

Kia ora - E te iwi

Are you interested in offering a kaupapa Maori cancer support programme for delivery to Maori by Maori?

The Cancer Society of New Zealand has been working collaboratively with Iwi and Maori Health Providers from around Aotearoa to develop a Kaupapa Maori programme to be delivered to Maori by Maori. We hope you will be interested in providing *Kia ora - E te iwi* for your whanau.

Kia ora - E te iwi is an educational and support programme run by two trained facilitators. The programme can be delivered for 2 hours a week over six weeks or for two full days. The aim is to help those with cancer and their whanau to:

- Have confidence to discuss common concerns in a safe setting
- Increase their knowledge of cancer and its treatment
- Increase their knowledge of oncology services
- Develop the confidence to ask questions
- Build on coping skills - practical, emotional and spiritual
- Learn about support options available
- Plan for the future

Kia ora - E te iwi is based on the Living Well programme provided by the Cancer Society and was pre-tested at Kokiri Marae, Wellington, then piloted in Whangarei, Waitara and Palmerston North. The pilot programme facilitators then met in Wellington to share their experiences with evaluators and the Cancer Society, and to plan for the future delivery of *Kia ora - E te iwi*.

Background

The Living Well Programme (LWP) was developed by the Cancer Council Victoria (CCV), Australia and has been regularly reviewed, tested and improved since 1985. It is delivered to a wide range of participants including minority ethnic groups in Victoria and has been successfully translated into several languages. CCV has been generous in its support of the Society and has allowed the programme to be adapted for delivery in Aotearoa New Zealand. Further modification of the programme to improve Maori access has been endorsed by CCV.

Collaborative approach

The compelling data about inequalities in cancer for Maori has strengthened the Cancer Society's committed to improving health outcomes for Maori and their whanau. One approach has been to improve and change existing services and implement new ones.

Living Well is an education and support programme provided nationally by the Cancer Society. It is designed to assist those with cancer and their whanau learn more about the disease, its treatment and coping strategies. In 2008 a Working Group was formed to strengthen programme delivery. During that process the Working Group identified several areas for improvement including the need to improve access for Maori. The Maori advisor on the Working Group, Teresea Olsen, suggested that the model and framework of the programme were sound, and with some changes to the content, delivery and resources, Maori would benefit from the programme. It was decided that a collaborative process would be put in place to explore, develop and implement appropriate changes to the Living Well Programme to make it more accessible to Maori.

Working collaboratively with Iwi and Maori Health Providers from around Aotearoa a pilot programme was designed and implemented. The Cancer Society trained Maori facilitators and provided the resources for Kokiri Marae to run an evaluated 'test' programme. Changes were made to the programme and then Expressions of Interest to provide pilot programmes were called for, with information circulated to Maori providers throughout Aotearoa. Three pilot sites were selected.

Ki a ora Ngatiwai
Piki Te Ora Nursing Service
Best Care Whakapai Hauora Trust

Whangarei
New Plymouth
Palmerston North

Facilitators from the pilot providers were trained at Kokiri Marae. They agreed to run a pilot programme in their area during February/March 2011. These programmes were evaluated by evaluators from Te Rua Matatini and the evaluation findings reported to the Cancer Society. (The report is attached)

A hui to discuss the pilots was held in Wellington in April 2011. It was agreed the programme had been a success for whanau and the following initiatives to ensure its sustainability were agreed:

- The Maori programme to be known as *Kia ora - E te iwi*
- Cancer Society to fund the four pilot providers to run another programme
- Cancer Society to fund training for Maori facilitators from other Maori Health Providers so that they can offer the programme. The first training to be in February 2012
- Cancer Society to administer a funding application process for Maori Health Providers who have trained *Kia ora - E te iwi* facilitators to apply for funding to provide the programme from April 2012
- The following resources to be developed:
 - Facilitator Guide
 - DVD to accompany the programme
 - Promotion leaflet

Running the programme

Kia ora - E te iwi is run by two trained co-facilitators either for two hours a week over six weeks or over two full days

A Facilitator Guide and supporting DVD are provided by the Cancer Society. The Guide includes a framework for the delivery of the programme, information for whanau and tips on promoting and running the programme.

Next steps

If you're interested in providing *Kia ora - E te iwi* for whanau affected by cancer, the next step is to send two facilitators for free training. An outline of the training programme is attached.

The training will be held at Kokiri Marae, Wellington on 13th and 14th February 2012. Interested facilitators are asked to complete and return the Application Form attached no later than Monday 5 December 2011. As places are limited applicants will be notified by 16 December 2011 if their application has been successful.

The Cancer Society will organise travel and accommodation for facilitators.

Once you have two trained facilitators in your organisation you can offer the programme. If you require funding to provide *Kia ora - E te iwi* you can apply to the Cancer Society from April 2012. Funding application forms will be available at facilitator training, from the National Manager Supportive Care at Cancer Society National Office or from Cancer Society website - www.cancernz.org.nz

For more information please contact:

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