



Last week, Health Hawke's Bay invited six eager and talented rangatahi into the E Hao E Pao programme.

E Hao E Pao is a weeklong programme for rangatahi, to gain working experience with pharmacies and Māori Health Providers across Hawke's Bay, all while getting paid too.

The programme is designed for Year 12 and 13 students, offering them a chance to dive into the world of primary health while exploring exciting career opportunities.

E Hao E Pao aligns with Ka Hikita | Our Priority Strategy of achieving equitable health outcomes with Māori (our Priority Population) as we build Māori and Pasifika youth into future health leaders.

The journey started with a traditional pōhiri at Te Aranga Marae with interns bringing their whānau along.

Our six interns came from: Te Kura Kaupapa Māori o Ngati Kahungunu o te Wairoa, Te Aute College, Hastings Boys High School.

We also had an incredible opportunity to connect with teenage parents for the first time at Hawke's Bay School Colenso Early Childhood Centre. The experience was both inspiring and heartwarming, as we embraced the vibrant spirit of these young families and shared in their journeys.

Once the pōhiri was complete, the interns participated in a 101 Privacy training course. This gave them the essential insights into the workings of HHB.

With support from our passionate programme facilitator Sahn Whinunui, there were plenty of lively discussions on what primary care meant to the rangatahi.

The students also had the privilege of exploring a unique Māori health wellbeing methodology with Anaru Ratapu.

Anaru showcased his fantastic Nohi programme - "Nāu te rourou, nāku te rourou, ka ora ai te iwi (With your food basket and my food basket, the people will thrive)."

Following this, the interns then embarked on an exciting road trip to Eastern Institute of Technology.

There, they were inspired by the incredible Sue Floyd, an experienced nurse who shared her journey and insights.

It was a chance for the rangatahi to spend quality time with real nursing tools in a vibrant learning experience.

Throughout the week, our interns then spent time with our four providers who welcomed them with open arms.

These were: Kahungunu Executive, Te Kupenga Hauora-Ahuriri, Flaxmere Pharmacy and Taiwhenua Pharmacy.

At their graduation, the rangatahi shared their learnings across the week with each one loving the chance to experience a working environment.

It was also a chance for our providers to share their thoughts of taking in the rangatahi.

Each provider shared their passion for wanting youth to step into health and gave high praise of the willingness and ambition shown by the rangatahi.

This was the third cohort of rangatahi to come through E Hao E Pao with our HHB staff supporting 19 rangatahi through the service this year.

"Ka pū te ruha, ka hao te rangatahi" "The old fishing net is replaced with the new fishing net" "Ka whati te tai, ka pao te tōrea" "When the tide recedes, the tōrea strikes."

From the wisdom of two Māori proverbs, Te-Ama Rere Tai Rangihuna has crafted a new proverb, or whakatauākī: "E HAO EPAO." This phrase serves as the name for our program.

Meanwhile we are opening applications to all E Hao E Pao participants from the last three years for a summer internship.

The internship is a five-week programme and a chance for rangatahi to gain hands on experience while also completing a project.

Applications close on October 18 and are to be sent to [maorihealth@healthhb.co.nz](mailto:maorihealth@healthhb.co.nz)