**Co-design case study: Susanne Cummings**

**Accessible transcript**

Audio

[Upbeat Pacific music plays, Toku Ora’anga by MOSO]

**Visual**

**The video begins. The screen has a magenta background with tohu designs and the Health Quality and Safety Commission logo in white. The following words in white appear: ‘Co-design case study: Susanne Cummings’. Cut to a shot of a traffic sign with the words ‘Porirua East’ with cars driving by. Then a shot of a shop front with the sign ‘Polynesian Seafoods’ with cars driving past. A shot of a sidewalk with a woman, Susanne Cummings, walking and talking with a man. A close-up of Susanne Cummings talking to the man. A graphic with text appears at the top left of the screen, reading: ‘Susanne Cummings, Senior peer support worker Vaka Tautua’.**

Audio

[Susanne Cummings] Kia orana tātou katoatoa. My name is Susanne Cummings. I hail from Porirua, Cannons Creek. I work for Vaka Tautua Services and my role there is senior peer support worker.

**Visual**

**A shot of a street art mural reading ‘Cannons Creek’. A shot of Susanne and the man talking on the sidewalk. Susanne points at something off screen, and they then walk off camera together. A shot of Susanne sitting in a room talking to an off-camera interviewer.**

Audio

[Susanne Cummings] So, Te Ara Pae is a service that is for those who have mental distress. And so, what it is about, is about people with mental illness to come back into the community. So, it wasn't only for Pacific but it was broader for mainstream plus Pacific and Māori. So, it’s one project that was combined for everyone. And then it was split into individual groups, so Pacific, Māori and mainstream. So, Te Ara Pae means stepping-stones to wellness.

**Visual**

**A close-up shot of Susanne talking to the interviewer.**

Audio

[Susanne Cummings] There was a group of us that all have lived experience of mental distress and I worked with quite a few well-known people that work in the sector and I was privileged to represent Pacific to make sure that our views and our voices are heard at the Te Ara Pae service when this was put together.

**Visual**

**[Graphic] Why is co-design so important?**

Audio

[Susanne Cummings] So, co-design is quite special for me to be involved.

**Visual**

**A wider shot of Susanne talking to the interviewer.**

Audio

[Susanne Cummings] So, for myself with a lived experience, it was really important to make sure that everyone across the nation, no matter what ethnic group you come from, hears the passion of Pacific people and how they can work alongside us. For an example, they look at languages, but not all our languages are the same. And what was good about it is that we got to bring in our uniqueness. So, there's seven Pacific islands that the CCDHB [Capital and Coast District Health Board] work with, and as a Cook Islander, I was able to make sure that we were heard and so that our culture or our community wasn't getting mixed up with the other six.

**Visual**

**A shot showing a street and the outside of a superette. A shot showing a shop front with the sign, ‘Champion Fruit Supply’, with two customers and cars driving by. A shot of a sign on a building reading, ‘Cannons Creek Superette’. A shot inside a superette showing Susanne and the man laughing and leaving the shop.**

Audio

[Susanne Cummings, in shop] Thank you, bye.

[Upbeat Pacific music plays, Toku Ora’anga by MOSO]

[Susanne Cummings, to interviewer] Pacific people are unique and we all have our own individual values.

**Visual**

**A shot of a sidewalk showing a boy on a bicycle and a car parking. A shot of Susanne and the man sitting on a bench on the sidewalk drinking soft drinks and laughing.**

Audio

[Susanne Cummings] We need the services and the doctors and nurses that look after us to understand the uniqueness that we have, and they ain't going to find that out if they don't include us in the projects that are put out there for our Pacific people.

**Visual**

**A shot of a mural on a building with a sign that reads, ‘Pharmacy’. A shot of a street sign that reads, ‘Mungavin Ave’. A shot of a shop front and parked cars with a boy riding past on a bicycle. A close-up of Susanne speaking to the interviewer.**

**Visual**

**The Health Quality and Safety Commission logo appears on screen.**

**[Graphic] To learn more about co-design visit: hqsc.govt.nz/co-design**

**[Graphic] Music: Toku Ora’anga by MOSO, Banana Leaf 4 Productions**

**Video ends.**