauora ngā whaea ka piki te ora o te whānau, hapū me te iwi!*

*Healthy mothers, ensures healthy families!*

## **Mana Wahine**

Mana Wahine is a collective of five Māori health providers who work across the greater Wellington region, including Capital and Coast and Hutt Valley. The providers are Hora Te Pai Health Services (Kāpiti Coast); Ora Toa Health Unit (Porirua); Koraunui Marae (Hutt); and Kōkiri Marae (Hutt) and Whaiora (Wairarapa). We are connected to Iwi providers, mana whenua and whānau ora collectives. Due to recent fiscal constraints currently we have 3 active providers Hora Te Pai, Ora Toa Health Unit and Kokiri Marae Health and Social Services. Collectively we have over 60 years' experience of providing culturally appropriate and accessible breast and cervical screening support services, including free cervical smears undertaken by five Māori nurse sample takers based across our organisations. Each of our partner organisations provides a range of other health and social services.

Since 2010 Mana Wahine has been a member of Takiri Mai te Ata Whānau Ora collective. Thus we are extremely well placed to provide holistic care including referrals to other services that may be required for women or their whānau. The Mana Wahine collective is committed to 'doing whatever it takes' to ensure a culturally safe and stress-free screening pathway for Wāhine Māori and high needs populations (Pacific, Asian and Other) contributing to equitable outcomes.

## **Collaboration**

We have well-established relationships with the Regional Screening Services, the Regional Coordination Groups, cancer treatment service, colposcopy suites within the local District Health Boards, and the Wellington divisions of the Cancer Society. We also have strong linkages with other Primary Care Organisations in the region, including Compass and Te Awa Kairangi Health Network. These relationships, along with our embedded position within high priority communities underpin our co-ordinated approach to recruiting and retaining Priority Women in cervical and breast screening programmes, and supporting women through assessment and treatment if needed.

## **Approach**

We work to increase the number of Priority Women participating in breast and cervical screening, assessment and treatment services, in a holistic manner that addresses other needs by:

1. Providing culturally appropriate group and one-on-one education sessions to Priority Women within our communities that will increase understanding and health literacy related to cancer screening and treatment, and increase participation in screening and follow-up.
2. Providing and contributing to health promotion events to raise awareness of the breast and cervical screening programmes and the alternative services that we provide. Receive and action referrals from a range of services as listed above, including self-referrals.
3. Providing community based outreach cervical screening clinics at a range of venues (including in the woman's home) this gives women a choice of venues that are appropriate for them.

These services include transport, child car seats, childcare, and manaakitanga (including kai, empathy and respect).

4. Providing screening education and screening clinics in workplace settings where there are high numbers of priority women, in collaboration with Regional Screening Services.
5. Initiating regular placements of Mana Wahine educators at our collective general practices to help identify Priority Women and facilitate direct contact, rather than solely relying on referrals.
6. Using social media platforms to promote our alternative screening clinics and in-home services, and to trace women who have been referred to us whose address is unknown.
7. Promoting the HPV immunisation programme within our education sessions, and work with our immunisers to promote screening.
8. Organising collaborative events with Regional Screening Services. Examples include: Priority Women Screening Days held on a Saturday at BreastScreen Central and Keneperu hospital where women can have breast and cervical screening on the same day.

### **We provide culturally appropriate, safe, women-centered services**

Our experience has shown us that when we work from a view that, Māori and all priority women have the opportunity to access by Māori for Māori services in their community there is a greater uptake of cervical screening and increased opportunity to enroll Priority Women into breast screening. Mana Wahine is committed to the development of a healthy Māori nation, and to improving the health of whānau, hapu and iwi.

We utilise Māori models of health in all aspects of service delivery e.g. Te Whare Tapa Wha, Te Pae Mahutonga Te Korowai Oranga. Mātauranga Māori features in our professional development and staff requirements. Culturally appropriate care is our speciality. Empathy, care and respect are what we strive for and what our kaimahi are known together providing a service of excellence.

Our education sessions ensure that women make informed decisions about participating in screening, assessment and treatment – enabling ‘shared decision making’ which is a fundamental principle of women centred care.

We go to great efforts to provide services that are appropriate for the women, including providing her with as much choice as possible (venue, timing, nurse sample taker) and reducing any potential barriers (e.g. economic, need for childcare, transport, meeting other health or social needs).

We consult on all aspects of programme planning to make sure we are keeping up with changing needs of our communities. All our providers participate in and are connected to a community group which provides advice on how to engage with Priority Women. The following examples show our responsiveness to the advice and needs of our communities: Hora Te Pai participates in marae gatherings at Whakarongotai marae where they host many Māori and community events. Ora Toa has in recent years placed a Māori nurse sample taker within the health unit, increasing the opportunities to provide free cervical screening to their community. Kokiri provide services to Lower Hutt on the marae at local community houses and are engaged with Karori medical centre and Newtown Union Health services to run outreach clinics for Wellington Priority Women. Koraunui marae have successfully run education sessions and/ wānanga on the marae providing important education and health literacy to their Priority Women. Koraunui also provides a venue to Kokiri so

cervical screening night clinics to wahine these are based in the local school grounds next to the marae.

The governance body and legal authority for Mana Wahine is the Management Committee. The Management Committee comprises a representative from each of the five Member Organisations (including a Chair, currently Teresea Olsen from Kokiri Marae Health and Social Services) and the Manager of Mana Wahine.

**MANA WAHINE** has good community networks and robust governance and infrastructure. We are an Incorporated Society and as such we must and do have systems in place to:

- Meet with our Governance 1/4ly
- Hold our Annual General Meeting at which we provide a set of audited accounts
- Each provider has a representative on the board
- Have our MANA WAHINE policy manual
- Annual Service plans are completed
- Actual vs Budget is sent monthly to our Chairperson and Manager
- The accountant and manager meet monthly to pay accounts
- Bank reconciliation happens monthly
- All Inland Revenue requirements are met on a monthly basis
- No outstanding accounts with Inland Revenue Department

**MANA WAHINE** provides a value for money service:

Our approach is integrated because we are able to use NSU funds and our connections with our Whānau Ora collective to provide more hours and be absolutely focused on providing the best service for priority women.

With the limited resources we receive we are able to do all of the above and to:

- Provide a CORE 3-day training on NCSP and BSA training to kaimahi
- Provide 2 update trainings per year
- We monitor the quality of our service delivery
- Provide an opportunity to come together regionally
- Priority women are higher needs and require other services which we as a community based provider are able to deliver
- Our outcomes and delivery of service continues to increase over the years despite our funding remaining the same. A sure sign of “Value for Money”.

**MANA WAHINE** has shown commitment and consistency to NSU by participating in audits and reviews; teleconferences; advisory groups; strategic planning; presentations relating to our model and offering feedback for cervical and breast screening campaigns.

When we were asked to change our focus from “raising the awareness of the screening programmes” to focusing on achieving outcomes at the very last National Kaimahi hui in Auckland, **MANA WAHINE** embraced this and it has been our focus since 2010. It did take time for the change to occur however

we believe our Support to Services has been achieved despite the fact that it is still essential for the “raising the awareness of the screening programmes” i.e. Health Promotion to continue.

**MANA WAHINE** providers are also linked to Whanau Ora Collectives and in accordance with the philosophy of Whanau Ora they are able to:

- Reduce communications
- Reduce burden of administration
- Increase capacity
- Increase community links and expertise
- Ensure that our women receive an integrated experience and service

**Our vision** is MANA WAHINE

Mā te hauora o ngā whaea, ka piki te ora o te whānau, o te hapū, me te iwi – Healthy mothers ensures health families.

**Our mission** is to work together so wahine as integral members of the whānau, hapū and iwi may be empowered to achieve Tino Rangatiratanga in their wellbeing.

**The values** that guide our mahi include:

- Manaakitanga – show respect, to care and look after
- Te Ao Tūroa – sustainability of our kaupapa
- Rangatiratanga – self-determination and self-management
- Aroha – show compassion, feel concern for
- Wairuatanga – beliefs and spirituality
- Kotahitanga – working together
- Whānaungatanga – relationships
- Mana Whenua – indigenous rights
- Kaitiakitanga – guardianship

Mana Tupuna/Whakapapa – connecting to your identity.

Our services include:

- Free cervical screening
- BSA & NCSP health promotions
- Education and health literacy on the programmes
- Support to attend screening appointments including assessment’s treatments and colposcopy (this support includes transport; childcare; advocacy and emotional support)
- Mātauranga Māori framework training for community health workers in the BSA and NCSP programmes
- Research
- Developing resources

We have had over 30 years’ experience in providing this service to priority women. It has been our experience that women prioritize their families and other social issues before themselves. It has been our aim to empower these women to encourage them to engage into BSA and NCSP. We measure

the success on the uptake and increase of priority women enrolling and attending into the BSA and NCSP.

In 2017 we developed Te Mauri – Whakamana Māori Whānau with Cancer. We use our pūrakau and atuātanga to support whānau to understand the journey from a Mātauranga Māori view. Currently Te Mauri is being provided by Kokiri Marae Health & Social Services Lower Hutt and Hora Te Pai Health Services – Kapiti Coast. **“Aki Aki te Ti o te Tangata”**

Written by Tira Albert, Mana Wahine Kaiwhakahaere

