



He Waka Tapu

Pānui whakahaerenga | Newsletter

October 2021



HE WAKA TAPU

Me mahi tahi tātou mo te ora o te whānau



Table of contents

Chief Operating Officer message	3
------------------------------------	---

Management changes	4
--------------------	---

Integrated Whānau Services	5
-------------------------------	---

Te Pā Tipu Community	6
------------------------	---

Kia Piki Te Ora Suicide Prevention	7
---	---

Tinana Community Gym & Papa D's	8
------------------------------------	---

What's new	9
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Chief Operating Officer update

Kia ora koutou

Our CEO (Jackie Burrows) has taken a well-deserved 3 weeks break so I got to complete our first quarterly update.

We will be providing updates on a quarterly basis, sharing our movements and the awesome mahi our kaimahi are providing to hapori and celebrating whānau success.

The last few months have been a fun one to navigate with lockdown and restrictions implemented, our kaimahi moved into lockdown L4 very confidently, with the ability to work remotely with whaiora and whānau. Whaiora feedback tells us they enjoy the modified engagement through phone calls and hui during this period, this is a beneficial outcome, considering the circumstances.

Daryl Gregory founder of He Waka Tapu has always wanted a café to be able to operate from the He Waka Tapu premises and we are excited to say this is now happening. Papa D's is our onsite café providing delicious options for kaimahi and hapori. Kai is provided to us by new local café Kai Connoisseurs, owned and operated by a previous kaimahi of He Waka Tapu, Sachi Shimamoto (who has always been a brilliant entrepreneur). Our plan for this space is to provide training and work experience opportunities to whaiora who are wanting to gain experience within hospitality, open to participants of our Mauri Ora Experience and reintegration services. Hours are being trialled, and more information around what's available can be [found here](#).

He Waka Tapu secured a new rongoā services contract through the Canterbury District Health Board for 3 years. The final touches were added to the space and referrals are now welcome. Mirimiri, whitiwhiti kōrero and karakia are a few options to start. To find out more information or book your whaiora contact lisia@hewakatapu.org.nz.

Vaccination clinic rollouts have impacted our sector for the past few months, it was important for us to be in the space providing an option for māori to engage that was inclusive, warm, and inviting. Pressures do exist in recruiting for this space from an already stretched workforce of nurses and clinical leads alongside our māori community who have taken a more reserved approach to be vaccinated. Feedback from the clinic has told us the experience for hapori accessing it has been hugely positive, we are proud of that! We work in this space under the umbrella of Te Matau a Māui, which is a collective of 14 other Māori and Pacifica providers across Canterbury. Māui Clinic @ South City opened during the lockdown, the clinic will shortly move to a mobile function where we can go out to where our people are and continue to provide a second dose site option utilising South City and other local organisations.

Across our Alcohol and Drugs services, we are reviewing what we do and how we can do this better. Like many others, this service has a high need for access in the community. Reviewing the service gives us the opportunity to see where the barriers are, allows us to implement changes that support access and ensure that good outcomes are being achieved. Leadership within this sector is also reviewing the system to see if it's effective in meeting community needs, we look forward to being part of the solution. For He Waka Tapu this means a change in how services are accessed, we aim to move towards equipping people with tools to use within their own home first and foremost with a stepped approach towards more structured/clinical intervention options. This strengthens in-home capabilities and autonomy for whaiora who are wanting support but don't necessarily need a "time-bound" or "institutionalised" intervention.

Finally, as you may have read in the media; our partnership with The Whānau Ora Community Clinic (TWOCC) is ending. We were hoping for our partnership with TWOCC would allow us to provide a point of difference and although this has not worked as we hoped, He Waka Tapu will continue to grow within this space and follow through with our original intentions.

The countdown to Christmas is on where our services will remain open, I like many others I'm sure, am looking forward to catching a much-needed dose of vitamin D.

Nga mihi
Tanith Petersen
Chief Operating Officer

Management changes



AOD Residential Manager **Katrina Matete**

Katrina has recently commenced a new role as AOD Residential Manager. Her experience in this space will ensure the continuation of the excellent services provided at the residential programme; the Mauri Ora Experience.



Clinical and Workforce Development Manager **Elly Grant**

Elly was appointed as the Clinical and Workforce Development Manager and commenced in her role on 16 August 2021.



Community Manager **Vick Siitia**

Vick has been appointed as Community Manager and brings a wealth of experience in the people and service management space. Vick commenced this role on 6 September 2021.



Clinical Team Leader **Mia Mason**

Mia Mason has been appointed as the Clinical Team Leader and has highlighted some great ideas to improve clinical services within the community. This role reports to and works closely with The Clinical and Workforce Development Manager, Elly.



Integrated Whānau Services

Individual and group programmes are available to learn about your behaviours and ways to keep your whānau safe. Groups consist of kōrero and action-based activities like mau rākau, waka ama, MMA & bread making! We are a family court accredited stopping violence provider here in Christchurch and Ashburton.

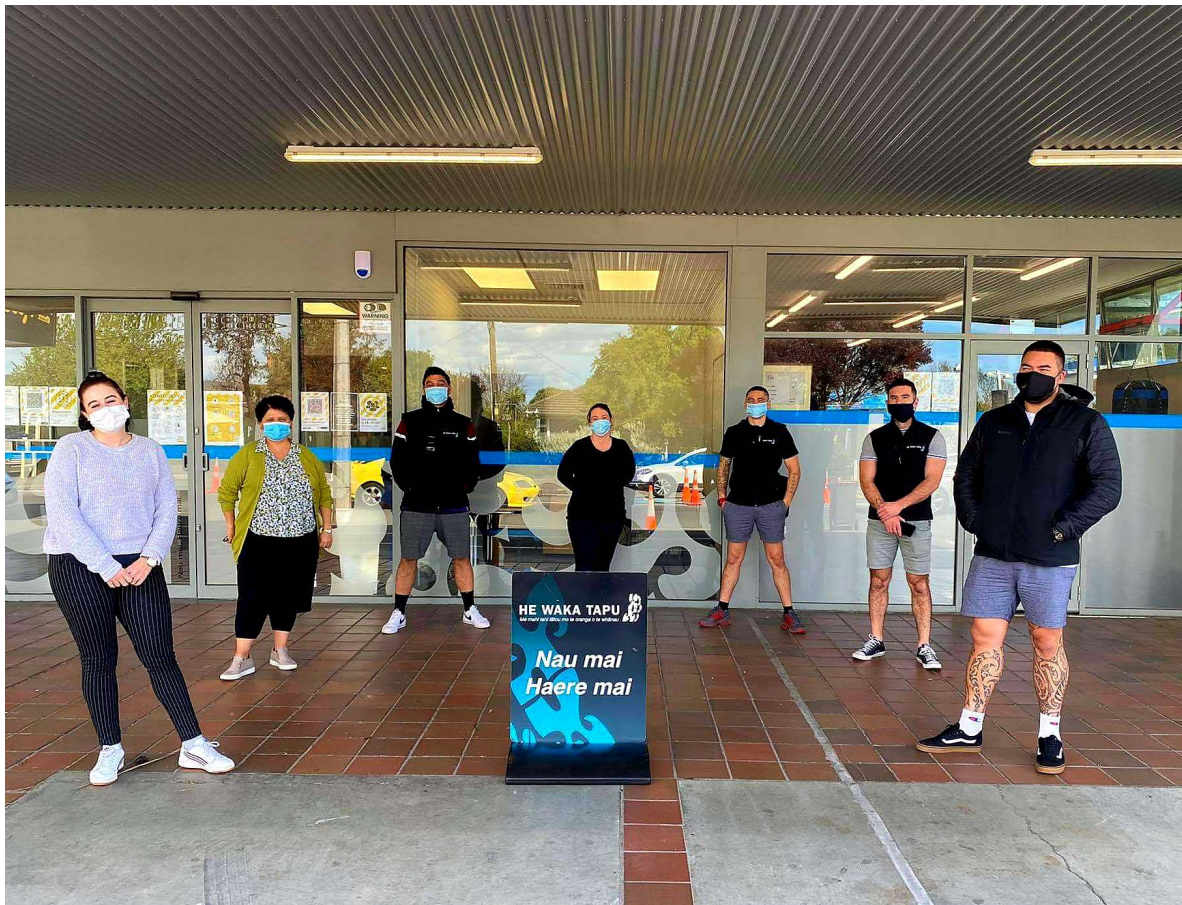
Although our mahi continued as normal (as much as can be) during COVID lockdown, it has been great to have kaimahi and whānau back onsite, connecting face to face and facilitating our groups in our whare.

On the ground, mahi has been busy. We have welcomed in multiple new kaimahi and continue to interview more as we fill new and existing roles.

There have been great initiatives started including collaborating with Ara Institute of Technology to shape a new qualification for Family Violence Intervention. The mahi continues with Tāngata Whenua Roopu, developing a national strategy to minimise the occurrence of family harm. There's also new mahi on the go with Corrections, designing and developing "Mana Wāhine" for Christchurch Women's Prison.



The team have been working hard to support our whaiora no matter what obstacles they come across and as their Manager, I am proud to walk alongside them to continue achieving the warming outcomes that we do.



20 Apprentices!

This quarter we welcomed Elly Grant to He Waka Tapu after working for almost 10 years as the Kaupapa Māori & Pacific NGO Shared Services Clinical Co-ordinator, a fitting Segway into the role of Clinical and Workforce Development Manager for He Waka Tapu.

Elly brings with her established relationships within the CDHB, Primary Care and NGO as well as vast expertise in workforce development. Elly's passion is to provide kaimahi with the opportunity to gain tohu to enable them to support their populations in the way they deserve to be served.

As a part of this drive, He Waka Tapu has twenty (20) Apprentices, all kaimahi, who will all commence their Level 4 Health & Wellbeing Certificate – some pursuing the Social and Community Services Strand and others focusing on the Mental Health & Addictions Strand of the apprenticeship.

He Waka Tapu has increased their Nursing staff from 3 Nurses to 5 nurses – one in the Community Withdrawals position, 3 in the Whānau Ora positions and 1 in the Covid Vaccination lead position.

Services available in Whānau Ora are Tāne Ora, Wāhine Ora, health & Wellbeing services inclusive of Rongoā.

In AoD we are shifting towards “grab and go” options with stepped access to more clinical interventions, we are looking forward to seeing an improvement to flow and more intent-full engagement within this space.

Our group mahi is growing as we adapt to provide a fluid process for whānau. Our facilitators are meeting more often to ensure that we are all working together towards the defined goal of mauri ora.

In addition to this several casual nurses have been employed to provide vaccinators for our Māui Clinic @ South City, which is open Tuesday through to Saturday weekly and has a late-night available on Thursdays.

We hope to see greater, healthier gains for our whānau, our tamariki and mauri ora.



“I enjoyed working with He Waka Tapu because they helped me with my mental health and everything I need, they also explained to me about the Te Whare Tapa Wha, so now I have an understanding about the differences of the four, they helped me meet my goals with getting my license and also bought me some clothes for the winter”.



Kia Piki Te Ora has had a different year with lockdowns and restrictions halting our annual Suicide Prevention Symposium and other local events that connect the community together. We are no longer providing the annual suicide prevention symposium however plans are in place to provide quarterly “mini-events” to continue equipping the community with self-help options and pathways to additional support when required.

At the start of the year, we secured funding through Te Puni Kōkiri to work with rangatahi. Takapou Karanga gave an instant access option and put towards supporting rangatahi wellbeing options. Feedback received from this service has been heartwarming and tells us that intent-full engagement along with tangible support options is effective in positive wellbeing support. Off the back of this contract, we secured additional from the Health Promotion Agency to share the rangatahi voice. Sharing the positive experience for them in accessing a support option, for many of this age group, this is their first time accessing health system on their terms and making sure that's a good one was important to us, as it sets them up for the future when they may need to ask for help again. This promotional campaign is released this upcoming quarter and can be found on our social media.

It is great to read that suicide statistics have decreased this past year, the collective mahi of all (organisations and whānau) contributes to this. This could be seen as a positive outcome of the pandemic which stops whānau in their tracks and allows an opportunity to reset and re-engage but also the knowledge that lockdown relieves the social pressures which cause anxiety to many in having to attend learning options, workplaces, and social events etc. In raising awareness around suicide prevention and wellbeing there is a responsibility to name the things that cause pressure so those areas can be addressed like bullying within schools, and workplaces.

Look out for our kaimahi who will be providing sausage sizzle within the community at various sites. #WeR on the move is an initiative to keep the conversation going around suicide prevention and wellbeing. A relaxed pop up for the community to touch base, eat a sausage and have access to mental health and wellbeing support information, alongside the promotion of our weekly community groups that people can attend. For more information read pg. 9.

Papa D's – Creating opportunities

Named after our founder Daryl Gregory due to his love of coffee and his nickname Papa D.

We opened the café a few months ago, a community option for people within this area combining the kaupapa of creating opportunities for our whāiora. Originally, we had the idea of providing schools on the Eastside of Christchurch with lunches from the profits generated, we think this is still achievable in the long run. While we wait for revenue to grow from the yummy kai provided by Kai Connoisseurs and delicious coffee supplied by Hā Kawhe we can embed the other ideas we have for this space as we grow.

Mauri Ora experience is a supported accommodation service for people who are wanting to change their substance use and Out The Gate is a reintegration service for people who are leaving the prison system. Having work experience options supplied through Papa D's is a great way to boost confidence and allow a safe place to gain the experience needed for everyday living and integrating back into the community without the barriers of judgement and stigma that's associated. Whāiora who show interest in this offering will leave equipped with a barrister certificate and experience in hospitality that focuses on delivering service with manaaki and a smile. This is fun stuff we love and the point of difference He Waka Tapu is known for.

Next time you are in the area make sure u call in and grab some kawhe and kai.



Tinana Free Community Gym

Opened in March 2020, Tinana Free community gym has been a great addition to He Waka Tapu services. A free community gym located at 321 Pages Rd, with options to attend health related pop-up clinics. Free access to a fully equipped gym, alongside free classes that cater to different skillsets for 16+ age group. The overall aim of the gym is to reduce barriers to fitness options that support self-management of the of health-related issues whānau face like obesity, heart health, and diabetes etc. A hidden gem of this gym is the non-exchange of money, it is free to all who use it, this includes the personal trainers who utilise the space to deliver their business and exchange they "pay" by providing a free option for the community to attend. This supports the sustainability of this initiative, a positive circle of life.

Memberships are up to 560 and counting, within this quarter we delivered over 150 free community classes and pop-ups which we think is amazing and feedback from the community tells us the same. We are looking for additional funding to cover kaimahi costs to open within the weekends and late nights to cater to whānau who work during the week, if this is something you would like to contribute towards, please make contact with tanih@hewakatapu.org.nz.



Māui Clinic @ South City

The Māui Clinic @ South City has moved into full force, and is now operating 5 days a week Monday – Saturday, very busy.

If you're having problems booking your vaccination for you, your whānau, contact 0800 MAUI CLINIC (6284 4546).

Located at shop 15, 555 Colombo Street, Christchurch.

Māui Clinic @ South City is a collaboration between He Waka Tapu, Purapura Whetu and the Canterbury District Health Board. Working together to make the vaccine available to our community.



#WeROnTheMove

#WeROnTheMove is all about being a part of our community over Summer, providing free kai and promoting He Waka Tapu; specifically suicide prevention. These upcoming events are going to promote wellness which can have a small but positive impact on our communities.

The Kia Piki Te Ora team will be going to various locations fortnightly throughout the eastside of Ōtautahi, Hakatere and Kaikoura.

Upcoming events:

- Wednesday 20 October, 11:00am – 2:00pm – He Waka Tapu Hakatere office (111 Tancred Street, Ashburton)
- Wednesday 3 November, 11:00am – 2:00pm – He Waka Tapu Christchurch office (161 Pages Road)
- Wednesday 17 November, 11:00am – 2:00pm – Kaikōura (location TBC)
- Wednesday 1 December, 11:00am – 2:00pm – Tinana Community Gym (321 Pages Road, Christchurch)

Westpac Champion Business Awards

We are extremely proud to announce that the Westpac Champion Business Awards have chosen He Waka Tapu to be a finalist in The Press Champion Community Impact (medium/large enterprise) category.





He Waka Tapu

Me mahi tahi tātou mo te oranga o te whānau
Working together for the wellbeing of family

www.hewakatapu.org.nz

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& Friday 8:30am - 3:00pm

