



Health Navigator New Zealand Website: COVID-19 mental wellness support

A series of resources for people in Tāmaki Makaurau during the COVID pandemic and beyond.

Video transcript: Making life less lonely for elderly Māori in Ōtara

Audio	Visual
<p>[Background music plays throughout the video]</p> <p>[Mary Gush is the speaker throughout the video]</p>	
<p>My name is Mary Gush. I hail from Ngāti Kuri and Ngāti Paoa descent.</p>	<p>Mary stands inside a community centre in Ōtara. She is wearing glasses and a floral shirt.</p>
<p>The program that we are running through Independent Living Services Charitable Trust is a kaumātua kuaia rōpū which involves the Māori community of Ōtara and Papatoetoe, mostly.</p>	<p>The scene continues, with Mary chatting.</p> <p>Then we see a street scene at a shopping area in Ōtara. We see brightly coloured artificial flowers on display.</p> <p>Next we see the Ōtara library sign – Nau mai, haere mai Welcome Ōtara Pātaka Kōrero Ōtara Library</p> <p>And a red post with a Māori carving.</p>

Audio	Visual
<p>The organisation that I work with provide a budget for me, so what I do is I host events in the Ōtara Music and Arts Centre, and we do activities mostly eared around what the elderly have asked that they want.</p> <p>Whatever it is that they're interested in, be it health promotion or anything, I try to bring that to them.</p> <p>So currently we're doing korowai lessons.</p>	<p>The scene continues, with Mary chatting.</p> <p>Then we see a group of senior women gathered around a table at the Ōtara Music and Arts Centre, chatting and weaving korowai.</p> <p>The scene continues, with Mary chatting.</p>
<p>We've got a relationship with a local school, a primary school. So they invite us to all their events, anything that they've got running in the school, kapa haka, cooking classes and stuff like that.</p>	<p>The scene continues, with Mary chatting.</p>
<p>The idea is the teacher and myself are trying to develop a grandparent relationship with the young people.</p> <p>Particularly, they have some very troublesome young people, and so I believe and also the teacher does that there is no better relationship than elderly with young. They will give advantage to each other once they develop these relationships.</p>	<p>The scene continues, with Mary chatting.</p>
<p>During the COVID period, it was really so shocking for me to realise that people just don't talk to somebody else for even three weeks at a time.</p> <p>So I made an effort to make sure that I gave them regular phone calls. I also dropped off things like masks, and I've also done care packages. And obviously I wasn't going and talking to them, I was just putting them at the doorstep, but I had arranged it with them.</p>	<p>We see a nearby COVID-19 testing sign, and then an Ōtara mall shop with yellow and white COVID-19 guidance signs, requiring mask use and social distancing.</p> <p>The scene continues, with Mary chatting.</p>

Audio	Visual
<p>I really believe that this program that we are running has helped to alleviate the problem of loneliness and depression.</p> <p>It is so rewarding – it's very humbling. Doing this work is really a privilege and they appreciate it.</p> <p>So, it's like I've won the Lotto. (laughs)</p>	<p>We see a group of senior women gathered around a table at the Ōtara Music and Arts Centre, chatting and weaving korowai.</p> <p>Then we see three men at the centre, playing cards and laughing.</p> <p>The scene continues, with Mary chatting.</p> <p>The scene cuts back to the group of senior women, chatting and weaving korowai.</p> <p>The scene continues, with Mary chatting.</p>
<p>[Background music]</p>	<p>Credits are shown:</p> <ul style="list-style-type: none"> • Te Whatu Ora Health New Zealand logo • Health Navigator New Zealand logo